

## Introduction to D of E expeditions

### **Friday**

Arrivals after 7.30pm

Please note that an evening meal will not be provided and you should eat prior to arrival.

### **2030 Introduction to Navigation**

### **Saturday**

0800 Breakfast

0900 Dealing with emergencies

1000 Camp craft skills

Tents, stoves

**Lightweight Food options**, select food for camping trip

**Plan route (tracing) and Pack rucksacks for mini-expedition**

1300 Lunch

Continue expedition preparation

1430 **Expedition** (working in 2 groups each accompanied by an instructor)

- Practical navigation
- Looking after each other
- Country Code

### **Overnight Camp**

- Cook evening meal and breakfast
- Hygiene

### **Sunday**

**Unaccompanied Walk**

1245 Lunch

1330 **Expedition kit clean and return**

1430 **Review**

c.1530 Departures