

Self evaluation 1 - Before your practice

This booklet covers topics in varying amounts of detail. If you are embarking on a bronze expedition then some of it's contents may be set at a level higher than is necessary for your expedition. Rate your skills for each of the following areas. 1=no understanding 5=very confident and I could explain this to others. Don't worry if you score lots of 1's or 2's.

Fill this in before your practice expedition or outside training if you are not doing a practice at Bronze. This will tell you what you need to focus on on your practice or outside training sessions.

Navigation

- Understand what the scale 1:25000 means
- Identify advantages and disadvantages of different map scales
- Read a grid reference from the map
- Measure a distance on a map and convert it to KM
- Understand the concept of contour lines
- Identify the difference between a valley and a spur (also known as a ridge)
- Has methods of determining if a hill is going up or down from the pattern of unnumbered contour lines.
- Has an appreciation for the steepness of a hill by looking at the pattern of contour lines
- Calculate height climbed on a leg
- Calculate how long a leg will take to walk
- Identify a wide variety of mapping symbols that are useful for your mode of transport
- Able to form a strategy for a leg
- Identify where North is on the map
- Able to accurately guess a bearing
- Able to even more accurately measure a bearing
- Able to use a compass to follow that bearing
- Aware of a number of relocation strategies
- Able to select an appropriate relocation strategy

On Expedition

- Can identify likely hazards on a route
- Can assess the risk from identified hazards
- Can think of ways to mitigate risk if appropriate
- Has a strategy for crossing busy roads

.... Has a strategy for walking on roads with no pavements

.... Know the countryside code and why it is important

.... Can select a good camping spot

Kit

.... Can select appropriate clothing for the expedition

.... Know what you are going to take on expedition

.... Has all the kit required

.... Understands the importance of waterproofing contents of bag

.... Can adjust your rucksack and can put it on safely

.... Know how to safely use your stove

.... Has experience of cooking on your stove

.... Has planned a menu for the expedition

.... Can pitch, strike and look after your tent

DofE rules

.... Has seen the 20 conditions and understands the bits that they need to keep to on expedition

.... Has an aim for the assessed expedition and has a plan for work to do in advance

.... Know how you are going to arrange your presentation after the expedition

First Aid and Emergencies

.... Has a knowledge of expected first aid incidents and how to prevent and treat them

.... Knows how to summon help in remote places

.... Knows how to remove a tick and is aware of symptoms of Lyme Disease to look out for in coming weeks