



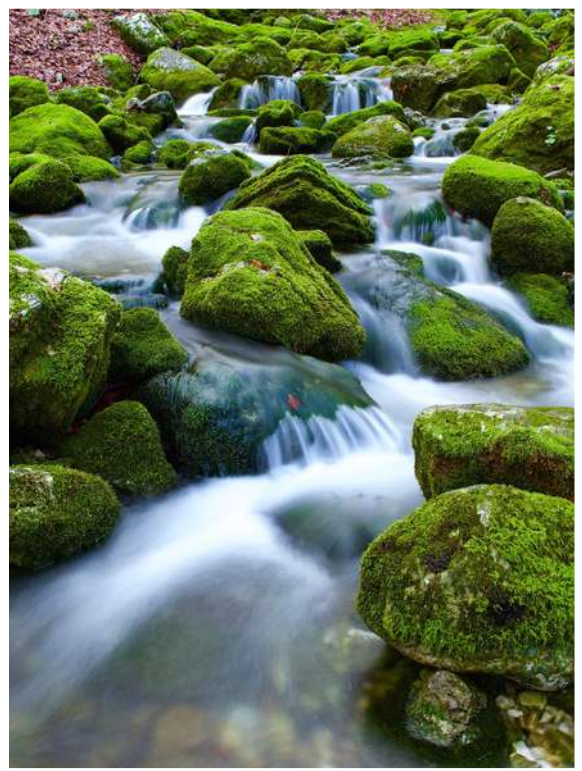
EXPEDITION SKILLS

HAZARD AND ROUTE
PLANNING

WEEK 11

You will have either started to Plan Your Route for your Expedition or will start to plan it soon. Route Planning is the most important part of your Expedition.

The Route is the path you will take from start to finish on Expedition. Along this path there will Dangers/Hazards, as explained below. Think of these when planning your Expedition Route. You will likely be on paths or tracks for most, if not all, of your Expedition so you shouldn't be in any danger from Hazards. However, you should know what you might face before you head out. IF you can't avoid Dangers/Hazards, here are some guidelines to help you and your team stay safe around them.



Here are some examples:

1. Water (streams, fords, steppingstones, lakes, lochs, rivers)

We are very lucky to have beautiful lochs, rivers, streams, and other water ways in our countryside. However, they can be dangerous if we aren't careful around them.

Follow these simple Guidelines when around Water:

- > Always cross a river or stream by using a Bridge.
- > Never wade through water. (even shallow water can hide slippery stones or other items on which you can hurt yourself.)
- > If using steppingstones (you will know ahead of time as they are on maps), then please **Be Very Careful** when crossing them, especially when they are wet.
- > **Never go Swimming** in streams, rivers, or lochs/lakes. This may be something you do with your family, but do not do it while on expedition!

Avoid getting Wet!

2. Falling Down Something

I know, this sounds a bit strange, but read on to understand... There are plenty of things you can fall down such as: holes, snake holes, cliffs, mines, steep hills.

You will be able to see most of these potential Dangers/Hazards on your map, so there is no reason to go toward them.

- > **Be very careful** around steep hills (remember your contours on a map), it is easy to lose your balance and fall down.
- > **Never go wandering off** your chosen route path
- > ****Never explore old mining works**, they are Very Dangerous and if you go missing in one, we may not be able to find you**

3. Roads

Well, at least we all know what these are and they are clearly marked on your map. When we talked about the Outdoor Country Code, one of the things we mentioned was how to be safe when walking on a road or crossing over a road. I don't need to go over that again here except to say ***Be careful on or around roads***.
Cars move quickly and sometimes quietly.

4. Trips and Falls

We talked about this in First Aid Injuries. If you trip or fall, you can injure yourself.

➤ ***Pay attention*** to where you are walking at all times! If you are distracted, you are likely to trip and/or fall and hurt yourself.



Here is a list of some things you can trip or fall over when on Expedition:

- Tree roots, Logs, or other fallen bits of trees
- Stones (loose, wet, large, and small)
- Rubbish (yes, stuff lying around can trip you up)
- Shoelaces (Double Knot them!!)
- Guy Lines on Tents (make sure to tie them securely and watch out when walking around the campsite.)

5. The Weather

Ok, so we live in Scotland and can have all 4 seasons in one day!

***Pay attention** to the weather, if you see it is starting to turn bad, make a decision as a group about what you need to do:

- Do we all put on waterproofs?
- Do we pitch our tents?
- Is there thunder and lightning? If so, should we find shelter?
- Cover your heads if the sun is shining (remember sunstroke)
- If it is cold, put more layers on.

6. Farm Animals

We discussed this in the Outdoor Country Code already.

- Farm animals can be very dangerous if they are annoyed or if they have young that they might try to protect.
- Cows will run at you if you get between them and their calf.
- Farmhouses sometimes have guard dogs, so Pay Attention to all Warning Signs.
- Farmers will sometimes post signs saying what is in a field, Do Not ignore these signs, especially if they tell you to stay out (Example: 'Bull In Field' – you do not want to come face-to-face with a bull) ➤ Best advice is to stay away from All animals. Leave them alone and walk around the fields they are in, if possible.

Finally

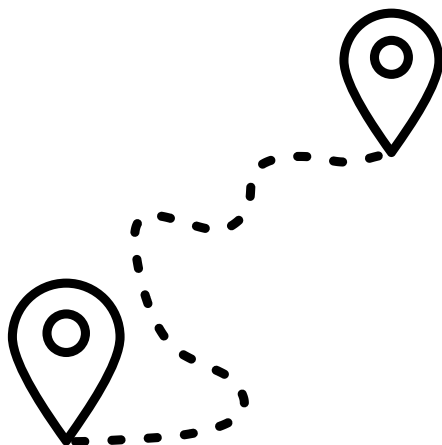
If you can't avoid Hazards, please Be Careful! Now that you know about Dangers/Hazards on your Route you can combine this with your First Aid Injury, First Aid Illness, Emergency Procedures, and the Outdoor Country Code training to be very well prepared for what you might encounter while on Expedition. The main idea is to plan for anything that might ruin your Expedition and avoid it if possible!

Keep you and your team safe!

Well Done!! Please do the Quiz!

Hazards and Route Planning: QUIZ

1. What is your 'Route'?
2. Name the 6 Hazards you might face on Expedition?
3. How do you cross a river or stream?
4. Should you go swimming while on Expedition?
5. What can cause Trips and Falls?
6. Why should you Never enter a mining works/shaft?
7. What do you need to do on or around roads?
8. What should you do if you notice the weather changing?
9. Why should you avoid farm animals?
10. If you can't avoid a Hazard, what should you do?



Remember this quiz is just to see what you have learned, it is not graded. Please ask for help if you need it.

Now that we've thought about what to take in general, let's try to make a menu planner for a Bronze Expedition: 2 Days + 1 Night.

This is just an Example! I'm looking to eat about 3500 calories each day. I want things that are light in weight, but heavy in fats and carbohydrates to give me plenty of energy.

	Breakfast	Lunch	Dinner	Total Calories
Day 1	<p>At Home or at start of Exped: Croissant with butter and jam. Banana, and Toasted Sandwich with Peanut Butter</p> <p>Calories: 1,365</p>	<p>Cheese and Pickle Sandwich on wholemeal bread (487), Crisps (102), Chocolate Bar(Snickers 296) or a Granola Bar (124). (Trail Mix as a snack all day 450)</p> <p>Calories: 1,163 - 1,335</p>	<p>Chocolate Brownie (250) Quesadillas. Tortillas, already cooked veg with spices, grated cheese).(2 = 694).</p> <p>Calories: 944 + Hot drink (cocoa)</p>	3,644
Day 2	<p>Porridge Pot with dried fruit and almonds (305). Croissant (231). Cup of tea with some dried milk (141).</p> <p>Calories: 677</p>	<p>Tortilla with Peanut Butter (2 = 1,084) Fig Rolls (4 =280), Crisps (102) Trail Mix (210)</p> <p>Calories: 1,676</p>	You'll be home by now	2,353

Great, so please now download a Menu Planner from our website (on the same page as this activity sheet).

Please ask for help if you need it. I am here to help. We will go over different foods you can take before you go on Expedition, so this activity is here to help you to start to think about food and what you'll need on Expedition.

Once you've completed your Menu Planner, please send it by email to your assessor or to admin@pkdofe.com

Make your Own Expedition Menu Planner

Here is where you get to make your very own Menu Planner for Expedition. Woohoo!!

I want you to write down:

- What you'd pack
- Calorie counts for each item
- Every meal for every day you will be on Expedition.

Breakfast on Day 1 will be at home or with your group before you start on Expedition but count this in your daily total (approximately 3500 calories per day).

Use the Activity sheet you read to give you guidance on what foods to take.

Bronze:

Day 1: Breakfast, Lunch, and Dinner

Day 2: Breakfast and Lunch

Silver:

Day 1: Breakfast, Lunch, and Dinner

Day 2: Breakfast, Lunch, and Dinner

Day 3: Breakfast and Lunch

Gold:

Day 1: Breakfast, Lunch, and Dinner

Day 2: Breakfast, Lunch, and Dinner

Day 3: Breakfast, Lunch, and Dinner

Day 4: Breakfast and Lunch

Remember to add in snacks, but as long as you are eating well at meal times, snacks can be extra.

For those doing Silver and Gold, you will need to think very carefully about the weight of your food as you will need to take food for more days. Think about this: Dried foods will be best Day 2 onward. The great advantage for you is that you have already been on expedition so you know how much you need to eat and what foods worked well for on your previous expeditions.

Please see the next document for your Menu Planner

