



Training Weekend

15-16 June 2013



Location: Theberton, Dunwich & Sizewell, Suffolk: OS Map 231 & 212

Please remember to send your cheque for £20 to arrive at 32 Cuckfield Avenue, Ipswich, IP3 8SA by 27 May 2013 or as soon as possible together with your consent form.

The plan for the Silver and Gold Training weekend in the Dunwich and Sizewell area of Suffolk is as follows:

Travel Arrangements:

You must make your own arrangements to travel to Theberton Village Hall, Church Road, Theberton on Saturday 15 June 2013 arriving between 9-9.30am to start promptly at 9:30am, and for the return journey on the Sunday 16 June 2013. If you can lift share, this will help with your costs.

Kit & Equipment:

Ideally you will have a pair of strong walking boots – not trainers, a pair of strong walking boots will be mandatory for the actual expedition.

You will need to bring a sleeping bag and a sleeping mat, Head torch and a full set of waterproofs.

You will be cooking on Trangias over the weekend.

You **MUST** bring a packed Day Ruck Sack but feel free to carry a fully packed rucksack for practice.

If you require training on packing or adjusting your expedition ruck sack please bring it with the kit. This is an important part of the training. At this session we will advise in regard to the kits suitability etc. Full kit list is on the D of E web site and there is one enclosed for your guidance purposes.

We will provide: Trangias (to cook on) Maps, Compasses. If you have your own tent, Compasses, Stove etc. please bring them along, you will be sleeping in tents over the weekend. We have a limited number of tents available so please book these asap. You will be camping in the grounds of the village hall so limited wash facilities.

Please also bring this programme and information with you as you will need it.

Food:

Saturday evening meal and porridge on Sunday morning to be cooked on Trangias is provided but you will need to bring your packed lunches, snacks drinks (**no** alcohol) etc. and additional food as required. Please see attached suggestion list for ideas. For the actual expedition, you will decide as a team your complete menu plan.

Suggest you bring money in case you wish to purchase sweets etc. on route if there are any shops – National Trust tearoom may be open. For the actual expedition (both practice and qualifier) this will not be allowed.

Medicine & Other personal needs:

You will all have to ensure that you bring any medical equipment/medicine etc. with you and a First Aid kit. **YOU** are responsible for ensuring that the **CONSENT FORM** is updated prior to leaving for the weekend. So if you have some additional medicine etc. (prescribed that week for say a sore throat we must be made aware of it and the information needs to be added to the consent form & inform your leader)

Mobile Phones:

You can bring them on the training weekend, but they will be used for **emergency use only**, not for calling friends/mum to say how bad the weather/leaders are etc.

Other electrical music devices not permitted, but musical instruments are!

Any questions, please contact Cath Nice / Bob Hannan (details on NAIF)



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Programme:

Saturday

- 9am Arrive at Theberton Village Hall for a prompt 9:30am start
OS Map 231 - Grid reference: 438659, ready & prepared to walk with Ruck Sack packed. You will be carrying most if not all of your gear. Tents and other items at the discretion of the leader may be left in a vehicle.
- 9 30am Out in groups with leaders: instruction in navigation/compass work/emergency procedures etc.
- 1pm Lunch stop at a pre-planned location. May move leaders between groups.
- 2pm Further walking/navigation skills etc.
- 5pm Arrive back at Theberton Village Hall.
- 6pm Groups prepare evening meal
- 7pm All cooking equipment washed/cleaned etc. prepare routes for Sunday navigation exercise / training
- 10pm Night navigation weather permitting
- 11pm Hot drink & relax
- 11.45pm Lights out

Sunday

- 7am Pre breakfast call followed by breakfast (suggest: cereals/porridge/bread/wraps/hot drinks)
Breakfast completed by 8am
Prepare packed lunches wash utensils etc. clear area of sleeping equipment, pack ruck sacks for days walk all by 9am
- 9am Kit / Food Training
- 11am Walking & navigation: short route planned by participants
- 3pm Training, Emergency scenarios etc.
- 4pm Debrief of weekend
- 4:30pm parents/carers arrive at Theberton Village Hall - all depart

Emergency Numbers: Cath Nice 07791 555523 / Bob Hannan 07966 208890

Note: All activities will be run in accordance with The Scout Association's safety Rules. No responsibility for the personal equipment/clothing and effects can be accepted by the organisers and The Scout Association does not provide automatic insurance cover in respect to such items.



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BASIC EQUIPMENT FOR EXPEDITION					
	To Wear	Eating	Cleaning	Sleeping	Others
INDIVIDUAL	shirt trousers not jeans fleece/jumper socks 1 pair per day underwear shorts sun hat hat woolly / fleece base layer walking boots gaiters waterproof top waterproof trousers light shoes for campsite ruck sack	mug knife, fork & spoon or spork plate bowl water bottle or platypus	toothbrush towel toothpaste soap shower gel shampoo	sleeping bag sleeping mat sleeping bag liner night wear	watch sunscreen sunglasses rucksack liner camera pencil / paper DofE identity card personal first aid kit including your medication emergency rations money for phonebox/showers head torch & spare batteries
GROUP	2 x maps 2 x compass 2 x waterproof map cases 2 x routecards 2 x Hi Viz jackets whistle	FOOD 2 x stoves fuel - meths / gas sig bottle if meths pans matches wooden spoon	washing up liquid tea towel scourer	Tents poles pegs tent repair kit	group first aid kit



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Food, Glorious Food ... Menus for Duke of Edinburgh's Award Expeditions

There are two important reasons why you need to plan your expedition menu carefully:

- Whilst walking you will be burning somewhere between 350 and 450 calories per hour (http://www.fitday.com/webfit/burned/calories_burned_Backpacking_general.html for a simple calculator). For 6 hours of walking this means more than 2000 calories that need to be replaced and that's not counting your rest period and if it is very cold you will use even more.
- The Award conditions require that you cook at least one hot meal per day and we will be checking that you do this. What you eat is largely up to you – as long as you ensure that you eat enough food to get the calories you require and that this is not entirely made up of snacks. The lists below are suggestions but remember:
- You must carry the food you choose. The Rules are if it's in a Supermarket fridge then it is not acceptable and if you buy it not in a fridge then it will be OK. Cheese is normally OK and also eggs but these are easily broken. **No Tins and No Glass.**
- You need to be able to cook it on a Trangia.

Breakfast

- Muesli type cereal (either eaten dry, with water or make up some powdered milk)
- Dehydrated cereal such as Oats-so-Simple / porridge
- Beans and sausages (not in a tin, must be a plastic container)
- No Fresh Meat - Chorizo Sausage for example can be bought in a supermarket vacuum packed, make sure it is not bought out of the fridge (fresh sausages and bacon are not easy to cook on a Trangia and then you have to clean the pots!!)

Lunch

- Sandwiches / wraps / pitta bread (best to make then before you come up and cling film them)
- Fruit
- Dried fruit (lot lighter than fresh fruit) mix with nuts, chocolate raisins etc. to make a trail mix
- Cake (small portions)
- Cereal bars
- Cheese strings / cheese in a tube, guacamole / chocolate spread
- Chocolate/Biscuits
- If you want you can set your Trangia up and cook hot water for cous cous or soup. (or bring a flask)

Evening Meal

This has to be 'substantial' – Pot Noodles etc ARE NOT ACCEPTABLE.

- Pasta and a sauce (separate)
- Dehydrated meals: Pasta in Sauce, Savoury Rice, Meat and Smash etc. You can get these from any supermarket. You can add meat like chorizo / pepperami etc. as long as vacuum packed.
- Backpacking meals: you can get these from shops like Millets but they are expensive and usually very heavy and not team cooking!!
- cake and custard or angel delight

If you want to try anything more adventurous feel free – but try it at home using a single pan first!!

For any meal

- Soup
- Cereal bars
- Dried Fruit, Nuts
- Tea, coffee, drinking chocolate
- Cake



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Bronze Practice Expedition formula for converting distance to time

The average group will travel about 3kms in one hour i.e. 1 km every 20 minutes or 1/10 of a km every 2 minutes

The table below is an aid to route planning.

kms	time	kms	time	kms	time
0.1	2	2.1	42	4.1	1 hour 22
0.2	4	2.2	44	4.2	1 hour 24
0.3	6	2.3	46	4.3	1 hour 26
0.4	8	2.4	48	4.4	1 hour 28
0.5	10	2.5	50	4.5	1 hour 30
0.6	12	2.6	52	4.6	1 hour 32
0.7	14	2.7	54	4.7	1 hour 34
0.8	16	2.8	56	4.8	1 hour 36
0.9	18	2.9	58	4.9	1 hour 38
1.0	20	3.0	1 hour	5.0	1 hour 40
1.1	22	3.1	1 hour 2	5.1	1 hour 42
1.2	24	3.2	1 hour 4	5.2	1 hour 44
1.3	26	3.3	1 hour 6	5.3	1 hour 46
1.4	28	3.4	1 hour 8	5.4	1 hour 48
1.5	30	3.5	1 hour 10	5.5	1 hour 50
1.6	32	3.6	1 hour 12	5.6	1 hour 52
1.7	34	3.7	1 hour 14	5.7	1 hour 54
1.8	36	3.8	1 hour 16	5.8	1 hour 56
1.9	38	3.9	1 hour 18	5.9	1 hour 58
2.0	40	4.0	1 hour 20	6.0	2 hours



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How to calculate height climbed

Height Climbed (metres)	Allow extra time of
10	1 min
20	2 mins
30	3 mins
40	4 mins
50	5 mins
60	6 mins
70	7 mins
80	8 mins
90	9 mins
100	10 mins

Remember these rates will vary depending on:-

- How fit your group is
- How steep the climb is

On the routecard, the height climbed box for each leg is the total height climbed for that leg.

So if you climb 50 metres, descend 20 metres and then climb 30 metres in one leg, the total amount climbed is 80 metres, do not count the downhill!.

Going downhill is not necessarily quicker! Especially with a heavy pack, you will need to add on time for very steep descents.