

## **Practical Map Skills**

- Setting the map.
- Locating position from the map.
- Determining geographical direction and direction of travel from the map.
- Checking the direction of paths using the set map.
- Identifying features in the countryside by using the map.
- Locating features marked on the map in the countryside.
- Planning a route, preparing a simple route card.
- Following a planned route.

## **Compass Skills**

The introduction of the compass at Bronze level should be at a basic level.

- The care of the compass.
- Direction from the compass in terms of the cardinal and the four intercardinal points.
  - Setting the map by the compass
  - Finding a direction

## **Camp Craft Equipment and Hygiene**

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.
- Choosing and caring for camping gear.
- Packing a rucksack or for waterborne expeditions a suitable waterproof container, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking.
- Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.
- Pitching and striking tents.

## **Food and Cooking**

- Cooking and the use of stoves,
  - Safety procedures and precautions which must be observed when using stoves and handling fuels.
- Cooking substantial meals under camp conditions.

## **Countryside, Highway and Water Sports Codes**

- Understanding the spirit and content of the Countryside Code.
- The avoidance of noise and disturbance to rural communities.
- A thorough knowledge of the content of the Highway Code with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the expedition.
- If undertaking a water based expedition, a thorough knowledge of the Water Sports Code.

## **Observation Recording and Presentations**

- Choosing an Aim.
- Developing observation skills and different methods of recording information.
- Skills relevant to the method of presentation.
- Researching relevant information.

## **Team-building**

The Expedition section involves participants working together as a team in order to complete the expedition. Team-building should permeate all expedition training and can be enhanced through team-building exercises and regular reviews so that when the group sets out on the qualifying expedition, participants are able to work together as an effective and cohesive unit.