

TRAINING EXPEDITION INFORMATION PACK



This pack contains some additional information that may be of use to you before the Training Expedition including the aims, example agenda and kit list.

TRAINING EXPEDITION AIMS

The Training Expedition is a great opportunity for the team to continue developing key skills. Below are examples of some of the learning objectives for the course.

- Developing the ability to work as a team
- Exploring Expedition team roles
- How to remain healthy on Expedition
- Preparing camp food
- Tents and general camp craft
- Safety equipment familiarisation

EXAMPLE AGENDA*

Please arrive at the site for a 10am start and register your arrival with the Duty Instructor. The Training Expedition will finish by 4pm on the second day.

The cost of your food is covered by World Challenge so please keep receipts and we will reimburse you on your arrival. The team will be planning their menu at their Expedition Skills meeting prior to the Training Expedition.

*Please note that timings and content can change depending on weather and expedition destination – below is a rough guide only.

DAY 1	
10.00 am	Arrival/Registration.
10.30 am	Meet Instructor. Introduction to course and discussion on ethos.
11.00 am	Personal equipment check.
12.00 pm onwards	Training Workshops and scenarios. Set up camp/prepare evening meal, review.
DAY 2	
06.30 am	Get up and prepare breakfast. Pack up tents and bags for the day.
08.30 am	Training Workshops and scenarios.
12.30 pm	Lunch
15.00 pm	Arrive back at training venue, have hot soup and World Challenge presentation.
16.00 pm	Depart.

TRAINING EXPEDITION KIT*

*The full kit list for the Training Expedition can be found on www.myworldchallenge.com.

For Challengers and Guardians it can be found under **Meetings>Training Expedition**

For School Leaders it can be found under **School Support> Training Expedition**

Due to safety implications, Challengers **will not be allowed to participate** in the Training Expedition if they do not have correct kit. **Mobile phone and mp3 players are not permitted on the Training Expedition; please ensure Challengers leave these at home. There is no facility to store them on site.**

EXPEDITION RUCKSACK OR HOLDALL AND DAY SACK

Please note you will need to bring either a rucksack or holdall depending on your Expedition itinerary. Please check your Expedition kit list on www.myworldchallenge.com before your Training Expedition. If you need a rucksack on your Expedition you must have one for the training.

Your Expedition rucksack must be at least 65 litres capacity with an internal frame. If you are using a holdall it must be a holdall/sports bag and should not be hard-case luggage or a suitcase as it will be stored in the tent overnight. The day-sack (35-45L) is to carry the equipment you need with you throughout the day, the same as you would on your Expedition. It should have 2 shoulder straps and a waist belt.

TRAINING EXPEDITION KIT LIST*

*This list is for the Training Expedition ONLY. Please try to borrow equipment rather than spend money on equipment that you may realise during the course of the Training Expedition is either un-suitable or unnecessary for your main Expedition. Please ensure that you bring all the items listed below to the Training Expedition. The entire course will take place outdoors and will be run as if you were on your main Expedition. Due to the time of year it is likely to be wet and cold - well worn-in boots, waterproofs and warm clothing are essential.

CLOTHING AND FOOTWEAR

1 x waterproof jacket with a hood

1 x pair of comfortable, strong, quick-drying trousers (NOT JEANS)

2 x thermal tops (at least one of which must be long-sleeved)

1 x pair of walking boots, with good ankle support and a stiff sole

1 x pair of warm gloves, and a woolly/fleece hat or balaclava

1 x pair of waterproof over-trousers

1 x micro-fleece

1 x thick fleece jacket

1 x thermal bottoms/long-johns

2 x pairs of heavy duty walking socks

EQUIPMENT

1x 65L Rucksack or Holdall & 35L Daysack

1x head-torch with spare batteries

1 x 3-4 season sleeping bag and sleeping bag liner

1 x sleeping mat (inflatable)

1 x bowl

1 x towel (lightweight travel towel) and personal toiletries

2 x 1-litre water bottles

1 x mug

1 x knife, fork and spoon

Note book and pencil

Dry-bags to waterproof rucksack contents

