

As part of the temporary changes, expeditions can be run in restricted spaces (e.g. school or youth group grounds) to give support to Licensed Organisations (LOs) affected by current Government guidance, such as local lockdowns and social distancing measures.

The restricted spaces option allows Leaders to choose a challenge for young people that still fits with the ethos and aim of the Expedition section, whilst allowing it to be completed without having to leave the centre.

This template outlines how an expedition in a restricted space could be run. Please refer to our [Expeditions in restricted spaces guidance](#) for more detail.

## Aim

To learn a range of bushcraft skills.

## Space available

Teams will need access to outside space that enables bushcraft activities to take place.

## Training

### Training may include:

- First aid – ensuring that bleeding and burns are covered comprehensively
- Navigation and route planning

- Food and nutrition – the types of food that can be cooked on a wooden fire and how to store food in the outdoors
- Equipment – appropriate clothing for the outdoors
- Bushcraft – learning to use bushcraft knives, axes and saws safely; learning to light fires and collect wood safely; learning how to put up a shelter

## Resources/equipment:

It is anticipated that Leaders will require bushcraft knowledge and skills to deliver the activities suggested here. Resources and equipment will vary depending on the activities chosen, but may include:

- Protective equipment e.g. gloves
- Wood
- Tools - e.g., saws, knives, hammers, screwdrivers and screws
- Bird box templates
- Orienteering markers
- Flora and fauna cards/information

The outline included here is for a Silver expedition (practice and qualifying), but it could be adapted for a Bronze or Gold expedition.

Teams should be encouraged to take regular breaks throughout each day.



## Practice expedition

Start the evening before teams meet with a Zoom call that covers a kit check and a discussion of the upcoming activities.

### Day one

Activity	Time
Teams navigate to the bushcraft location carrying their personal equipment.	Two hours
Teams erect shelters for the practice expedition, including personal shelters (one-two people) and a large group shelter for cooking and as a meeting place.	One hour 30 minutes
<b>Lunch</b>	Allow 30 minutes
Teams collect wood and water – supervision with chopping wood may be required.	45 minutes
Participants build bird boxes for the site.	Two hours
Forage for nettles for rope making.	30 minutes
Strip nettles and hang to dry.	30 minutes
Prepare fire for evening meal.	30 minutes
As a team or as individuals, participants must prepare and cook their evening meal.	Additional to planned activity time
If staying overnight, teams erect hammocks or tents.	Additional to planned activity time

### Day two

Activity	Time
Orienteering challenge using markers.	One hour 30 minutes
Staged first aid incident in the woods.	30 minutes
Flora and fauna identification.	30 minutes
<b>Lunch</b>	Allow 30 minutes
Create natural twine from stripped nettle outer.	One hour
Dismantle shelters.	30 minutes
Flora and fauna identification.	30 minutes
Teams navigate to collection point.	Two hours

## Qualifying expedition

### Day one

Activity	Time
Teams navigate to the bushcraft location carrying their personal equipment	Two hours
<b>Lunch</b>	30 minutes
Flora and fauna identification	30 minutes
Construct table for event from natural wood	Two hours
Participants carve their own spoon and two-pronged fork	Two hours
As a team or as individuals, participants must prepare and cook their evening meal.	Additional to planned activity time

## Day two

Activity	Time
Collect wood for charcoal making, light fire and fill charcoal maker	One hour – then leave burning for 2 hours
Create a site nature trail for younger users, including mapping the site	Two hours
Check charcoal burner and remove from fire	15 minutes
<b>Lunch</b> , possibly including hot drinks and popcorn	One hour
Undergrowth and brush clearance	One hour 30 minutes
Teams create a bug hotel	Two hours
Prepare for evening meal – light fire and cook, use some of the charcoal created earlier in the day.	Additional to planned activity time

## Day three

Activity	Time
Participants create bat boxes	Two hours
Create an obstacle course where half of the team are blindfolded and have to be guided by another member of the team through the course by using voice commands only - obstacles can include chairs, tables, rubbish bins, sports cones, brooms, or anything else available	One hour
<b>Lunch</b> , possibly including pizzas cooked on the open fire	One hour
Dismantle shelters	30 minutes
Walk out to collection point	Three hours
Teams review the activities and the learning points with their Supervisor/ Assessor	30 min



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