

1.9 Handout for Expedition Planning - Final Tips Before you Go.

This is it! You've worked out your route, sorted out your menu and assembled all your kit – or have you??! Use this checklist to check that you're as ready as you can be!

Purpose

Do you know why you're doing this expedition? (apart from simply surviving it of course!)
Have you got all the equipment for recording any observations or carrying out experiments?
Have you got a notebook to write messages and keep a diary?

Route Cards

Have you got route cards for each day; has everyone got a copy (including your supervisor and assessor)?
Have you, your assessor and your supervisor got an accurate tracing?
Have you been realistic about speeds, breaks and rest periods? If you want to make any changes now, you need to tell your supervisor and your assessor.

Menus and Food

Have you got a menu for each day that will give you enough calories and a balanced diet? (your assessor may ask you about this.)
Check that you've got everything you need by writing out a detailed shopping list and menu.
Have you removed all unnecessary packaging (but made sure you still know what's in the containers!)
Have you got a couple of treats to have at the end of the day?

Kit and Rucksack

Have you got all your personal kit; have you got as little as possible, while still taking what's necessary?
Make a list of your kit, in the order you will pack it into your rucksack, and check you've got it all.
Have you decided who will carry the shared kit (tent, first aid kit, stove etc)?
Have you worked out what weight you should be carrying in relation to your body weight and checked that the loads are fair between the group members?

Familiarization

Have you practised using your stove and putting up the tent you will use? (silly question?)
Does everyone in the group know where the route goes each day? (you'd be surprised!)

Training

Have you completed all the training sessions and had them signed off?

■ **The Day Before You Go.**

Get a weather forecast and discuss its implications with your supervisor.

Check you have all your kit and food supplies (before the shops shut!) and pack them carefully.

Get the first day's route ready in the map case, and go over the first couple of legs.

Eat well and get a good night's sleep!

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