

Duke of Edinburgh

Gold Training Workbook

An introduction to journey preparation and camp craft at an advanced level.

Please read and complete workbook before the journey.

Bring this with you on your journeys. Your assessor may discuss your answers.

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Introduction

This workbook is designed to help guide you through your preparation and training for your upcoming Duke of Edinburgh adventurous journey.

Please read and answer all the sections. To answer some questions you may need to use the internet to do a little research, but the entire booklet should take no more than an hour to complete.

Online Record Book

Create an 'online record book' at <http://www.dukeofed.com.au>. Select Barrington Outdoor Education Centre as your registered activity provider and send to your award leader for approval.

During your journey please keep a journal of your experience including your route plan. You will need this to be able to complete your online record book.

Our expectation is that you will record your own journey as we will not supply this information to you after the journey has been completed.

Please send your assessor requests through to adventure@boac.com.au

Areas of Training

Safety and safe practice

Using the [Risk Management](#) information or your own knowledge, choose 3 hazards that you feel are most 'risky' for your upcoming journey. **Describe the hazard, what actions can be taken to prevent the incident from occurring in the first place, and what actions can be taken to reduce the consequence if it does occur.**

Hazard	Action to prevent incident	Action to reduce consequence.
Example: falling rocks	Clearing loose rock from cliff top before activity (prevents injury by rock fall)	Wear helmet when under cliff. (reduces consequence if rock does fall)

First aid and emergency procedures

Using the internet or first aid books, research the acronym 'D.R.S.A.B.C.' and detail below:

- "D"
- "R"
- "S"
- "A"
- "B"
- "C"

Please bring a small first aid kit to deal with personal injuries such as small cuts, blisters etc. **Research three common expedition ailments and describe the treatment for each below.**

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Necessary equipment and how to use it

Please read and follow the gear list in the relevant information pack. If you have any questions, feel free to contact Barrington Outdoor Education.

One of the important aspects to consider when packing for an expedition is the weight of your pack. Your total maximum pack weight (including food, water etc) should be less than 20kg. Ideally, it shouldn't be more than 1/3 of your body weight (So if you weigh 50kg, limit yourself to 16kg max). Some lightweight camping equipment can be expensive, but achieving a pack weight of ~15kg for a 4 day journey shouldn't be an expensive exercise.

If your pack is a little heavy, try following some of these tips;

- Share tents with your group by splitting up the fly and inner.
- Don't pack water heavy foods. On most journeys water is plentiful and clean. Carrying excess water in the form of drinks like Up 'n' Go, or juice is unnecessary. Go for dry or powdered foods you can add water to later.
- Don't pack more than you need. Everything you pack should have a purpose and not just be 'spare'. Plan and package your meals and plan your changes of clothes.
- Don't take large, square gas stoves like the one pictured, right. It's too big and heavy. If you don't have a small, light stove, hire one from BOE. It'll be worth it.



Once you have packed your pack record the weight below.

Practice journey pack weight:kg

Test journey pack weight:kg

Route planning and navigation

Your assessor will expand on the route planning and navigation skills you have gained in previous awards.

Use the internet to refresh the following concepts:

- The difference between Grid north and Magnetic north
- Contours, and what they indicate
- Scale, and how to measure lengths on a map.

You will be using the following tools to navigate during your journeys.

- 1:25,000 Topographic maps
- Compass

These items are supplied by Barrington Outdoor Education.

Camp craft/accommodation

You will be camping each night in tents, which you will be carrying.

Your tent needs to be:

- Weather proof including rain and wind
- Have a floor, and pegs
- Big enough for all occupants, but light enough to carry.

I strongly recommend practicing putting your tent up at home. If you do this, you will know you have all the parts (and haven't forgotten the poles!) and can be quicker first night. Consider how you are going to put up your tent if it's dark and/or raining.

Food

One of the most important aspects of an expedition is what food to bring. Having delicious, healthy and calorie rich food can make the longest hill OK. If you don't eat well, you will be more susceptible to fatigue, digestive distress like diarrhea or constipation, and hypothermia. Please refer to our [food guidelines](#).

When considering what to bring, consider the following points:

- Acceptable taste. Don't bring sultanas if you hate sultanas! On the other hand, everything tastes better after a long day.
- Rich in energy. Not just sugar. Fat is a great source of energy and burns slowly. Also include low-GI carbohydrates and protein
- Simple to prepare.
- Light. No cans. Try to get dry food that you need to add water to.
- Ditch the packaging. Leave all the cardboard packs and excess at home. Even if you need to repack food, zip-lock bags will be tougher and multi-purpose than the original pack in most cases.
- Take only what you need. If you need powdered milk for your cereal, don't bring the whole 800-gram box! Figure out how much you need and put it in a zip-lock bag. The same applies to things like toothpaste. Bring an old three quarters empty tube, not a big new one. You should be aiming to finish the journey with nothing but an emergency meal in your pack.

Below, create a menu for your journey.

	Day One	Day Two	Day Three	Day Four
Breakfast				
Lunch				
Dinner				
Snack				

Also include an emergency meal (something small. I take a small pack of dried potato mash. Yuck, but it'll keep me alive!):

Team building and leadership training

The physical and emotional stress of an expedition can take a toll on the participants. Spending 72 straight hours in close quarters with other people can also cause stress.

Below, list some characteristics of a good team member, in regard to reducing stress, and conflict.

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During the journey, you may be called upon to lead the group under the assessors' supervision. You may be responsible for navigating, calling breaks, etc.

Below, list some characteristics of a good team leader.

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If there were a conflict within the group, how would you deal with it?

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Skills in the mode of travel

Through your practice journey you will learn numerous skills in relation to your mode of transport and camping.

Research your mode of transport, such as hiking or white water canoeing.

Below, describe 3 skills you feel you will need for your expedition, and how you could improve at them:

1.

2.

3.

Observation and recording skills

You are expected to keep a small journal on your journeys. Daily, you should record events, new skills, weather and routes. This journal is expected to be more detailed than your Silver or Bronze journals. It will be important for your assessor to see in order to approve your journey.

Environment awareness

Use the internet to research 'Leave no trace Australia', a non-profit organisation which promotes 7 minimal impact principles. (www.lnt.org.au)

Below, name, describe and show an example for each of the 7 principles of environmental awareness:

1.

2.

3.

4.

5.

6.

7.

After the Adventure

After each journey, use your journal notes and the Duke of Ed website to submit the relevant section for assessment. If you have any problems, you can contact the Duke of Ed office, or your Coordinator or Assessor.

<https://dukeofed.com.au/resources/online-record-book/>