

## Training and Preparation Guide

Below is a comprehensive list of topics that should be covered in Participants' training and preparation phase of the Adventurous Journey. Participants are expected to find appropriate instructors as needed, and to seek out the resources to ensure they are fully prepared for the Adventurous Journey. When a Participant completes training and preparation in one of these items, they will record the date and that it has been completed in the Online Record Book.



### Familiarize yourself with the acceptable behavior in the wilderness

- Understand the impact of the journey on the environment.



### First Aid and emergency planning

- Check your personal first aid kit for basic and necessary contents.
  - Identify and plan for emergency food/water requirements.
  - Gain information on local emergency facilities before journeys.
  - Identify emergency contacts and their information.
- Evaluate Journey dangers such as biological and equipment hazards .



### Map reading, route planning and route card preparation

- Agree on the purpose of the journey with your group, evaluate site selection and plan your route.
  - Plan for special activities or dangers due to climate and geographical areas.
- Knowledge of evacuation procedures, including an emergency route.



### Compass and navigation work

- You must be able to navigate using a map and compass.
  - You must be able to interpret and understand map features, keys, symbols, scale and contour lines.
- You must be able to plot positions on a contour map.



### Cooking and menu planning

- Know how to use a camp stove, and/or how to build a proper fire for cooking.
  - Create a shopping list of items needed for the trip.
- Create a meal plan for the trip .



### Knowledge of equipment

- Evaluate what equipment is needed for the intended journey.
  - Assure clothing is suitable to the activity and conditions.
- Know how to work stoves, set up tents, make a proper fire, etc.



### Observation and recording skills

Create a log book to record what you see and encounter each day.



### Team building and leadership training

Learn how to work with your group, and decide who is taking the lead role each day .



### Understanding of the Adventurous Journey

Select appropriate type of trip and choose your purpose. For example, if canoeing, you must be familiar with How to safely operate and maneuver a canoe. If not, you must undertake appropriate training.



### Appreciate the culture within the Journey's environment

Understand what land you are traveling on and who owns it.

*Adapted from content in "Participant Handbook: Your Guide to Doing the Duke of Ed," created by The Duke of Edinburgh's International Award, Canada.*