



## EXPEDITION SKILLS

# DofE Expedition Skills course – learning outcomes

### Course aim

To equip expedition leaders and expedition support staff with the basic expedition skills needed to support the delivery of DofE expeditions on foot in normal rural, open countryside and forest (for example, normal Bronze expedition territory). To ensure an understanding of the roles and responsibilities associated with planning and delivering expeditions, including the safety of participants.

<b>LEARNING OUTCOMES</b>	<b>By the end of the session, delegates will be able to:</b>
To understand how the DES course fits into the DofE's Modular Training Framework.	<ul style="list-style-type: none"> <li>• Explain the course aim and learning outcomes.</li> <li>• Appreciate the MTF, the e-Induction and the IttES e-learning.</li> <li>• Understand the course structure, including any special content for individual roles.</li> </ul>
<b>SUPERVISION SKILLS:</b> <b>Planning expeditions:</b> To have a basic understanding of the skills needed to successfully plan a DofE expedition.	<ul style="list-style-type: none"> <li>• Begin to successfully plan a DofE expedition.</li> <li>• Understand the DofE's requirements when planning expeditions.</li> <li>• Understand and locate the DofE's Expedition Training Framework.</li> </ul>
<b>LO Procedures:</b> Understand any LO procedures that are required for planning an expedition.	<ul style="list-style-type: none"> <li>• Have a basic understanding of the relevance of Licensed Organisation policies and procedures when planning expeditions.</li> <li>• Have a basic understanding of the reporting requirements for educational visits – including safeguarding and health and safety, staffing, ratios, experience, qualifications.</li> <li>• Have a basic awareness of risk management plans and know how to assess risk.</li> <li>• Have a basic understanding of the emergency procedures appropriate to the expedition, including reporting accidents, incidents and near misses.</li> </ul>
<b>HARD SKILLS:</b> To have a basic understanding of <b>Navigation</b> and the skills to navigate effectively.	<ul style="list-style-type: none"> <li>• Have a basic understanding of a variety of Ordnance Survey maps inc. 1:25 000 &amp; 1:50 000 maps and be able to select appropriate maps for DofE expeditions.</li> <li>• Have a basic understanding of marginal information on a 1:25 000 map inc. revision dates, scale, conventional signs, and magnetic variation.</li> <li>• Start planning a route and to begin producing a detailed route card to accompany this.</li> <li>• Have a basic understanding of how to orientate a map to features on the ground.</li> <li>• Have a basic understanding of how to orientate a map with a compass.</li> </ul>

	<ul style="list-style-type: none"> <li>• Have a basic understanding of how to take a compass bearing and walk a short distance on the bearing.</li> <li>• Start to be able to estimate timings and distances on route.</li> <li>• Start to be able to interpret contours to features on the ground.</li> <li>• Start to be able to interpret grid references on a map.</li> <li>• List established techniques for navigating (e.g. be introduced to hand railing, aiming off, attack points, collecting features).</li> </ul>
<p><b>LEARNING OUTCOMES</b></p>	<p><b>By the end of the session, delegates will be able to:</b></p>
<p>To have a basic understanding of <b>cooking</b> and <b>campcraft</b> and the skills to cook and camp effectively.</p>	<ul style="list-style-type: none"> <li>• Recognise the DofE's <i>Recommended Kit List</i> and commercial providers and draw on these when instructing DofE participants and when carrying out pre-expedition checks.</li> <li>• Consider suitable camp sites for DofE expeditions.</li> <li>• Identify how to establish a properly equipped adult base camp for a DofE expedition.</li> <li>• Have a basic understanding of different types of tent and their suitability for DofE expeditions.</li> <li>• Have a basic understanding of how to erect and strike different types of lightweight tent.</li> <li>• Identify suitable sleeping bags and sleeping mats for DofE expeditions and understand the advantages and disadvantages of each.</li> <li>• Know how to safely use suitable stoves (e.g. gas, methylated spirit, gel and bioethanol) and understand the advantages and disadvantages of each.</li> <li>• Identify and select suitable cooking and camping equipment for DofE expeditions.</li> <li>• Identify suitable foods for DofE expeditions and understand advantages and disadvantages of each.</li> <li>• Plan a nutritional menu for DofE expedition purposes.</li> <li>• Purchase, prepare/cook a breakfast, lunch and evening meal whilst on the practical two-day expedition element of the Expedition Skills course.</li> </ul>
<p>To have a basic understanding of <b>personal and group kit</b> and the skills to choose, pack and carry kit effectively.</p>	<ul style="list-style-type: none"> <li>• Recognise the DofE's <i>Recommended Kit List</i> and commercial providers and draw on these when instructing DofE participants and when carrying out pre-expedition checks.</li> <li>• Identify and select personal expedition clothing for DofE Expeditions. (inc, boots, socks, waterproofs, base, mid, and outer layer clothing)</li> <li>• Identify suitable rucksacks for expedition and suitability for different expeditions, participants, genders.</li> <li>• Suitably pack, adjust and carry a rucksack for a two/ three day expedition.</li> </ul>
<p>To have an understanding of the <b>Countryside Code and conservation</b> issues.</p>	<ul style="list-style-type: none"> <li>• Understand the DofE's Environmental Impact Policy.</li> <li>• Understand the Countryside Code, access, rights of way legislation for the relevant UK country (Wales, Scotland, England or Northern Ireland).</li> <li>• Establish clear sanitation and hygiene for DofE expeditions.</li> </ul>

	<ul style="list-style-type: none"> <li>• Apply environmental impact issues with young people as an underpinning element of DofE expeditions.</li> </ul>
To have an understanding of how <b>weather</b> affects expedition plans.	<ul style="list-style-type: none"> <li>• Understand the need for accurate weather forecasting and sources of information.</li> <li>• Understand how different weather conditions can impact an expedition plan.</li> <li>• Adjust an expedition plan based on weather forecasts.</li> </ul>
<b>NEXT STEPS</b> To have an understanding of other <b>modes of travel</b> within the DofE's Expedition section.	<ul style="list-style-type: none"> <li>• Explain the other modes of travel (not foot-based) within the DofE's Expedition section.</li> <li>• Understand how to gain appropriate technical competence and experience to support expeditions with other modes of travel.</li> </ul>
<b>LEARNING OUTCOMES</b>	<b>By the end of the session, delegates will be able to:</b>
To understand how to record their expedition <b>experience</b> and how to gain further experience.	<ul style="list-style-type: none"> <li>• Use the DES Logbook to record and highlight their expedition experience.</li> <li>• Use the DofE network to gain more experience.</li> <li>• Understand how other Modular Training Framework (MTF) courses will enhance their experience.</li> </ul>
To understand the potential next steps for delegates, including the <b>qualifications</b> that can be gained and what the DES means in practice.	<ul style="list-style-type: none"> <li>• Understand what their Licensed Organisation (LO) will allow them to do, having completed this module.</li> <li>• Explain the possible next steps, including LEL, CLA, LLA, HML, ML qualifications.</li> </ul>