



Off Grid Adventures and Edgbarrow School Bronze DofE



Expedition Guide 2020



This guide has been put together to help you and your team prepare for your Duke of Edinburgh Award Expeditions. Please read over all of the information. Being prepared and having the right kit will allow you to get the most out of your DofE experience.



Welcome to Your DofE

Welcome to the Bronze Expedition Section of your DofE Award with Edgbarrow School and Off Grid Adventures. The Expeditions will enable you to see some amazing scenery while you develop your teamwork, navigation and interpersonal skills with your friends. The Expeditions are designed to be a fun and enjoyable experience as well as rewarding and allowing you to learn new skills. You will be given a safety and behaviour briefing at the beginning of your training and expeditions and are expected to abide by our safety regulations as well as the usual school rules. Mr. Weir is your DofE manager and school contact for the Expeditions. If you have any questions about DofE or the Expeditions please go and see him during school time.

Medical and Consent Form: Before the start of the training weekend, Mr Weir will require you to fill in a 'Medical and Consent Form'. If you have any questions regarding the medical and consent form then please speak to him.

Equipment: Off Grid Adventures will supply your tents, cooking equipment, navigation kit, maps and compasses.

Photography: Off Grid Adventures staff may on occasions take photographs or video footage of the Expeditions and instruction in which you may feature. By agreeing to participate in this Expedition, you are agreeing to these photos being used by us, unless you inform us in writing to the contrary.

Mobile Phones: One of the requirements of the Duke of Edinburgh's Award is that mobile phones are not permitted on Expeditions: in the DofE 20 Conditions it states that *Your Expedition must be unaccompanied and self-sufficient*. Therefore, **you must NOT bring mobile phones** or electronic devices to either of the Expeditions. If they are brought along and seen to be in use this may lead to your instructor or Assessor concluding that you have not met the 20 Conditions and **could therefore lead to a deferral**.

Other than the emergency mobile phone provided by Off Grid Adventures, there should be no mobile phone carried by any member of the team. Each group will receive specific instruction on the use of the emergency phone. If parents need to get in contact with a participant for any reason this is to be done through the school or Expedition staff.

Supervision: The Duke of Edinburgh's Award requires participants to be self-sufficient when they reach the Qualifying Expedition. As part of the training and practice, all participants will learn how to navigate, plan a route, put up tents and cook. Provided students have demonstrated the required level of competence, and have shown acceptable behaviour during the practice Expedition, they will be **remotely supervised** during the Qualifying Expedition. Remote supervision means that the Supervisor allows the team to get on with the Expedition with minimal intervention. The Supervisor will have a good idea of where the team is and how they are progressing. This is the norm for the majority of practice Expeditions and **all** qualifying Expeditions. It allows the Supervisor to periodically observe the team without intervening and allows the team to make mistakes and to rectify them without outside intervention. On practice and assessed Expeditions Expedition staff will regularly meet groups at check points along their planned route and groups will have been briefed on what to do in case of emergency and how to use their emergency phone.

All participants will be remotely supervised during their practice Expedition once they have demonstrated their learning from the instructor. No participants will be allowed on their assessment if they haven't demonstrated the required level of competence.

Your DofE Training Weekend

When and Where

Dates: 28th and 29th March 2020

Drop Off/Pick Up: 28th March from 9am to 4pm - Edgbarrow School

Pick Up/Pick Up: 29th March from 9am to 4pm – Edgbarrow School

Please note that this is not a residential weekend.

What To Bring

Equipment

You will need to ensure that you have enough clothing to keep you warm and dry for both days. You only need a day-sack (20-30 litres) for these two days.

Meals and Snacks

You will need to bring a packed lunch and snacks on both days.

Overview

The Training Weekend is designed to allow each participant to develop their Expedition skills. You will cover:

- ✓ Navigation and route planning
- ✓ First Aid and emergency procedures
- ✓ Kit list and rucksack packing
- ✓ Introduction to a Trangia stove
- ✓ Food choices and menu planning
- ✓ The group aim (covered by Mr. Weir)

One day will be school based and the other day will involve a full day walking.

Supervision

During the training weekend participants will be directly supervised by an instructor.

Communication

Whilst on Expedition, any communication between parents/guardians and students will need to go through Off Grid Adventures or school staff. Should you need to contact participants please call our Course Director's mobile number first (which is at the bottom of the page), then we will put you in contact with Expedition or school staff.

In summary, students need to bring with them:

- ✓ A packed lunch
- ✓ Notepad and pen/pencil
- ✓ Outdoor clothing (it may be cold and/wet)
- ✓ Trainers you don't mind getting muddy

By the end of the weekend all students will be ready to embark on their Practice Expedition.

Your DofE Practice Expedition

When and Where

Dates: 25th and 26th April 2020

Drop Off: 25th April at 10am

Pick up: 26th April at 4pm

This is a residential weekend sleeping in tents. The campsite is Braidwood Scout Camp – www.braid-wood.org.uk

Teams 1 to 8

Drop off: Lodge Hill/Coombe Hill car park

Aylesbury, Bucks HP17 0UR

<https://goo.gl/maps/ZC1AxXbmuQaWGfgd9>

Grid Ref: SP 851062

Pick up: Bridgewater Monument

Ashridge NT car park, Aldbury, Berkhamsted HP4 1LU

<https://goo.gl/maps/11vTc1dDRB2tTsS67>

Grid ref: SP 975128

Teams to 9 to 14

Drop off: Bridgewater Monument

Ashridge NT car park, Aldbury, Berkhamsted HP4 1LU

<https://goo.gl/maps/11vTc1dDRB2tTsS67>

Grid ref: SP 975128

Pick up: Lodge Hill/Coombe Hill car park

Aylesbury, Bucks HP17 0UR

<https://goo.gl/maps/ZC1AxXbmuQaWGfgd9>

Grid Ref: SP 851062

What To Bring

Equipment

Please bring with you all **Participant Kit** and **Personal Kit** as itemised on the kit list.

Footwear with ankle support is required for this Expedition.

You will need to ensure that you have enough clothing to keep you warm and dry for two days.

Group kit (tents, Trangias, fuel, compasses and maps) will be provided on location by Off Grid Adventures.

Meals and Snacks

You will need to bring all of your food for this Practice Expedition: lunch and dinner for day 1, breakfast and lunch for day 2.

We recommend that lunches are a typical packed lunch and don't forget some tasty snacks. **You will not have the opportunity to cook any lunch items or buy any food over the weekend.** Dinner and breakfast will be cooked on a Trangia stove.

Please see our food suggestions page for further information.

Overview

The Practice Expedition is designed to allow each participant to develop their individual and team skills that they learnt on their training day and apply them to their Expedition.

Supervision

During the Practice Expedition there will be a mixture of directly supervised and remotely supervised planned activity; this will enable the group to develop their skills learned in the training sessions and apply them to their Expedition. The Duke of Edinburgh's Award requires participants to be unaccompanied and self-reliant on their Qualifying Expedition. Therefore, the instructors need to see that students have demonstrated the required level of competence and have shown suitable behaviour during training; especially given that they will not always be directly supervised during the Expedition.

Appropriately qualified Expedition staff will instruct the teams. As the groups grow in knowledge and confidence, the instructor will allow each group to walk unattended; this is known as remote supervision. The groups will be met at check points along their planned route and will have been briefed on what to do in case of emergency. Expedition instructors and school staff will be on site at the campsite overnight. Please contact us if you have any questions about the levels of supervision provided.

Communication

Whilst on Expedition, any communication between parents/guardians and students will need to go through Off Grid Adventures or school staff. Should you need to contact participants during their Expedition then please call our Course Director's mobile number or duty school staff (numbers will be given in advance) who will have direct contact with the group's instructor, who will have contact with students.

Your DofE Qualifying Expedition

When and Where

Dates: 20th and 21st June 2020

Drop Off: 20 June at 10:00am

Pick Up: 21 June at 4pm

This Expedition will be taking place at the Walter Davies Scout campsite.

Teams 1 to 8

Drop off: Cookham Moor NT Car Park

Cookham, Maidenhead SL6 9SA

<https://goo.gl/maps/MBMXy9snSZi48P7PA>

Grid Ref: SU 892853

Pick up: Iver Lane and Palmers Moor Lane junction

Iver Lane, Iver, Uxbridge, Middlesex SL0 9LH

<https://goo.gl/maps/nTTEY5DAC9bERgeP7>

Grid ref: TQ 047820

Teams to 9 to 14

Drop off: Iver Lane and Palmers Moor Lane junction

Iver Lane, Iver, Uxbridge, Middlesex SL0 9LH

<https://goo.gl/maps/nTTEY5DAC9bERgeP7>

Grid ref: TQ 047820

Pick up: Cookham Moor NT Car Park

Cookham, Maidenhead SL6 9SA

<https://goo.gl/maps/MBMXy9snSZi48P7PA>

Grid Ref: SU 892853

What To Bring

Equipment

Please bring with you all **Participant Kit** and **Personal Kit** as itemised on the kit list.

Footwear with ankle support is required for this Expedition.

You will need to ensure that you have enough clothing to keep you warm and dry for both days.

Navigation equipment (maps and compasses) will be provided by Off Grid Adventures.

Meals and Snacks

You will need to bring all of your food for this training weekend: lunch and dinner for day 1, and breakfast and lunch for day 2. We recommend that lunches are a typical packed lunch and don't forget some tasty snacks. **You will not have the opportunity to cook any lunch items or buy any food over the weekend.** Dinner and breakfast will be cooked on a Trangia stove. *Please see our food suggestions page for further information.*

Overview

The Qualifying Expedition will be course directed by a qualified DofE Assessor.

Supervision

During the Qualifying Expedition, all groups will be remotely supervised during their planned activity. The Duke of Edinburgh's Award requires participants to be unaccompanied and self-reliant on Expedition. Hence, provided students have demonstrated the required level of competence and have shown acceptable behaviour during their practice, they will not be directly supervised during this Expedition. Appropriately qualified Expedition staff will be at a ratio of at least one per two teams and each DofE team will be met at check points along their planned route and will have been briefed on what do in case of emergency. Off Grid Adventures and school staff will be on site at the campsite overnight. Please contact us if you have any questions about the levels of supervision provided.

Communication

Whilst on Expedition any communication between parents/guardians and students will need to go through Off Grid Adventures or school staff. Should you need to contact participants during their Expedition then please call our Course Director's mobile number or the duty school staff (numbers will be given in advance) who will have direct contact with the group's instructor, who will have contact with students.

What equipment will I need?

All the kit recommended on this list is recommended by DofE, please take time to read through the following pages which describe the kit list in more detail.

Rucksack: We are able to provide you with a rucksack, however it's better to have one that you can call your own, after all you may want to keep it for silver and gold. You have to be able to carry everything you need for your Expedition over some challenging, and sometimes muddy or steep, terrain so ensure your rucksack doesn't weigh too much and isn't too big for you. If you are buying your own then we would recommend that you go to a store and try a few different ones for size and fit before purchasing; every rucksack will feel different and you need one that feels good on you. The Vango Contour 60:70 has been designed for DofE participants, it weighs 2.45kg and has a maximum volume of 70 litres. For custom fit and comfort, the *QA adjust* system allows you to customise the back length, making it perfect for growing bodies.



Sleeping Mat: You can use a foam roll mat, these are lightweight and comfy but they are also quite bulky. Alternatively you can get yourself an air mat, these are comfy and warm and they pack small but are heavier.

Sleeping Bag: A good night's sleep always helps on Expedition so it's important to have a sleeping bag designed to give you comfort at the lowest minimum temperature. There's plenty of choice, so it pays to look around and work out what's right for your adventure. If you have your own sleeping bag you need to ensure that it is both warm enough for a chilly night and can pack down small enough to fit in your rucksack. For added warmth you could always pack a sleeping bag liner. DofE recommend the *Vango Nitestar*. This is a 3-season, mummy shaped sleeping bag built to keep you comfortable as well as being easy to pack and carry; making it an ideal choice for DofE participants.



Dry bags / Rucksack Liner: There are two ways of waterproofing your rucksack, using a rucksack liner (or a really thick bin bag/rubble sack) or several small dry bags.

Water and Hydration: It is essential that you start your Expedition with **2 litres of water**, there are a couple of ways you can carry your water: You can use a hydration system such as a camelback or platypus, these are good as you don't need to stop and take your rucksack off to drink, however you can't easily see how much you're drinking and it is easy to drink a day's supply of water in a couple of hours. Also, they are prone to leaking and remember, **they are stored inside your rucksack**. The best method is to carry two 1 litre bottles that can be stored outside your rucksack, choose one that has a watertight design and made from impact resistant material that will stay strong in the toughest conditions. Choosing a clear plastic one means you can see how much fluid is left.



Eating Utensils: Simplicity is key when it comes to choosing eating utensils. Options include a cutlery set or a Spork. You will also need a bowl or plate to eat with - a simple plastic bowl can be used for all meals and is light to carry and easy to clean. A mug is also a must for that hot chocolate and again a simple plastic mug will work fine.

Torch: Any torch is fine but a head torch is advisable as it allows you to be 'hands-free'. **Don't forget spare batteries!**

Whistle: Your whistle needs to be loud enough to attract attention, many new rucksacks (including the Vango Contour) have an emergency whistle built into the sternum/chest strap.

Watch: You need a watch to tell the time and to use as a navigation aid when you need to work out your route timings and when you need to be at a checkpoint... remember, **you will not have your phone with you!**

Washing up and rubbish:

- Bring bin liners for your rubbish.
- Brillo pads are ideal for washing up because they already have washing up liquid inside them.
- A tea towel is handy for drying up.

Sun Cream: You will need sun cream because you may be out in the sun all day, essential even if you don't normally burn. If the weather forecast says it will be cloudy, still bring sun cream as the weather conditions can change. Mosquito repellent is also a good addition.

Wash Bag: This should contain all of your personal toiletries such as: toothbrush, toothpaste, deodorant biodegradable wet wipes or soap and sanitary towels or tampons. There's no need to pack shower gel, shampoo or hair straighteners, as there are no showers on camp. All medication can also be placed in your wash bag unless you need it during the day in which case pack it in the top of your rucksack.

Money: For the Expedition you will not be in a position to purchase any food or drinks along the route. However, we suggest you bring a small amount of money (£5) for emergency use only.

Team Kit

Tent: Off Grid Adventures will supply your team with tents similar to this...



Trangia Stove and Fuel: Off Grid Adventures will also supply these for all teams. The fuel type for these stoves will be methylated spirits. The Trangia stove is a cooking system recommended by DofE and has all the pots and pans as part of it to enable you to cook efficiently as a group.



Navigation equipment: Compasses and Maps will be provided; you are welcome to bring your own compass but please show your instructor before using it. We supply you with waterproof maps.



What should I wear?

Footwear and waterproof clothing

Walking Boots: A good pair of walking boots will make any Expedition much more enjoyable.

- ✓ We recommend that you have walking boots that cover your ankle, this is to give you the required support on the rough terrain whilst you are carrying a rucksack.
- ✓ Trainers, approach shoes or fashion boots are **NOT** permitted.
- ✓ Give yourself time to get used to your boots before the Expedition.
- ✓ Your walking boots must be waterproof: either Gore-Tex or similar waterproof fabric; or waxed leather.

Walking Socks: Walking socks are designed to minimise blisters with padding and moisture protection fabric. Go to an outdoor shop and tell them you are doing DofE and they will help you to choose some.

Waterproof Jackets and Trousers: Waterproofs are important to you as they keep out rain, wind and cold.

- ✓ Ensure the jacket and trousers are actually waterproof, *'shower proof' will not keep you dry.*
- ✓ Ensure they are waterproofed with a PU coating or with a Gore-Tex membrane.
- ✓ Ideally the inside stitching will be taped.
- ✓ The jacket **must** have a hood.
- ✓ Choose a pair of waterproof trousers with wide legs or zipped sides to slip on over your walking boots.

Clothing

Expedition clothing should be warm, quick-drying and light. Lots of layers are much better than one thick layer. Thermal base layers and fleeces work really well as they are not made of cotton. **Do not wear jeans or thick cotton hoodies** and **avoid** all other **cotton** items if possible. When it gets wet, cotton becomes very heavy, does not dry quickly and doesn't keep you warm.

Don't forget that every young person involved with the DofE is able to save money on Expedition purchases at these and most leading outdoor retailers.

 GOoutdoors.co.uk	 Blacks.co.uk	 Millets.co.uk	 Ultimateoutdoors.com	 Tiso.co.uk
Extra 10% off the GO Outdoors Discount Card price.	10% off the current selling price. Includes reduced price items.	10% off the current selling price. Includes reduced price items.	10% off the current selling price. Includes reduced price items.	15% off the retail price.
Save money on expedition purchases and everything you buy in store and online.				



Bronze Expedition Kit List

Item	I've got it...	It's packed...
CLOTHING		
1 pair of walking boots		
3 pairs of walking socks		
2 t-shirts		
2 fleece tops or similar (no hoodies)		
2 walking trousers (NOT jeans)		
Underwear		
Nightwear (teddy optional)		
Flip-flops/sliders etc. (optional for campsite use after cooking)		
Warm hat or sunhat (as appropriate)		
1 pair gloves – if needed		
Waterproof and windproof jacket		
Waterproof over-trousers		
PERSONAL KIT		
Rucksack (60-80 litre)		
Rucksack liner (or 2 plastic bags)		
Sleeping bag (plus an optional sleeping liner for added warmth)		
Sleeping mat		
Whistle		
Torch (hand held or head torch) and spare batteries		
Personal First Aid kit		
Expedition food (including emergency rations)		
Water bottles (enough for 2 litres)		
Knife, fork, spoon or Spork		
Plate/bowl		
Mug		
Box of matches (in waterproof container)		
Wash kit/ toilet paper/optional biodegradable wet wipes		
Towel		
Small quantity of money (£5)		
Notebook and pen/pencil		
Watch		
Sunglasses		
Sun Cream		
Insect repellent		
Spare bootlaces		
Personal medication		

You can also download DofE's full Expedition kit list: www.dofe.org/dofe-Expedition-kit-list

The kit list has a lot of things on it, I'm sure you will wonder how it will all fit into your rucksack. Our top tip is to **take only the essentials**, as you don't want your rucksack to be more than a quarter of your body weight.

How do I pack my rucksack?

The way you pack your rucksack is important. Pack each section in separate dry bags or plastic bags, i.e. food, clothing, cooking equipment in a separate bag. This will not only help you to find things, but also keep your kit dry. Try to keep heavy gear in the middle of the bag and close to your back, this will keep your centre of gravity close to you and make it easier to walk. Fill your rucksack in order of the things you will use: so, put your sleeping bag and sleeping mat at the bottom and keep essential items accessible. Essential items include: water, snacks and food, First Aid kit, your own medication, sun cream and hat, and waterproofs - you never know when the weather will change. If the weather does turn, use the rain cover to keep your rucksack dry. On most rucksacks this is located in a small zipped pocket on the bottom of the bag.



HOW TO PACK YOUR DofE RUCKSACK

GET MORE TIPS AT WWW.DOFESHOPPING.ORG/EXPEDITION-KIT

• LINER

• Line your rucksack with a rucksack liner or strong rubble sack to keep everything dry. LIFEVENTURE CRISTONE ROLL TOP BAGS

• LUNCH/FOOD

• Bag each meal separately so you ration your food properly and pack your lunch for the day at the top to get at it quickly in case it is raining. BEYOND THE BEATEN TRACK MASH MEAL.

• WATERPROOFS, HAT & GLOVES

• Pack your bag in the order you will wear your kit. Remember last in first out. CRAIGHOPPERS REACTION LITE JACKET

• TOP COMPARTMENT

• Put in all the small items of kit you'll need during the day.



• WASH KIT

• Group and pack all kit into separate dry bags so you can find what you need quickly. LIFEVENTURE WASH HOLDALL

• SURVIVAL BAG

• Use up any gaps to help keep kit stable in the bag. LIFE SYSTEMS SURVIVAL BAG

• FUEL

• Store fuel and water vertically and double bag fuel canisters. TRANGIA FUEL BOTTLE 1L

• FLASK

• Ensure you have enough water to stay hydrated. Must be easy to get to. LIFEVENTURE TITANIUM FLASK 1L

• TRANGIA

• Clean and thoroughly dry, then place close to your back to maintain your centre of gravity. TRANGIA 25-TUL STOVE

• SLEEPING/ROLL MAT

• Try to get all your kit inside your bag. If you have a large roll mat, make sure it is securely tied to the outside of your bag. WANGO TREK COMPACT SELF INFLATING SLEEPING MAT

• TENT

• Ensure the heaviest kit is close to your back and balanced on each side. WANGO PULSAR 300

• SLEEPING BAG

• Always put your sleeping bag inside another waterproof bag, do all you can to keep your sleeping bag dry. WANGO NITESTAR

CLOTHES

• Push spare clothes to the bottom front of the rucksack to fill the space available. CRAIGHOPPERS VITALISE BASE T-SHIRT

SOCKS

BRIDGEDALE WOOLFUSION TREKKER

COOKING/CAMPCRAFT KIT

• The total weight of your bag should not be more than 25% of your body weight. LIFEVENTURE TITANIUM MUG & BOWL

What food should I bring?

What makes a great Expedition meal?

Getting the right food will help you enjoy your adventure. It's a chance to be creative and to understand more about rationing and outdoor survival. Your DoFE Expedition food should be compact and easy to carry. It needs to be high in slow-release energy, which will help you throughout your Expedition.

Here are some ideas for your Expedition food:

Breakfast is the most important meal of the day. You should be consuming most of your bulk calories at this time in preparation for the day ahead. Breakfasts should have a good mix of short, medium and long lasting energy products.

Breakfast Bars/Biscuits - Breakfast bars and biscuits are great to get you going in the morning. They take no cooking but only provide you with a short energy boost.

Porridge - The oats in porridge help your brain and body function at its best. It's great for warming you up on those cold mornings. You can even mix in your own dry fruits.

Chocolate filled crepes - Lovely when warmed up, and great for a calorie boost.

Hot chocolate - Great for extra calories and to get some warmth in your body helping you to function better.



Lunch: Preparation is everything for a great lunch so make sure you plan it picnic style. A packed lunch is appropriate on day 1.

Pitta bread or tortilla wraps with squeazy cheese, tuna, peanut butter or other fish/meat spreads are ideal alongside some chopped up vegetables. Chickpea salad or bean salad is nutritious and filling too.



Cup A Soup - Great for keeping you warm when you stop. Just make sure you pre-heat a flask of hot water and then all you need is your mug and the soup. Add crushed super noodles to the soup for some extra texture.



Dinner: You must cook and eat one substantial meal per day. This is something to look forward to at the end of a hard day too. Here are some options:

Rice - Ordinary rice takes twice as long to cook on a camping stove as on a stove at home. Choose the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express. 10min boil in the bag rice is fine too.

Pasta - Use quick cook types or instant meal types (like Pasta'n'Sauce). Noodles tend to be faster than pasta and some pre-cooked types are virtually instant- you just stir them around in a little boiling water to heat them. Also tortellini or ravioli are quick to cook and there are a variety of different options.

Couscous - Easy peasy to make, measure how much couscous you are going to use (75g per person) and add the same volume of boiling water, roughly half a mug of each per person, then just wait a few minutes.



Pepperami - Or any dried sausage like salami or chorizo can be sliced and thrown into pasta, rice, couscous or eaten on its own. It has a very high protein and calorie content.

Tuna - You can get tins or sachets. Great when added to pasta, rice or couscous.

Packet sauce - Buy sauces in sachets and try to get ones in single serving sizes so you don't have to reseal the packet. Add these to your pasta, rice or couscous. Don't bring

pesto as we don't allow nuts on expeditions (see below).



Snacks: One of your daily targets when on Expedition is to keep your energy levels up. Grazing on your favourite tasty treats is a great way of doing it.

Dry fruits - All dried fruits will give you energy. You can squeeze them without turning them into mush and they will also take up less room in your rucksack.

Cereal bars, chocolate bars – ‘Fun six’ bars of your favourite chocolate bar can be a real treat, however be careful when it’s a hot day, your chocolate will turn to mush! Make sure cereal bars don’t contain nuts (see below).

Malt loaf – Who doesn’t love the taste of a good malt loaf? And it’s packed to the rafters with energy.

Sweets - Pack a few extra sweets too and share with your group. If you are feeling tired and need a ‘pick-me-up’ you can be sure other members of your group are feeling the same. However, do not rely on sweets for your whole Expedition!



NUTS: We are unable to guarantee a nut-free Expedition as so many products contain nuts in a variety of forms. However, we do ask you not to bring nuts to the Expedition as this may have serious implications for those around you. Nuts are found in pesto, nutella and cereal bars, so please avoid these. If you have any food allergy, please make this is evident on the medical consent form and let us know about your medication. Please contact us if you have any queries about this.

To meet your Expedition aim you need to plan, prepare and cook a meal as a group and you will cover this on the training weekend.