

7 Final Preparation

1. Before you go

Final checks:

- Waterproofs – are they? If unsure, ask us.
- Boots & socks – adequate and comfortable?
- Warm clothing – layers, a fleece is useful.
- Hat & gloves – Sun hat / cream in summer as well!
- MAPS with route (at least one between two)
- Route card – with completed ETAs.
- COMPASS – one each on Gold (Silva type, long base plate).
- Check your stove works and learn how to set it up properly.
- Check your tent ... put it up at home.
- Charge your mobile; exchange numbers with assessors.
- Buy your food: what are you going to eat?
- My health check: remove piercings, cut nails, remember medicines etc.
- Check the weather forecast
- Consent form and tell your parents; arrange pick-ups /drop-offs.



Decide on your group expedition aim and report:

Assessment hikes must have an AIM and a **written report** must be submitted after the expedition.

Examples of expedition aims:

- ❖ Countryside appreciation.
- ❖ What are the expedition dangers?
- ❖ What are those buildings for? Farm buildings and structures.
- ❖ What wildlife did we see?
- ❖ Variations in species of sheep, cattle & other farm animals.
- ❖ How well maintained are the paths & gates?
- ❖ Group dynamics and morale: the ups and downs.
- ❖ My favourite trees



Do your own packing!

You may need help but pack it yourself!

You will probably need to pack and repack your rucksack a few times to get it right.

Do NOT pack too much ... you MUST be able to lift your rucksack on your own without straining (full pack weight = one third of body weight!).

2. On the hike

Arrive promptly at the start point; meet your supervisor / assessor.

Stay together, walk at slowest pace, work as a team & cooperate.

Behave safely & sensibly. No ear phones or iPods or music players.

Take photos for your report / school screens and Pilgrim

Complete observations about your expedition aim.

3. After the hike

Clean, dry and return all school equipment ASAP.

Attend de-brief sessions.

Write up your expedition report (assessment hikes only)

How to write your expedition report (assessment hike only):

A written report is required to pass the assessment expedition.

A report is not required for the training hike.

Produce one template report per person or a good quality large poster report from each group.

All members must have contributed to a report to pass.

Present photos and include:

- ✓ Sketch map of route with labels
- ✓ Dates & location of hike
- ✓ Member names
- ✓ Comments on your observations related to your expedition aim.
- ✓ Challenges and how you dealt with them.
- ✓ Things you learnt about coping on your own, working in a team and completing the journey.

Your report may be used for Open Days.

Now what?

Now look at the Traffic Light system.




Your assessor will be using this to judge your team when you arrive at the start.

Note that some items will mean your group cannot proceed if you forget them.

Don't forget them!



Assessors use this to judge your group before you are allowed to start the hike.

	<p>Red</p> <p>STOP them if they have not got ...</p> <ul style="list-style-type: none">Consent formWaterproofsRoute cards (several per group)Maps (one between 2)TentSpare warm clothesWater bottle (full)
<p>Contact SAC if they lack any of the above!</p>	
	<p>Amber</p> <p>WARN them about ...</p> <ul style="list-style-type: none">Road safety – care crossing busy roadsBehaviour – move peacefully through countryside!Litter – dropping it anywhere will fail your groupMobile phones – swap numbers with them; only for hike useMedical conditions – have they got epipens, inhalers etc?Dehydration / heat - drink plenty of waterEating – check what they have to eatFirst aid kit – use plasters for blistersShopping – they are not to buy anything
<p>Ignoring the above may lead to failing the hike.</p>	
	<p>Green</p> <p>Now ask them ...</p> <ul style="list-style-type: none">What is their ETA (estimated time of arrival) at first check point?When is their final ETA at the camp site?Where are they going <i>now</i>? (They describe early route).
<p>If all is well, they can set off!</p>	

Now you are ready ... good luck and have fun!

