

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      |



@DofE



theDofE



theDofEUK



DofEUK