



# **Training expedition for overseas expedition**

**Dartmoor**

## **Training expedition course information**

Please find here the information that you will need to know for your training expedition. If you have any further queries, please speak to your World Challenge Manager.

Please ensure your team have also checked this information, especially the kit list.

It is World Challenge and AALA policy to work to a maximum ratio of 1:8 adults to students with a maximum group size normally not exceeding 18 people (including School Leaders). If your group is larger than 16 Challengers, please be prepared to split into smaller groups. Wherever possible the groups will camp and eat together.

Throughout the training expedition, each group will work with a qualified and experienced instructor who will be teaching basic expedition skills, whilst introducing elements of team working and leadership skills. The team may also be accompanied by a potential leader who will be under assessment for suitability to lead an expedition in the future.

The training expedition is camping based therefore it is important that Challengers bring suitable clothing and equipment with them for the time of year.

Please check/complete the following prior to your arrival on the training expedition:

### **1. Kit List**

Due to safety implications, Challengers cannot be allowed to participate in a training expedition if they do not have the correct kit. The training expedition is likely to be wet and cold. Well worn in boots, waterproofs and warm clothing are essential. It is advisable to brief all team members on the contents of the list if you are doing your training expedition before your Planning Meeting, otherwise your World Challenge Manager will run through it as part of the Planning Meeting in the autumn term. Where possible, Challengers should be encouraged to borrow kit which they may not need for their expedition.

We would also like to make it clear that mobile phones and mp3 players are not permitted on the training expedition; please ensure that Challengers leave these at home.

### **2. Return form and team needs**

Please print off, fill in this form and fax back to the address provided **at least ten days** prior to the training expedition.

### **3. Emergency contact and medical form**

Each Challenger and adult will need to print off this form, fill it in and bring it with them on the training expedition. Please ensure that these are filled in correctly and that particular attention is paid to recent illnesses and injuries that have been sustained since the original application was made. Please submit these forms on your arrival.

## **Training expedition aims**

### **1. To prepare Challengers**

The training is designed to prepare all team members for life on an expedition where the Challengers will be expected to lead and run their own expedition.

There will also be instruction in basic expedition skills including:

- World Challenge leadership system
- Packing a rucksack
- Health and hygiene
- Cooking dehydrated food / use of cookers
- Working together as a team
- Camp craft

### **2. To work as a team under arduous conditions**

Throughout the training you will work together as a team under the guidance of a World Challenge instructor. Both nights will be spent in tents, which will enable you to practice camp craft and cooking the food you will have on your expedition. You will also have the opportunity to practice expedition "appointments" such as leader, navigator, accountant etc.

During the training course fitness levels of all team members will be observed to highlight any areas that could give cause for concern whilst overseas. The aim of this is to give individuals plenty of time to work on their fitness in preparation for the challenges facing them on their expedition.

### **3. To meet World Challenge staff**

Each group will be led by an experienced and fully qualified instructor, who will be happy to answer any questions you have about expedition life. This will not necessarily be the leader for your expedition in the summer. Other members of staff will also be on hand throughout the training expedition to answer any questions you may have with regard to administration and specific country information.

## **Outline programme**

**The training course is a demanding programme and all participants must be aware of this. It is based on a mini expedition, therefore groups will camp out on both evenings and will cook for themselves, trying to assimilate the conditions of the expedition.**

### **Day 1**

- 12.30pm
  - Arrive having already eaten or with a packed lunch
  - Instructors meet Challengers and School Leaders
  - Collect emergency contact and medical forms
  - Introduction and explain World Challenge ethos
  - Equipment check - boots, waterproof clothing, sleeping bags, rucksacks
  - Collect World Challenge equipment, tents, cookers and safety equipment including jungle equipment if your team is going to a jungle destination
  - Explain the following: appointment system, food and cooking
  - Collect funds
  - A small team goes to collect provisions
- 2.00pm
  - School Leaders briefing (School Leaders have a central brief)
  - Demonstrate the Trangia cooker, the tents and the jungle equipment
  - Explain water hygiene (iodine) and the EPIRB
  - Instructor's safety brief to the group
- 4.30pm
  - Walk to campsite. Cook evening meal
  - Review the day

### **Day 2**

- 6.30am
  - Get up and prepare for the day. Cook breakfast and prepare lunch
  - Day walk - include lost procedure, first aid situation, casualty evacuation procedure and any minor incidents that may unfold during your overseas expedition
  - A dry river crossing can be practised on route or at the campsite
- 5.00pm
  - In the campsite. Cook evening meal
  - Review the day

### **Day 3**

- 6.30am
  - Get up and prepare to go back to base
  - Walk to the base
  - Clean all equipment, hand all equipment back to the stores
  - Shower
- 10.30am
  - Slide show and brunch
  - Review the training expedition
- 12.00pm
  - End of training expedition

This is just an outline programme; the timings will vary depending on weather conditions, time of arrival and ability of group.

## **Training expedition kit list**

Please ensure that you bring all the items listed below to the training expedition. The entire training expedition will take place outdoors and will be run as if you were on your main expedition so please consider this when packing your rucksack. Spare clothing including spare footwear such as trainers for your journey home may be left at the centre whilst you are out on the training expedition, but must be clearly labelled. With safety, security and realism in mind you will be requested to hand in your mobile phones on the first day. They will be locked away in a safe place for the duration of the course and you will get them back on the last day.

**This list is for the training expedition ONLY. One of the reasons for attending the training course is to learn what equipment you will need for your overseas expedition. Please try to borrow equipment rather than spend money on things that you may later realise are either un-suitable or un-necessary.**

### **Shell clothing:**

- Waterproof trousers and jacket, jacket needs to have a hood and be windproof

### **Inner clothing:**

- Pair of loose fitting trousers (NOT JEANS), thick pullover or fibrepile jacket
- A lightweight jumper or fleece pullover and a thermal shirt

### **Thermal clothing:**

- Thermal underwear (top and bottoms) or tracksuit bottoms
- A pair of good walking boots, with ankle support
- 2 pairs of walking socks
- A pair of gloves or mitts, and a woolly hat or balaclava

### **Clothing and equipment carried:**

- Rucksack, at least a 65 litre capacity (not 50 +15) with an internal frame
- A 3 or 4 season sleeping bag
- A good quality sleeping mat
- 2 x 1-litre water bottles
- Mug
- Plate or bowl
- Knife, fork and spoon
- A towel and personal toiletries
- A torch, preferably a head torch with spare batteries
- Note book and pencil
- A cheap watch
- A dry bag to waterproof rucksack contents. A good and less expensive alternative is to use plastic rubble bag

### **Spare clothing for journey home:**

- Underwear and socks
- Trousers or tracksuit bottoms (can be jeans)
- Jumper or fleece
- Casual shoes or trainers

You will need to make sure that you leave **plenty** of space in your rucksack to carry group equipment and food. This will be distributed on your arrival.

## Arrival and departure

**Address:**

Headquarters Dartmoor Training Area,  
Okehampton Training Camp,  
Okehampton,  
EX20 1QP

**Getting there:**

From Exeter – from the A30 take exit B3260 towards Okehampton / Belstone, turn left at the B3260. Then take the first right then the next 3 right turns towards Camp Road. Follow Camp Road until you reach the Training camp.

**Arrival and departure:**

Please aim to arrive between 12:30pm - 1:00pm, having had lunch. Lunch will not be provided at the centre.

All costs during the training expedition are covered by World Challenge and all meals will be provided. The training expedition will finish by 12 noon on the last day and is designed to be challenging and enjoyable. Please be aware that you may find it tiring and this should be considered with regard to transport to and from the training expedition.

