



UPON ARRIVAL

- ❖ Upon arrival you will be shown to your fellow group members and Group Leader (GL).
- ❖ Once the whole group is assembled the GL will run through all your gear and food to ensure it is adequate. Gear will also be repacked and waterproofed where appropriate.
- ❖ Your rucksack will then be weighed (including full water bottles). To assist with your gear selection and packing at home please use the following weights as a guide:
 - Bronze – a maximum of 12kg
 - Silver - a maximum of 14kg
 - Gold – a maximum of 16kg
 - We recommend packing 2kgs below these limits so when you arrive at camp you can fit in group equipment such as Trangia stoves. *Please also refer to our Fact Sheet on packing for some tips!*
- ❖ Any unnecessary or excess items will be stored at Base until the completion of the expedition.
- ❖ The GL will distribute any gear hired or purchased from Somerset. At this point tent partners and configurations will be worked out based on numbers, genders, friends within the group, etc.
- ❖ Your group will then write-up your route plan – please remember to bring a pen or pencil.
- ❖ If you are coming to Somerset for Bronze Preliminary Training you will cover such topics as camp-craft, first aid, food & gear selection, navigation, etc. (Please note that lunch, dinner and snacks will be provided for the Training Day and Breakfast the following morning will also be provided. You will need to bring along meals and snacks for the expedition.)
- ❖ Your group then heads off on expedition for a few days of fun and adventure!

DURING THE EXPEDITION

- ❖ Your Group Leader (GL) will facilitate and rotate navigation responsibilities and leadership roles, etc. throughout the expedition
- ❖ Whilst you will be navigating and making decisions about when and for how long you will stop for lunch, etc. your GL is there to offer assistance and to intervene when necessary, to ensure safety, and to steer you in the right direction.
- ❖ During the expedition your GL will also provide information on navigation, compass points, topographic maps, camp-craft – such as firelighting & environmental care, some basic first aid tips (you may even play out a scenario) and other information relevant to your expedition, such as a canoe brief.
- ❖ Your GL will check-in, from certain points en route and when arriving and leaving from campsites, via radio, GPS spot locaters or phone so that Base is aware of your progress.
- ❖ During the warmer months at Somerset, groups may cool-off with a swim in the Colo River. Swimmers will be supervised by staff at all times. Please email to let us know if your parents do not wish you to swim. Please note; that whilst canoeing on Pack and Paddle expeditions you will be required to wear a PFD and some swimming /paddling is to be expected and unavoidable.

UPON ARRIVAL BACK AT BASE CAMP

- ❖ Once your group has arrived back at Somerset Base you will sort and return gear, wash Trangias, dry tents and have a debrief.
- ❖ You may like to grab some contact details for any new friends as you may like to line-up a future expedition with them!
- ❖ When you are waiting for your lift home – why not make a start making some notes for your Journey Log whilst it is still fresh in your mind?