



Silver: training expedition instructions

Check weather before departure: be ready for HEAT/cold/ rain...everything!

Expedition schedule:

Depart Sunday Rykas Café, nr north of Dorking A24 GR 171/520

Note your STAGGERED start time! (between 9 and 11.30am)

Traffic light kit check before departure

- Camp Sunday Chantries, nr Guildford 018 481
- Camp Monday Etherley Farm, Leith Hill 129 416

Finish North Holmwood Post Office south of Dorking 168 473 **PARENT pick-up!**



**CHECK EVERYTHING...YOU must be independent and able to survive as a group for the whole time
... prepare for all weather, CHECK & test ALL kit so that you know it works AND HAVE TESTED IT.**

Things to SORT now...

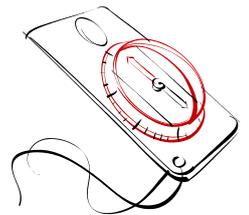
Add ALL SILVER SECTIONS to eDofE!

Get up to date on eDofE (compulsory) + FINISH BRONZE.

Final checks = plan your BASIC NEEDS: Shelter, Water, Food, Navigation...

WEATHER-PROOF EVERYTHING: all in plastic bags, sleeping bag double plastic wrapped!

1. Waterproof jacket + waterproof trousers (*walking trousers are not waterproof*)
2. MAPS: **1 EACH; in map cases**; ROUTE CARDS: one per group, in a map case.
3. Check operation of stove, tent & rucksack
4. Buy food, reduce packaging, divide between group. Plan cooking. Remember fuel.
5. Rucksack: inc spare bin liners: sleeping bag INSIDE & double wrapped; assume torrential rain
6. Walking boots: **no trainers!**
7. Keep rucksack weight DOWN: exclude non-essentials, reduce packaging.
8. Pack rucksack CAREFULLY: heavy stuff at top; pack all inside (except mat: wrapped); should be able to lift with one arm; balance it, adjust rucksack straps for comfort
9. Mobile phone charged in plastic bag; preserve battery.
10. **Emergency procedure card + pencil in plastic bag**
11. **Water bottle.**



Important kit advice...

- LAYERS: T shirts, fleece, leggings / walking trousers (NOT jeans); underwear
- PROTECT: Hat, gloves / sunhat & sun cream / water = safety.
- Rucksack: 65 litres+: strong bin liners; everything in plastic bags: PACKING!
- Sleeping bag & mat: double wrap in strong plastic bin liners.
- Tent: divide between group: check it!
- Stove, gas, matches, lighter, KFSMP: CHECK IT WORKS!
- Compass (Silva – long base plate) – get one if possible, defo for gold.
- Torch; whistle; mobile phone (charge; swap numbers), **watch**
- First aid kit (small); Toilet roll (small)
- Water bottle;
- **SUN HAT/CREAM ; reflective clothing**
- Phone / camera & pocket money: waterproof stash

Note: FULL kit list available at www.rgsdofe.wordpress.com



Return borrowed kit dry and clean after the hike! Qualifiers write your report!



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FOOD: eat / drink well! 😊

RULE: You MUST cook at least one hot meal per day. **Have plenty of drinks.**

1 stove per tent. 1 gas. Check it!

Light weight & high calorie yummy food: NOT pot noodles. EAT BREAKFAST!

- 3 lunches: pitta bread keeps well; tinned fish / marmite; trail mix; fruit-cake; snacks ...
- 2 breakfasts: cereal, porridge, dried milk, tea, coffee ...NOT just cereal bar. 😞
- 2 cooked meals: dehydrated, powdered or boil-in-the-bag meals are ideal, soup

Camp craft: organise

Camp routine must be perfect ... follow this ROUTINE: LEAVE NO TRACE!



Camp!

Pitch immediately on arrival.

Look after your kit (do not lose pegs, store everything in bags inside your tent porch). Assume wind.

Cook!

Away from tents. No litter! Take bags for rubbish. Minimise food packaging.

Clean!

No washing up at water taps.

Food scraps in plastic bag. Wash up at designated sinks.

Keep yourself clean: small wash-kit; wet-wipes / face towel...

Clean up any sinks & showers after use.

Keep toilets clean. Use a loo brush! If no toilet (wild camping on qualifying hike): walk at least 60 m away from water source – dig a hole (trowel) – burn loo paper in hole (care in wind!) – bury it all.

YOU carry out rubbish: in small pedal bin liners IN YOUR RUCKSACK, NOT on outside or carrying it.

Curfew!

Prepare for morning. Bedtime and quiet 10.30pm. Be considerate.

Clear off!

Up early (2 hours before departure). Eat. Clean. Take your tent down. Pack.

Pick up and carry out ALL litter. Go.

10 Golden rules for happy expeditions...

1. TEST all kit well before you leave.
2. BREAKFAST: EAT and DRINK plenty, snacks for lunch.
3. REMEMBER INHALER / EPIPENS / medication: show your leader and your group WHERE they can find them. Remind your leader and group of any serious allergies.
4. Avoid shorts: (*reduce risk of sun burn, tick bites, infection with lyme disease*).
5. NEVER NEVER cook in tents. Cook outside (*reduce risk of burns and CO poisoning*)
6. Mobile phone (charged & in plastic bags: keep on; off at night)
7. Walk together, stay close: do NOT split up (*see emergency procedure): fail poss.
8. Work as a TEAM: navigate together and look after each other
9. Keep tent zip shut: *keep midges and rain out and kit in!*
10. **Look after your feet: hot spots or sores: stop, dry off, shake out, air & treat your feet!**

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