



EXPEDITION

1.10 Handout for Expedition Planning - Tips For Success Along The Way.

■ Working as a group

Have a leader at all times – rotate the leadership formally. The assessor will expect to see each of you take the lead at some point, so don't leave it all to one person.

Rotate the navigating – and make sure at least 2 group members (ideally all of you of course!) know where you are at any time.

Stick to your route card – how do you expect to get a ride in a helicopter if you're not where you said you would be?

Stick to your timings – if you get behind time on your first day, then amend your timings for day 2 (and tell your assessor and supervisor).

Stick together – of course it's annoying when someone else is tired and you're not – don't worry, it'll be your turn sometime! Put tired people at the front and don't overtake them. Lighten their load if necessary.

■ Technical tips for walking with a load

Walk at an even pace to conserve energy – try to get a slow steady rhythm going so that you don't have to stop every few minutes. If someone keeps leaping ahead, put them at the back of the group, and threaten to give them the tent!

You're allowed to slow down going up hills – you should have added time for this on your route card!

Use your thigh muscles – they're the biggest and strongest! That is, shorten your stride going up hill, try to avoid slamming down with straight legs going down hill.

Look ahead and find a good route – there's nothing more annoying than having to retrace your steps.

Choose good ground – avoid slippery rock, and don't jump across streams – find a place where you can step across. If you dislodge a rock, yell "Below!". If you hear "Below" from above you, protect your head and back.

■ Keeping yourself comfortable

Put your socks on very carefully – even a small wrinkle can make a blister.

Deal with problems early – if you feel a blister coming, your rucksack is uncomfortable, it's starting to rain etc, do something about it immediately – don't wait until it gets worse (it will!)

Take the breaks on your route card – even if you don't think you need them.

Take your rucksack off in a way and place which will make it easy to lift back on again (put it on a rock?) and help each other to put your rucksacks on!

Be proficient in your campcraft – keep wet clothes outside the tent, get a hot drink on quickly etc – it's worth taking the trouble!

Author: