THE OUTDOOR EDUCATION GROUP

Duke of Edinburgh's International Award

Bronze

Preparation & Training Manual

Welcome!

Well done for choosing to be a part of the Duke of Edinburgh's Award Scheme. Through your personal commitment to achieve this award, you will gain essential life skills, build self-confidence and have a lot of fun and adventure along the way.

The aim of the adventurous journey section of the Duke of Edinburgh Award is to, **"*encourage the spirit of adventure and discovery*".**

As you undertake an adventurous journey with a specific purpose in an unfamiliar environment, the expedition will present an exciting challenge and great learning opportunity. There is a lot involved in the successfully completing of your adventure. You will have to organise, plan, train, undertake and review your project. These elements will require teamwork, self-reliance, determination and cooperation.

Travelling through the wilderness on your journey may also encourage you to develop an appreciation for the natural environment and recognise the importance of protecting it.

The Outdoor Education Group will assist you with training, help and support in all areas of your expedition planning, preparation and completion. Our service is tailored to make your expedition successful, enjoyable, and to ensure that any risks are appropriately managed.

We look forward to supporting you in the journey that you undertake,

The Outdoor Education Group

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Introduction

This manual outlines important information regarding the Duke of Adventurous Journey and is designed to assist you in gaining the skills required to make your Adventurous Journey(s) successful and enjoyable.

While it is hoped that after reading this manual, you will have a greater understanding of the requirements of the Adventurous Journey component of your Duke of Edinburgh Award, your training should not be limited to simply reading this booklet. Further training and practical experiences will only serve to enhance your skills and awareness of yourself in the outdoor environment.

The successful completion of your Duke of Edinburgh Adventurous Journey, involves five primary components. These are:

1. **Initial Briefing**

   This will be organised through your school and aims to set expectations and outline the nature of the Adventurous Journey.

2. **Preparation and Training**

   Thorough preparation and training will ensure that you and your team are competent in the necessary skills to safely undertake the practice journey.

   Training must include;
   - Understanding the Adventurous Journey (establish purpose of the journey)
   - Navigation and route planning (including campsites, check-points, emergency plans, route card)
   - Safety and safe practice relevant to your journey
   - First aid and emergency procedures relevant to your journey
   - Camp craft
   - Environmental awareness and care
   - Practice of group skills (team work, decision making, leadership etc.)
   - Use of equipment (stoves, clothing, group equipment)
   - Food selection, preparation and cooking

3. **Practice Journey(s)**

   The practice journey(s) are required to provide participants with sufficient experience to enable them to plan and undertake their qualifying journey with confidence. During these trips you will receive guidance and feedback from your Group Leader relating to your skill development. Your Group Leader will also complete a feedback form for you, which will be returned to you or your Duke of Edinburgh Assessor after the trip. Don't be afraid to ask questions. Your Group Leader is there to help you learn.

   The expectation is that you complete 6 hours of meaningful activity each day. Meaningful activity is defined as navigation, route finding, first aid scenarios and/or skills development. This does not include cooking dinner and breakfast. For bronze level that means a total of 12 hours over the entire trip.

   The following is required for the practice journey(s):

Level	***Days***	***Nights***	***Hours of Purposeful Activity***
BRONZE	2	1	6 hours per day

The Practice journey(s) must use the same mode of transport and should be of a similar nature and duration as the Qualifier, but not along the same route.

4. Qualifying Journey

During your qualifying journey you will have the opportunity to demonstrate all the skills you have learnt during your training and practice journey(s). You and your team will have full ownership of the journey and will be responsible for all leadership and decision making, your Group Leader will be there as a safety officer and support when needed. Your Group Leader will also complete a feedback form for you, which will be returned to you or your Duke of Edinburgh Assessor after the trip.

The following is required for the qualifying journey:

Level	***Days***	***Nights***	***Hours of Purposeful Activity***
BRONZE	2	1	6 hours per day

The qualifying journey must use the same mode of transport and should be of a similar nature and duration as the practice, but not along the same route.

5. Report

It is a requirement of the Duke of Edinburgh Award that you keep a log during both your practice and qualifying journeys. Use this log to compile and submit/present a report of your qualifying journey to your Adventurous Journey Assessor (usually your Duke of Edinburgh coordinator at school).

Journey Log:

Below are some examples of information to include in your journey log, recording detailed information in your journey log will be of great assistance when putting together your journey report.

- Navigation notes
- Details regarding weather, terrain and landmarks/formations experienced
- Vegetation and animal/bird life experienced
- Historic/cultural/scenic observations
- Adequacy of equipment, clothing, food etc.
- Campsites used
- Experiences regarding teamwork (e.g. morale, leadership, decision-making)
- Personal reflections (including, strengths, weaknesses, concerns and accomplishments, highs, lows and what you have learnt about yourself)
- Any noteworthy observations or events
- Information regarding any incidents that may have occurred during your adventurous journey such as
    - Change of route from the initial plan
    - Unexpected weather impact
    - Equipment failure
    - Illness or injury to any group member
- Details regarding the accomplishment of the journey purpose

Hot Tip – Keep your journal in an accessible pocket of your pack so you can take notes while on the track

Journey Report:

The report is the final requirement of the adventurous journey section and will be submitted to your Adventurous Journey Assessor (usually your Duke of Edinburgh coordinator at school). You can use your journey log to help complete the report. Suggested information to include in the qualifying journey report:

- Route/Map – showing route, a route plan, meal stops, check points and campsites
- Equipment List – with comments about suitability
- Clothing List – with comments about suitability
- Food List – including menus and comments about suitability
- Comprehensive Description of Journey – this is to be based on the Journey Log and should include detailed information about the trip and its organisation
- Supporting Evidence – sketches, detailed maps, photos, video, clipping etc.

Assessment

Each participant is to be is to be monitored and assessed for:

Effort

Perseverance

Progress

A participant satisfies the requirements of the Adventurous Journey Section if the Assessor is satisfied that:

i. *The participant's commitments were substantially in their own time outside of school, university or work hours*
ii. *The participant has met the preparation and training requirements, completed at least one practice journey and has completed their qualifying journey.*
iii. *Progress has been made based upon the participant's initial knowledge and ability, and the participant has strived to meet their goals and journey purpose.*
iv. *Minimum hours and time requirements have been met.*
v. *An appropriate qualifying journey report has been submitted/presented*

The Duke of Edinburgh's Award does not assess in terms of a pass or a fail. If a participant has not met the requirements of a section, the Assessor should leave the assessment blank, and discuss their concerns with the participant. The focus is on regular participation and effort and improvement towards the participant's goal.

The Outdoor Education Group Leader (Supervisor) Feedback Form

This will be filled out by your Group Leader who is acting as the Supervisor for your Adventurous Journey. This will then be passed on to your Assessor (School Duke of Edinburgh coordinator) who will use this to sign off that you have met the requirements for the practice and qualifier.

As outlined above your Group Leader will be monitoring and assessing you for your; effort, perseverance and progress with a focus on some of the key skills of the adventurous Journey.

OEG Duke of Edinburgh Adventurous Journey Feedback Form				
Student Name:				
Practice Qualify	Satisfactory	Good	Excellent	Comments
Clothing & Equipment				
Food				
Navigation				
Leadership & teamwork				
Attitude & motivation				
Meets journey requirements ***(demonstrated skill development)*** ☐				

Team Building and Leadership

To meet the requirements of the Adventurous Journey section of the Duke of Edinburgh Award at each level participants are required to demonstrate the development of skills related to team building and leadership. Key elements that will be focussed on at each award level include:

- Group Management
- Leadership
- Feedback
- Support the work of the expedition group
- Participants

Leadership Groups

Within each group there are ***2 expedition teams***. Each ***expedition team*** will be responsible for a number of Leadership tasks that will support the expedition. To assist your group with organising who will be responsible for what task we have created the Duke of Edinburgh Leadership Roster.

Each ***expedition team*** will be allocated a **Blue or Red** ***Duke of Edinburgh Leadership Roster.***

Each set has 3 'leadership groups' and outlines the role and equipment that each leadership group is responsible for which you will find on the following pages. These tasks may be merged based on the size of your group. It is your responsibility as both an individual and a group member to organise yourselves and work together, and is an assessable part of your Duke of Edinburgh Adventurous Journey. You may wish to stick to the same task for the entire trip, or you may wish to swap around. This is your decision.

Duke of Edinburgh Leadership Roster Blue	OEG EQUIPMENT	ROLE
Group Leaders	• Map Case with: - Leadership Roster - DoE Tick Sheet - Ven Specs - Location Information • Alarm Clock/Watch • Compass • Map markers	**Key Responsibilities** • Morning wake up • Plan & communicate with group overview of each day • Manage group movements: timing /communication of break times, assign & monitor lead & tail for group movement • Motivate & encourage group • Track DoE requirements with OEG DoE Tick Sheet **Required Briefings** ○ Group movement: role of tail and whip, stopping at intersections, how far apart to travel ○ Daily Plans: wake up time, departure time, jobs to be completed, roles for the group, assign navigation spokesperson, plan for breaks – how often/how long
Hygiene Leaders	• Hand Wash Soap • Hand Sanitizer • Hand Wash Bag • Reflectors • Toilet Paper Tube • Shovel/Trowel	**Key Responsibilities** • Hand wash station set up/pack up • Toilet set up/pack up • Toilet reflectors set up/pack up **Required Briefings** ○ Hygiene practice & sickness prevention ○ Hand washing requirements/procedure ○ Toileting requirements/procedures: on track, at camp, night, minimal impact/leave not trace
Safety Leaders	• Map Case with: - Risk Assessment - FPM - HIRA	**Key Responsibilities** • Develop & communicate with group emergency plans • Coordinate First Aid scenarios • Brief and monitor group safety **Required Briefings** ○ Safety/Movement/Minimal impact for Mode of Transport (bushwalking or canoeing) ○ Animal Encounters ○ Lost procedure ○ Emergency Plans

Duke of Edinburgh Leadership Groups Red		OEG EQUIPMENT	ROLE
	Environment Leaders	• Dishwashing liquid • Micropur • Wash up tubs x 2 • Onion Bag • Mesh strainer	**Key Responsibilities** • Dishwashing station set up/pack up • Set up onion bag (for drying dishes set up) • Dig slops hole & strain washing up water • Monitor & maintain campsite cleanliness, coordinate Emu bob on camp departure • Coordinate water purification **Required Briefings** ○ Rubbish Management: how & where to dispose/store/carry rubbish ○ Water Collection & Purification ○ Leave no trace principles: including care of waterways ○ Restoration of campsite after use: emu bob
	Cooking Leaders	• Lighter/Matches • Chopping boards • Knifes • Activity Rope	**Key Responsibilities** • Cooking circle/Fuel station set up/pack up • Management of group during cooking • Organisation of hot water for washing up **Required Briefings** ○ Trangia set up & use ○ Cooking circle procedures & safety ○ Food storage/management ○ Emergency Meals
	Camp Comfort Leaders	• Tarp • Ropes/Pegs	**Key Responsibilities** • Instructing group about camp craft & equipment use: clothing, packs, tents, campsite set up • Checking suitable clothing & equipment use/fit • Decide & inform group how camp will be set up • Set up group tarp **Required Briefings** ○ Clothing/footwear selection for activity & expected conditions ○ Packs: waterproofing/packing/fitting ○ Campsite set up: tent/cooking area/toilet location & campsite cleanliness ○ Tents: site selection/tree checks/set up & pack up procedure

Clothing & Equipment

Selection of suitable clothing and equipment for your Adventurous Journey is vitally important for SAFETY and ENJOYMENT of your expedition! This section describes all of the items required for your expedition and will help you to pack appropriately.

All of your clothing and equipment needs to serve five basic functions:

1. It must keep you warm
2. It must keep you and your gear dry
3. It must be as light as possible
4. It must be suitable for a range of weather conditions, including extremes of heat and cold
5. It must offer skin protection from exposure to UV radiation and insect bites.

When you are packing keep all of these functions in mind. For example, a ski jacket or cotton hoody might be warm, but when wet it will be heavy, will not dry and will make you cold. The preferred option would be two thin fleece jumpers, which are lighter, more versatile and will keep you warm even if wet. On the following pages are descriptions of what clothing and equipment is appropriate. You will find an Equipment & Clothing Check List at the back of this training manual.

OEG Equipment

To support the work of each leadership group and the expedition OEG will provide the following group equipment:

- Maps & venue information
- Hygiene equipment; hand wash soap, hand sanitizer, hand wash bag,
- Toileting equipment; reflectors, toilet paper tube, shovel/trowel
- Dishwashing equipment; Dishwashing liquid, wash up tubs, strainer
- Water purification
- Tarp, ropes and pegs

For use with your tent & cooking groups OEG will supply the following;

- Stove and pots (Trangia)
- Fuel bottle and fuel
- 3 person tent

Mobile Phones

We request that participants do not bring mobile phones on program. Many of the areas into which we will travel will not have reliable mobile phone coverage and it is likely that phones will get lost or damaged. If you want to take pictures bring a camera, they are far sturdier than your mobile phone.

The Outdoor Education Group organises the most reliable and effective communications system depending on the specific areas we are travelling in (e.g. radio/phone/satellite phone). In the event of incidents or situations where we need to make contact, our 30 years of experience has taught us that in order to prevent confusion or incorrect information, official communication channels are the most reliable.

Clothing Explanation

Thin Fleece or Woollen Jumper	A number of thin jumpers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear as the temperature fluctuates. The air trapped between layers is most effective at keeping you warm, more so than one thick jumper. The golden rule of any fabric is that it must keep you warm even if is wet. Only fleece and wool will do this; cotton will actually make you colder when wet.
T-Shirt	Any old t-shirts that you don't mind getting dirty….white is a poor colour choice!
Long Sleeved Shirt	It is important that you include this piece of clothing in your packing! Long sleeved shirts with a collar will adequately protect you from the sun.
Shorts	Light weight and quick drying are the key aspects here (e.g. board shorts). Please DO NOT bring shorts that are shorter than your school shorts! Short shorts do not protect you from the sun or protect your thighs from scratchy bushes when you are hiking.
Long Pants	Light weight and quick drying are the key aspects here. Thin parachute fabric or hiking pants are very effective. School sport track-suit pants are fine. Jeans or cotton pants are not suitable.
Socks	Thick woollen socks are the best as they provide the most comfort and warmth when cold. Layering your foot wear is a great way of keeping blisters to a minimum. One pair of thin socks under a pair of thicker ones is ideal whilst wearing bushwalking boots.
Underwear	You need one pair of clean underwear for each day of your expedition! Cotton is more comfortable during warm weather.
Thermals	Thermals are essential for outdoor use. They can be synthetic or wool and dry very quickly. The idea of thermals is to be a layer of clothing against your skin which will keep you warm and dry, even in the wet. *Skins* brand (and other types of compression-wear) are not the same as thermals and are inappropriate.
Sunhat	Wide-brimmed is best.
Warm Beanie	At all times of the year a beanie is an important safety and comfort item. Approximately 30% of the heat lost from your body in a normal situation is lost from your head. Having a beanie handy in your pack allows you to adjust your warmth easily. They are also good to wear at night, while sleeping if you are cold.
Pair of Gloves	These are essential through the winter months. Fleece works well and keeps your hands warm even when they are wet.
Waterproof Jacket	This **MUST** be Waterproof and Windproof. The jacket must have a hood and preferably be mid-thigh length. This is an essential safety item. Plastic or poncho type jackets and ski jackets are not suitable.

	You need to check that the internal stitching seams of the jacket are ‘seam sealed’. This means that a special waterproofing tape (or fluid) has been placed over the seam to prevent moisture soaking through the small holes made by the sewing machine.
Waterproof Pants	This **MUST** be Waterproof and Windproof. This is an essential safety item. Ski pants are not suitable. You need to check that the internal stitching seams of the pants are ‘seam sealed’. This means that a special waterproofing tape (or fluid) has been placed over the seam to prevent moisture soaking through the small holes made by the sewing machine.
Walking Boots	Walking boots need to have ankle support, laces and a definite step in the sole. Note: For canoeing expeditions walking boots are not essential however participants will require a pair of shoes to paddle in.
Camp Shoes	For around camp or for river crossing. These need to have a ‘closed toe’. Sandals or thongs are not appropriate

Equipment Explanation

Back Pack	This should be an expedition specific pack, with an internal frame and a capacity of **at least** 60ltrs. There must be 2 adjustable shoulder straps and an adjustable waist belt.
Sleeping Bag	There are certain design features that ensure you have a sleeping bag that is adequate for this program. **Warmth:** Some sleeping bags have temperature ratings on their labels that give a low temperature rating. **Filling:** A good quality sleeping bag must be filled with a material that traps warmth and insulates the body. - **Natural filling-** Down (duck feather). Down sleeping bags are warmer and will compact smaller but loose some of their insulating ability when wet. - **Synthetic filling-** Dacron (Hollowfill, Quolofill, Polarguard). Synthetic sleeping bags are cheaper and will retain their insulating properties when wet but are harder to compact. Either of these fillings are the best for providing adequate insulation. A sleeping bag with cotton filling is totally inadequate for this program. **Size and weight:** An adequate sleeping bag needs to cover the entire body and enable the person to comfortably sleep in it. - Down Thickness (loft) should be between 10 - 15 cm. - Weight should be about 745 gm. - Dacron Thickness (loft) should be between 8 - 10 cm. - Weight should be between 1100 - 1500 gm. **Shape:** Either a mummy or rectangular shaped sleeping bag will be adequate for this program. A hood is a highly recommended feature that can provide extra warmth. The sleeping bag must have a working zipper on it.
Sleeping Mat	You need a mat to give you some degree of comfort while your sleeping on the ground. The cheapest option is a 'closed cell' foam mat available from K-Mart. If you're going to be doing a lot of camping, a 'self-inflating' mattress (not a Li-Lo) would be a worthwhile investment. 'Therm-a-rest' or 'Exped' are well known quality brands.
Eating Set	A strong and light plastic bowl, mug, fork and spoon. A small sharp knife in a sheath. This is essential for preparing food. A sheath is necessary to ensure the blade is covered when not in use. Small plastic chopping board per cooking group.
Water Bottles	You will need to have the carrying capacity of **at least 3 litres**. Water bottles must be at least 1 litre each. Rather than buying two new water bottles; why not recycle 2 soft drink bottles (1.25 litres).

	If you need/want to buy water bottles, a good type is the 1 litre 'Nalgene' brand bottles with a wide mouth for easy filling. Another good option is a water bladder with a drinking hose, 'Camelback' or 'Platypus' brands are well known. If you are bringing a water bladder it is important to have a water bottle as well.
Cleaning Kit	1 'Chux' cloth, 2 Scourer Pads, 1 t-towel in plastic bag. Good campsite management requires you to keep your eating equipment and stoves clean at all times.
Box of Matches or Lighter	Put your matches in a waterproof container. Waterproof matches (with a wax covered head) are also handy and available from most camping or 'army disposal' stores. You can also bring a lighter.
Personal Care Kit	A personal care kit should contain: Insect repellent (no aerosol cans please) Sunscreen 'Stingose' anti-histamine Lip balm 'Band-Aids' (Elastoplast can be a better alternative to Band-Aids which can get wet and peel off). Personal medication (labelled please) E.g. Ventolin, 1 roller bandage.
Roll of Toilet Paper	There is nothing worse than using wet toilet paper. Store it inside a zip-lock bag
Toiletries	You will learn to live very simply on your expedition. You should only need a small comb/brush, toothbrush and small tube of toothpaste. Remember that you will have to carry everything you bring.
Torch	Should be small and light-weight with spare batteries. If you start doing a few camping trips, a **head-torch** is a great investment. This allows you to have both hands free for cooking or other activities.
Strong Large Garbage Bags	These are essential items for waterproofing the gear in your pack. A couple of bags can be used to 'line' the inside of your pack. You will then have separate bags for clothes, equipment, etc. The most important piece of equipment to waterproof is your sleeping bag. Pull your sleeping bag out of its cover, line the inside of the cover with a garbage bag. Stuff your sleeping bag back into the cover (lined with the garbage bag). Twist the bag at the top to prevent water entry. Lastly, pull your draw-string closed. If you put the garbage bag around the outside of the of your sleeping bag cover, it **will** tear and it **will** get wet. A good brand is "Glad super size, super heavy duty orange garbage bags"
Plastic Supermarket Bags	For carrying your rubbish out of the bush
Small Notepad & Pen	For food plans, route plans, diary etc.
Preparation & Training Manual	

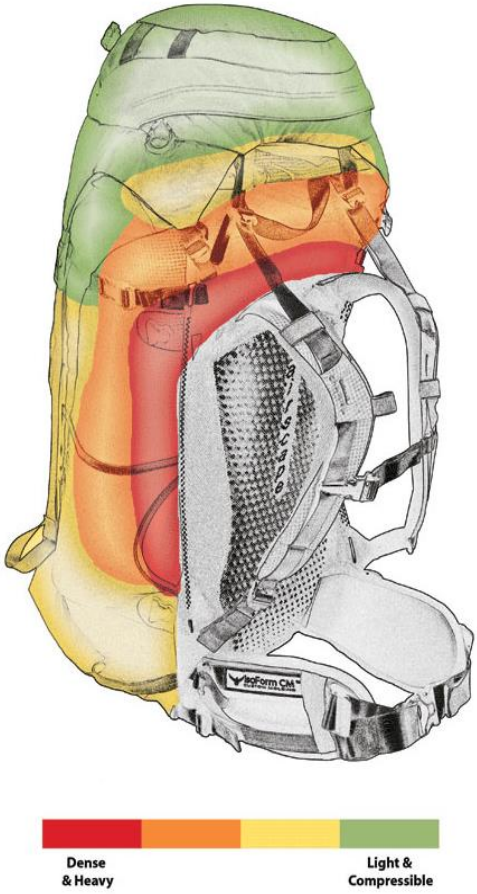
How to pack a pack

Packing a pack is simple right? You just throw everything in and go off for a walk right? There is a bit more to it than just that.

Before you start wildly throwing everything in your beloved pack, lay it all out. Compare it to your gear list. Now take a good long look at it. You will be carrying this for 2 days. You won't need the shampoo, or nail polish, or that huge can of deodorant. Maybe the dolphin torch is a little excessive. Now what order is it going to go into your pack? There are two important aspects to transporting all that you need for 2 days of fun-filled excitement:

Weight Distribution

Accessibility



The picture to the left shows that the majority of the weight of the pack is close to the back, with smaller lighter equipment on the outer parts of the back. This helps reduce the turtle effect (looking like a turtle when you walk with your entire home on your back).

Waterproofing your pack is the first step. Get a strong plastic garbage bag and put this in your pack, the same way that you would line a garbage bin. Everything you don't want to get wet will have to go inside this. If your bag liner tears, get a new one.

The picture on the adjacent page will give you a rough idea of where things should go.

We'll start with the sleeping bag. Pull your sleeping bag out of its bag, grab another plastic bag liner, and put this inside your sleeping bag cover. Now start shoving your sleeping bag back inside. Don't worry about rolling it or making it neat as you'll be hard pressed to get that bag back into its cover. Once its in spin the platic bag shut the same way you would with a bag of bread. Once you've got this nice and tight tuck the excess neck of the plastic liner back inside the sleeping bag cover. Your sleeping bag is now water proof.

Put your now waterproofed sleeping bag at the bottom of your pack. Squish it right down. Shove any of those loose items you're not going to need until camp in those spare spaces.

Look at your gear again. What looks heavy? The food? The stove? Get that packed as close to your back as possible, and try to keep the weight centred. A lopsided pack makes for a lopsided walk. You won't be using your stove until you've made camp, and the same with your food for the evening.

Hot tip – cut down on weight and bulk with your cutlery. A bowl, cup, and spork is the most that you will need

Think about what you will want to get to quickly, such as rain coat, sunscreen, snacks and water. These things should go in last and if possible in easily accessible pockets. Most packs will have a pockets on the sides for your water bottles. Packs will also have a small compartment at the top. This is a great place to store snacks and lunch for the day, sunscreen, your head torch, and camera.

Most packs have a pouch on the outside front. This is a great place to stow your raingear as it is easy to get to in a hurry.

Any spare clothes that you are bringing can be shoved in those spaces between your other gear, such as that weird space between your food and pack. Have you got all your stuff in your bag yet? When you arrive at the briefing there will be some extra group gear to carry so keep this in mind. Just as you did with your sleeping bag, spin the top of the plastic bag so it is nice and tight, with as little air trapped in it as possible. Put a knot in the top that will be easy to undo, and your gear is now waterproofed.

Have your tent at the top of your pack. Why you ask? If it's raining you really want to be able to get that tent out and set up fast without getting all of your other stuff saturated.

How long did that take? It may take longer to do on the morning that you pack up camp, but you will get faster, and work out what will fit where easily. Race your mates to see who can pack up first, or better still, see if you can beat your instructor.

Hot Tip – resist the temptation to strap things to the outside of your pack. They have a habit of coming loose, swinging around and hitting you in the head. Also the Australian bush has a nasty habit of tearing things to shreds. You don't want your tent to be leaking, or your nice roll mat to have chunks missing from it.

Menu Planning & Cooking

When someone thinks of camping and cooking over a camp stove or a campfire the image comes to mind of a breakfast of eggs and bacon and cowboy coffee on the fire and a dinner of hearty beef stew that has been tended for several hours by the cook.

Unfortunately, that image only works if you have a wagon, horse or large boat to carry all the cooking paraphernalia. Most campers today who are out in the back country prefer to carry as light a load as possible.

The main consideration is going to be weight if you are bushwalking. Consider that you will be carrying, clothes, a sleeping bag, a sleeping mat, and group equipment. You also have to carry all your food including enough nourishment and energy for the whole time you are out in the bush. You will be cooking on a 'Trangia' stove. This consists of a burner using liquid fuel and a collection of pans, in which you can cook up a good meal.

Cooking Groups

* You need to organise your team into groups of 3 people to be in a cooking group.
* Ensure the stove you have will allow each person to have enough food. Big eaters should share 2 people per stove.

Planning

* Ask others to help you.
* Talk to school staff members who have been on expedition before.
* Talk to the students who participated in this trip last year.
* Use the meal guides in this booklet.
* Ask your instructor during your training day

What you need to Plan

* The sort of food and quantities for each meal.
* Write these out on the **menu planner**.
* Calculate the quantities and create a shopping list.
* Where to get the containers and bags to pack the food into.
* When you can all get together and go shopping.
* Who is going to pack what?
* Who is responsible for the chopping boards, oil, cleaning kit, rubbish bags etc.

When Packing

* Remove unnecessary packaging (keep cooking instructions!)
* When using plastic bags - **use two**
* Group your meal ingredients together

Meal Planning Help

Fuelling your body with nourishing food will enhance the enjoyment of your trip. The guide below will help you to ensure that you are including all of the required nutrients to maintain energy and have an enjoyable expedition.

CHO
Carbohydrate is a key fuel source for exercise, especially during prolonged continuous or high-intensity exercise. The body stores carbohydrate as glycogen in the muscles and liver, however its storage capacity is limited. When these carbohydrate stores are inadequate to meet the fuel needs of an activity, the results include fatigue (staleness), reduced ability to complete the activity, impaired performance, and a reduction in immune system function. For these reasons, active people are encouraged to plan carbohydrate intake around key sessions and over the whole day according to their carbohydrate requirements as an exercise fuel.

White potato	Bread
Pasta	Grains (oats, barley, rye)
Rice	Legumes (chickpeas, broad beans, kidney beans, peas, lentils)
Cous Cous	Corn

<u>High fat CHO -</u>

Pastries	Chips
Cakes	Chocolate

Protein

Protein is used for energy to kick start reactions in the body that lead to growth and repair. It is also by the body to carry signals from one area to another and to form structures including muscles

Chicken	Eggs	Seeds
Pork	Cheese	Lentils
Lamb	Fish	Bean sprouts
Beef	Tofu	Quinoa
Milk	Beans	

Clever old Fruit and veg – that travel well

Are packed with essentials vitamins and minerals, which are essential for the human body to grow develop and repair. They have specific roles in the body and it is important to have a wide variety of these in your daily diet.

Broccoli	Beetroot	Capsicum	Pineapple
Carrot	Pumpkin	Avocado	Peach
Cauliflower	Eggplant	Apple	Cranberry
Zucchini	Garlic	Orange	Banana

Meal Suggestions

DINOSAUR TUNA:

Ingredients -

Tuna, onion, tomato paste, rice/pasta, milk powder, spices (garlic, basil), dried tomatoes, butter / oil.

Recipe -

Chop one onion, garlic, dried tomatoes.
Fry onion and garlic in butter or oil until soft.
Add tuna and a little water and cook until boiling.
Add tomato paste / tomato magic, basil, a little milk powder, and cook until ready.
Serve with rice or pasta.
To fill it out a bit you could also add some veggies.

SPAGHETTI BOLOGNAISE:

Ingredients -

Spaghetti, dried tomatoes, garlic, onion, textured vegetable protein (TVP), dried veggies, basil, oregano, tomato paste.

Recipe -

Chop onion, garlic and tomatoes.
Fry onion and garlic and add TVP and water. Cook until TVP has re-hydrated and soft.
Add tomatoes, dried veggies, tomato paste and spices. Cook until it looks and tastes yummy.
Serve with pasta and parmesan cheese.

TACOS:

Ingredients -

TVP/Smoked chicken, onion, garlic, fresh tomatoes, tomato paste, taco shells, cheese, carrot, cucumber, taco seasoning.

Recipe -

Chop onion and garlic, tomatoes, carrot, cucumber, grate cheese.
Cook onions and garlic with butter/oil, if using chicken add and cook, OR add water and TVP and tomato paste.
Cook until TVP is soft.
Add taco seasoning.
Serve in taco shells with carrot, tomato cucumber and cheese on top.

CARBONARA:

Ingredients –

200gm pasta, onions, zucchini, mushrooms, bacon, garlic, cream, herbs, cheese

Recipe -

Boil water (3/4 full) in large trangia bowl. Cook 200g pasta for 10mins then set aside. Do not drain yet!
Meanwhile, dice up veggies (onions, zucchini and mushrooms) and bacon.
Lightly fry bacon, onion and garlic in small trangia bowl. Add 1/2 cup water and rest of veggies and continue frying.
When veggies are almost cooked, add 1/2 tub of cream, herbs (if you want) and a handful of cheese. Stir until cheese melts and sauce is formed.
Drain pasta and serve up with the sauce and cheese on top. ENJOY!

THAI GREEN CURRY:

Ingredients –

75gm rice, onions, garlic, capsicum, mushrooms, chicken, carrots, green curry paste, dried coconut milk,

Recipe -

Boil water (3/4 full) in large trangia bowl. Cook rice for 10mins then set aside. Do not drain yet!
Meanwhile dice the onions and finely chop the garlic. Put into pan with a tablespoon of oil. Add Thai green curry paste simmer for a few mins. As it is cooking, chop and add cooked chicken and vegetables.
Add water to coconut milk to rehydrate. Add to pan, Cook for 10mins, Drain rice and serve.

Tips & Tricks for Food

- Keep it simple
- Do a trial run of your meal
- Trail Mix aka scroggin is amazing. You can get the premade stuff or make up your own concoction. Dried fruits, chocolate, granola clusters, gummy bears, the options are endless. It makes a quick and easy snack while walking along.
- Your body is a precision machine and food is your fuel. You want to put in the best fuel possible to get the best performance. Find balance in your meal so you can achieve your best.
- Meat or pasta first? – always pasta first. It doesn't matter if the pasta cools down, but eating cold bolognaise isn't as appealing as hot bolognaise
- Put a little bit of detergent on the underside of your cooking bowl before you start cooking. This makes cleaning up at the end of the trip a whole lot easier
- As soon as your meal is cooked, put some hot water on to boil. By the time you have finished your meal the water should be just the right temperature for cleaning up.
- Use flat bread or tortilla's instead of a normal loaf, that way it doesn't matter if it gets squished.
- Remember your fruit and veg. If you only eat meat and chocolate on your journey your stomach will not be happy with you.
- Go with a cold breakfast on your last day. It makes getting out of camp that little bit quicker and avoids any unpleasant scrubbing of pots and pans.
- Up and Go does not count as a breakfast meal
- Avoid cans – once you have emptied their contents you are still carrying dead weight and they still take up a reasonable amount of volume
- Meal size is very important. Too little and you will run out of energy on the final leg home. Too much and you are carrying out unnecessary weight. Do a test run.
- Think about the weather. If you are hiking during bush fire season can you still have a meal without cooking it? Ask your co-ordinator or OEG Instructor about this.
- NO NUTS!!!! The Duke of Edinburgh Adventurous Journey is a nut free journey. That means being conscious of what food you bring from pesto to muesli bars. Check the labels.
- Keep foods that contain liquids to a minimum. If you do have liquids put them in a separate plastic bag. You really don't want it to leak through all your clothes and sleeping bag.
- If time allows try to cook and clean in daylight. It makes it that little bit easier.

Why do we need an emergency meal?

The emergency meal is there for exactly what its name indicates: an emergency. Any kind of emergency in the bush will always take longer than that of one in an urban area. Imagine that you are at a sporting event, and a player has injured their ankle. They will need assistance to get off the field, which takes significantly longer than it did to walk onto the field, have someone come over and conduct first aid. It may be a severe sprain or a broken ankle. They may need to attend a medical practice or hospital for further treatment. This all takes time, and with services that are immediately available. Now imagine that you are a number of hours away from a road. Your OEG instructor is trained to ensure that these kind of incidents are dealt with in a timely manner, however it could still take hours for help to arrive, and by then it's time for another meal.

Route Planning & Navigation

How to read a Map

In order to read maps correctly we need to:

Orientate the map

Understand grid lines and how to take a grid reference

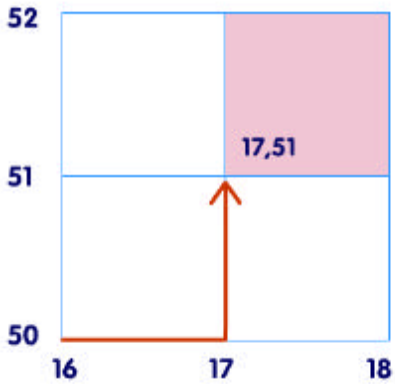
Understand contour lines and how to translate the symbols on the map

Understand scale and distance and calculating times

Orientating a Map

We want to make the map match the ground. This is also known as orientating the map, so that we can locate our position and find the way. To do this we turn the map, because it is hard to turn the ground! When a map is held the right way up to read the writing, North is at the top. This means that the bottom of the map is South, the right side is East and the left side is West.
To orientate the map, rotate it until the top of the map faces North and is the same as North on the ground. Now, if you see a big hill on the left it will be to the left of you on the map too.

Grid Lines & Grid References



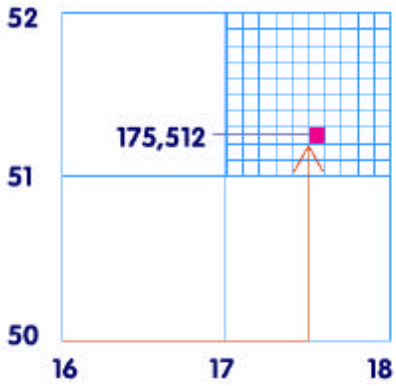
On hiking maps there are two sets of parallel lines. These mark out a grid pattern. These lines are in black and run vertically and horizontally on the map. The horizontal lines are called ***eastings*** and the vertical lines are called ***northings*.**

We can use the numbers at the ends of the lines to make a *grid reference*. This number indicates a specific location on the map. We always read the eastings first followed by the northings.

Four-figure grid references

Each square has a grid reference which you get by putting together the numbers of the easting and northing that cross in its bottom left hand corner. In the example, this would be 17 51.

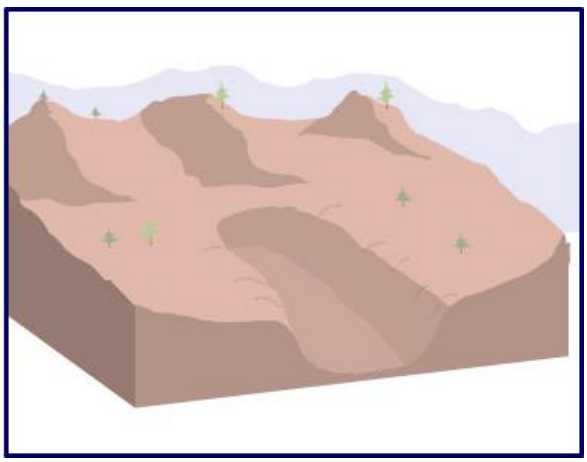
Six-figure grid references
In your head, you should be able to divide the sides of the square into ten equal sections. By doing this, you can pinpoint locations within the square – these are called six-figure grid references. In the example below this would be 175 512.



Hot tip – to remember which numbers go first; "along the corridor and up the stairs"

Contour Lines

A very important part of navigation is to be able to look at a map and picture the actual ground in your mind. Contour lines are a map's way of showing you how high the land is. They join together points that are the same height and form patterns that help us to imagine what the land looks like.



The closer together the contour lines are, the steeper the land. Contour lines that are wide apart show us that the la is flatter. The Figure below shows what contour lines on the map will look like in real life.

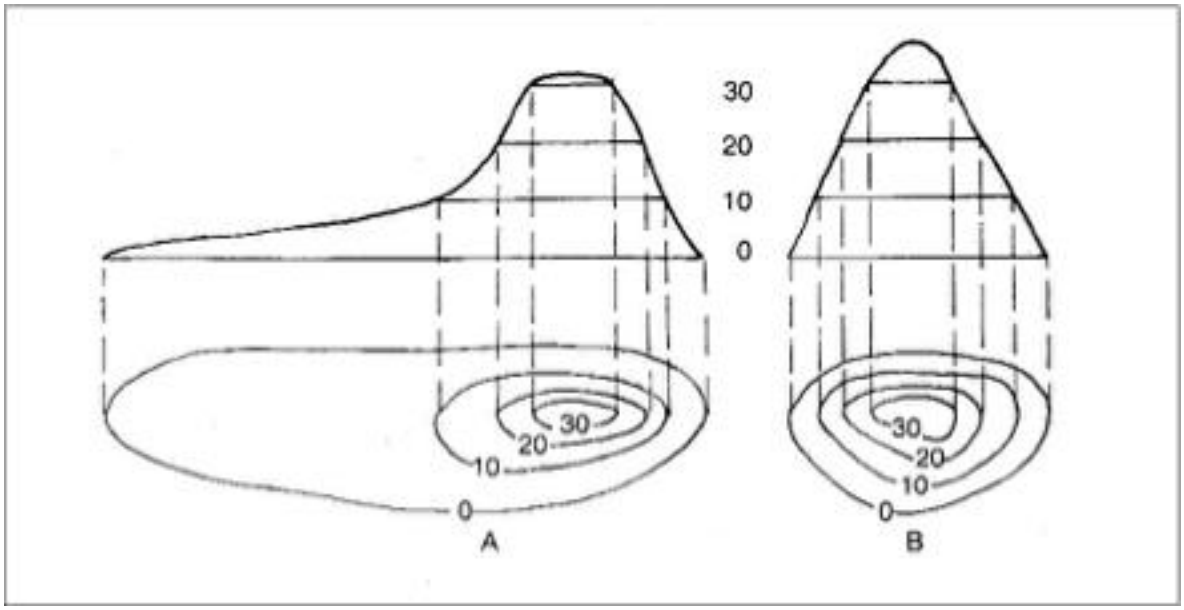


Figure sourced from Lithgow TAFE Navigation Booklet v3.

Contour lines are normally marked as orange or brown lines on the map. Contour lines are generally drawn on the map at 10m intervals but reading the key on the map will help you to find out. Based on a 10m contour interval, the height of the hill in the Figure above is 30m, and the cliff face in the Figure below 90m high.

When you are travelling at 90° to the contour lines you will be moving either uphill or downhill. When moving along a contour line you will be maintaining the same height.

One of the most difficult things in map reading is to look at the contour lines and imagine where they lie on the ground in real life. A good way to help you decide the shape of the land is to look along the contour and find a height reading (given in meters) and also remember that water flows downhill and as it does so the streams get bigger and join other streams to form rivers, these will be visible on the maps.

Feature Recognition

Recognising the shape of the land from the contours and the map symbols is called *Feature Recognition*. Features are distinctive symbols and shapes on the map that correspond to similarly distinctive shapes on the land. It is an important skill to be able to look at the symbols and shapes on the map and recognise those features on the ground.

Features are big and include; Mountains, hills, knolls, lakes, rivers, buildings, glaciers, roads and cliffs. We can use these large features to simplify navigation. Some features are in the Figure below.

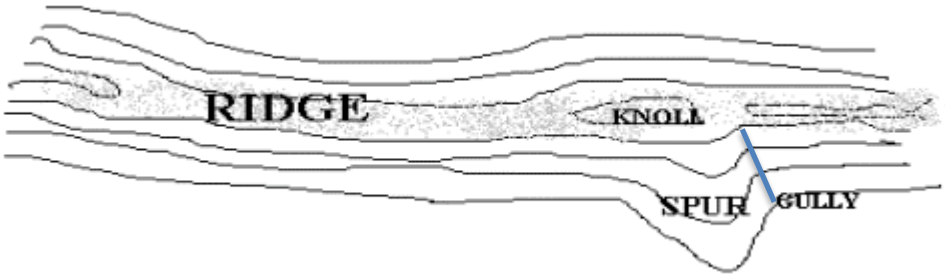


Figure sourced from Lithgow TAFE Navigation Booklet v3.

Scale and Distance

Scale is what makes map drawing possible. It takes real life things and reduces them in size many times so that they can fit onto a page. We can use the scale to calculate the distances we will travel in real life.

Every map has a scale printed on the front and you should always check this figure before you start reading it. It will tell you how much smaller the area shown on the map is compared to the same area in real life. For example;

1:25 000 scale

This means that every one unit of measurement on the map (like a centimeter) is the same as 25,000 of those units in real life. In this case 1cm on the map is 25,000cm on the ground (which is also 250metres). It is common to see a scale like the one below on the map. It is important to check the map scale so that you can work out the distance you will travel.

Figure: Example only – not to scale

It might help to you understand scale, if you remember that the smaller the number, the bigger the detail on the map, but the smaller the area covered by one page of the map. For example, a map with a scale of 1:15,000 will have more detail about the land but will cover a smaller surface area. On a map with a scale of 1:50,000 you will see a large surface area but very little detail about the land you will walk on.

Measuring distances

It's usually not possible to travel in a straight line between two points on a map. If you will be following a road or footpath, it can change direction many times. However, there are still simple ways of measuring from the map the actual distances you will be travelling. One of them is to use a piece of string. Here's how:

- Take a length of string and hold one end on your starting point.
- Now carefully lay the string along the road or path you're going to use. Follow the curves as closely as you can. When you reach your finishing point, mark it on your string with a pen.
- Now that you have your distance from the map, you can straighten out your string and place it against the scale bar at the bottom of the map to find out how far you will actually be travelling.

Calculating Time

Walking on an uphill bush track is very different to walking along a pavement in the Netherlands. It is possible to calculate the time it will take to travel a certain distance and to work out how fast we are travelling.

The table below will help you make these calculations. It shows the time in minutes that it would take to complete the set distances, if you were travelling at 2, 3 or 4 kilometres per hour.

Speed (Km/h) Distance (m)	2	3	4
10	18sec	12sec	9sec
50	1min 30sec	1min	45sec
100	3	2	1min 30sec
500	15	10	7min 30sec
1000	30	20	15

NOTE:
There is a rule called Naismith's rule that says you should allow an extra 1 minute of walking time for every 10 meters of height that you gain. When completing a route card, don't forget to add this time to your calculations.

Timing and Pacing

Pacing Chart Work out how many paces you walk per 100 metres Fill in the table accordingly				
Distance (m)	Normal Terrain	Rough Ground	Slippery / Muddy	Snow
100				
200				
300				
400				
500				
600				
700				
800				
900				
1000				

Timing Chart (minutes)				
Distance (m)	2kph	3kph	4kph	5kph
100	3	2	1.5	1.2
200	6	4	3	2.4
300	9	6	4.5	3.6
400	12	8	6	4.8
500	15	10	7.5	6
600	18	12	9	7.2
700	21	14	10.5	8.4
800	24	16	12	9.6
900	27	18	13.5	10.8
1000	30	20	15	12
Remember timing is only a guide. Round figures up to make it easier.				

Timing
Use timing to help you know when you will reach a checkpoint. Use the map to calculate distance to the point and then the speed/distance/time table above, to work out the time to travel that distance.

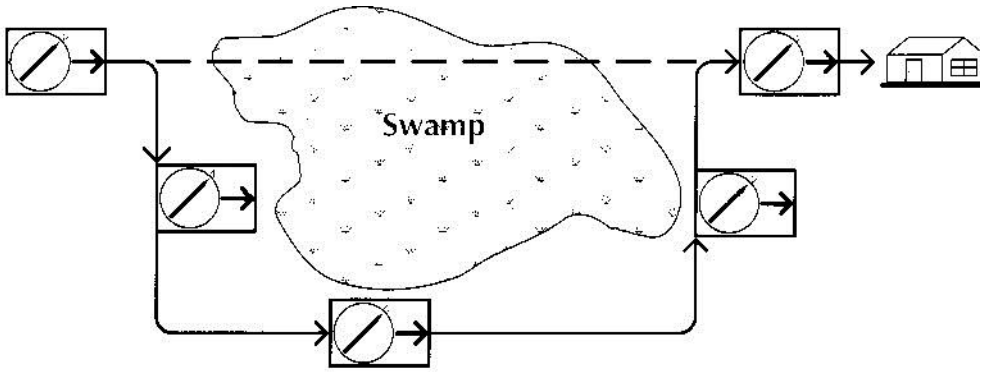
Collecting features
Look carefully at the map and identify the symbols on it that you will pass. As you make your journey, 'tick off' the features. These are called collecting features and as you tick them off you will be keeping a careful check on where you are and how far you have to go. It is a good idea to write these in the "description" column of your route card so you know in advance the sorts of features you will pass.

Catching features
These are big objects or features. They stop us from moving further forwards and literally catch us. They can be buildings, rivers, cliffs, hills or any large geographical feature. For instance you look at your map and see that when you come across a river you need to take a track to the left, as you walk, the river will act as a 'catching feature' to indicate that change of direction. Catching features can also be noted on your route cards.

In another instance you can look for features that you will hit should you miss a change of direction. In this case the catching feature will mean that you have walked too far and will have to turn around and retrace your steps.

Detouring
This technique allows you to navigate around large obstacles and get back on to your compass bearing. See the Figure below.

First, keep the direct bearing to your objective set on your compass. Now as you skirt around the obstacle, measure the distance in meters you have walked away from the bearing. Once past the obstacle return to your bearing by, walking the same distance to return you to the original line.



Source: Map Reading Handbook, pg.43

Attack point

An attack point is an obvious and precise feature close to your desired location. During your route you will navigate a series of short legs. Each leg will start from a known point and leads to an identifiable "attack" point (eg. a track junction, a knoll, a creek).

Safety & Environmental Awareness

Part of an adventurous journey is travelling through the various elements that nature throws at us. There is a certain element of risk associated with this, and it is important that we acknowledge this, and in doing so go about reducing the risk that certain hazards will have attached to them.

At each stage of the Adventurous Journey will consider a number of hazards, consequences, and the likelihood of these occurring. There are hazards that we can eliminate, hazards that we can reduce, and hazards we can avoid.

Communication Systems

OEG have assessed the best methods of communication within each area that we journey through. We check in at 8am and 6pm each day with our designated support person to receive any updates that are pertinent to our group. We may use radios, satellite phones, or a mobile phone depending on what has the most reception. Your group leader may ask you to participate in this.

Losing a group member

We really don't want to lose a group member on the trip. But this can be easily done. It is up to the group to keep together. Think of some strategies that you can use to move as one big group rather than being spread out. Some good guidelines are to make sure that the members at the front of the party are able to see the back and vice versa. If they can't then it is time for those at the front to stop and wait for the rest of the group to catch up. You can only move as fast as your slowest member.

If you do lose a group member then there is a procedure to follow:

- Stop the entire group
- Identify where the person was last seen, who spoke to them last
- Do an initial hasty search, your Group Leader will direct this. Do not get anyone else lost doing this!
- Set clear searching areas and return times.
- Try to identify the student's last known point.
- Identify what they were wearing and other relevant information.
- Record all this critical information, blow whistles, shout and try to make contact with the lost person

Your Group Leader will be able to give you further guidance on what to do.

Critical Incident

What if there is an emergency when you are out on your trip? Do you know what the emergency procedures are? Who will you contact? Your Group Leader is there to manage the safety of the group, and will have all this information. But it is important that you are aware of who you would call in an emergency. Below is a table of emergency services. It's worth your while knowing where the nearest hospital is and who you might expect to respond to a distress call.

Service	Location	Phone Number
Fire Service		
Hospital		
SES		
Police		

Where are your exit points along the track? Look back on your maps and route card, If an emergency did happen how long could you expect to wait for someone to arrive? What should you do in the meantime?

Environment

Being aware of our environment plays a big part in assessing the risks that of completing and adventurous journey. Environment can cover the following:

- Animal encounters
- Exposure to the elements – extreme heat/cold, severe weather warnings, fire danger
- Terrain

Animal encounters are amazing to have, and a great experience. At the same time they are wild creatures, and need their own space. If you have an animal encounter be respectful and considerate. Certain encounters such as snakes require extra caution. If you do encounter a snake, stop, calmly inform those in your group and give it space. If the snake is in your direct path, you may need to go around it.

Fire Danger and Severe Weather

Australia is a country known for its fires. An important part of planning your trip is being aware of where fires are, and what escape routes you may have. Look at your map. See where the nearest access road is. Look on the Fires Service's website and investigate whether there is a fire warning for that area you are headed to.

Just like fire danger, severe weather warnings do occur. These range from high winds, rain, heat, and cold. Check the Bureau of Meteorology to see what the latest weather is, this will also give you a better idea of what to pack for the weather.

First Aid

One of the items on your gear list is a personal first aid kit. First aid kits can range in size and complexity. Your group leader will be carrying a sizable first aid kit. This should not be an excuse not to carry your own. A personal first aid kit does not have to be large. Below are some items you may wish to have in your first aid kit:

- Band aids
- Roller bandage
- Tweezers
- Tape
- Antiseptic wipes
- Triangular bandage
- Gauze
- Emergency CPR mask
- Gloves
- Notepad and pencil

This is not a comprehensive list, and you may wish to add your own personal medications and medical supplies to this.

Hydration

You have just gotten into camp and are setting up. You are feeling tired, and have a bit of a headache. In the process of setting up you have pulled out your water bottle and realize you have barely had anything to drink today. Your glad it wasn't a hot day today otherwise you would have felt far worse. This is not an uncommon story, yet can have a huge impact on the enjoyment of the trip. It is far easier to prevent dehydration than it is to remedy it. Have your bottles readily accessible and have a drink of water whenever you stop. Just because it is a cool day doesn't mean that you aren't getting dehydrated. Drink regularly.

Risk Management

Risk is an inherent part of everyday life and outdoor expeditions and not something which should limit our participation in activities. Through the process of Risk Management we are able to minimise the risk of injury through identification, reduction and control of hazards to a level considered acceptable to everyday exposure.

Steps for Risk Management

1) Risk Identification
- *Identification of dangers or hazards associated with expedition activities that could cause an incident*

2) Risk Assessment
- *Assessing the likelihood and level of consequence of each hazard associated with expedition activities*

3) Risk Reduction
- *Implementation of strategies (controls) to minimise likelihood of hazards in an attempt to minimise risk to an acceptable level and prevent incidents occurring.*

Risk Matrix

A risk matrix is useful to establish the **likelihood** (chance of happening) and the **consequence** (how harmful would it be if it happened) of identified hazards. This will inform you if the risk is at an acceptable level for the activity to go ahead. It is also a starting point to see if you can reduce the likelihood to the risk to an acceptable (lower) level so that an activity can go ahead.

After you have identified that hazards and assessed the risk you will then develop strategies (controls) to reduce the risk. Once you have established your control measures for each hazard you will re-assess the risk to decide if the risk rating has been reduced to a lower level and inform you if the activity can go ahead.

LIKELIHOOD				
	Likely	Medium Risk	High Risk	Exterme Risk
	Possible	Low Risk	Medium Risk	High Risk
	Unlikely	Insignificant Risk	Low Risk	Medium Risk
		Minor *Slightly Harmful*	**Moderate** *Harmful*	**Serious** *Extremely Harmful*
	CONSEQUENCE			

Example:

Hazard *Risk Identification*	**Risk Rating** *Risk Assessment*	**Control Measures** *Risk Reduction*	**Risk Rating** *Risk Re-assessment*
Sunburn	Likelihood: Likely Consequence: Moderate **HIGH RISK**	Wear broad brimmed hats Wear sunscreen Wear long sleeved shirts	Likelihood: Unlikely Consequence: Moderate **LOW RISK**

Journey Details

Practice

Level	
Dates	
Location	
Mode of Transport	
Journey Purpose	

Qualifier

Level	
Dates	
Location	
Mode of Transport	
Journey Purpose	

Adventurous Journey Expedition Teams, Tent & Cooking Groups

Practice

Expedition Teams

OEG Group	
Expedition Team 1:	**Expedition Team 2:**
1.	**1.**
2.	**2.**
3.	**3.**
4.	**4.**
5.	**5.**
6.	**6.**
7.	**7.**

Tent Group

Your Tent Group (Max 3)
1.
2.
3.

Cooking Group

Your Cooking Group (Max 3)
1.
2.
3.

Qualifier

Expedition Teams

OEG Group	
Expedition Team 1	**Expedition Team 2**
1.	**1.**
2.	**2.**
3.	**3.**
4.	**4.**
5.	**5.**
6.	**6.**
7.	**7.**

Tent Group

Your Tent Group (Max 3)
1.
2.
3.

Cooking Group

Your Cooking Group (Max 3)
1.
2.
3.

Leadership Roster

Practice

Duke of Edinburgh Leadership Roster Blue		DAY 1	DAY 2
	Group Leaders		
	Hygiene Leaders		
	Safety Leaders		

Duke of Edinburgh Leadership Roster Red		DAY 1	DAY 2
	Environment Leaders		
	Cooking Leaders		
	Camp Comfort Leaders		

Qualifier

Duke of Edinburgh Leadership Roster Blue		DAY 1	DAY 2
	Group Leaders		
	Hygiene Leaders		
	Safety Leaders		

Duke of Edinburgh Leadership Roster Red		DAY 1	DAY 2
	Environment Leaders		
	Cooking Leaders		
	Camp Comfort Leaders		

Menu Plan

Practice

BRONZE	Breakfast	Lunch	Snacks	Dinner	Emergency Meal
Day 1	**AT HOME**	**BRING SOMETHING DELICIOUS FROM HOME**			
Day 2				**HOME SWEET HOME**	

Qualifier

BRONZE	Breakfast	Lunch	Snacks	Dinner	Emergency Meal
Day 1	**AT HOME**	**BRING SOMETHING DELICIOUS FROM HOME**			
Day 2				**HOME SWEET HOME**	

Route Card

Practice

	Starting Grid reference	Finish grid reference	Distance (km)	Height +	Time	Direction/ Heading	Description of route

	Starting Grid reference	Finish grid reference	Distance (km)	Height +	Time	Direction/ Heading	Description of route

Qualifier

	Starting Grid reference	Finish grid reference	Distance (km)	Height +	Time	Direction/ Heading	Description of route

	Starting Grid reference	Finish grid reference	Distance (km)	Height +	Time	Direction/ Heading	Description of route

Risk Management Plan

Program:	
Dates:	
Location:	

Hazard *Risk Identification*	**Risk Rating** *Risk Assessment*	**Control Measures** *Risk Reduction*	**Risk Rating** *Risk Re-assessment*

Hazard *Risk Identification*	**Risk Rating** *Risk Assessment*	**Control Measures** *Risk Reduction*	**Risk Rating** *Risk Re-assessment*

Clothing & Equipment List - Bronze

Clothing Set

Quantity	Item	Tick
1	Waterproof jacket	
1	Waterproof pants	
2	Thin fleece or woollen jumper	
2	T-shirt	
2	Long sleeve shirt	
2	Thick socks	
2	Underwear	
2	Long pants	
1	Thermal top	
1	Thermal pants	
1	Shorts	
1	Beanie	
1	Warm gloves	
1	Small towel	
1	Broad brimmed sunhat	
1	Walking boots (bushwalking)	
1	Closed toe water shoes (canoeing)	
1	Closed toe shoes for campsite	

Camping Equipment

Quantity	Item	Tick
1	Sleeping bag (waterproofed with plastic bag in stuff sack)	
1	Small lightweight torch and spare batteries	
2	Strong large garden garbage bags (orange ones)	
2	Strong large bin garbage bags	
2	Supermarket plastic bags	
1	Eating set (strong plastic bowl, mug, fork, spoon)	
1	Sharp knife in a sheath	
1	Small light plastic chopping board (per cooking group)	
3	1 litre water bottles	
1	Cleaning kit (chux, sourer, tea-towel)	
1	Whistle on a cord	
1	Watch	
1	Sunglasses	

Personal Items

Quantity	Item	Tick
As required	Personal medication e.g. Ventolin (make sure this is on your medical form)	
1	Toiletries (toothbrush, small tube toothpaste, small comb, female sanitary products)	
1	Box of matches or lighter (in a waterproof container)	
1	Sunscreen	
1	Lip balm	
1	Roll of toilet paper in zip lock bag	
1	Notebook & pencil in zip lock bag	
1	Preparation & training manual	
1	Personal first aid kit (e.g. band-aids, roller bandage)	

Optional

Quantity	Item	Tick
1	Camera	

Adventurous Journey Tick Sheet - Bronze

The Duke of Edinburgh's Award – Adventurous Journey

Bronze Tick Sheet

This tick sheet is a guide to assist leaders and students with meeting the requirements for the Adventurous Journey expedition. Please tick each element once the group has achieved the requirements.

First Aid & Safety		
First Aid	Identify common minor expedition injuries/illness & appropriate First Aid practice	
Emergency Plans & Management	Discuss emergency plans in case of injury/bad weather/lost	
	Discuss communication procedures to be used in case of emergency	
	Participate in a First Aid scenario dealing with a minor injury/incident	
Expedition Dangers	Identify biological hazards eg. snakes, spiders, stinging tree	
	Identify environmental hazards eg. steep terrain, wildlife habitat, track conditions, rivers	
	Identify weather dangers eg. sun protection, waterproofing techniques	
Route Planning & Navigation		
Route Plan	Complete route card. Include Grid references, distance, direction, track notes	
Navigation	Interpret map features/keys/symbols/scale/contour lines	
	Orientate the map using map and ground features	
	Navigate & identify location using map and ground features	
	Understand and use collecting features & handrails	
Campcraft		
Camp Site	Discuss selection of an appropriate campsite; flat ground, no ant nests, hazardous tree assessment	
	Erect/Dismantle/Care for tent appropriately	
Cooking	Prepare & cook suitable meals	
	Follow safe cooking practices; use of cooking circle, fuel station etc	
Hygiene	Follow appropriate personal hygiene practices	
	Set up hand washing station	
	Set up toilet	
Environmental Care		
Minimal Impact Practices	Manage personal & group rubbish	
	Restore campsite after use; emu bob	
	Discuss toilet location & construction	
	Keep food scraps & soaps/detergents away from waterways	
	Set up dishwashing station and manage 'slops pit'	
Team Building & Leadership		
Leadership	Understand leadership roles within the group	
	Understand and practice effective group communication	
	Manage group movements	
Participants	Work as a positive expedition group member & help others	
	Reflect on personal expedition performance	
Equipment		
Personal Clothing & Equipment	Select appropriate clothing for the conditions	
	Use personal equipment appropriately	
Group Equipment	Care for and use group equipment appropriately	
Bushwalking Skills		
Bushwalking Skills	Stop at track intersections	
	Brief packing a backpack	
	Estimate distances covered	
Canoeing Skills		
Canoe Skills	Correctly fit a PFD	
	Discuss canoe specific hazards	
	Discuss tide & lag times	
	Practice tandem paddling skills – forward/backwards/changing direction	
	Practice a capsize drill	
	Demonstrate effective packing of canoe	

Adventurous Journey Log

This following pages are for you to take notes for your Adventurous Journey Log. Below are some examples of information to include in your journey log, recording detailed information in your journey log will be of great assistance when putting together your journey report.

- Navigation notes
- Details regarding weather, terrain and landmarks/formations experienced
- Vegetation and animal/bird life experienced
- Historic/cultural/scenic observations
- Adequacy of equipment, clothing, food etc.
- Campsites used
- Experiences regarding teamwork (e.g. morale, leadership, decision-making)
- Personal reflections (including, strengths, weaknesses, concerns and accomplishments, highs, lows and what you have learnt about yourself)
- Any noteworthy observations or events
- Information regarding any incidents that may have occurred during your adventurous journey such as
    - Change of route from the initial plan
    - Unexpected weather impact
    - Equipment failure
    - Illness or injury to any group member
- Details regarding the accomplishment of the journey purpose