

DECEMBER

10/12 Getting to Know You – 20 conditions of Expedition
17/19 E DofE
24/26 No meeting
31 No meeting

JANUARY

2 No meeting
7/9 No meeting
11 Training Day – Day Walk / Map Reading / Controlling Bleeding / Team Building
14/16 Compass / Practice Expedition Route Cards
21/23 Navigation / Practice Expedition Route Cards
28/30 Setting a Map / Practice Expedition Route Cards

FEBRUARY

4/6 First Aid
11/13 First Aid
18/20 No meeting
25/27 Accident and Emergency procedures / Country Code / Controlling Bleeding

MARCH

4/6 St Johns Visit / CPR / Recovery Position
11/13 First Aid Scenarios / Route Cards – Qualifying Expedition
18/20 Skills / Physical / Volunteering / Route Cards – Qualifying Expedition
25/27 Packing a Rucksack / Equipment needed

APRIL

1 Visit from Equipment Suppliers / Combined meeting 6 pm – 8 pm
8/10 No meeting
15/17 No meeting
22/24 Treatment of Tents / Hygiene / Weather / Camp Craft
27 Day Walk
29 Route Cards – Qualifying Expedition

MAY

1 Route Cards – Qualifying Expedition
6/8 Route Cards – Qualifying Expedition
13/15 Cooking / Stoves
20/22 Gear Out / Tents up
24/25 Practice Expedition
27/29 No meeting

JUNE

3/5 Qualifying Expedition Preparation
10/12 Skills / Physical / Volunteering
17/19 Planning a Report Back
24/26 Pre Expedition Check – Meeting your Assessor

JULY

1/3 Spare if needed
5/6 Qualifying Expedition
8/10 Gear Return / Presentations
15/17 Presentations