



**Minden Award Group**  
**4<sup>th</sup> Cadet Battalion**  
**Royal Welch Fusiliers**

Kinmel Camp, Bodelwyddan, Nr Rhyl, Denbighshire, LL18 5HU  
Tel: 01745 583794 E-Mail: craven25@btinternet.com



---

## EXPEDITION PREPARATION & TRAINING

Prior to coming on the expedition cadets must have carried out the following training:

- First Aid and emergency procedures
- An awareness of risk and health and safety issues
- Navigation and route planning
- Campcraft, equipment and hygiene
- Sorted out group kit allocation
- Food and cooking
- Country and Highway Codes
- Observation and recording
- Team building

## Common Training Syllabus for all Silver Ventures

### First Aid and Emergency Procedures

Training based on the current edition of the Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association or The British Red Cross.

- Action in an emergency - resuscitation, airway, breathing and circulation
- The treatment of wounds and bleeding
- Treatment for shock
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters
- The recognition of more serious conditions such as sprains, dislocations and broken limbs
- Knowing what to do in the case of an accident or emergency
- Summoning help - what people need to know, telephoning for help and writing message
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you

### An Awareness of Risk and Health and Safety Issues

- Expedition fitness
- Telling people where you are going
- Identifying and avoiding hazards
- Keeping together
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather

### Navigation and Route Planning

In normal or open country, most route finding should be based on the map alone. Using a compass in rural country devoted to agriculture with its hedges, meadows and fields under crop, is inappropriate and unnecessary. It causes ill-feeling with the farmers, hinders the young people in developing a 'sense of direction' and impedes their map reading skills. The 1:25 000 scale Explorer Maps, available for the whole of England, Scotland, Wales and parts of Northern Ireland, should be used wherever possible as it makes instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country, so helping reduce friction with landowners.

Participants should also be familiar with the 1:50 000 scale Landranger Maps. Silver groups who use large woodland or forested areas for their ventures may wish to use the full compass syllabus of the Gold level of the Award.

### Preparatory Map Skills

- The nature of maps
- The use of 1:25 000 Explorer, 1:50 000 Landranger or the relevant maps in Northern Ireland and abroad
- Map direction
- Scale and distance, measuring distance, distance and time
- Conventional signs
- Marginal information
- Grid references
- A simple introduction to contours and gradient
- The ability to give a verbal description of a route linking two places from the map

### Practical Map Skills

- Setting the map by inspection (two methods)
- Locating position from the map
- Determining geographical direction and direction of travel from the map
- Checking the direction of paths using the set map
- Identifying features in the countryside by using the map
- Locating features marked on the map in the countryside
- Relating the map to the ground and estimating speed of travel and arrival times
- Planning a route, preparing a simple route card
- Following a planned route

### Compass Skills

The compass should not be introduced until the participants have mastered the techniques of finding their way using the map alone.

- The care of the compass
- Direction from the compass in terms of the cardinal and the four intercardinal points
- Measuring direction in degrees
- Setting the map by the compass where magnetic variation may be ignored
- Determining the direction of footpaths or direction of travel
- Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate
- The influence of ferrous objects and electromagnetic fields
- Magnetic variation and the relationship between True, Magnetic and Grid Norths

## **Camp Craft Equipment and Hygiene**

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it
- Choosing and caring for camping gear
- Packing a rucksack, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking
- Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions
- Pitching and striking tents

## **Food and Cooking**

- Cooking and the use of stoves
- Safety procedures and precautions which must be observed when using stoves and handling fuels
- Using dehydrated foods under Expedition conditions
- Cooking substantial meals under camp conditions

## **Country, Highway and Water Sports Codes**

- Understanding the spirit and content of the 'Country Code'
- The avoidance of noise and disturbance to rural communities
- A thorough knowledge of the content of the 'Highway Code' with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the venture
- If undertaking a water venture, a thorough knowledge of the 'Water Sports Code'

## **Observation Recording and Presentations**

- Developing observation skills and different methods of recording information
- Skills relevant to the method of presentation
- Choosing a purpose
- Researching relevant information

## **Team Building**

Team building should permeate all Expedition training and can be enhanced through team building exercises and regular reviews so that when the group sets out on the qualifying venture, participants are able to work together as an effective and cohesive unit.