

Name: \_\_\_\_\_

# OceanRock DofE Gold Foot Award Expedition Handbook

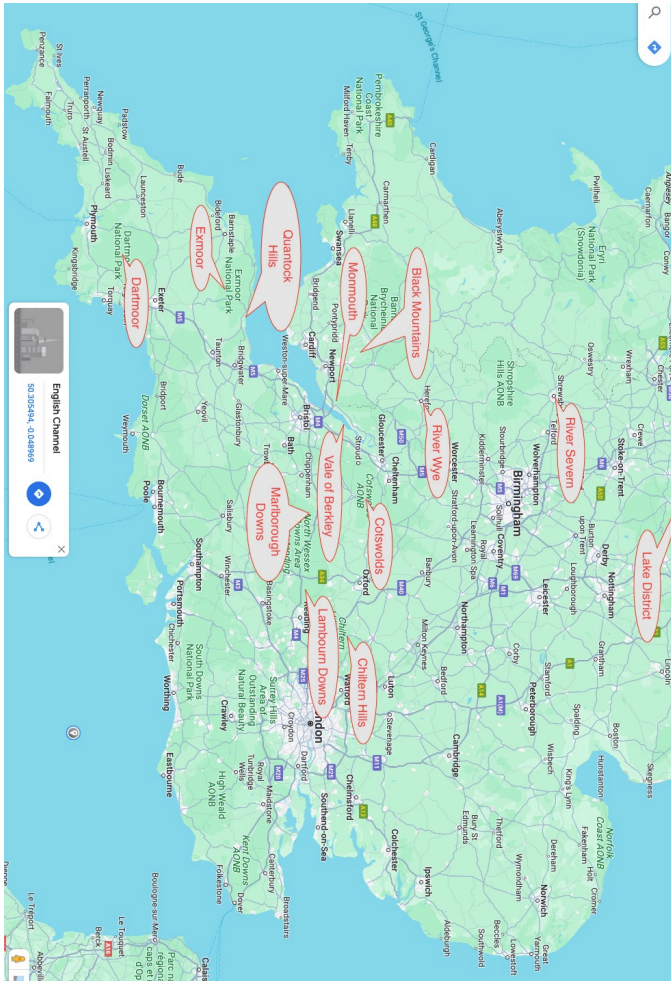
[www.oceanrockadventure.co.uk](http://www.oceanrockadventure.co.uk)

## Dates to remember:

- Online Personal Equipment deadline: \_\_\_\_\_
  
- Training Expedition:
  - o Date: \_\_\_\_\_
  - o Drop off time \_\_\_\_\_ Pick up time \_\_\_\_\_
  - o Area: \_\_\_\_\_
  
- Qualifying Expedition:
  - o Date: \_\_\_\_\_
  - o Drop off time \_\_\_\_\_ Pick up time \_\_\_\_\_
  - o Area: \_\_\_\_\_



## Our Expedition Venues



## Navigation Session

### Map Symbols Quiz

In each box, draw the correct symbol, which is used to represent the word on an ordnance survey map. (You will need an OS map to help you!)

Church	Wood
Main Road	Field Boundary
Motorway	Minor Road
Footpath/ Bridleway	Camp Site
Parking	Radio/ TV Mast
Information Centre	Buildings
Quarry	Rivers
Contours - - V Shaped Valley - close together	Trig

## Location

You can use grid references to pinpoint your location on the map. 6 figure grid references will give your location to within 100m

### **Tips:**

Along the corridor (Eastings) & then up the stairs (Northings)

We will try some examples using your map

## Distance

Use the following information below to help you work out how far you can travel for a day's walking. Remember you will be carrying all of your equipment so your speed will be a bit slower than normal, this will be about **3km/hr!!**

### Walking rate (horizontal)

3km/hr

### Uphill rate in metres/hr

Average 600m/hr = 10m in 1 min

Descents: add 1 minute for 10m of steep descent

## Scale

We use 2 types of map scales for expeditions. These are 1:50,000 and 1:25,000. But what does this mean?

### 1:25,000 scale means that:

1cm on the map = 250 metres on the ground or **4cm = 1km**

### 1:50,000 Scale means that:

1cm on the map = 500m on the ground or **2cm = 1km**

## Food ideas for your expedition

**Breakfast** - Porridge, Wayfarers breakfast, Brioche, Croissants (pre-buttered & jammed) Tea, Hot Squash, Coffee or Hot Chocolate

**Lunch** - Bread Rolls filled with Cheese, Salami, Nutella, Peanut Butter/Jam! Pitta breads, Sausage Rolls, Cold Pizza, Oatcakes, Naan breads, cereal bars

**Snacks** - Peanuts, Raisins, Dried fruit, Cereal bars, Chocolate.

**Dinner** - Dehydrated meal, Naan Bread/Pitta Bread/Salami/Hard Cheese

**Dessert** - Fruit cake, Chocolate, Flapjack, Hot Chocolate.

### Do not bring:

- Fizzy drinks
- Cans or Tins
- Pot Noodles
- Raw or perishable foods

# Expedition Meal Planner

## Practice Expedition

Day 1	
Lunch	
Evening Meal	
Snacks	

Day 2	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 3	
Breakfast	
Lunch	
Snacks	

## Qualifying Expedition

On the **Qualifying Expedition** bring **money** for the pub the night before you officially start your Expedition.

Day 1	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 2	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 3	
Breakfast	
Lunch	
Evening Meal	
Snacks	

Day 4	
Breakfast	
Lunch & Snacks	

## Personal kit

*NB: Failure to bring the correct equipment may stop you going on expedition*

<p><b>To look after yourself</b></p>	<ul style="list-style-type: none"> <li>• Toothbrush, travel size toothpaste &amp; deodorant + minimum toiletries</li> <li>• Sanitary/hygiene products inc: Baby wipes, toilet tissues, Nappy sacks &amp; Hand Gel</li> <li>• Water bottle (2 Litres minimum)</li> </ul>
<p><b>To keep you warm</b></p>	<p>Come to your expedition wearing:</p> <ul style="list-style-type: none"> <li>• Thermal top e.g. football jersey Sweater- Fleece top best</li> <li>• Walking trousers/leggings/Tracksuit bottoms</li> <li>• NO Jeans/ NO Strappy tops/ NO short shorts</li> <li>• 1 x extra Fleece / Down Jacket / Puffa Jacket</li> </ul> <p>Pack in your rucksack 2 of the items listed above</p> <ul style="list-style-type: none"> <li>• <b>You basically need: 2x CHANGE OF CLOTHES</b></li> </ul>
<p><b>To keep you dry</b></p>	<ul style="list-style-type: none"> <li>• Waterproof Jacket with hood (Compulsory) (<b>Hire available</b>)</li> <li>• Waterproof Trousers (Compulsory) (<b>Hire available</b>)</li> <li>• Hat + Gloves x 2 (Compulsory)</li> <li>• Rucksack - 60 litres approx (<b>Hire available</b>)</li> <li>• <b>Compulsory</b> rucksack liner - (<b>Hire available</b>) - not bin liner</li> </ul>
<p><b>Looking after your feet</b></p>	<ul style="list-style-type: none"> <li>• Walking Boots/ shoes (they must give adequate ankle support)</li> <li>• Compeed Blister patches (Compulsory)</li> <li>• Crocs/sliders to wear around camp (Flip Flops are not acceptable)</li> <li>• Walking socks - 3x spare pairs (Thick socks or football socks)/ 3x spare pairs of thin liner socks</li> <li>• Walking poles - optional (Hire available)</li> </ul>
<p><b>At camp</b></p>	<ul style="list-style-type: none"> <li>• Torch with spare batteries</li> <li>• Spork, Mug (PLASTIC)</li> <li>• Matches (windproof/waterproof) &amp; Lighter</li> <li>• Sleeping Bag (<b>Hire available</b>)</li> <li>• Sleeping mat or Thermarest inflatable mattress (<b>Hire available</b>)</li> </ul>
<p><b>To help with navigation</b></p>	<ul style="list-style-type: none"> <li>• Permanent Pen x 2 (choose a dark colour so you can see it)</li> <li>• Compass Silva Classic</li> <li>• Watch (Not a phone)</li> </ul>

## Group Equipment

### Each team must organise this between members

- Small first Aid kit
- Mobile phone in sealed bag (1 per day per team.)
- Small camera (optional)
- Sun-tan lotion
- Toilet roll, Deodorant

### OceanRock Group Equipment (To be given out at expedition start point)

- Tent (It is up to you to check you have poles and pegs)
- Trangia Stove(s)
- Maps 2 per group
- Emergency contact details for OceanRock staff

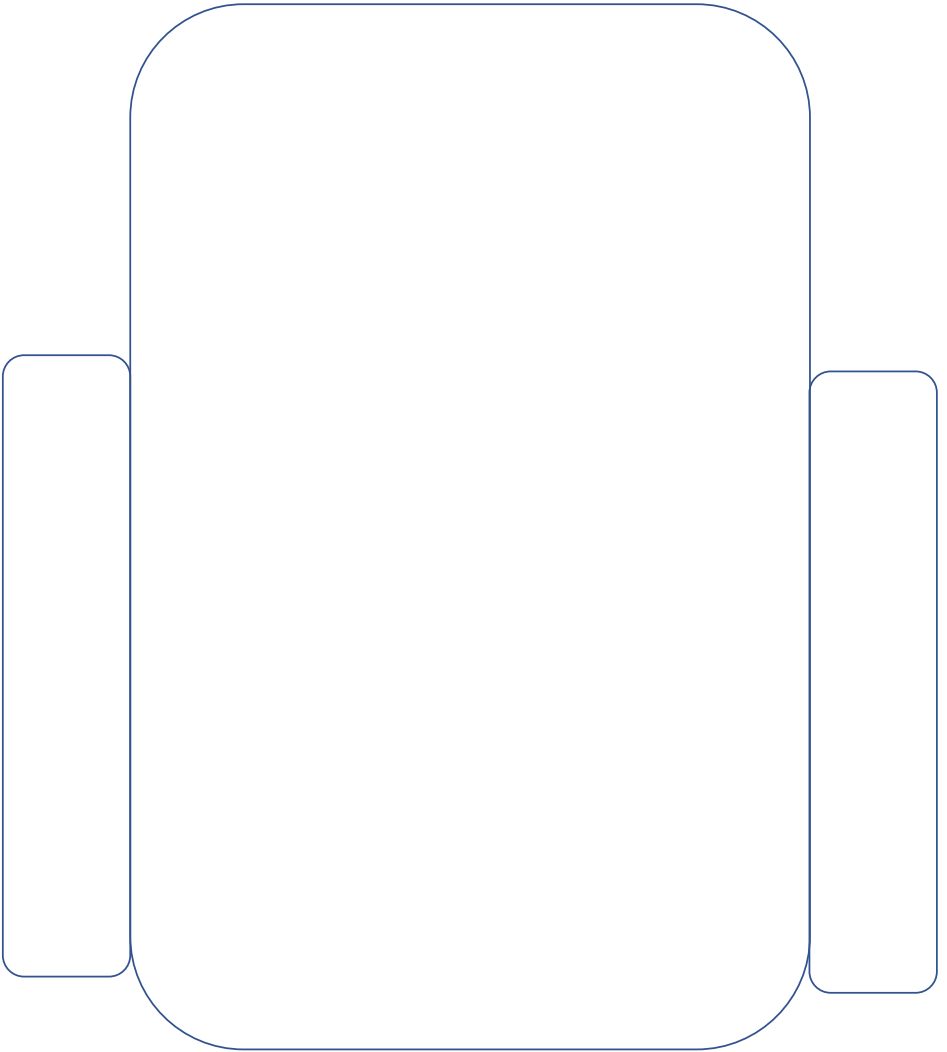
### First Aid kit - below is a sample list of things you could put into your First Aid kit

- Antiseptic wipes, Micropore tape
- Elastic Bandage
- Crepe bandage
- Plasters + Compeed blister patches
- Suntan lotion

**NB: PLEASE, PLEASE REMEMBER YOUR PERSONAL MEDICATION EG INHALERS ETC!!!! You cannot go on expedition without it.**

**Team Equipment I need to remember:**

## Packing Your Rucksack



## Personal Equipment Hire

- Rucksack
- Sleeping Bag
- Sleeping Mat
- Waterproof rucksack liner
- Waterproof Jacket
- Waterproof Trousers
- Walking Poles

**Please note: The hire cost means that you will get the equipment for BOTH the Practice and Final expeditions.**

The equipment will be brought to the start point and it will be collected back in at the end point.

Time is built into the itinerary of the day at the start and finish points to allow time for you to pack your equipment.

*\* Note: If you need to hire equipment it is your responsibility to request it. Borrowed equipment must be returned clean and without damage. Equipment hire is subject to OceanRock's Terms & Conditions which can be found on the hire kit booking forms.*

## Incident Management

### 3 ways to get help on your Expedition

#### Dead Letter

- Wait at a dead letter
- Leave a message

#### Phone

- Call the Lead Instructor
- Call go to a land line

#### Stop (on the route)

- The backstop Instructor will 'sweep you up'.
- Stay warm, safe and dry

**NB: DO NOT PHONE HOME.....**



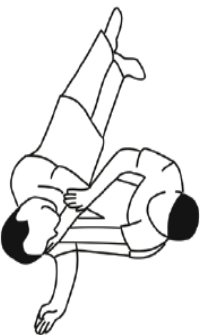
# The Recovery Position

Steps to take while waiting for medical attention.

**1** Move the arm closest to you in a 90 degree angle with the palm facing up adjacent to the head.



**2** Take the opposite arm and move it across the chest, placing the palm of the hand against the cheek.



**3** Support the head as you pull the knee furthest from you across the body to turn on the person's side.



**4** Lift the chin to clear the airway. Continue to monitor breathing until medical help arrives.



## How to do CPR in 5 steps

1. Check for a response. Firmly shake the person's shoulders and loudly ask if they're okay.
2. Call OceanRock, then 999. If the person is unconscious and not breathing, or not breathing normally, start CPR.
3. Your OceanRock Lead Instructor will find a defibrillator, where possible.
4. Start chest compressions. With the heel of your hand in the centre of their chest, press down smoothly and firmly at a rate of 2 per second. Try pushing to the beat of Stayin' Alive by the Bee Gees.
5. Continue to give CPR until help arrives.

*Guidance from the British Heart Foundation 2024.*

Scenario	Treatment
<p>You're at the campsite cooking your evening meal. Your supervisor is still out with another expedition group. There is no mobile phone signal. Someone reaches across the stove to get the sauce for your meal, and accidentally tips the pan of boiling water over the arm of another member of the group.</p>	
<p>You're 5km from a road / help, in a mountainous area. The weather is cold and it's been raining all day. There's a mobile phone signal. A member of your group had been saying they feel cold for the last 2 hours. Now they've fallen behind and are being dreamy and slow to answer questions.</p>	
<p>You're 2km from a road / help. There's no mobile phone signal. A member of your group falls onto some broken glass and cuts their hand. The bleeding is heavy but not massive. After 20 minutes they feel cold and dizzy.</p>	
<p>You're 3 km from the finish on the last day, with rolling farmland and on a wide and flat footpath. There is a mobile phone signal. A member of your group stumbles and twists their ankle.</p>	
<p>You encounter a herd of cattle in a field on your route, what do you do?</p>	



For a sprain ..... Why?		
R	Elevation	
I	Compression	
C	Rest	
E	Ice	

**The Countryside Code**

## Dangers of Fire

Fire is a rare, but serious \_\_\_\_\_ on DofE. A small spark can quickly become \_\_\_\_\_, destroying fields and causing damage to \_\_\_\_\_, as well as causing damage to animal \_\_\_\_\_. Causing a fire \_\_\_\_\_ local communities and gives participants, your school, and DofE a negative \_\_\_\_\_.

If you act irresponsibly with fire, you will \_\_\_\_\_ your Award.

Fires can lead to \_\_\_\_\_ and even fatality. A tent can burn down in just \_\_\_\_\_seconds, leaving you with no time to react.

Used safely, stoves pose a low risk – keep them on flat ground, never leave them \_\_\_\_\_, never use them in \_\_\_\_\_, and always follow the safety rules given by your instructors.

**Risk - Unattended - Fail - 20 - Impacts - Farmer's Crops - Your Tent - Out of Control - Burns - Habitats - Reputation**

## The Countryside Code

"Respect, \_\_\_\_\_, Enjoy"

### Respect other people

- Consider the local \_\_\_\_\_ and other people enjoying the outdoors
- Leave \_\_\_\_\_ and property as you find them and follow \_\_\_\_\_ unless wider access is available

### Protect the \_\_\_\_\_ environment

- Leave \_\_\_\_\_ of your visit and \_\_\_\_\_
  - Keep dogs under effective control \_\_\_\_\_ the outdoors.
- 16 • Plan ahead and be prepared \_\_\_\_\_ and local signs.

## Camp Craft Session

How to cook, camp, stay dry, get organized and look after yourself and your team

After the Camp Craft Session .....	Tick off to show you know what is expected.....
I can put a self-supporting tent	
I understand how to use pegs and guy ropes	
I can put up a tunnel tent	
I can safely light a stove	
I know where to store my kit	
I know how to manage my litter	
I understand the behaviour that is expected of me at the campsite	

**Match the Questions and Answers**

Litter is personal. You put it in your own bag	away from you.
Divide the tent up: 1 person has the inner, 1 the outer	participants into your tent.
A tent should be at least.....	and goes home with you.
A peg should be placed in the ground....	and 1 the stove and poles.
The (EMPTY) tent bag and pole bag should be.....	have footwear on your feet.
You strike a match.....	10 minutes minimum.
A stove should be 3 metres from.....	another tent and stove.
You should always.....	stored in the top of your rucksack.
Tie hair back when cooking & roll up.....	3 metres from another tent.
Never lean over or leave a stove.....	unattended.
It is expected that you will sit only with.....	seperate to your waterproof liner that has your sleeping bag and spare clothes in.
Leave wet kit, boots and rucksacks in.....	the porch
Burns need to be run under a tap for.....	sleeves.
You should never invite nor accept other.....	at a 45 degree angle (away from the tent).
Put the wet inner or outer tent.....	your team.

### Expedition GOAL

**For the Silver + Gold DofE Awards you will need an expedition Goal or purpose.**

**You need the following:**

1. A title
2. Methodology - how you will collect the information
3. Presentation - how will you present your information
4. Analysis - How you will process the data to produce results
5. Conclusion - What did you find out?

**Here are some titles that have worked well for students in the past:**

- To investigate the impact of tourism on the National Parks
- To compare and contrast the history of the National Parks we visited
- To compare and contrast the geology and associated flood risk of each National Park
- To investigate pollution along our route in each National Park
- Are there any physiological and psychological effects on the team during the expeditions?
- What effect has nutrition had on the team members throughout each expedition?

What's your team goal?	
How are you going to collect the data?	
What equipment will you use?	
Where will you source this equipment?	
How will you present your findings? To who? When?	

## Expedition Aim & Requirements

To inspire young people to...

- Develop **initiative** and a **spirit of adventure** and **discovery**.
- Plan, train for and complete a **self-sufficient journey** *as part of a team*.

<b>Team Goal</b>	Expeditions must have a clearly defined team goal - this could be researching an area of interest, contributing to a community action project, or developing soft skills.
<b>Mode of Travel</b>	Journeying must be by participants' own physical effort.
<b>Food</b>	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day. (optional on the last day).
<b>Participant &amp; Team Conduct</b>	Participants must <b>behave responsibly</b> with <b>respect for their team members, Leaders, landowners, the public and animals</b> , and must understand and adhere to the Countryside, Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate)
<b>Unaccompanied and self-sufficient journey</b>	Expeditions must be <b>unaccompanied and self-sufficient</b> . The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.
<b>Debrief &amp; Presentation</b>	Participants must <b>actively participate in a debrief</b> with their Assessor at the end of the expedition and, at <b>Silver and Gold level, a presentation must be delivered after the expedition</b> .