



# Expedition Presentation 2022- **SPECTRE**

Hey

James

Denny

Jason



# TEAM PHOTO



# Our expedition aim

**Keep a log of the weather throughout your expedition and how we adapt it**

Record your different emotions over the expedition and relate it to the physical challenge.

Record the environmental impact in peak district nation park

# Food Plan

	1	2	3	4
Breakfast	Porridge + Soup	Soup + Coffee	Porridge	Porridge + Soup
Lunch	Energy bar	biscuit	tortilla wrap w/ peanut butter	Tuna with tortilla warp
Snacks	Beef jerky	Energy bar (Grenade Carb Killa Bar)	Mixed Nut and Dried Mango	Dried Cranberries and fruits
Dinner	Egg fried rice	Packet of Curry+ Instant noodles	Spaghetti + Green Pesto	Packet of pre- made dinner

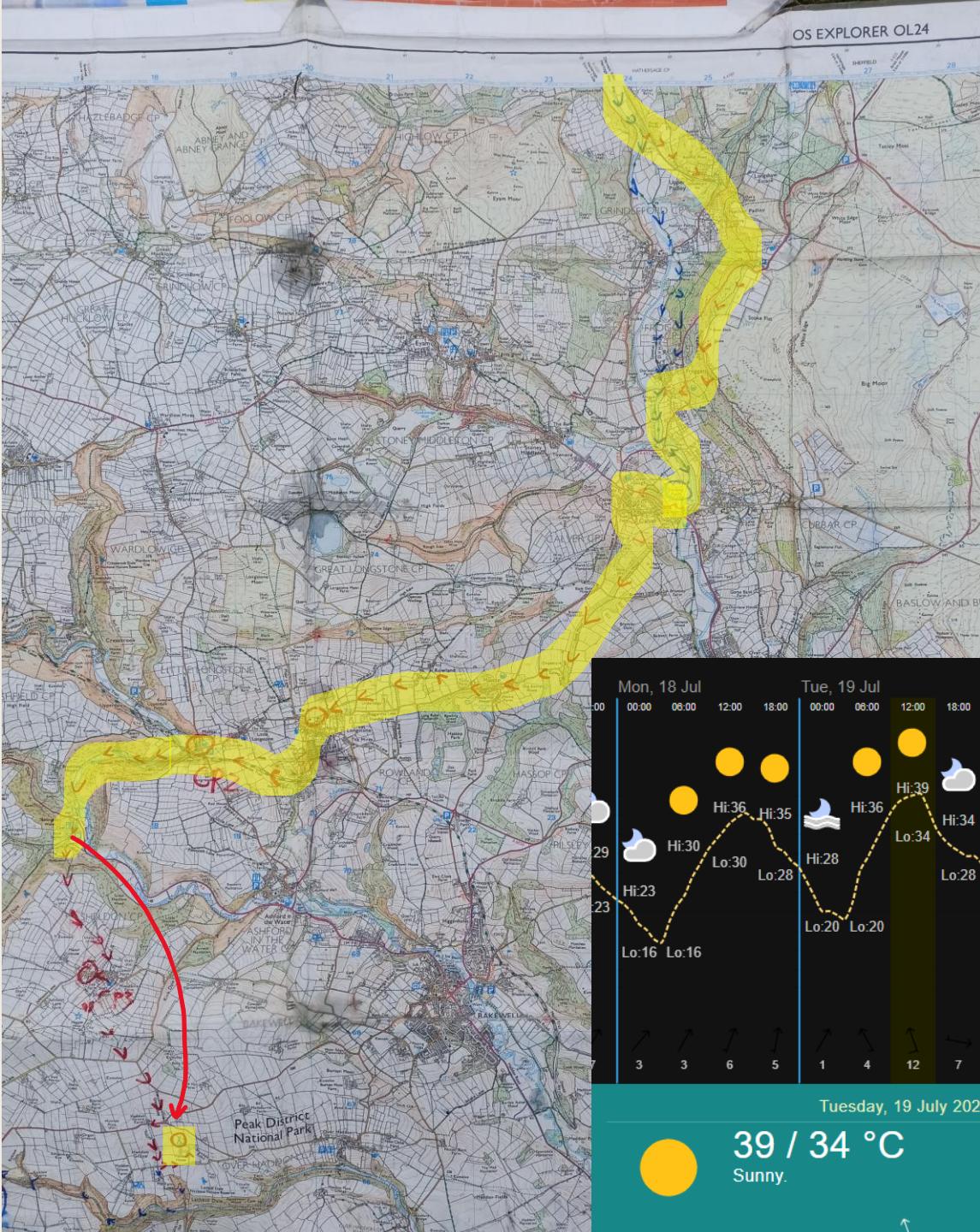
# Route Plan

## Day 1 & 2

Due to the heat warning issued by MET office, we decide to leave the campsite around 06:00 and shorten the journey after the

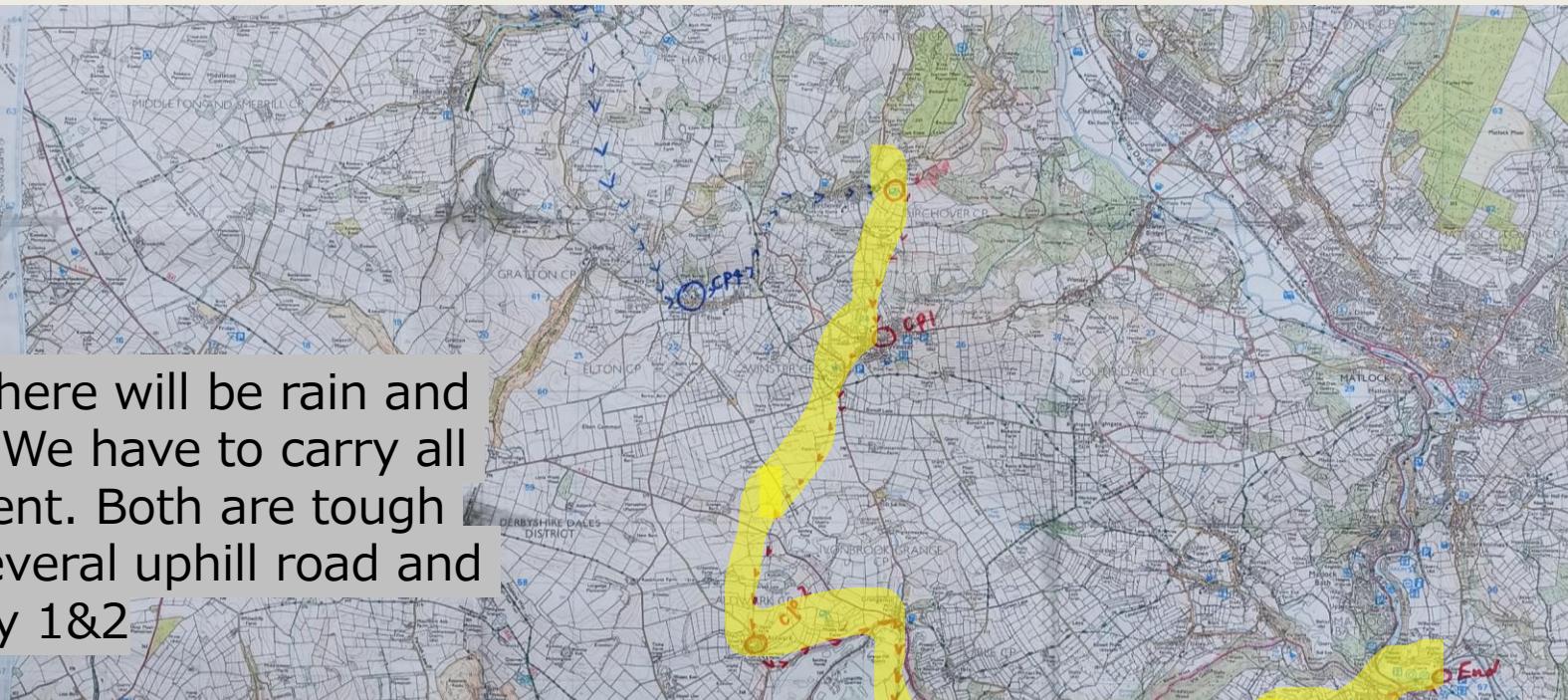
At day1, the fresh start, we decide to challenge ourselves to walk uphill instead of following the river-side. and finally reach Stocking Farm at 11:00.

At day2, we are fully prepared and learnt from day1, we walk as fast as possible to avoid the heat weather. Fortunately, we walk through a tunnel and it delivers cool wind and we stopped walking around 10:00 by the instructor and relax at the riverside



# Day 3 & 4

According to the weather forecast, there will be rain and much cooler compare to Day 1 & 2. We have to carry all our equipment except Trangia and tent. Both are tough day because it is over 17 km with several uphill road and heavier rucksack compare to the Day 1&2

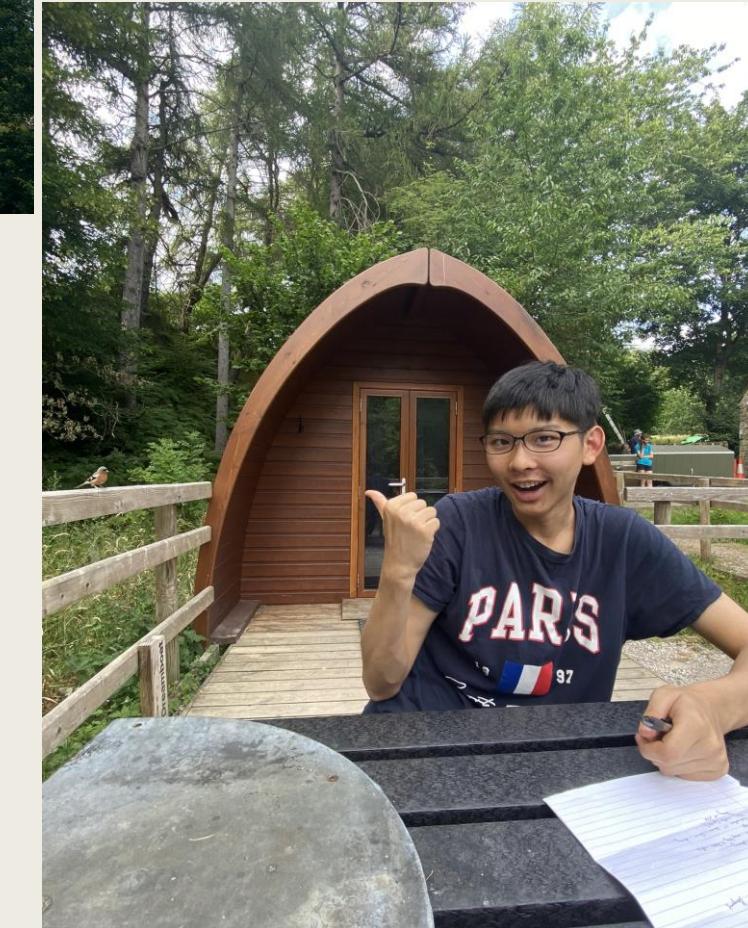


# Day 0

## 17:30



Mid-level cloud is blocking the sunshine. Such a nice weather with only 25 degree Celsius. All planned and a lovely bird came to greet us <3



# Day 1

## 06:00



## 07:00



Mid density mid-high-level cloud blocks out the sun, which reduce the direct contact to infrared radiation from the sunlight. Which makes us not to overheat while we are walking.

# Day 1

07:00

High density mid-level cloud gather together, look similar than the previous hour.  
Still feel energize to walk on.



08:00



# 09:00



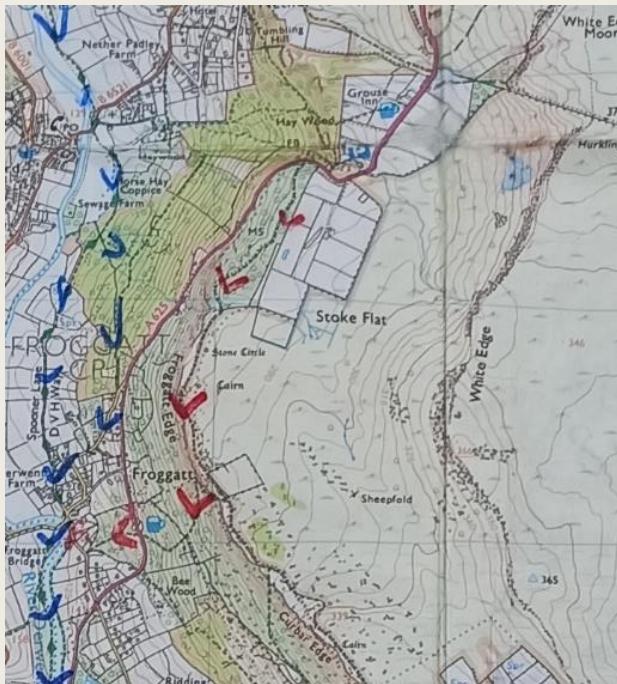
# 09:30



The cloud clear out in the high altitude of the track we are walking. And some high level cloud gathered. The sun gives out huge amount of heat. Luckily we are in the forest which block out some sunlight  
We are walking up hill trail instead of low land river. More physical work out to prepare the intense of coming days. More up-climbing and heat makes me feel tired.

# 09:30

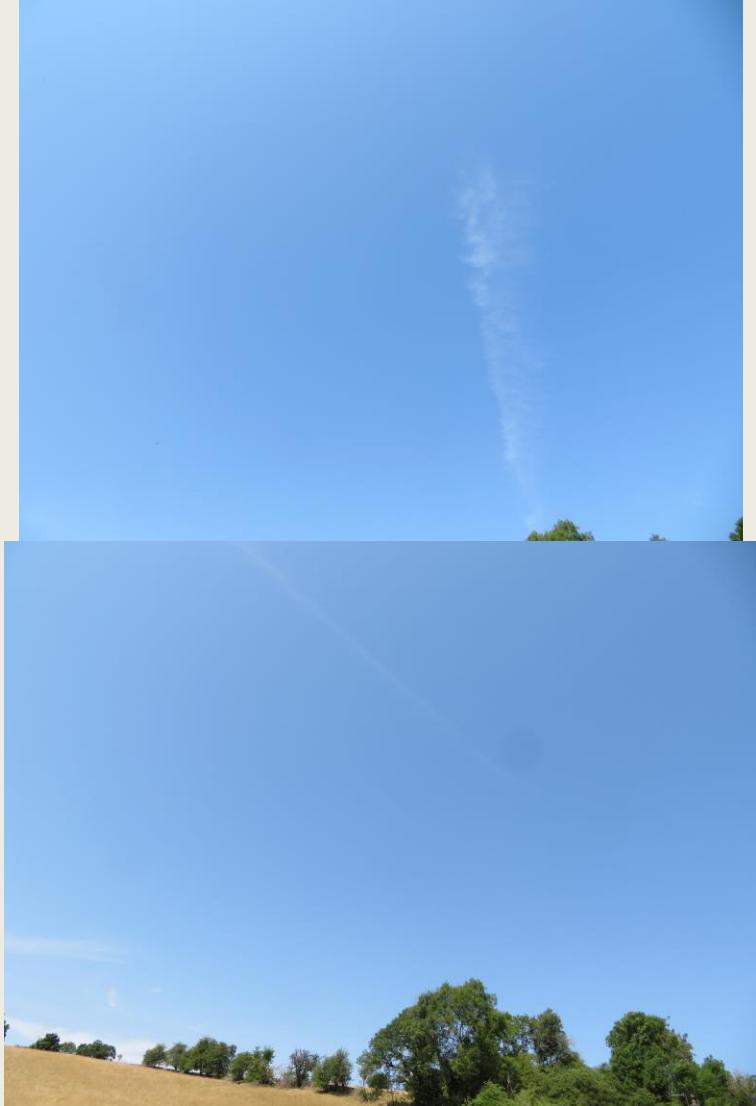
The weather look similar in between 9:30 to 10:40. However, we left the forest trail and walking on stone hill which expose us to the heat of sunlight



# 10:40



11:16

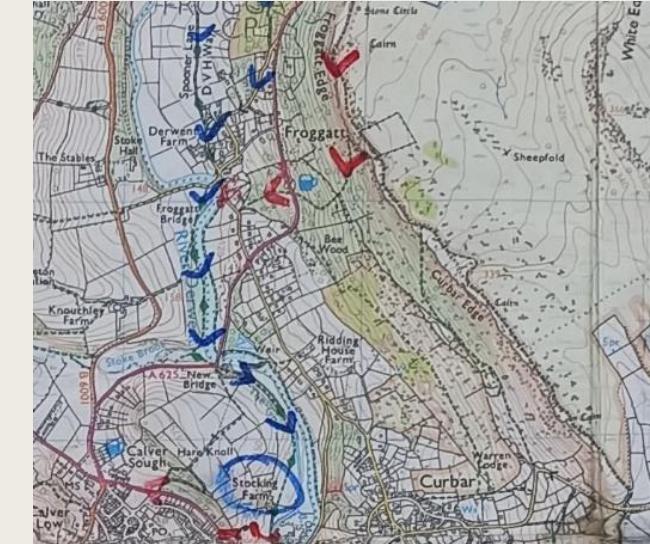


12:00



The sun reach the apex temperature. Few cirrus high level cloud in the sky. It is easily to overheat in this weather. Luckily, we have arrived the campsite of Day 1.

The sun is too strong and I cant even see directly to the sky.



**13:00**



**13:45**



**20:20**



Later on, the weather doesn't make much difference. It is still shiny and hot sunset is around 21:00 which just cool down the temperature a bit.

# Day 2

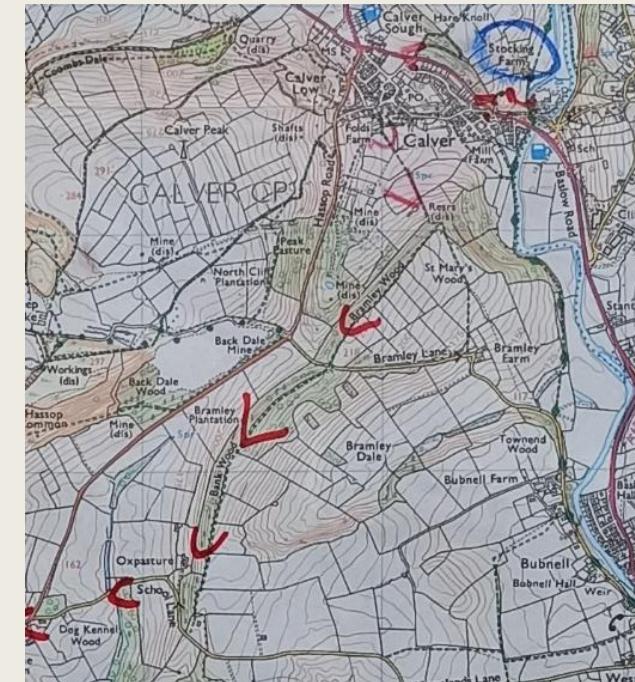
## 06:30



## 07:15



Although there were not much cloud, it didn't get too hot because the sun haven't come out yet. We walk though the mountain trail with spiky plant. We are walking non-stop till 08:00.



# Day 2

07:15

The sun rise and we are expose to the heat. We have to walk faster to get rid of it



08:00



# 09:00



The tunnel is very cool compare to outside as there are constantly cool air blowing in.  
I am happy that we are before the schedule and ready for next checkpoint



# 10:00



# 12:00



# 13:48



# 14:00



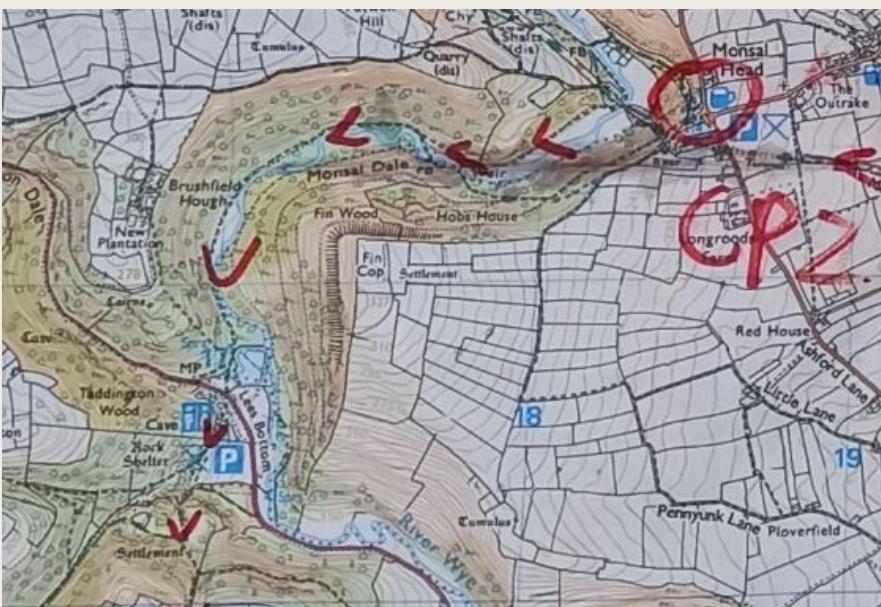
# 15:00



# 17:00



We move to riverside.  
The weather is clear  
(and hot) as before.



We are in the campsite of  
Day2 and there are some  
wind to cool us down

Low density mid level cloud(altocumulus) gather together and increase time to time

**18:30**



**20:30**



# Day 3 05:30



# 07:00



The cloud is gather from mid to high density. The temperature is cold in 05:30.

The path we were walking is mainly on traffic road. Which is easy for us to walk.



**Day 3  
05:30**



**07:00**



**07:30**



No big difference in the weather and the cloud