

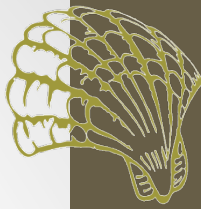
DE | THE DUKE OF
of EDINBURGH'S AWARD

Training

Camp Craft and the Environment

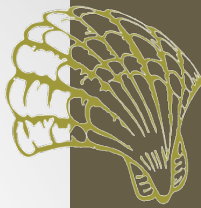


Environmental Issues



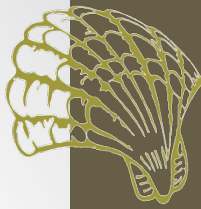
- **The Country Code** The countryside is vulnerable to overuse and misuse by those of us who visit it. By taking a few precautions and following some common sense rules we can drastically minimise our impact on the environment.
- **Don't drop litter** By litter we include not just paper and drinks bottles but also organic material such as orange peel and banana skins.
- **Take care on roads** Many country roads are narrow and cars often travel very fast on them. When you get to a road - stop. Then lead off walking in single file. Generally you should walk on the right hand side of the road. However, if the road is very narrow it may be safer to cross to stay on the outside of any bends.
- **Close gates after you**
- **Don't go to the toilet close to streams, lakes or any other watercourse** Ensure you are at least 30 meters from any watercourse before going to the toilet. If you need to poo ensure that it is well buried (15 cm deep). It is a good idea to burn any toilet paper then if it does get dug up by an animal there is not dirty toilet paper blowing about. If you can't bury it then current advice is to spread it out as thinly as possible using a rock to speed up its breakdown. Sorry... I don't make the rules.
- **Think about erosion**
- **Take care around animals**
- **Don't wash up in streams** If you cook soup during the day or if you are camping next to a stream then please don't pollute the stream by washing up in it. If you need to wash up fill a pan from the stream and take it away from the stream to do the washing up.

Tents

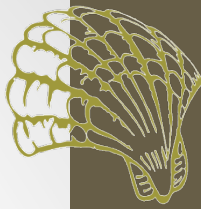


- **Before pitching - Check the site for stones and sharp twigs** These will not only make your night more uncomfortable but may puncture the groundsheet and then let water in.
- **Don't lose the bags** As soon as you take the tent, poles or pegs out of their bags put the bags in your pocket so they don't blow away.
- **Keep your tent clean** Take your shoes off, try not to get mud on the side of the tent. Always tie back the doors when they are open. If a tent gets dirty this negatively affects its waterproofing ability.
- **Use the zips** If you open the tent by simply pulling on the material this will weaken the zips and may cause them to break. If your zips break you may be in for an uncomfortable night.
- **Allow the tent to ventilate** If your tent has solid inner walls then it is important to keep the inner door open a little. If you don't then condensation from your breath will collect on the walls and make the inside of the tent, you and your sleeping bag damp. Even if it is cold a small gap will keep you dryer and therefore warmer.
- **Don't cook in or near the tents** A tent can catch fire in seconds burning anyone or anything inside it. Do not under ANY circumstances cook in the tents.
- **Dry and clean the tent when you get home** Always take the tent out of its bag and hang it up to dry when you get home (even if you think it is dry). If you don't hang it up to air it will rot and need replacing.

Stoves - Trangia



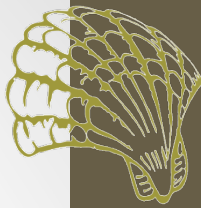
- **Placement** Never use the stove within 3 metres of any tent
- **Hygiene** If you can smell Meths in the pans, or it has remnants of its last meal visible, then it is a good idea to give them a quick clean.
- **Methylated Spirits** Always hold the burner in your hand while filling. If the burner is too hot to handle then it is too hot to refill. Remember that 'Meths' can burn with a transparent flame so even if it looks empty, and you cannot see a flame, treat with care.
- **Safety** Screw the fuel bottle cap down immediately after use. If you forget to seal the bottle properly you can end up with 'Meths' leaking inside your bag and over your kit. The best time to secure it is when it is in your hand.
- **Lighting** Position the burner in the base of the trangia and then light. Do not hold the burner when lighting as you may spill 'Meths' when placing the burner back in the base.
- **Cooking** Use the Handle to hold the pan when stirring (though don't leave the handle on the pan). Holding the handle provides stability while stirring but if you leave the handle on the trangia it can get very hot.
- **Extinguishing** Don't attempt to blow out the trangia. If you do you can blow flaming 'Meths' at anything opposite you or even into your own face. Close the simmer ring and use the handle to carefully place it over the burner (do not use the screw top).
- **Re-packing** Don't place the screw top on the burner until it is completely cool. Inside the screw top is a rubber ring to stop it leaking. If you screw the cap on while the burner is still too hot it will melt this ring and 'Meths' will leak out into your bag. As an extra precaution you may want to place the burner in a plastic bag before packing it away.



Stoves - Gas

- **Placement** Never use the stove within 3 metres of any tent
- **Safety** Screw the gas canister carefully onto the stove. Do not 'cross' the threads
- **Lighting** Position the canister away from the burner and then light by turning the valve open. Do not hold the burner when lighting as you will burn yourself.
- **Cooking** Use the Handle to hold the pan when stirring (though don't leave the handle on the pan). Holding the handle provides stability while stirring but if you leave the handle on the stove it can get very hot. Do not touch the metal of the stove – it will burn!
- **Extinguishing** Don't attempt to blow out the stove. Turn the valve to closed.
- **Re-packing** Let it cool down! Before repacking.

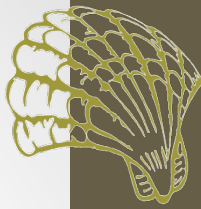
Packing a Rucksack



- **Principle 1** Heavy items should be close to your back, evenly weighted left to right and near the top
- This means you won't feel like you're being pulled off balance. It will also reduce the amount of pull on your shoulders. For instance, Place a heavy item like your tent under the lid rather than on the straps on the bottom at the back.
- **Principle 2** Items you may need should be accessible
- Pack your snacks, lunch, drinks, waterproofs, hat, gloves, torch and emergency gear near the top of the bag or in the outer pockets.

Other considerations, tips and tricks...

- **The sleeping bag** It is common to pack the sleeping bag at the bottom of the rucksack. It is the least likely item to be needed during the course of the day and if your sleeping bag is at the bottom you know you can sit on the bottom of your rucksack without splitting food bags open or breaking anything.
- **Attaching things to the outside of the bag** As sleeping mats are so light they can be attached by straps to either the top, side or bottom of the bag as preferred. It is best not to attach anything else to the outside of the bag - heavier items will make the load unbalanced and smaller items might get lost or damaged. You also look a lot more slick and together if you haven't got a pair of flip flops or a mug hanging off your bag.
- **Keeping things dry** You should use a waterproof liner inside your bag to keep the big things dry – heavy duty rubble sacks or bin bags are good cheap options. Plastic freezer bags are good for smaller items. Do not just rely on the rain cover as it will fail after time.
- **Fitting your rucksack** Make sure your rucksack is correctly adjusted to you. You can adjust the back length, the shoulder straps and the position of the hip belt. It will make a huge difference to how the weight is distributed and when you get it right, it will actually feel lighter. Get used to the routine of adjusting your pack every time you put it on and you will feel the benefit.



Emergency Procedures

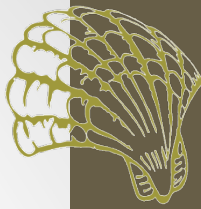
Evaluate the situation first. Apply First Aid if necessary. Do you need help? If so do you need help from our staff or the Emergency Services?

Call us first if you can from your location

Calling the Emergency services

If you decide to call the Emergency services from your location do so by calling 999 or 112. Even if you have no signal it often still works. If you require the services of mountain rescue (i.e. if the is in a remote situation) ask for the police and tell them that it is a mountain rescue situation. Be ready to tell them:

- 1) Number and type of casualties
- 2) Where you are, a grid reference, etc
- 3) Your telephone number
- 4) Our contact details and ask them to contact us



Sending for Help

If you do not have phone reception you may have to send part of your group to get help.

- 1) Decide where to go for help. Make sure the people staying know where you have gone. You may elect to go somewhere to find phone signal or to the nearest house.
- 2) Write down all important information
- 3) Make sure there are two of you going together
- 4) Take enough equipment to ensure your safety
- 5) Don't rush

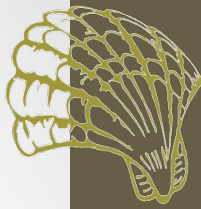
When you get in contact with us or the emergency services, get clear instruction on what you should do next.

Waiting for help

Once you have decided that you need help on the hillside you need to prepare for a potentially long wait for us or the emergency services to get to you. There is a lot you can do to make things more comfortable and to pass the time.

- 1) Keep someone with any casualties at all times
- 2) Keep checking on each other
- 3) Every few minutes blow your whistle (six long blasts)
- 4) Consider putting up a tent or two
- 5) Consider getting someone to make a brew

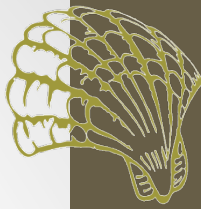
Food!



When out walking, particularly on multi-day trips, it is important to make sure you eat enough to prevent exhaustion and the associated problems and dangers.

- **Weight** You have to carry everything you eat once you get going, it is obviously in your best interest to make it as light as possible. Don't even think about carrying tins or glass jars. Boil in the bag is heavier than dehydrated food.
- Think about removing excess packaging but be careful not to remove cooking instructions you may want to refer to later.
- **Speed and Ease of Preparation** If the weather is nice you may want to spend a bit of time relaxing on the campsite and cooking. If, however, it has been raining all day the last thing you are going to want to do is sit outside in the rain cooking. Boil in the bag may be heavier than dried food but it is faster, easy to prepare and generally tastes better. If you are buying pasta choose quick cook varieties, this will save both time and fuel. Consider practising cooking what you are going to cook at home on one hob.
- **Tastiness and Variety** You need your diet to be as varied as possible as eating the same thing every day can become really dull. I would try and get some fresh stuff in for the beginning of the trip and move onto the less tasty but longer life foods later.
- **Durability and Longevity** You need foods that will not be ruined or taste bad if they are squashed and won't leak out of any containers. If you have perishables make sure you are planning to eat them early and that you have a non-perishable equivalent for later in the expedition.
- **Calorific Intake** On expedition you will burn many more calories than usual. You should be aiming to eat something in the region of 3500 calories per day but this will vary from person to person.
- **Timing** When you get to the camp site you want to be eating as soon as possible. Have a snack as soon as you stop. Energy is replenished in the muscles much more effectively straight after exercise so eating immediately will give you more energy the next day. Next get your tent up in case it starts raining then start cooking your main meal.
- **Emergency Rations** Don't eat all your food on the last day. You must keep some back in case of emergency. Your assessor may well ask to see your emergency rations at the end.

Aims

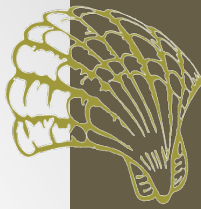


History:

- Explore and document cairns.
- Investigate the changes in local agriculture over the last 100 years.
- Explore an historic place made famous in a film or television programme and document the scenery.
- Investigate Roman sites around Hadrian's Wall.
- Photograph and describe interesting old buildings along your route.

Environment:

- Decorate a white t-shirt, using inspiration from the scenery that you see along your route.
- Search for forms of fungi, photograph or sketch them and record them.
- Paint different types of trees and correctly identify them.
- List and film the different kinds of birds that you see.
- Draw all the different star constellations that you see.

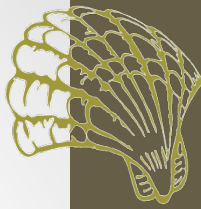


Teamwork:

- Create a series of communication signals to use within your team.
- Do a fun team game or challenge each day to promote team building.
- Make a video diary of your team's experiences, from camping and cooking to reaching your destination.
- Design a team motif and make a badge or accessory for each team member to wear that reflects your journey.
- As a team, identify different team roles and rotate each day.

Conservation:

- Monitor the levels of litter on your route and plan how you could campaign to reduce this.
- Consider the impact of vehicles on the environment along your route.
- Record evidence of wildlife breeding programmes and how you would start your own.
- Investigate the maintenance of footpaths and hedgerows.
- Study local efforts to stop the erosion of coastlines.



Physical:

- Record your different emotions over the expedition and relate it to the physical challenge.
- Set a group challenge to speed walk every day for a certain period of time and keep each other going.
- Monitor what time of day people have the most energy to push themselves harder and improve your journey times.
- Film warm up and warm down sessions before and after your day's walk.
- Monitor changing heart rates and body temperature on the expedition route.

Literature:

- Write a series of poems of your experiences and critique them.
- Visit areas which inspired poetry, such as the Lake District and Wordsworth.
- Explore sites made famous in folklore, such as Robin Hood's legendary home of Sherwood Forest.
- Use your funniest expedition moments to create a play and perform it as your presentation.
- Write a short ghost story or mystery tale based loosely on your expedition.