

Expedition Training

BEFORE YOU SET OUT

- 1 Always carry a map as well as a compass, however well you know the route and however good the visibility is when you set off. Remember, weather can change very rapidly in the British isles.
- 2 Always take with you a windproof anorak and spare warm clothing, especially gloves, headgear and long trousers.
- 3 Always carry emergency rations and remember not to eat them on the way. A recommended ration pack should contain:
 - 2oz of chocolate.
 - 2oz bar of glucose food sort.
 - Packet of salt tablets.
 - Ingredients to make a hot drink.
- 4 Always carry a whistle a torch, a small first aid kit and two ten pence pieces. The first aid kit should contain a selection of bandages, gauze or lint dressings, 'Elastoplast' an anti—septic cream suitable for turns or cuts such as Savlon a little surgical spirit and a small pair of scissors.
- 5 Always leave word of your intended route and then KEEP TO IT. An alternative route can be used in an emergency but must be planned beforehand. Notify your parent base immediately you are able to if a change of route is considered necessary.
- 6 Never go into mountainous or remote hill country alone. The minimum safe number of persons is FOUR.
- 7 Know the site of rescue stations and have telephone numbers of your parent base and local Police stations clearly written down. Also know the exact information you wish to provide BEFORE you telephone.

PLANNING YOUR ROUTE

- 1 Estimate the time it will take and make sure that you will have sufficient hours of daylight, leaving a wide safety margin for miscalculation or delay.
- 2 Remember the weather can change very quickly and that conditions if bad at low level will be much worse higher up. Note the local weather conditions carefully before departure and do not ignore local advice.
- 3 Do not over estimate your stamina or ability.
- 4 Snow and Ice even over known routes, make them very dangerous —so do not tackle snow covered hills or slopes unless experienced and properly equipped.

OUT ON THE HILLS

- 1 Never let anyone get behind — a party should always stay together and travel at the rate of the slowest.
- 2 Never be afraid to turn back if the weather conditions deteriorate or if the route becomes too difficult for you.
- 3 Be quite sure that you are aware of the capabilities and limitations of composition boots which are very slippery on grass especially if wet, lichen, moss, greasy rock, ice and snow.

4 Be careful on steep slopes not to dislodge stones which might fall on a party at a lower level. Zig—zag carefully on a scree slope.

5 Most mountaineering / Fell walking accidents occur during the descent when, once the climb is over there is a tendency to become hasty and careless. Particular points to watch are

(a) Don't take a short cut — the safest route is to follow the path. Scrambling down slopes is dangerous.

(b) Never slide or grisslade down a slope unless you can see the bottom clearly.

(c) Do not follow the stream downhill especially in poor visibility it can end in a waterfall.

IF YOU GET LOST

STAY TOGETHER and KEEP CALM. Work out your position carefully then decide whether to go on or stop. ALWAYS TRUST YOUR COMPASS WHEN MOVING and note the following points.

1 Don't move at night or when visibility is impaired unless you are sure of the path.

2 Don't move if any member of the group is exhausted.

3 If out for the night, look for some shelter from the wind and make yourself as comfortable as possible. Remember that should you have some spare clothing and rations, as well as a survival

4 If the weather and visibility are fair you will be able to move on the following morning. If possible get word to the search centre to prevent a search party setting out.

5 If conditions are still poor at dawn and you feel that it is too dangerous to move, then give the INTERNATIONAL DISTRESS SIGNAL. This is in case a search party is already looking for you, as it will be, if, you have obeyed the rules.

6 EMERGENCY BIVOUACING: Choose a sheltered spot and build a wind-break. Put on all spare clothing with the driest next to your skin. Use a rope or rucksack to sit on. Use your survival bag, or groundsheet to protect you against the wind and rain. If cold try to keep awake and warm by frequently exercising arms and legs. Make sure that your clothing is not too tight, feet and hands. Slacken your boot laces. especially at the

REMEMBER

Most accidents are caused because of

- 1 Carelessness.
- 2 Lack of knowledge.
- 3 Lack of observation.
- 4 Over estimation of ones physical stamina and technical skill.
- 5 People failing to act as a group.

THE EMERGENCY PROCEEDURE IS AS FOLLOWS

If an emergency occurs the leader must see:

- 1 That the injured person is kept wrapped warmly and comfortably.
- 2 That TWO persons go for assistance. They must give:
 - Who they are and state where they are.
 - The nature of the accident.
 - Exact location and time of the accident.
 - Assistance required i.e. Doctor Ambulance etc.
 - The GRID reference for a possible rendezvous point.
 - Clear and accurate instructions of a simple nature.

GROUP KIT

This must be carried by every group on exercise and the contents will include:— A survival bag preferably made from 500 guagepolythene.
Spare warm clothing, especially pullover and gloves.
Emergency foods e.g. Chocolate and glucose.
First aid kit, Spare map, Compass, Torch and Whistle.

Map Reading

Bearings

Taking bearings from a compass and using them on a map is fairly straightforward.

Setting the map to North

To set your map to north, find a flat area to place your map (away from metallic objects). You will need to know what the local Grid Magnetic Angle is first. This is found at the foot of OS Landranger Maps. Align the GMA value (6° for example) with the direction arrow on the compass.

Turn the map and compass together until the red needle points to N on the compass. Your map will now be aligned with Grid North and hopefully you will be able to identify features - unless you're in fog or clouds!

Setting a Compass bearing to a Map

If you are ever unsure as to whether your map is aligned correctly, you can double check by taking a bearing from a visible reference point and convert it to a map bearing.

Point the compass' direction arrow toward your reference point and while keeping the compass still, turn the compass capsule until the orienting arrow is aligned with the N on the compass. Now deduct the GMA which will give you the grid bearing.









Now placing your compass on the map with the long edge passing through your current location (hopefully you know this bit!) then rotate the compass around your position until the orienting lines inside the capsule align with the grid lines with the orienting arrow pointing to the north of the map.

If you follow along the edge of the compass which is on your position, it should pass through, or at least point towards, your chosen reference point.

Map Symbols

There are many symbols used on maps to represent many different features. The amount of symbols used depends on the scale of the map being used. Air Cadets on expeditions are more likely to use a map with a scale of 1:50,000 such as the Ordnance Survey Landranger series.

Some of the most useful symbols are shown here for information only.

Abbreviations		Rights of Way
 Site of battle with date	P Post Office	 Bridleway
 Non-Roman antiquity	PH Public House	 Byway
 Visible Earthwork	MS Milestone	 Footpath
 Roman Antiquity	MP Milepost	 Road used as public footpath


Stone Monument

CH
Clubhouse

PC
Public Convenience

TH
Town Hall or equivalent

CG
Coastguard

General Features



Orchard


Triangulation Point


Refuse or dump



Park or Ornamental
Gardens


Windmill



Quarry



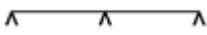
Coniferous Wood


Wind pump


Radio or TV
mast



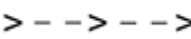
Mixed Wood


Electricity Power Lines


Glasshouse



Non-Coniferous Wood



Pipeline


Heliport



Church with tower



Church with spire


Church


Chimney or tower

Tourist Information


Tourist Information
All Year/Seasonal


Tourist Information
All Year/Seasonal


Tourist
Information
All
Year/Seasonal


Campsite


Campsite


Campsite


Parking


Parking


Parking

Countryside Code

When you are walking out in the country, it is vitally important that you follow the Countryside Code:

- Guard against all risk of fire
- Fasten all gates
- Keep your dogs under close control
- Keep to public paths across farmland
- Use gates and stiles to cross fences, hedges and walls
- Leave livestock, crops and machinery alone
- Take your litter home Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads
- Make no unnecessary noise

Clothing

Layers, Layers and more Layers. Clothing to go out on the hills should be thin and worn in (you guessed it) layers. This way you can easily regulate your body heat.

Top Half

1. Next to your body you should wear something absorbent, like a vest or t-shirt.
2. Shirt if cold (1 or more depending on preference)
3. Jumper to keep heat in
4. Wind/Water proof jacket to be worn if it rains or gets too cold

Bottom Half

1. If very cold then thin track suit bottoms or long-johns can be worn
2. Next wear loose fitting walking trousers or Olive Green trousers – NOT JEANS. If warm then tracksuit bottoms will do.
3. Take a pair of water/wind proof over trousers in case the weather turns really bad.

Feet

1. 2 pairs of socks. 1 thin absorbent pair next to foot with a thicker over pair
2. Sturdy walking boots, must be higher than ankle for support and broken in . Trainers will not do.

Head

1. Hat if cold, woolly preferable although most types will do to keep heat in
2. Sun Glasses, if the sun comes out there is no protection from it on the hills
3. Sun Tan cream, even on fairly overcast days you can catch a tan

Hands

1. Gloves or Mittens if cold.
2. If really cold then 2 pairs, 1 thin next to hand with thick over gloves/mittens

Packing your Rucksack

Packing a rucksack is incredibly simple, providing you follow some basic rules. This is a diagram of a rucksack. No really, it is. The large rectangle is the main section, with the attached bits as side pockets. By following the below principle, you should be fine.

BOTTOM: The red section is where you carry all the dead weight that you will not be needing until you stop for the evening. By this, I mean sleeping bags, tents etc... Some older rucksacks have a separate frame beneath for carrying these items. If yours is like this, fine. There are two reasons for carrying these things here. 1: it is unlikely that you will need them in a hurry, and 2: if these were at the top of your pack, it would make it top-heavy, which makes it more difficult to balance on your back. It can also crush anything valuable beneath.

MIDDLE: Like the red section, but lighter things that you may not need immediately, or breakables. Here, you should put cooking equipment and food that you will not need until you stop.

TOP: Here, you should be carrying bulky but lightweight items, i.e. clothing. A spare set of clothing could save your life, so you need them somewhere where you can get at it quickly. Whenever you go out on a hike, always take spare clothes. Always. It can save your life.

RIGHT ON TOP AND IN SIDE POUCHES: The Essential Selection. Store things that you will need during your hike, or to get to very quickly. I am including water, energy bars (you will need them, and lots of them) map, compass, whistle, survival bag, torch and batteries and first aid kit. It is also often a good idea to have a mobile phone with you. In an emergency it can save a lot of time, which could be the difference between life and death. However, make sure it is charged up, but do not use it as a lifeline. As often as not, there is zero reception up in the wilds of wherever you happen to be, and quite often you have to reach high ground. You can check reception quality with your phone's service provider, most have this facility on their websites or call into your local mobile phone dealer. Also, take a disposable camera with you. It is worth it, because not only do you get some great views, it also allows you to prove that you got to the top