



RGS Expedition Training Handbook

1. Course Introduction

2. Navigation
 - i) Map & compass
 - ii) Route planning

3. Camp craft

4. Food & Cooking

5. Equipment

6. Safety and Emergencies

7. Final Preparation

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1. Course introduction:

Aim: to train you in expedition skills needed to safely complete a Bronze / Silver D of E expedition (further training is required for Gold).

Most Bronze training sessions will follow this outline:

- 3.55pm: whole group meeting in Concert Hall
- 4.10pm: hiking group lesson / activity with Gold D of E Leaders
- 4.40pm: test or review or demo
- 5.00pm: end of lesson (latest)

Why do I need training?

Basic expedition training is essential. Your team may face bad weather, difficult navigation, tiredness, blisters, emergencies or many other challenges that you must be prepared for. The challenges increase at Silver and Gold level and we must be certain you know what you are doing.

Training is compulsory. If you miss sessions, misbehave or disturb the lesson then you will not be allowed to go on a hike and this will mean the end of your D of E scheme.

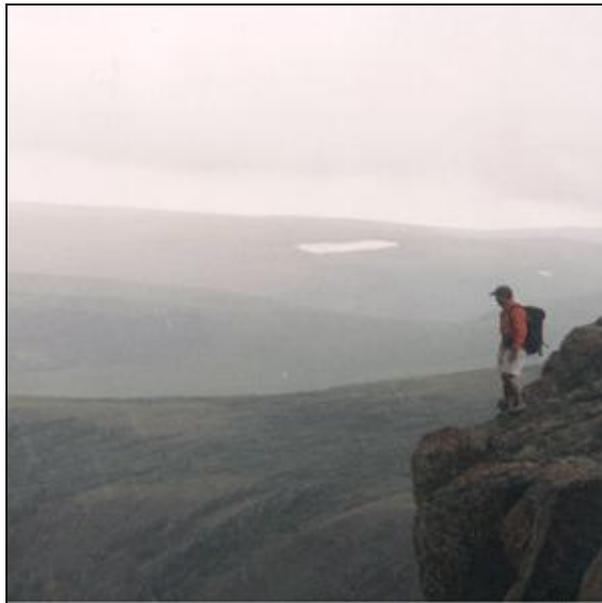


Figure 1 Learn the skills to be safe in remote areas.

Most of what you will learn may seem straightforward but getting it wrong may lead to a disastrous expedition e.g. if your camp craft is poor or you get hopelessly lost you might fail the expedition. There are some important skills to learn like map reading and compass bearings, which require practice to be any good.

What would you do? In your group, discuss your solution to these scenarios. Make a note of your ideas in the spaces and then share them...

1) On a Bronze hike your team has arrived at a path junction somewhere in the Surrey countryside. No one can decide which path to take. People start arguing. Then someone says, "Let's just go this way, it's the biggest track, it looks right. Come on everyone!" What would you do?

2) It is your Silver training expedition. You are resting under an isolated tree high up on the South Downs. It's raining hard. There's a flash of lightning and a crash of thunder overhead. What would you do?

3) You are on your Gold hike in the Welsh mountains. Your team has been struggling for hours across rocky slopes. It is getting dark. Suddenly someone behind you shrieks and falls. They have sprained their ankle and cannot walk. What would you do?

4) It is raining; your team is desperate to finish the hike. You come across a fast flowing flooded stream, the campsite can be seen the other side. The bridge has been swept away. Someone spots some rocks that you might be able to jump across. What would you do?

By the end of this course you should be confident about what to take and how to cope on expeditions.