

# Itinerary for DofE training weekend

## Day 1

9:30am Individuals arrive, introductions to leaders and other group members

9:45am Individuals arranged into walking groups

10:00am – 2:00pm Walking groups allocated a trainer and start navigation training including: -

- Lunch
- Maps skills and navigation
- Countryside code
- Observation and recording
- First aid scenarios

2:00pm – 2:30pm review days walking

2:30pm – 3:00pm break

3:00pm – 4:00pm Campcraft to include setting the tent for the evening

4:00pm – 5:00pm Cooking to include cooking the evening meal for the team

5:00pm – 8:00pm Route planning practice and qualifying.

## Day 2

8:30am Cooking breakfast and striking camp (taking tents down)

9:30am – 12:30pm Continue route planning workshop including: -

- Producing routecards
- Organising an aim for the expedition

12:30pm – 1:00pm lunch

1:00pm – 4:00pm additional training to include: -

- Equipment and rucksack packing
- Food and menu planning
- Campcraft and cooking
- Emergency procedures and first aid

4:00pm – 4:30pm review of the weekend and depart