

Friday, 22 May 2026

DofE Expedition Training

Mr. Hill

Outline of Sessions

1. The 20 Conditions and Expedition Purpose
2. Maps and Symbols
3. Map Reading & Navigation (inc. Route Card Completion)
4. Compass Use and Walking Techniques
5. Safety Kit and Procedures
6. Food Selection and Stove Safety
7. Kit Selection and Bag Packing
8. Camp Craft and the Countryside Code

INFO: Emergencies

- Your DofE Award is a great opportunity to learn to be self reliant in the outdoors, but this carries a small element of risk with it. Emergencies can happen.
- Emergencies are scary, especially if you've never experienced one before.
- You won't be thinking straight if one happens, so stick to this (the order of ensuring safety):

SELF → TEAM → CASUALTY

DON'T be the one that falls prey to the thing that just got your friend hurt!

Safety Kit: Your Personal First Aid Kit

- Should contain:
 - 1x Sealable plastic bag (e.g. ziploc bag)
 - Few x Plasters (various sizes)
 - 2x Bandages
 - 1-2x Triangular bandage(s)
 - Few x Disinfectant wipes
 - 1x Small scissors
 - Few x Blister plasters
 - 1x pack Painkillers
 - Paracetamol / ibuprofen, NOTHING STRONGER
 - Personal medication (allergies, etc.)



Safety Kit: Other Stuff

- **Whistle**

- For signalling – keep it within reach!

- **Torch**

- For signalling if in poor light conditions

- **Survival Bag**

- Designed to keep casualties dry and retain some body heat

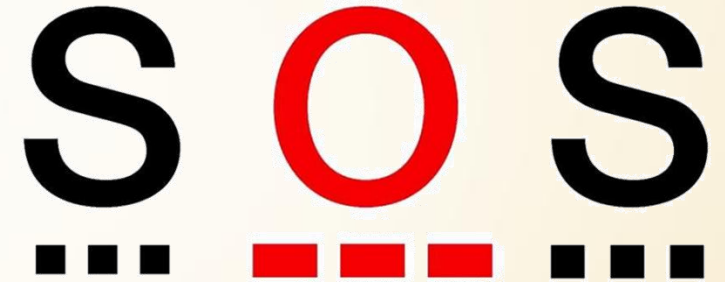
- **Bed Roll**

- Normally used for sleeping on
- Keeps casualties warm and insulated from the ground



Getting Attention

- The international distress signal is 6. Of anything:
 - Torch flashes
 - Whistle blasts
 - Orange survival bags lined up in a row
 - People laid in a line with gaps between them
- SOS is also commonly known ... - - - ...
 - Dot dot dot | dash dash dash | dot dot dot
- Generally, making a lot of noise and waving gets you noticed too!



The Most Common Expedition Emergencies

1. Getting Too Hot – Hyperthermia

- **SIGNS:** Dizzy, flushed, headache, cramps, overly hot
- **TREATMENT:** Remove excess clothing, use damp cloths to cool down and drink plenty!

2. Getting Too Cold – Hypothermia

- **Prevention is better than cure** – Add more layers if you feel cold!
- **SIGNS:** Shivering (or not!), confusion, aggression, pale, cold
- **TREATMENT:** Put on DRY clothing, wrap up, eat / drink warm things, add heat in any way.

When Things Go Wrong

- It is very rare that anything goes wrong on expeditions
- BUT, if it does, you will be on your own in a group
 - YOU (all of you) will have to deal with it
- The following are some points to see you through...
- **MAIN RULE:**
 - If something is going wrong, deal with it **as a team**. If you can't, contact **ONLY** the people that are needed to help you

DO NOT PHONE / TEXT / MESSAGE ANYBODY ELSE - EVER!

INJURIES - Big Sick / Little Sick

- If somebody is injured, this is the most first and most important decision you will make:
 - Ask yourself “is this a life-or-limb threatening risk?”
- **YES**
 - Carry out the full emergency procedures (next slide)
- **NO**
 - Decide as a team how to deal with the problem and do it
 - Minor cut? Patch it up! Cramping? Stretch it out. etc.
 - Let staff know what has happened when you next see them.

BIG SICK: Getting Help

1. Get the **team safe and warm** – use tents / add layers
2. Provide immediate **first aid** as needed – keep warm!
3. **Phone 999** and be ready with:
 - **Casualty's name, age, gender, injuries & your location**
4. **IF NO SIGNAL: Send TWO people** with the information for help (high ground, out of valleys, phone boxes, villages)
5. **Inform the staff** – With details, time and location
DO NOT use your phones for ANYTHING else at this point
6. Wait for help to arrive – get comfy, it can take hours!

The Expedition Safety Card

- Should be carried by ALL groups ALL the time
- PRE-FILLED with the expedition leader's (staff) name and emergency contact details
- Tells you what to do in an emergency if you forget

USE IT!

Expedition safety card

Name: _____ Signature: _____

Address: _____

DofE group: _____

Licensed Organisation: _____

Expedition Supervisor

Name: _____

Address during Expedition: _____

Expedition Tel: _____ Alternative Tel: _____

Expedition Assessor

Name: _____ Accreditation No.: _____

Address during Expedition: _____

Expedition Tel: _____ Alternative Tel: _____

Safety & advice

- If your team is undertaking an unaccompanied practice or qualifying expedition in wild country, has the Expedition Area Co-ordinator been notified of your plans, using the Expedition Notification Form (e.g. the Green Form)?

Notification no:

- For all DofE expeditions, the Supervisor must be in the area.
 - Do you know how and where to contact your Supervisor in an emergency?
 - Have you prepared escape routes and alternative routes in the case of bad weather?
 - Do not be afraid to turn back or change to the bad weather route if conditions make it unsafe to proceed. If you have to do this, your duty is to contact your Supervisor as soon as possible.
 - Never split your team unless in the case of an accident.
 - Weigh your pack. Keep your load to a maximum of a quarter of your body weight.
 - Get the latest weather forecast and set out early in the day.
 - The above information should be used in conjunction with *The Handbook for DofE Leaders*, the *DofE Expedition Guide*, www.DofE.org and EX².
- All users of the countryside should follow the Countryside Code:
- Be safe: plan ahead and follow any signs.
 - Leave gates and property as you find them.
 - protect plants and animals, and take your litter home.
 - Keep dogs under close control.
 - Consider other people.

Access to private land:

Remember: Permission must be obtained from the landowner before you camp on private land. For the various rules on access which apply in the UK, please see www.DofE.org/expedition

Provided that they are planned carefully expeditions in Scotland can be undertaken with great freedom, and certainly with greater freedom than in England and Wales. It is important, however, for those planning and undertaking expeditions to be aware that the right of access is a right of responsible access and that everyone should:

- Take responsibility for their own actions.
- Respect the privacy of other people.
- Help land managers and others to work safely and effectively.
- Care for the environment.
- Keep dogs under proper control.
- Take extra care in organising a group activity.

Accident procedure

In the event of an accident, keep calm – remember your training

1. Carry out immediate first aid and make any casualties comfortable whilst waiting for help. **Remember: make the casualty's position easily seen.**
2. Organise assistance:
 - Two persons to go for help (if possible).
 - Raise alarm at nearest place of habitation.
 - Dial 999 and ask for Police or Mountain Rescue.
 - Inform your Supervisor/Assessor or ask the Police to do so.
3. Give the International Distress Signal: **six signals at one-minute intervals.**
4. Date and time of accident:
5. Location: OS Sheet no. Grid Reference:
6. Approximate place name or nearest recognisable feature:
7. Condition of injured person(s):

Name(s)	Responsiveness & Injuries (bleeding, fractures, conscious state etc)

Basic First Aid

- **D – DANGER** – Check you aren't at risk yourself first
- **R – RESPONSE** – In this order: Alert → Responds to voice → responds to pain → unconscious.
- **SEVERE BLEEDING** – IF you see a lot of red, **ELEVATE & APPLY IMMEDIATE PRESSURE**, get a bandage on it **TIGHT** and **FAST**
- **A – AIRWAY** – Are they able to breathe? Tilt chin up to straighten neck if not obvious
- **B – BREATHING** - Are they breathing? Keep them breathing or immediately **start CPR if breathing isn't normal.**
- **C – C-SPINE** (neck area) **DON'T** let the neck twist or head flop / move if you suspect any neck injury

LITTLE SICK: Blisters (inc. Sunburn)

- **ALL blisters HURT** – No matter how big / small
PREVENTION IS BETTER THAN CURE!
- **Causes (too much friction):**
 - Rubbish socks
 - Badly fitting / new boots
 - Incorrectly laced boots
- **Treatment:**
 - **DO NOT** pop the blister
 - **CLEAN & DRY** – alcohol wipe
 - **COVER** – Compeed or plaster
 - **Take painkillers (bring your own!)**

