

Name: \_\_\_\_\_ Team Number \_\_\_\_\_

# OceanRock DofE Silver Foot Award Expedition Handbook

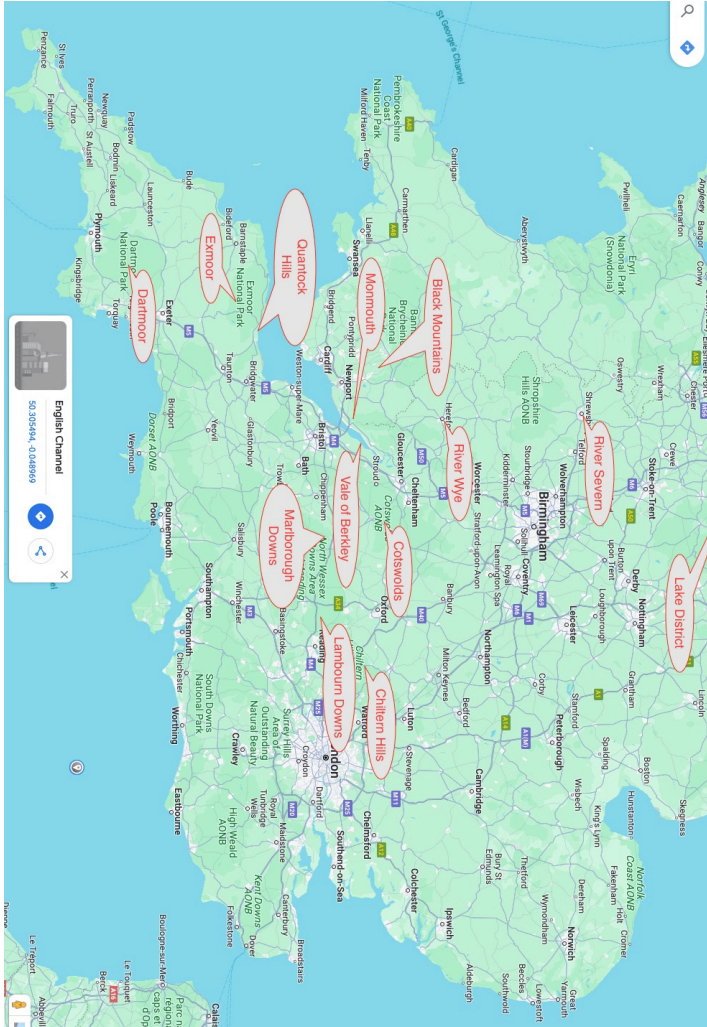
[www.oceanrockadventure.co.uk](http://www.oceanrockadventure.co.uk)

## 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 expeditions

**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** - Wayfarers meal,  
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

<b>Day 1</b>	
Lunch	
Evening Meal	
Snacks	

<b>Day 2</b>	
Breakfast	
Lunch	
Evening Meal	
Snacks	

<b>Day 3</b>	
Breakfast	
Lunch	
Snacks	

<b>Expedition Meal Planner</b> Qualifying Expedition	
<b>Day 1</b>	
Lunch	
Evening Meal	
Snacks	

<b>Day 2</b>	
Breakfast	
Lunch	
Evening Meal	
Snacks	

<b>Day 3</b>	
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 and deodorant + minimum toiletries</li> <li>• Sanitary/hygiene products incl: toilet tissues, Nappy sacks &amp; Hand Gel</li> <li>• Water bottle (2 x 1 Litre bottle)</li> <li>• Mobile Phone sealed / Paddlers only: waterproof phone pouch</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 + fleece jumper</li> <li>• Trousers/leggings/Tracksuit bottoms</li> <li>• 1 x extra Fleece / Down Jacket</li> <li>• CHANGE OF CLOTHES</li> <li>• NO Jeans/ NO Strappy tops/ NO short shorts</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>• <b>Compulsory</b> rucksack liner - <b>(Hire available)</b> - <b>not bin liner</b></li> <li>• Rucksack - 60 litres approx (Walkers) <b>(Hire Available)</b></li> </ul>
<p><b>Looking after your feet</b></p>	<ul style="list-style-type: none"> <li>• Walking Boots (walkers)</li> <li>• Old Trainers / booties (paddlers)</li> <li>• Compeed Blister patches (Compulsory)</li> <li>• Crocs/sliders to wear around camp (Flip Flops are not acceptable)</li> <li>• Walking socks - 2 x spare pair (Thick socks or football socks)/ 2 x spare pair 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>• Headtorch 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 - 1 x per team

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

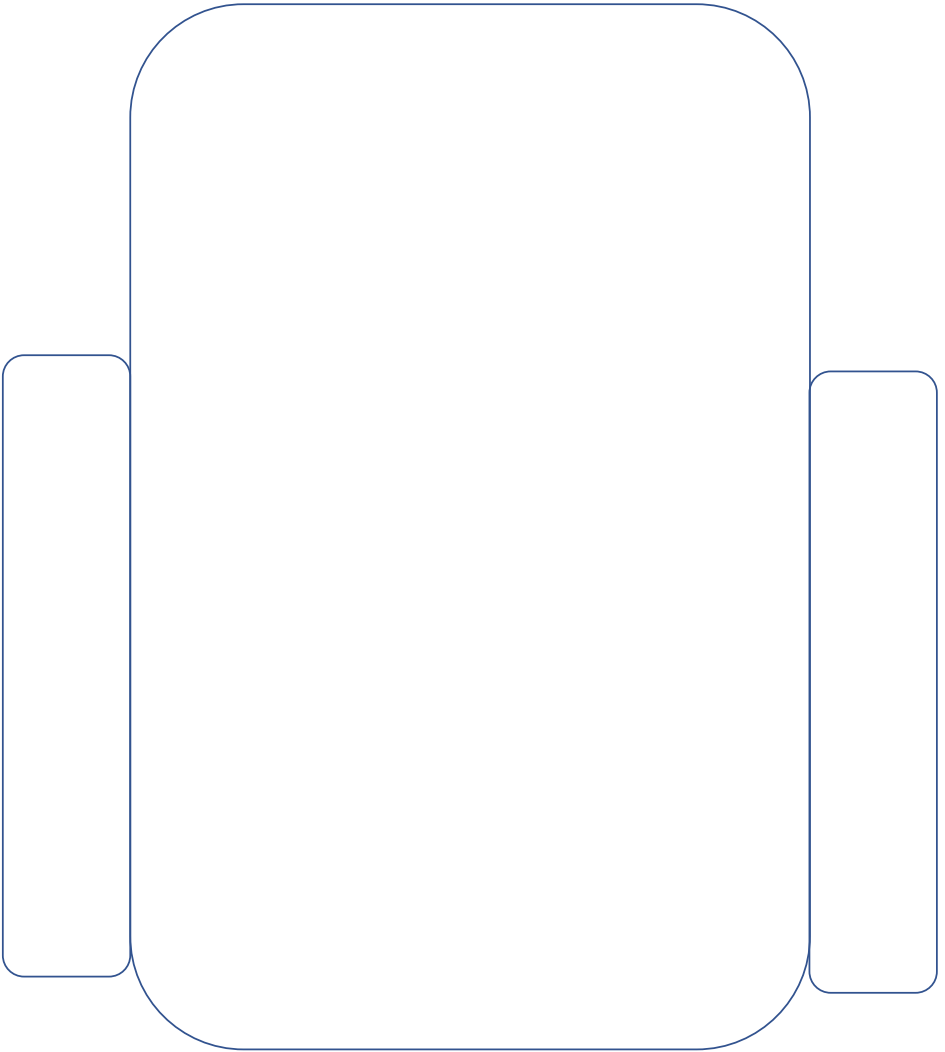
**Participant responsible for the First Aid Kit in my team:**

---

**PLEASE, PLEASE REMEMBER YOUR  
PERSONAL MEDICATION  
E.G. INHALERS ETC!!!!**

**You cannot go on expedition without it**

## 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

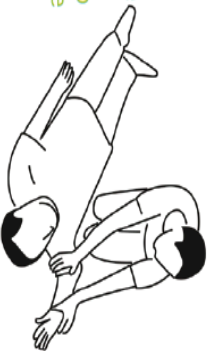
**NB: DO NOT PHONE HOME.....**



# 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 are at the campsite cooking your evening meal when someone reaches out to remove the hot pan without using the tongs provided and they burn their hand.</p>	
<p>You are 2km from a road / help. There is 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 are 3 km from the finish on the last day, you are walking across rolling farmland 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 have been walking in full sun all morning, your team member looks very red in the face, has a headache and is complaining of feeling sick.</p>	
<p>The weather is cold, and it has been raining all day. There is a mobile phone signal. For 2 hours, a member of your team has been saying they feel cold and unhappy. Now they've fallen behind and are being dreamy and slow to answer questions.</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	

## 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 fold a tent section to fit in my dry bag/ rucksack	
I can safely light a stove	
I know I will store my boots and rucksack / drybag in the tent porch	
I know I will carry all of my own rubbish with me and take it all home with me	
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 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, expedition 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> .