

TRAINING DAY: Silver and Gold DofE Lesson plan: Campcraft, equipment and hygiene

Learning outcomes:

By the end of the session all participants should be able to:

- Identify the clothing they need to take on expedition
- Pack a rucksack that is ready for a waterborne expedition
- Take care of equipment and return it in a good, clean condition
- Identify how and where to successfully pitch their tent

Equipment needed: Access to www. <http://www.bxmexpeditions.co.uk/kit.htm> Tents x3

	<u>Objective</u>	<u>Teaching and key questions</u>	<u>Timings</u>
Equipment	Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.	Students should know this from a talk to parents but cover things such as doing boots up well and making sure they fit and are worn in.	5
	Packing a rucksack or for waterborne expeditions a suitable waterproof container, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking.	The video of this is on http://www.bxmexpeditions.co.uk/kit.htm They will need to understand the importance of having the things they need to access regularly or quickly at the top of their bags- e.g. waterproofs. The use of pockets on their bags and also a well-disciplined order. We use a Red Amber Green zone system for this on the video. IT IS CRUCIAL THAT EVERY RUCKSACK IS LINED AND THAT EACH BIT OF KIT IS WATERPROOFED IN ADDITION.	15
	A rucksack safe lifting technique.	Working together to prevent strains and sprains.	5
	Choosing and caring for camping gear.	Basic knowledge- stress the importance of looking after kit and making sure it is always ready for use.	5
Campsite and tents	Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.	Explain how this is done, it may not always be their choice, particularly at Bronze level. Flat area, water source, low risk of flooding.	5
	Pitching and striking tents.	Poles go in to the tent and are laid flat Poles all erected together creating the structure Pegs placed in a 45degree angle Inner is attached (keeping the inner dry is the key to a successful expedition.) All groups must attempt to dry their tent each day where possible and on the last day will be required to dry it before they go home unless weather doesn't allow.	25