

BPE DofE Expedition Bitesize 08: Top Tips for Safe Expeditions

Tips on keeping on the right route:

- ✓ Have correct route marked on map.
- ✓ Refer to routecard for description and times.
- ✓ At each stile, check route through field and exit.
- ✓ Concentrate on route and work together.
- ✓ Support each other.
- ✓ Take regular breaks at set points.
- ✓ Check regularly on landmarks that you can see.
- ✓ If lost, retrace your steps to your last known point.
- ✓ **Don't panic!!!!**

Always carry:

- ✓ First Aid Kit – Plasters, Compeed, Antiseptic Wipes, Triangular Bandage, Crepe Bandage, Sterile Wound Pad
- ✓ Personal Medication.
- ✓ Orange Survival Bag.
- ✓ Emergency Rations – Kendal Mint Cake, Energy Tablets.
- ✓ Water.
- ✓ Mobile Phone (switched off and sealed in bag).
- ✓ Whistle.
- ✓ Spare clothes, waterproofs, hat and gloves.

Emergency Contact:

- ✓ Each team should have access to at least 1 mobile phone.
- ✓ You will be issued with Safety Card at start with contact numbers.
- ✓ Don't rely on mobiles – reduced signal and battery.
- ✓ Text messages are more reliable in poor signal area.
- ✓ Run through Emergency Procedure and how to get help.
- ✓ Please return your Safety Card to supervisor at end of expedition.

Watch the Weather:

- ✓ Recognise changes in weather.
- ✓ Protect against the sun – use sun cream & hat.
- ✓ Wear waterproofs at first sign of rain.
- ✓ Wear multiple thin layers to regulate temperature.
- ✓ Don't shelter under trees in a storm.
- ✓ If lightning, sit on rucksack in middle of field.

Safe Expeditions = Happy Expeditions

Know how to treat:

- ✓ Sprained/Twisted ankle (“RICE”)
- ✓ Insect Bites & Stings
- ✓ Burns & Scalds
- ✓ Blisters
- ✓ Hypothermia
- ✓ Dehydration.

Respect the Environment:

- ✓ Walk calmly and quietly through fields of cows.
- ✓ Hygiene – use Antibacterial Hand Gel.
- ✓ Countryside Code – Avoid Litter and Noise.
- ✓ Stick to public rights of way e.g. footpaths etc.
- ✓ Respect the life of the countryside.
- ✓ Be sympathetic of toilet needs.
- ✓ Keep to footpaths through fields of crops.
- ✓ Don't climb or sit on fences and walls.

Preparation & Planning:

- ✓ Limit the amount of climbing
- ✓ Start early in the day.
- ✓ Make any major climbs early in the day.
- ✓ Plan natural routes that are sympathetic to the environment.
- ✓ Never split up – unless in an emergency.
- ✓ Always carry the proper equipment.
- ✓ Have alternative poor weather routes.
- ✓ Select escape routes in advance.
- ✓ Be physically fit for the expedition.
- ✓ Walk at the pace of the slowest member.
- ✓ Put effort into the planning as this will help make your expedition more enjoyable.

Take extra care on roads:

- ✓ Walk on right hand side of road facing traffic.
- ✓ Single file along roads.
- ✓ Be visible – especially front and rear.
- ✓ Avoid planning on using roads where possible.