



The Duke of Edinburgh's Award in Victoria



Adventurous Journeys

The purpose of these checklist style notes is to:

- assist Award Coordinators to clarify the requirements of Adventurous Journeys for Participants
- enable Coordinator's to facilitate Participant access to resources relevant to Adventurous Journeys in their region
- serve as a summary or quick reference for expedition specific resources located on The Duke of Edinburgh's Award website and disc which is updated and sent to Coordinators each year

Appendix

- a checklist for Coordinator reference
- example preparation session sheets

Serious Rewards!



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The Adventurous Journey Section of The Award presents two options for a Participant: An Expedition or an Exploration.

Both of these require a Journey of some kind, whether it be walking, riding, sailing or another mode of transport. These notes focus on the Journeying part of the section.



1. Adventurous Journey Award Requirements

Practice & Qualifying Journeys minimum length per journey:

Bronze: 2 day & 1 night;

Silver: 3 days & 2 nights;

Gold: 4 days & 3 nights.

see point 9 for full detail

2. Adventurous Journey Considerations:

- Training & Practice Journey
This is in each record book introduction page to Adventurous Journeys. Each section should be covered at a basic level over several planning sessions: *appendix - Training sheets*
One resource for training requirements is the “*Bushwalking and Ski Tour Leadership Manual*” published by the Bushwalking and Mountain Training Advisory Board 2000.
If out of print it should be accessible through libraries. Contact the Vic Outdoor Ed Assoc (p2).
- Qualifying Journey should build on lessons from Practice Journey & demonstrate improvement in skills/experience.

3. What do I need to do for my Adventurous Journey?

See planning checklist on DEECD Education Outdoors website (*point 7 below*)

- Choose type of Adventurous Journey (bushwalk, cycle, paddle etc).
- Choose location, map, route, permits, campsites, water availability.
- Paperwork requirements – approval process (sch council, ed dept guidelines).
Including, but not limited to
Emergency plans, route card, risk management plans.
First aid prep, intentions & contact info sheet including location and phone of nearest hospital.
Transport: type, cost, drivers, timetables?
- Leaders & group members listed with emergency contact numbers.
- Gear list, hire outlets (see equip shops list on disc); food planning, shopping, packing.
- Get fit for the activity!

4. Assessment

- Completion of training and application of learning demonstrated on Qualifying Journey.
- Record Book entries (Assessor) and expedition logs (Participant):
dates/location etc to be filled in by participant. Only Assessor writes report section.



5. Resources

- Gear/Equipment
The Award has relationships with some equipment suppliers, where Participants can receive discounts. See discounts page at <http://vic.dukeofed.org.au> for details.
- Ray Connor regularly runs expeditions at all levels in Gippsland. See Independents page at <http://vic.dukeofed.org.au>
- Maps There are several map shops around the State. Parks Victoria and Bushwalking Organisations (amongst others) may also be able to help you. For bushwalking topographic maps of 1:25,000 scale are most commonly used, 1:50,000 have less detail but are adequate for some areas & types of journey
- Budget proforma : transport, permits, gear hire, food, maps, emergency equip, staffing...
See appendix 8 – Budget Considerations example
- Journey suggestions/examples
www.parkweb.vic.gov.au can be a starting point:

Choose an area/region and look at the specific park information (facilities, maps, environment, location etc). After initial research, ring the ranger's office & chat with them. Examples of areas/places are (but not limited to):

West	Grampians, Discovery Coast - Great South West Walk, Hattah-Kulkyne, Lt Desert.
Central	Otway Coast - Great Ocean Walk, Surf Coast Walk, Lerderderg Gorge, Wombat State Forest, Great Divide Trail, Barmah, Yarra Ranges.
NE & East	Alpine, Wilson's Promontory, East Gippsland rivers & coast.

6. Helpful Organisations

A great variety of organisations & associations have networks of clubs & resources keen to promote participation in The Award activities. Many of these provide suitable activities for Physical Recreation, Service and Residential requirements in addition to those for the Adventurous Journey.

See the Dukes Activity Directory on the Victorian website and web search for more
<http://vic.dukeofed.org.au>



***"am I in the right place at the right time with the right people and the right gear
for the right reasons?"***

(with thanks to Alistair McArthur)

7. Regulations & Risk Management - DEECD Safety Guidelines for Education Outdoors

www.education.vic.gov.au/management/schooloperations/edoutdoors

This is a huge website, be sure to use the following as a minimum:

- i) Essential to submit for all school council approved excursions:
 - Approval proforma
 - Parent consent form
 - Confidential medical information
 - Notification of school activity (online form – edu password required)
 - Emergency response proforma
 - Risk register template
 - Risk profile template
- ii) Essential where relevant:
 - Asthma management form
 - Documentation of participant preparation, prerequisite skills/knowledge
 - Staff qualifications in lieu of formal qualifications
 - Clothing & equipment list
- iii) Checklists
 - Principal Checklist
 - School Council Checklist
 - Teacher Checklist
- iv) Planning
 - Planning questions (essential)
 - Planning summary (non essential)

These documents are continuously updated, don't file hard copies, download electronic copies as required

8. FAQs

Participants will find many questions answered if they read their record book!!!

Also see <http://vic.dukeofed.org.au/>

- | | |
|---|-----------------------------|
| ▪ what is the difference between an expedition and an exploration | record book/website. |
| ▪ how much time should be spent each day on the activity | record book/website. See p4 |
| ▪ how do I find out about suitable trips | point 5 above |
| ▪ where can I get maps | point 5 above |
| ▪ how do I waterproof my gear? | appendix 2 |
| ▪ how do I pack a pack | appendix 2 |
| ▪ how do I sort out food? | appendix 3 |
| ▪ all those other questions ...? | Vic Award Office |

Please note the appendix sheets are a general resource included here as a starting point, you will find more in bush walking and leadership literature: A resource for training requirements is the "[Bushwalking and Ski Tour Leadership Manual](#)" published by the Bushwalking and Mountain Training Advisory Board 2000. (see voea booklist)



9. ADVENTUROUS JOURNEY SECTION Requirements Detail

AIM To encourage a spirit of adventure and discovery

PRELIMINARY TRAINING

Training should be conducted prior to the journey and must be to the standard required by the participants for their Qualifying Journey.

Preliminary Training must include:

- . Understanding of the Adventurous Journey (where to & what for?)
- . First Aid (eg level 1)
- . Emergency Procedures (lost procedure, weather extremes,
- . Safety and Safe Practice
- . Route Planning and Navigation
- . Campcraft
- . Preparation of Food and Cooking
- . Environmental Care
- . Necessary Equipment and How to Use It
- . Team Building and Leadership Training
- . Observation and Recording Skills

PRACTICE JOURNEYS

1. During Practice Journeys participants may have guidance from leaders, but must have the opportunity to practice skills required for the Qualifying Journey.
2. Each Practice Journey must include an overnight component and must be of a similar nature to the Qualifying Journey.
3. The minimum requirements are stated below, however additional journeys may be necessary to reach the standard required for the Qualifying Journey.

BRONZE: One Practice Journey of a **2 day, 1 night duration.**

SILVER: One Practice Journey of a **3 day, 2 nights duration.**

GOLD: One Practice Journey of a **4 day, 3 nights duration.**



QUALIFYING JOURNEY

1. Participants primarily plan, prepare and lead the expedition/exploration (adults present for safety/discipline only).
2. The qualifying journey must meet the minimum duration requirements which are the same as those for the Practice Journey: eg, Bronze 2 days and 1 night etc (as above)
3. For each level, participants must be involved in a minimum period of purposeful activity.

BRONZE: 12 hours (average 6 hrs/day)

SILVER: 21 hours (average 7hrs/day)

GOLD: 32 hours (average 8hrs/day)

4. Purposeful activity includes time involved in journeying, navigating and camp craft activities and/or researching the exploration topic. Excludes car/bus travel.
5. REPORT for the Qualifying Journey is to be submitted to the assessor, which will include all planning details and a daily log which reflects on specific learning experiences.



10. Checklist: first and final considerations

Adventurous Journey Section

Things to consider as a Coordinator before every Duke of Edinburgh's Award journey...

- ❑ **The chosen activity**
Must be the same mode of journey or type of exploration for both preliminary and qualifying activity at any one level of The Award.
- ❑ **Purpose**
Have the participants a clear sense of their purpose for the chosen journey or exploration and an understanding of why the location chosen is suitable for this purpose?
- ❑ **Journal**
Although not compulsory at training level, it is encouraged that participants keep a journal or log of their preparation and experiences as a learning tool for future preparation. This is also an excellent tool for assessing their understanding and skill development.
- ❑ **Training**
Preliminary training is listed in the record book. Is a suitably experienced &/or qualified person overseeing and able to assess this training?
- ❑ **Planning**
What role are the participants taking in the planning and preparation for each journey or exploration? Participant's ownership of the process and outcome is an essential ingredient in their development of the life skills highlighted in this section of The Award: initiative, organisation, problem solving, planning, leadership, thinking ahead, understanding consequences etc.
- ❑ **Risk Management Requirements**
Have the processes and checklists provided in the Department of Education and Early Childhood Development "Safety Guidelines for Education Outdoors" been implemented?
see: www.education.vic.gov.au/management/schooloperations/edoutdoors
- ❑ **Assessment**
Who will be assessing the Participant's journey/exploration? This may or may not be the same person assessing their preliminary training. Are they suitably experienced and/or qualified?



APPENDICES

Appendix 1 - Personal And Group Equipment:

PERSONAL EQUIPMENT

This is an example generic bushwalking list which should be added to for specific activities, eg canoeing, xc skiing etc

- backpack
- sleeping bag – with hood, packs up small.
- sleeping mat

- Outer Layer
- japparra (waterproof jacket), strong hood, below waist length
- overpants
- sun hat, 30+sunscreen, sunglasses
- worn in boots with laces & sole in good shape (no elastic sided boots)

- Mid Layer
- 2 wool or fleece jumpers NOT COTTON
- 2 long pants eg, trackpants. NOT DENIM
- long sleeved & t-shirt with COLLAR

- Inner Layer
- THICK SOCKS x at least 3 pairs. NOT cotton sports socks
- wool or fleece hat/beanie & gloves/mitts
- thermal longsleeved shirt & longjohns - polypropolene
Recommended for Alpine Hikes & winter trips
- water bottles 2X 1 litre bottles
- eating utensils – bowl, knife, spoon, mug – all lightweight (fork & plate unnecessary)
- scouring pads, t-towel
- toothbrush etc – no shampoo needed, small deodorant if any
- toilet paper in clip seal plastic bag
- note book & pen, pencil
- torch & spare batteries
- matches in sealable plastic bag
- personal first aid needs: blister tape, ankle bandages, Asthma inhaler etc
- Repair Kit : spare string/bootlaces, strong tape, needle & thread
- 5 plastic shopping bags & rubber bands**
- 3 large tough garbage bags** to line pack
- hot drinks – powdered chocolate, cup-a-soup, energy powdered drinks
- food for all meals plus high energy snack food (scroggin :peanuts, dried fruit,
- Optional: camera, cards, chess, bathers/tiny towel, chocolate, jelly beans etc)

GROUP EQUIPMENT:

- Tent, poles, pegs
- Stove & fuel
- Water bag (4 litre to use in camp). optional
- Map & Compass
- Trowel, toilet paper
- Matches
- Emergency food
- Group First Aid extras



Appendix 2 - Packing Your Pack

How you pack your pack will have a huge effect on your comfort in carrying it. In general, heavy items should be near your spine and down low. A well packed pack will sit comfortably on your back, poor packing wont fit everything in and empty spaces will unbalance the pack.

The main points for packing are:

- No pack is waterproof, line it with large thick garbage bag (take 3 spares);
- What you don't need during the day goes at the bottom;
- Compress the sleeping bag at the bottom and jam spare clothing (in small plastic bags) around it, not on top of it; **FILL THE CORNERS**
- Heavier items should be close to your spine in middle third of pack;
- Load heavy items such as stove fuel bottle, food (in small plastic bags) close to your back on top of jammed in sleeping bag & spare clothes;
- Equipment needed during the day should be accessible at the top, such as waterproofs, munchies, water, map, spare jumper, camera, lunch.

PACKING	FITTING THE PACK TO YOUR BACK
<p>Open all buckles & straps Loosen compression straps, fold top down <u>Garbage bag</u> liner, fold down round pack top</p> <p>Think logical order of gear: Bottom: Tent, S/bag & spare set of clothes jammed into corners Middle: Stove, toilet bag, torch, eating stuff, spare scroggin Top: Waterproofs, jumper, hats, gloves, extra water</p> <p>Top pocket: First aid & personal medication, map, pen, booklet, camera, 1day's scroggin</p> <p>Water under flap- easy access behind mat</p>	<p>Packs are well designed to adjust to different back lengths and sizes so you will need to fiddle with the straps a bit to get it right for your body.</p> <ol style="list-style-type: none">1. hip belt, firmly anchored on hip bone not below it2. shoulder straps (adjustments at top and bottom), these pull pack upright onto hip belt. Weight should not be on shoulders3. side straps secure the internal load onto frame

CHECK ALL GEAR AT HOME BEFORE PACKING

- Are the tent poles ok?
- How many pegs?
- Do the zips work?
- Are both inner & fly there?
- Are all bits of the stove there?

When home wash and dry all gear thoroughly or it will grow mold!!





Appendix 3 - Hike Menu Planning

1. Food needs to be **light weight & compact, easy to cook, nutritious, not perishable**, have **little packaging** and be **high in energy** for a bushwalking trip.
2. The purpose of food is to fuel the body. Allow generous amounts, do not skip meals or snacks, your body will be working hard and will require more food than usual.
3. Tasty food is much more satisfying!!
4. **NO TINS OR GLASS CONTAINERS!**

Include foods from the **5 food groups** with a high percentage of complex carbohydrates:

- Use variety, avoid junk foods, be tasty and nutritious and cookable on a 2 pot Trangia stove.
- Include drinks – hot & cold, high energy, powder form - NO TETRA-PAK/UHT (too heavy).
- Avoid instant foods such as “2 minute noodles” on their own as a meal - no nutrition!!! Add vegies/tuna.
- Baked beans and other tinned food are not suitable - too heavy, too much rubbish created.
- Select food that will survive being crushed and unrefrigerated.
- Remember scroggin - high energy snacks of dried fruit, nuts, jubes or chocolate, muesli bars etc.
- Avoid high sugar hits – results in sudden low blood sugar level after instant high.

Example 2 day Menu – 2 breakfasts, 2 lunches, 1 dinner

<p style="text-align: center;"><u>Breakfast</u></p> <p>can be non-cook (muesli) or cooked (porridge, pancakes), depending on group plans and timing also fruit buns, pikelets.</p>	<p style="text-align: center;"><u>Lunch</u></p> <p>easiest if non-cook to reduce time spent, however in cold weather a cup-a-soup only requires boiling water.</p>	<p style="text-align: center;"><u>Dinner</u></p> <p>should be simple to prepare and cook. The cooking group cooks 1 meal to share with group, not separate meals cooked individually - takes too long, no group benefit, save fuel.</p>
<p>Muesli or muesli bars or cereal. Milk powder, sugar. Dried or piece of fresh fruit. Hot choc, tea or coffee.</p> <p>Snacks Nuts, dried fruit, jelly babies, choc, not drinks, sweet biscuits.</p>	<p>Dried biscuits or flat, mountain or pitabread. Spreads – jam, peanut, dips, cheese, pk tuna. Tomato, avacado, alphalfa sprouts. Fruit, dried fruit, choc, nuts. Drink.</p> <p style="text-align: center;"><u>Emergency meal</u></p> <p>Cup-a-soup, 2 min noodles, packet pasta meal, 3 extra muesli bars.</p>	<p>Pasta, rice, noodles. Packet or fresh sauce – tomato & herbs, thai curry paste etc. Tomato paste (tube or small container). Vegies - carrot, zuc, pumpkin, snow peas, onion. Soup: cup-a-soup, asian pk soups etc. Dried apple & custard rehydrated, hot. Choc drink, tea etc. Pancake mix, instant pud.</p>

TRANGIA STOVES

1. Set up on stable surface, ground or table, not narrow bench or rock
2. Minimum 3 metres clear around stove site, ie **nowhere near tents**
3. Before lighting stove have all cutlery, plates, food and water ready at cook site
4. Take burner to fuel bottles not bottles to stove. Secure fuel bottle lid immediately
5. Once stove is alight do not move about it or leave it unattended
6. Soak pots while you eat, wash up immediately & pack all stove bits away to avoid losing parts or attracting rodents!

Safety

- Never blow on flame, Stay with stove once alight
- Never remove wind shield or move stove when alight

For ideas & average weights of food items see the bushwalking section in the library:

“Wild” magazine, “Outdoor Australia” etc on the web.

books: “Bushwalking and Mountaincraft Leadership” (Vic); “Bushcraft, Mountain Safety Manual 12” (NZ)



Appendix 4 - First Aid - Common Bushwalking Problems

<p>Blisters Very common but very preventable. Always 2 pairs socks, thick & thin. Cotton sports socks not suitable. Boots must be well worn in to <u>your</u> feet.</p> <p>Burns Cool with water till heat drops. Cover with sterile pad if skin broken. No creams.</p> <p>Bites Local reaction – ‘stingoes’. Antihistamine cream/tablet. Cool with water, check breathing, rest.</p> <p>Bleeding RICE: Rest, Ice, Compression, Elevation. Bandage, check for shock.</p>	<p>Break/Sprain RICE, splint.</p> <p>Dehydration Drink, rest in shade, adjust clothing Rehydration solution (‘gastrolyte’) Water on skin, wet clothing.</p> <p>Hypothermia Warm clothes, hot sweet drinks, high energy foods. Shelter with others in tent. No rubbing or direct hot external heat, eg fire.</p> <p>Allergies/Illness Personal medication, rest, rehydrate.</p>
<p>First Aid Kit Contents</p> <p>Bandages Roller, Crepe, Triangular. Dressings non-stick, sm, m, lg. Tapes elastoplast, Bandaid, blister patches. Creams/Fluids antiseptic (teatree oil), stingoes, SPF 30+. Tablets throat loz, glucose, antihistamine (allergy). Instruments sm sizzors, needle, tweezers. Personal Med ventolin etc.</p>	<p>Repair Kit</p> <p>String, spare boot lace. Needle & thread. Strong tape, tent peg.</p>

Prevention is Better Than Cure!!

Footwear

Well broken in to your foot not someone elses!
 Good tread on sole, laces in good order.
 Thick socks, not cotton sports socks, change socks daily.
 Stop at first sign of “hot spot” & tape before blister develops.

Pack

Fit properly at hips then shoulders.
 Everything packed inside, line with strong waterproof bag.
 Clip hip belt buckle together when pack off to avoid breakage.
 Please do not sit on pack – bends & damages frame, uncomfortable on your back.

Walking

Organise group between front & rear markers to keep everyone together (no one passes front marker, no one falls behind rear marker
 Conserve energy with steady pace whole group can maintain – rhythm.
 Plan regular & adequate rest stops, time keeper can help keep group to plan. Long stops upset rhythm.
 Drink & eat at each stop.



Appendix 5 - Going Into The Bush - Minimum Impact

In the outdoors we learn how to explore, enjoy and discover the natural environment without leaving any signs of our presence, while also discovering new things about ourselves and others. You will pass through some beautiful and different environments and need to leave them as if you haven't been there. In campsites, walking, skiing, paddling and climbing areas, leave no rubbish and take care not to damage the environment. We can enjoy places in their natural state and allow the bush to continue in its natural ways.

LEAVE NO TRACE - "LEAVE NOTHING BUT FOOTPRINTS, TAKE NOTHING BUT PHOTOS"

- Toileting: toilet procedures are essential for cleanliness, hygiene and minimum impact. Ensure that all waste is disposed of properly and never near a water source.
- Water: water supplies are usually creeks, however the in some areas creeks may be dry and we take water with us. Learning to conserve water and minimise wastage is part of camping skills.
- Hygiene: wash hands before touching food and after toileting, wash cooking implements and utensils immediately after eating (soak pots as you eat to make washing easier).
- Fires: fire regulations and restrictions must be observed and only use official fireplaces, do not create new fire scars.
- Also: develop an appreciation for the environment. Look and listen a lot, the bush is an amazing place. Respect the privacy and solitude of any others you may see.

CAMPSITE SELECTION

- Tents: look for flat ground (head uphill on slope), check for ant nests or large overhanging branches, clear stones & twigs, face tent longways with back to the wind, not side on.
- Stoves: any flame must be at least 4 metres from any tents, sit with everything you need for cooking next to you before lighting the stove so that no one needs to walk around near stoves once alight.

HAZARDS

Lost Procedure	River Crossings	Bites	Separated from Group
<ul style="list-style-type: none"> o stop, stay together o retrace steps o go high for resection o stay put, attract attention 	Packs unclipped, socks off/boots on. Chain method or linked arms technique explained by leader.	Snakes, ants & spiders live in the bush. Be alert and avoid contact.	Do not separate from group at any time. Front & back markers always set.



Appendix 6 - Trangia Stoves

(lesson outline points)

Check all Parts

Base, windshield, burner with flame control, billy grips, 2 pots, frypan/lid, strap
Avoid losing track of these - keep in pocket or bag while cooking.

Preparation

1. Set up on stable surface, ground or table, not narrow bench.
2. Minimum 3 metres clear around stove site, eg nowhere near tents.
3. Before lighting stove have all cutlery, plates, food and water ready at cook site.
4. Take burner to fuel bottles not bottles to stove. Secure fuel bottle lid immediately.
5. Once stove is alight do not move about it or leave it unattended.
6. Dig hole on edge of campsite beneath trees if possible for washing water (no food scraps).

Safety

- Never blow on flame.
- Stay with stove once alight, never move stove when alight.
- Never remove wind shield or move stove when alight.
- Wash hands before cooking.
- Wash plate, cutlery and whole stove to sparkling shiny and dry.

Wash Up

Serve meal Scrape all food out – NO FOOD SCRAPS IN WASHING UP WATER.

Soak Half fill dirty pot with water to soak before eating, leave on low heat.

1st wash use bark or leaves for initial scrub of pot, bowl, cutlery, black under pot
tip water into wash water hole.

2nd wash heat clean water in scrubbed pot, pour into plastic wash bowl.
scrub whole stove & bowl, cutlery with soap 'steelo pad'.
wash black outside of pots last .

Rinse rinse soap with water bottle into water hole or spread into bushes away from
campsite.

Drying must be completely dry all over to avoid bacteria & mould growth.

Check sparkling, dry, stand, wind shield, 2 pots, lid, billy grips, burner, flame control.

Please be careful not to dent or bend parts of the stove kit.



Appendix 7 - Hike Tents

(lesson outline points)

- A night out without a tent may be very uncomfortable – look after it for comfort & safety.
- Tent parts: Fly, Inner, Pegs, Poles, tent bags.
- Pitch tent at home before trip to check seams, zips, holes, rips, peg loops.

Site Selection:

- LOOK UP...horizontal branches, rock faces, wind protection.
- LOOK DOWN...level ground (uphill position for your head), water drainage, animal/insect holes & nests, twigs, roots, rocks.
- Check site exposure...pitch tent back to the wind, door on lee side.

Pitching:

- Unroll, Find the 4 corners.
- Join pole sections carefully – no gaps or they may break.
- Ensure tent zips are done up.
- PUSH poles into pole sleeves under tent fly. NEVER PULL POLES – separates sections.
- Peg 4 Corners with good tension on fly, middle pegs last.
- Adjust pegging to ensure FLY DOES NOT TOUCH INNER.
- Pole & peg bags into tent bag inside tent.
- NOTHING ON GROUND BUT TENT & PACK UNDER FLY – all gear in tent or pack only.

Pack-up:

- Sweep inside of tent. (Tent bag works well).
- Zip-up entrances.
- Count pegs back into peg bag, blunt end down to avoid ripping bag.
- Fold from corners in thirds longways, then in half & roll tightly around poles & pegs.
- Tent will slide easily into bag if rolled tightly & correct shape.

Safety:

- Pole joining done on the ground to avoid eye injury to others.
- Tents are highly flammable, NO flames within three metres.
- Tents are private areas and only for the tent owners.
- No shoes or packs inside tents to avoid damage.
- Keep tent bags inside tents always.



Appendix 8 - Example Budget Considerations

Item	Contact, explanation	Expected cost	Actual cost	Timeline Date
Transport				
Staffing if applicable	1. School activity: Outdoor leaders, activity specialist instructors, school staff CRT replacements 2. For participant organised journey: suitable adult supervision			
Food	Staff allowance Students – self cater?			
Equipment hire	eg, Holiak, Anaconda, The Wilderness Shop or other, see Dukes Directory on website			
First aid supplies				
Maps, cases, lamination				
Camping permits	See Parks Vic			
Communications	Radios/sat phones			
Photocopying				
Coordinator/Staff briefings	food/venue/transport/emergency contact numbers/medical parental permission etc			
Total cost				