

Expedition Training Framework – Silver

1. First aid and emergency procedures

Before starting their qualifying expedition, participants must understand and demonstrate:	Done?
Knowing what to do in the case of an accident or emergency.	
Summoning help, e.g. what people need to know, telephoning for help, written message.	
Resuscitation; checking the airway, breathing and circulation.	
The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, and splinters.	
The recognition of more serious conditions such as sprains, strains, dislocations, and broken limbs.	
Recognition and treatment of hypothermia and heatstroke.	
The treatment of wounds and bleeding.	
Treatment for shock.	
Getting help, self-help and waiting for help to arrive, keeping safe and warm, and helping people to find you.	

2. An awareness of risk and health and safety issues

Before starting their qualifying expedition, participants must understand and demonstrate:	Done?
Appropriate expedition fitness for your planned expedition.	
How to identify and avoid hazards.	
The importance of keeping together and telling people where you are going.	
Weather forecasts – knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, and looking for signs which indicate changes in the weather.	

3. Navigation and route planning

3a. Preparatory map skills

Before planning their qualifying expedition, participants must understand and demonstrate:	Done?
The use of 1:25 000 Explorer	
Map direction.	
Scale and distance, measuring distance, distance and time.	
Conventional signs.	
Marginal information.	
Grid references.	
A simple understanding of contours and gradient.	
The ability to give a verbal description of a route linking two places from the map.	

3b. Practical map skills

Before starting their qualifying expedition, participants must understand and demonstrate:	Done?
How to set the map and relate the map to the ground	
Locating your position from the map.	
How to determine 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.	
Relating the map to the ground and estimating speed of travel and arrival times.	
Planning a route, preparing a simple route card.	
Following a planned route.	

3c. Compass skills

Before starting their qualifying expedition, participants must understand and demonstrate:	Done?
How to 'look after' your compass.	
Direction from the compass in terms of the cardinal and the four intercardinal points.	
Measuring direction in degrees.	
Setting the map by the compass where magnetic variation may be ignored.	
Determining the direction of footpaths or direction of travel.	
Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation, where appropriate.	
The influence of ferrous objects and electromagnetic fields	
Magnetic variation and the relationship between True, Magnetic and Grid Norths	

4. Campcraft, equipment and hygiene

Before starting their qualifying expedition, participants must understand and demonstrate:	Done?
How to choose suitable clothing, footwear and emergency equipment and know how to use it.	
Choosing and caring for camping gear.	
Packing a rucksack (or, for waterborne expeditions, a suitable waterproof container), waterproofing the contents and always keeping the weight down to a minimum (about a quarter of the body weight when walking).	
Rucksack safe lifting technique.	
Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, and fire precautions.	
Pitching and striking tents.	

5. Food and cooking

Before starting their Qualifying Expedition, participants must understand and demonstrate:	Done?
Cooking and the use of stoves.	
Safety procedures and precautions which must be observed when using stoves and handling fuels.	
That you can follow the stove safety instructions.	
Cooking substantial meals as a team under camp conditions	

6. Countryside Code

Before starting their qualifying expedition, participants must understand and demonstrate:	Done?
The spirit and content of the Countryside Code.	
The avoidance of noise and disturbance to rural communities.	

7. Observation recording and presentations

Before planning their qualifying expedition, participants must understand and demonstrate:	Done?
How to choose an expedition aim.	
Observation skills and different methods of recording information.	
Skills relevant to the method of presentation.	
Researching relevant information.	

8. Team building

The Expedition section involves participants working together as a team to complete an expedition. Team-building exercises should permeate all expedition training so that when a group of participants set out on their qualifying expedition, they're able to work together as an effective and cohesive unit.