



Practice Expedition

2018



Practice Expedition

Key Dates:

Monday 21st and Tues 22nd May: Grey, White, Pink, Blue, Yellow, Orange, Cream, Silver

Wednesday 23rd and Thursday 24th May: Black, Light green, Purple, Light blue, Red, Brown, Green

Thurs 14th June - Route Planning 3.30pm – 6.00pm

Wed 18th – Thurs 19th July Qualifying Expedition for all



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Day 1:

Arrive at school as normal – drop your rucksack in the gym in your team area

Register as normal

9.00 come to hall and team re-pack (2x tents, 2x Trangias, 2x fluorescent jackets and a bivvy bag)

9.30 depart for expedition

Day 2:

Continue expedition

4.00 – 5.00 return to school, hang up tents, return kit, go home!



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The Campsite

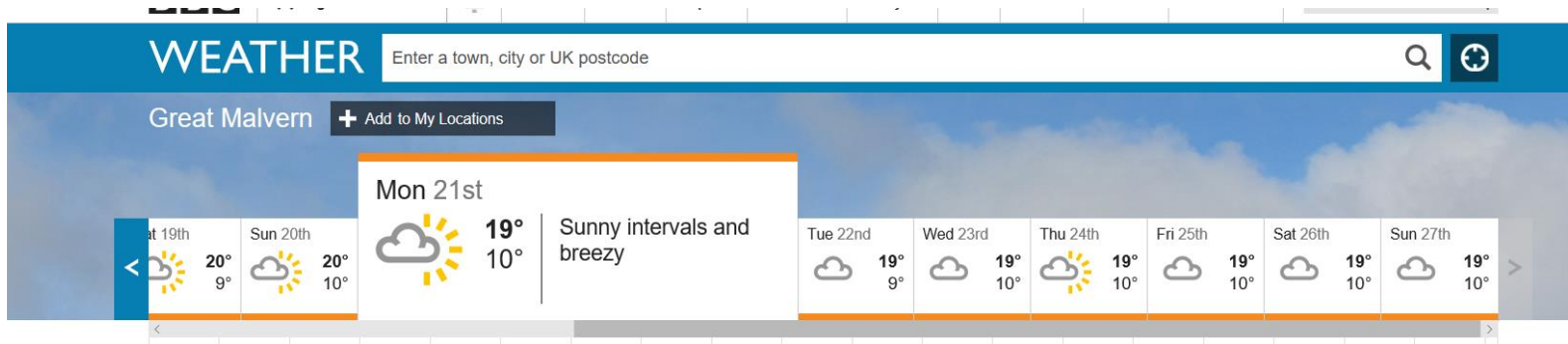
- You will be camping at the Girl Guide site at Blackmore
- Facilities are very limited, we're slumming it:
 - No showers
 - Only 4 toilets and sinks for all 90 of us!
 - No washing up facilities – just bowls of hot water



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Weather

- A bit too early to say!
- Long range forecast is suggesting dry but . . .
- You must be prepared for any weather!





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Essential Equipment

- Walking Boots and socks
- Change of shoes/flip-flops
- Rucksack
- Waterproofs
- Sun cream, hat and sunglasses
- Personal First Aid Kit
- Medication – hayfever, asthma
- Mobile phone (**emergency use only, ask parents/friends not to call you**)
- Change of clothes (waterproof bag) – don't forget layers
- Sleeping bag (waterproof bag)
- Carry mat (waterproof bag)
- Wash kit and towel (no makeup/straighteners!)
- Tea towel
- Cup, bowl, plate, cutlery
- Water bottle

Food!

Think:

Lunch for 2 days, 3 course dinner for 1 day, you will cook as a group of 2/3

Keep your team's morale up!

Weight, quick cook, one/two pot, high calorie, taste!

No glass, tins, uncooked meat or dairy.

No refrigeration in May and late July!

Emergency rations





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Food

- Lunch for day 1 and 2
- Breakfast for day 2 morning
- Snacks/sweets for the expedition/morale boost!
- Emergency rations for the end of the expedition
- Water

- The ingredients for the 3 course meal you have planned with your cooking partners for day one's dinner

Remember:

- No tins (weight reasons) or glass jars
- No raw meat and nothing that must be refrigerated (UHT milk is OK but must be thrown away once opened, you can't keep it open overnight).
- No high energy/fizzy drinks
- No yoghurt type puddings – they can split in your bag!
- Learn from the Practice Day!



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Questions?