

# Self evaluation 2 - Before your assessed

Fill in this self evaluation sheet after all your training and practices, a couple of weeks before your assessed expedition. It may be that you still score some 1's and 2's. If you do then ask your supervisor if you need to improve on those topics for your DofE level and expedition venue.

While ideally you will score highly on all necessary areas for your level and expedition venue remember it is a team effort. You could compare scores with someone in your team and help each other out.

## 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