



Challenge
Challenge Expedition
Planning Guide

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Expedition Scheme Planning Guide 2007

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INTRODUCTION

The "Challenge" Expedition is for Venture Scouts over the age of 15 years. Challenge is for teams of two hiking 100km over 5 days. It is an expedition of exploration and discovery, providing its participants with a real and unique opportunity to understand and examine a part of rural Ireland, its people, and their way of life. This is achieved through projects, which are carefully selected and prepared to give the "expeditioners" the best prospect of completing the Challenge. The daily log is not simply to give a record of what the team did from morning to night but it is a book of memories, what each participant thought about their experiences. It should be possible to read the log book some 5 or 10 years later to realize the immensity of what was achieved and experienced.

While the event incorporates an assessment at completion, Challenge is not a competition or a test, but an experience requiring teamwork, initiative, resourcefulness and endurance. To this end assessment is made on the basis of personal progress, not absolute standards.

Like the Explorer Belt Expedition, Challenge is an event of the highest quality achieving in a very evident way, for those who participate and the Association, the aim of Scouting.

The Expedition Leader and Expedition Staff hope that you will find this guide both informative and useful and that it will aid you in preparing for the adventure of a lifetime.

Good luck with your Challenge,

The Expedition Leader.

1 WHAT HAPPENS NEXT?

Between now and the Expedition itself you have to prepare yourself mentally and physically. This sounds daunting but in fact it need be nothing, but fun. Time passes quickly and the day before departure will be upon you before you know it. Don't leave your preparation until the last day. Let's look at what you are preparing for.

Time Table to be confirmed upon application

2 PLANNING

Planning is the key to the success of your expedition. Not only will you need to plan every aspect before departure for the Expedition, there is a constant need to plan your time, objectives and resources, while on the Expedition itself. Part of the strategy of every successful expeditioner has always been the careful application of a well thought out plan. Teams who have drifted from day to day with very little attention to detail often tend to come unstuck.

2.1 Before you leave

There are three things you really need to prepare before departure but you may well think of others:

1. Your Body
2. Your Brain
3. Your Gear

Your Body

Your body will need a simple exercise programme. Most of us are barely fit enough to undertake such an expedition without some toning up. (See section on Training below)

Your Brain

The brain is such a vital part of the body in that herein lies not only the key to movement of the limbs but functions more vital to the completion of your task. Attitude is often more important than aptitude in an Expedition. It is important to try and retain a positive outlook on the difficult and tiring challenge you have undertaken to complete. There can be no doubt that the more you prepare for the expedition the easier you will find it.

Your Gear

The gear is very important indeed and should not be subject to last minute changes if you can avoid it. You should have all the main ingredients of your kit together and in active use by mid July if at all possible. The most tragic mistake you could make is to set off with a new pair of boots and a new rucksack. Both of these take a bit of breaking in and need time to adjust to your shape. At the back of this report is a suggested gear list. You are not recommended to carry more than 20% of your body weight in your rucksack (28lb for a 10stone person). (See section on Gear below)

2.2 Preparation

Physical Training

Training is vital before the expedition. This should be done on a personal level and on a team level. You should start out slowly, gradually building up the distance and pace of your walks. If you are already fit you will have less work to do than somebody less fit. You should do as much training with your partner as possible. You should also wear the same footwear as you intend on bringing on the Expedition (see section on Gear for more details). We advise the following depending on your level of fitness:

Beginners - not fit at all

1. Once or twice a week go for a walk
2. Each walk should be at least 5 kilometers long gradually building up to 7/8 kilometers
3. Time your walk on a stop watch
4. Go on walks at the weekend: 10 - 15 kilometers long

5. Or take part in another sport like swimming or cycling

Intermediate - reasonably fit

1. Once or twice a week go for a walk
2. Each walk should be 6/7 kilometers long gradually building up to 9/10 kilometers
3. Time your walk on a stop watch
4. Go on walks at the weekend 12-17 kilometers long
5. Or take part in another sport like swimming or cycling

Strong - very fit - takes part in aggressive training already

1. Once or twice a week go for a walk
2. Each walk should be 6/7 kilometers long gradually building up to 9/10 kilometers
3. Time your walk on a stop watch
4. Go on walks at the weekend 15-20 kilometers long
5. Continue to take part in sports already involved in

By the time of the Expedition each participant should be able to walk 20 kilometers with a rucksack on their back without causing any unnecessary discomfort or blisters. Remember you have the whole day to walk this distance. Also the weather has a major factor in how much you walk and what time of the day you walk at – on sunny days don't walk between noon – 2pm.

Your Feet

Your feet are your most vital asset on the Challenge Expedition. Great care must be taken in ensuring they are kept in good working order. You should prepare your feet before the Expedition especially if you don't usually go for walks or go hiking in mountains. We advise the following:

Before the Expedition

1. Walk around bare foot if possible. This will also harden your feet.
2. Get used to the shoes you're going to wear while walking.
3. Prevent conditions like Athletes foot by getting treatment early.
4. Ensure that your nails are in good condition. An ingrown toenail can be very painful - imagine what it would be like after 20kms with a heavy rucksack on your back.
5. Buy blister specific plasters and learn how to use them properly.

While on the Expedition

1. Wear shoes that you have worn plenty of times before.
2. Every evening take the shoes off and let your feet air for a while. This can be done by wearing sandals.
3. Wash your feet every day after finishing walking where possible.
4. Don't wear cotton socks as this can bring on blisters.
5. If you get a blister treat it as soon as possible.

2.3 Preliminary Projects

Training Weekend

The training weekend is **vital** for your preparation for the Expedition. Each participant will have to go out and do some projects in the surrounding area, walk a certain distance, camp overnight somewhere and complete a log. This should be handed into the Expedition Leader when arriving back to base camp.

There will be a training session that should cover all aspects of the Expedition; basically everything that is covered in this book.

Questionnaire/ Preliminary projects

There will be some preliminary projects to be completed before you depart on the Expedition. These must be mailed (snailed or emailed) in to the Expedition Leader by the deadline given.

3. During the Hike

What Happens to you on Day 2

Basically you're abandoned in the middle of nowhere, with nothing but your gear and a brown envelope!! You will need to put into action Plan A. This should ideally be to find somewhere to sit out of the sun (or rain!). You should now open the envelope.

What's in the Envelope?

Your Envelope should contain the following:

1. Your Projects
2. Your Log Book
3. Budget Money
4. Maps of the Area
5. Introductory letter
6. Emergency Envelope – should not be opened **unless** in an emergency and in the case of no emergency, **MUST** be returned along with logs & projects.
7. Information from Expedition Leader - i.e. Phone Numbers, call in times, etc.

What should you do?

The following guidelines are advised from the time you step off the bus:

1. Sit down for starters. There's no point in rushing off to get some kilometers in (you could be going in the wrong direction).
2. Look at your projects and map.
3. Find out where you are.
4. Find out where you have to go.
5. Plan a basic route that will be put into more detail as you walk.

This route should be sketched out in your notebook with an indication of:

1. How many kilometres you will cover each day
2. Where you might camp each night
3. Rest days - we recommend that you take even a half day, plan your route to compensate for this, take it about mid way through your route.
4. Project sites
5. Potential Villages/shops for food

Plan A

A plan is your proposed approach to solving the problem. It is probably worthwhile to address the problems by making a list of its main features:

RESEARCH THE PROJECTS AS DESCRIBED

COVER THE DISTANCE OF 100 KILOMETERS ON FOOT

WRITE UP THE PROJECTS IN AN INTERESTING AND CONCISE FASHION

LIVE WITHIN THE BUDGET

PHONE IN WHEN TOLD TO

KEEP A RECORD OF EVERY CENT SPENT

KEEP AN ACCURATE DAILY LOG OF ALL MOVEMENTS

PRESENT A FULL DIET SHEET FOR THE HIKE

You will need to interpret each of these and put your own subtitles to each section of your records.

At all times remember that planning is the key to success and some practice at planning and record keeping before the event would be very beneficial.

Once you have a plan you can set about implementing it and start marching in the right direction. Plans should be in writing. They are tricky little devils and change when you're not watching them unless you keep them in black and white. It is an essential element of planning that you can change your plan as circumstances dictate. You must be as flexible as possible.

Other important things to remember...

- Always obey the laws of the land.
- No trespassing: always seek the permission of the landowner.
- Remember you are Scouts and you have promised to keep the Scout Law.
- Always wear your Challenge knackerchief.
- Obey the Country Code.
- Phone in when told to – there will be serious penalties for any teams that do not make their best effort to phone the staff – and if you can't do it at the designated times, do it at any other time of the day.
- No alcohol or drugs are tolerated at any stage on this Expedition.
- Always remember you are representing your Association and you are expected to be courteous and polite and not draw unnecessary attention to yourself.

4 BUDGETING

You will be given an allowance of €40.00 (per team) when you get off the bus. This is intended to provide all your food, telephone calls to Base Camp and any incidentals you may need. Before you go it is worthwhile studying the cost of foodstuffs and preparing a list of suitable goodies. Once you get off the bus take an early trip into a village store and get the local prices. You are actually on the road for five full days so if you reckon on about €8.00 a day, this will be plenty for you. The cost of this can be added into the report to give a clear picture of your costs while on the road. You will find that for your body to function well you will need to try cooking fresh vegetables and eating fruit etc. This can be economical if done with care. See the section on nourishment.

As part of your Log Book, present your expenditure as a list of items bought and their price (keep the receipts). You will have to account for every single cent spent during the hike and **return any unused monies**. Present your consumption menu as a separate list showing what was used for each meal and the way in which it was prepared. It is sometimes interesting to calculate the cost of each meal but this can only be an approximation.

You are allowed no money other than the €40 given by the Expedition Leader on Day 2. It is up to you to spend wisely.

Incidentals

Can't find somewhere to camp?

You should have your location to camp by 7pm.

You may come across situations where you can't find somewhere to camp at night and it's getting late. If there is an official campsite in the Town or Village you are in it is all right to stay there. You must include the monies spent on camping in your daily budget. You can try and bargain, show the people your introductory letter, plead for a cheaper price, etc. If you do get a reduction try to show your appreciation by returning the favor. Ask the owner if you can do anything for them.

If you are in trouble, it's getting late and can't find a safe place to camp you should phone the Expedition staff for advice and help. When phoning in, you need to give the staff a grid reference of your camping location and a description of the area so that the staff can assess whether this is a safe location.

Have to pay into somewhere?

It is quite possible that you will have to pay into somewhere that you have a project. If you are a student and have a student card you may get in cheaper. If not, use your introductory letter; bargain with the owner, anything to get you a cheaper deal. Again include this price in your budget.

5 PROJECTS

Projects

There will be 8 Projects. The projects will determine the route you need to take.

The projects are set with a view to giving some purpose to the Expedition. They create a medium whereby you can come into contact with as many people in as many places as possible. You might like to visit a library to collect some pointers from the public notice board or to pick the brains of the local librarian. Consulting books or transcribing from brochures is forbidden and will be detected. Your write-up will reflect your source and the Assessment Teams are remarkably experienced.

Note the following:

1. The key to success is the planning stage.
2. Sit down, interpret the projects, and list what you think is necessary to do justice to the subject.
3. Work out how you might achieve this.
4. Sitting down on day five and write your projects all up in the one go is **extremely bad use of your time**. Bear in mind that the assessors will also be looking for good management and organisation during your expedition!
5. The easiest way to complete a project is a little at a time.

What to write?

The easiest way to complete a project is a little at a time. This means getting some of the writing up done before the project is even completed. It is a good idea to have a consistent approach to presentation of the projects, even though they might be written up in an entirely different style by each of you. A typical breakdown might be as follows:

1. The Project Brief (as you were given it)
2. Your interpretation of the Brief
3. Your initial plan for tackling the Project
4. What you did (was it similar to the plan?)
5. What you found out
6. What you have concluded

If you have a fairly structured approach it is possible to write up all of Sections 1& 2 on the first evening if you have spent a bit of time thinking about it first. This could be as little as one page. You can also see that in this way it is not necessary for one member of the team to do all the writing for a particular project.

How Much to Write?

Take great care not to exaggerate or waffle unduly. A picture postcard or a sketch coloured with crayons goes a long way to livening up the project report book. (A picture is worth a thousand words.) Be concise and to the point. Projects will cover subjects such as customs, history, industry, employment, young people, folklore, etc. But also don't write short answers. We are looking for details projects that show you have put in the full effort.

Logs

Each team will be given a small folder or book containing enough paper for the logs and projects. You can put pictures on the cover; design them whatever way you like. The more colourful, the better. Remember to keep them neat and tidy. Present them in a way you would be proud of and would enjoy reading in years to come.

Your Daily Report should include the following:

1. Daily Log - what you did and where you visited including times.
2. Your Route traveled for that day
3. The Distance Traveled
4. Sketched Maps of each day
5. Menu for each day
6. Budget breakdown and Finances: Include receipts at all times!
7. Whatever else you desire e.g. mood for the day, blister count, etc.

Remember that your logs are personal to you and while you're keeping details of your expedition, there will of course be assessors reading them so the more interesting they are, the more there'll be to talk about in your assessments.

6 RECORDS

What should be returned to Expedition Staff on the last Day?

When you arrive back at the Base Camp you will be asked to hand in your reports and any unspent money from your allowance. You should hand up the following:

1. A Project Folder containing all the projects.
2. A Log Book giving exact details of where you went, distance traveled and what you did. It helps if you sketch a simple map indicating the villages and roads and marking in your campsites.
3. A menu of the food you ate throughout the expedition. If you wish to comment on the nutritional value of each meal and its calorific value you will need to read up a bit about this before you leave home and take along some notes.
4. A balance sheet showing details of all expenditure from the allowance given and any monies left over.
5. A statement of all expenditure from your own pocket.
6. All your notes, plans and supporting literature including leaflets etc. that you haven't used in the write up.
7. Emergency envelope preferably unopened.
8. Maps.



7 NOURISHMENT

Challenge is not only a psychologically-testing event, it also places considerable strain on your body. It is vital therefore that you are fit and strong before you leave for the expedition. The information in this Section is very important and should be taken in and remembered.

Outlined below the major food types in any diet, this information should help you in choosing a stable diet for the expedition.

Carbohydrates

In any endurance sport Carbohydrate Loading is the key to having adequate amounts of energy to live to tell the tale and get up to do it all over again. Carbohydrates provide you with a quick spurt of energy as carbohydrates are made up of sugar. There are two types of Carbohydrates that you should know about and use to your advantage. These are:

Simple Carbohydrates

These give sudden energy to your system.

Sources - citrus fruits such as apples, oranges, grapes, sugary drinks, lucozade and lucozade sweets.

Complex Carbohydrates

These are more slowly broken down so they provide energy over a longer period of time.

Sources - pasta, rice, noodles, potatoes, bread, whole grain bread, bananas, figs, and prunes.

In a nutshell

1. Eat large amounts with every meal, no need for dieting on the expedition as you could jeopardize your health.
2. They are cheap
3. Eat loads of fruit, pasta, rice & noodles.

Fats

Fat is an essential part of any diet. ***If you are under-weight it is important that you should try to normalize your weight before leaving.*** If your body fat content is too low you are more at risk of getting hypothermia (and yes before you ask - you can get hypothermia in warm conditions). The draw back to eating high fat content foods while on an expedition is that they are very taxing on your system. That is, they take a long time to break down and they make you feel tired. They can fill you up for longer but you will feel more tired.

Fatty foods Oils, butter, cream, some cheeses, fat on meat.

In a nutshell

1. You should have enough body fat to provide you with heat and protection for the duration of the expedition.
2. High fat foods are usually **expensive** so you are best off keeping them to a minimum.
3. Take longer to digest.

Proteins

You will have plenty of protein reserves in your body to survive this expedition. Protein is contained in large amounts in meat, fish, eggs and cheese. Try to eat a lot of green vegetables. These will provide you with adequate amounts of protein but also plenty of C and B vitamins.

Sources: meat, fish, eggs, cheese, green vegetables

In a nutshell:

1. You have enough already to survive expedition
2. Protein from meat will not be essential for this 5-day expedition,
3. Vegetables are a cheaper source of protein so eat loads of them (especially green veg.)

Fibre

Due to a combination of dehydration, eating a low budget diet, stress and a change in your normal eating pattern you may experience constipation. It is very important to avoid constipation, as it will cause you great discomfort while hiking. You need to eat plenty of fibre to ensure you don't get constipated.

Sources: Bananas, green vegetables, beans, peas.

In a nutshell:

1. Avoid Constipation - Eat plenty of Fibre

A typical days food while on Challenge

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Banana	Soup	Large portion of
Orange	Noodles	rice/pasta/potatoes
Bread & Jam	Fruit	Beans/peas (Fibre)
Yogurt	Banana/apple/ Orange	Vegetables (preferably green) Red meat/fish (if affordable)

Water

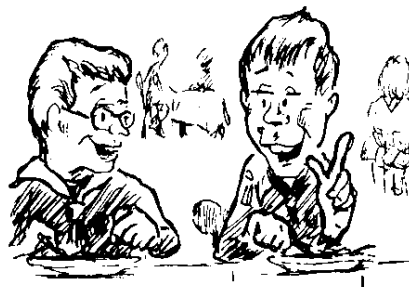
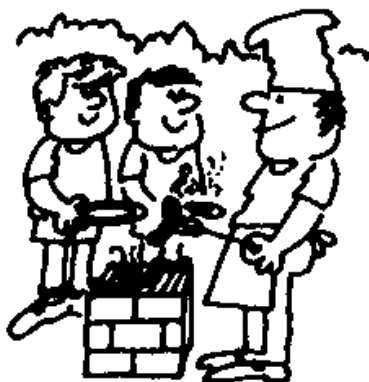
It is vital that you avoid de-hydration. You should drink water by sipping it throughout the day. While resting you should also re-hydrate your body. Avoid long spells without drinking anything; this leads to de-hydration and a massive thirst. This thirst will encourage you to drink massive amounts of water in too short a space of time, which can cause you to pass out. Try to get isotonic drink powder to bring on the expedition. It is relatively cheap and provides you with quick energy while walking. I recommend High 5 and Isostar long energy drinks. These will make up for much of the calories you will use up and need.

In a nutshell:

1. Sip water throughout day
2. Always top up your water wherever you can
3. Don't drink water from fountains found in towns (unless you want a nasty tummy bug)
4. Bring Lucozade tablets or isotonic drink powder with you

General things to Note

1. Plan your daily menu
2. Don't leave yourself with food for the next morning
3. Buy fruit & vegetables locally, not processed in tins, etc. Their cheaper and better for you
4. Don't keep meat over night; buy it to use it that day. Food poisoning is a nasty thing to get normally; you could loose 2 days trying to get over it.
5. Bring tea, coffee and sugar with you beforehand (in small containers)
6. Buy rolls/baguettes and eat them on the same day. Sliced pans are more expensive and get squashed in your bag
7. Drink milk instead of coke, its cheaper and more nutritious
8. Don't keep milk in your bag, drink it up or throw it away, it'll curdle in the heat
9. Plan your route carefully – don't leave your shopping until the shops have closed.



8 SURVIVAL COMFORTS

Bring two bags. One with your Road Gear which will be your equipment while on the Road. The other bag will be your Base Gear. The Base Gear can be left behind so that when you return from the hike you have a clean change of clothes and a fresh towel.

Your Road Gear will contribute a great deal to your enjoyment of the Expedition. You need to carry this gear for 100 kilometers so choose carefully.

Things to Note on Gear

Rucksack

1. Don't buy/bring a large Rucksack - you'll be tempted to fill it
2. 75-litre sack with side pockets and a top pocket is perfect
3. Leave some room that will be for your food, Logs & Projects
4. Lay out all your gear and pack it. If it doesn't fit rethink your gear. Keep doing this until you get a reasonably sized pack
5. Test out your gear on your back.
6. Buy sponges (don't laugh) for your shoulders and hips
7. **Split team gear** between yourself and your partner

Boots

1. We recommend light trekking boots or runners with ankle support, hiking boots are too heavy
2. Buy them now and use them every day if possible
3. Sandals are good if you have broken them in. They are terrible if you haven't.
4. Learn how to treat blisters.

Cooker

1. We recommend a Trangia or similar lightweight camping cooker that uses Meths as fuel

Tent

There are three simple tests for suitability:

1. Weight: should be less than 2.5 kilos (dry & if possible) including pegs and the fly sheet should be nylon so it dries quickly.
2. Insect proof: good zips and ground sheet, mesh air vents.
3. Space: can you get all your gear inside and sit up, for instance to write up your logbook.

Clothes

1. Most teams take far too many clothes.
2. Think through what you might need and when: adopt a logical approach.
3. Start at you feet and work up to your head.

Sleeping bag

1. A lightweight sleeping bag that goes to the lower degrees should be all that's needed.
2. Bring a Bivi (survival) bag
3. Bring a Ground Mat

Utensils

1. No need for anything better than a large plastic bowl, plastic cup, spoon, fork and a sharp pocketknife (essential for cooking). Or if you want to cut down on gear, use the pots from a Trangia as your bowl/plate during the expedition.

Other Information

1. Insect repellent, insect coils, slow burning insect repellent candles are all great against Midges, mosquitoes, etc.
2. It is vital that you sit down together and plan your kit list BEFORE the expedition.
3. There are a lot of things that you can share as a team including Shampoo, Toothpaste, etc – all in small quantities.
4. There would be no harm at all in putting your kit list into your logbook and writing half a page on how suitable it was. What did you forget and what didn't you need?
5. The golden rule is: If in doubt, leave it out.

The following is a sample gear list – thorough, but not exhaustive.

Team Gear

- Lightweight tent (2man)
- Trangia + meths (or alternative cooking equipment)
- Compass
- Waterproof map case
- Pens, colouring pencils etc (for logs and projects)
- Small First Aid Kit

Personal Gear

- Waterproof Rucksack + Rain cover
- Lightweight sleeping bag
- Foam mat/thermo rest
- Raingear
- Bivvy bag
- 2 pair of trousers + 1 pair of shorts
- 2 / 3 breathable t-shirts
- 1 jumper/sweatshirt
- Hat + gloves
- decent pair of shoes
- small hand towel
- personal gear
- torch + batteries
- water bottle
- Crockery + Cutlery

Optional Gear

- Day bag (to leave at base camp – containing clean clothes etc.)
- Extra pair of shoes/ sandals – preferably to leave at base
- Platypus
- Plastic bags (for wet clothes etc.)

9 PRESENTATION & ASSESSMENTS

This is one of the most important aspects of the whole expedition. You will need to think carefully about how you present your work and your ideas. The assessment can be a bit daunting if you approach it with the wrong attitude. No one is intending to make it an ordeal for you and the Assessment Panel goes to a lot of trouble to place you at ease. Their aim is to award you a Challenge Woggle but you must convince them that you have completed the projects and the other requirements of the Expedition to the best of your ability and in the true spirit of Scouting.

Impressing the Assessment Panel

There are three easy ways in which you can impress the Assessment Panel.

Your Log Book

It is quite important to make sure that the layout is simple, the pages numbered and that there is a contents list at the front. The logbook must be readable. It helps enormously that the log book is colourful with pictures and sketches to break up the text.

You can use as much personalization in your log book as you want (within reason – don't use bad language, it doesn't impress anyone!) – don't be afraid to tell the story if you have a bad day, be humorous if you want, and make the logs yours!

Get people you meet to sign your logs/projects, this is always impressive to assessment panels when they can clearly see you spoke to a lot of people and really got into the Challenge spirit.

There is no set length that your logs should be; we don't say they should be short or long. Obviously, a 2-liner on how Day 3 went isn't good enough, but a leaving-cert essay isn't necessary either. Use your own good judgment as to how much/little information is needed. If you don't feel you're great at putting all the information down on paper, make sure to use your assessments to fill in all the extra details.

Your Notes

You might carry a bit of rough paper to sketch out your thoughts before you commit them to the book. It's not a bad idea to leave page numbering until you have finished the writing completely. That way there is no need to make a mess by changing them.

Your Presentation

The last but easiest is to have a relaxed and positive attitude towards the interviews. Be prepared to talk about your expedition in an honest and open way. You need to get across how much you enjoyed the challenge and the independence. The fact that you made mistakes and got lost and ran out of money and rang home in tears will all come out in the end so it's better to be prepared to talk about these things as positively as you can. Making up stories doesn't help anyone and bear in mind – all assessment panels speak to each other, so if you meet other teams, say it!! As the assessors will find out anyway! Negative and unconstructive attitudes are the fastest way to ruin your Woggle prospects. You need to convince the Assessment Panel that you have tried as hard as you can to make positive gains from the expedition. And always make sure that as always on the expedition, you work as a team and share the assessment-talking!

10 ASSESSMENT

There is an overall Assessment Panel leader who oversees the running of the assessments and selects each assessment panel's Team Leader who appoints two people to their panel. Depending on the number of teams on Challenge, there can be two or three different panels each with 3 assessors on them.

The Panel will take a great deal of care to read the projects and logs before they meet the participants for a chat. The meeting takes the form of a round table chat and is intended to be relaxed and informal. No one is trying to catch you out! It is a chance to enthuse about your Challenge experience and about anything you may have forgotten to write down.

So what is the Panel looking for?

- The effort put in by each team member
- The planning and expedition skill put into use
- The presentation of the team, log book and projects
- How the information was gathered
- The resourcefulness shown by each team
- The standard of conduct maintained

The assessors want to learn if the team has achieved the aim of the Challenge to meet the local people, learn about the culture, achieve the challenges set for your team and above all, complete your expedition in the spirit of Scouting.

Remember that the Challenge Expedition is about achieving your potential and there is no reason why everybody should not come home with a Challenge Woggle if they work hard enough.

When the Assessment Panel reads a log, it gives an impression of your attitude to the Expedition. If the Log & Projects are poor uninteresting the benefit of first impressions are lost.

All teams will have a final Briefing before Departure on the expedition on 1st August 2007 with the Challenge Expedition Leader who will go over the safety aspects given to you at the training weekend. The Assessment Panel Leader will then deliver a short and final Brief to all Teams on the expectations of the Assessors.

AWARDS

The Challenge badge: For completing the 5 days of the expedition.

The Challenge badge and certificate: For completing the 5 day expedition along with the full mileage set.

The Challenge badge, certificate and Woggle: For teams completing the 5 days, full mileage, and achieving their full potential on the expedition.

11 DEALING WITH DISAPPOINTMENT

The greatest difficulty to be faced by any individual is to be told by an assessment panel that your effort did not draw on your full potential. To be unsuccessful in achieving the highest award of the Expedition can create this difficulty.

The Assessment Teams are very experienced at what they do. It has been their sad chore in the past, to tell teams that they were not successful. If you understand, now, before you start planning to attend this event, what the Expedition is trying to achieve you should not have any difficulty with the Assessor's choice. (Please read this Participant's Guide fully and often).

The Expedition is one of attitude. Mainly, how you approach the training, planning, participating and assessment of the Expedition. See the section titled: "So what are the Assessors looking for". There is very little consolation that will relieve the anger, hysteria, denial, blaming others, and sadness that you will feel if the Assessors decide that your efforts have not drawn on your full potential. It will do no good to blame the Assessors, Expedition Leader, your partner or even the weather.

The Expedition Leader and the team will do everything possible, before you leave, and even during the Expedition, to assist your team to achieve its full potential. It will be too late after the event to be asking questions you should have asked before you left home. Nothing can prepare you for going home without the Expedition's highest award. To complete the distance and projects is a great achievement but we suspect you will see it as very little if you do not achieve the Challenge Woggle; that is what you came for after all. If it is not then you will have no reason to be disappointed.

But do remember that you can come back and try again; many have and succeeded.

12 FIRST AID

Each team should ensure that they know basic First Aid prior to participating in the Challenge Expedition. Speak to your Venture/Scout Leader who can assist you.

The main injuries that can occur while on the Expedition are as follows:

1. Blisters on Feet
2. Muscle Ache - Ankle, legs, shoulders
3. Mussel Strain - Ankle, legs, shoulders
4. Sunburn
5. Heat Exhaustion
6. Heat Stroke
7. Dehydration
8. Fainting - from lack of food
9. Twisted Ankle
10. Broken Ankle
11. Dislocated Knee
12. Hypothermia/Hyperthermia - yes believe it, this can happen in warm conditions too.

It is vital that you read up on all of these beforehand so that they are clear in your head on how to treat them or at least what to do.

In all emergency situations ring an ambulance (if needed) first, get help and then ring the Expedition Staff. Don't ring the Expedition Staff if it is more important to get an ambulance first. Your parents or yourself will have signed a consent form before the Expedition and provided your medical details to the Expedition Leader. They must be contacted before medical treatment is applied to the injured person.

Resting

Rest is essential to the healthy function of your body. Make sure you get as much sleep as possible, while you sleep your body repairs any damage caused to it during the day. All your muscles will be replenished with energy and cleared of lactic acid while you sleep. While resting during the day try to rest in the shade, drink plenty of water and have a nap if possible.

Blisters

Don't let blisters be the vain of your life while on the Expedition. The first few days will be the most painful on your feet especially if they are not used to walking. Ensure that you have plenty of plasters and savlon or sudocream in your first aid kit. A blister forms basically to protect the damaged skin underneath. It is recommended that blisters be never punctured under normal circumstances. Because you will have to get up and walk again and again you may need to burst your blisters. If you do make sure no dirt gets into the blister, pierce it with a clean needle or clean fingernail. Place a small amount of savlon or sudocream onto the blister and cover it very well with plenty of plasters. There is a product called second skin, which can be bought in Boots chemists. This is expensive but excellent for treating blisters (read instructions carefully).

Heat Exhaustion

Usually due to lack of fluids in the system.

Symptoms: Fatigue, lethargy, headaches, giddiness and muscle cramps.

Treat: Add salt tablets to water, drink and rest for a few hours out of the sun. Add extra salt to food for the next few days and make sure to drink sufficient fluids.

Prickly Heat

Symptoms: Itchy rash caused by excessive perspiration trapped under the skin. Usually affects people who have just arrived in a hot climate.

Treat: Keep cool out of sun, bathe often with wet towel, and keep skin as dry as possible. Using talc if possible may help, also sitting in air-conditioning for a while.

Sunburn

Remember you can be sunburned even through clouds. Parasol 20/30 is best to use as it only needs to be applied once. When sunburned, use calamine lotion and stay out of sun (where possible) until symptoms lessen.

Skin-care

It is of vital importance that you protect your skin from the sun. Try to have a light coloured hat, which will not cause you to over heat. The hat will keep the sun off your face. We recommend that you use total sun block skin cream on all exposed skin. Parasol 20 and Parasol 30 (P20 + P30) are recommended by chemists as they provide protection from the sun for longer than most other sun block creams.

Some Tips to help you on your expedition:

Bring Compeed – can be bought in any chemist, acts as a second skin over a blister to minimize problems while walking.

Bring sponges – these are great for putting under the straps of your rucksack if your shoulders are sore.

Don't forget sun cream, the last thing you want is to have to pull out of the expedition because you're red raw!!

Salt Tablets – available in chemists, not to be used all the time, but in the case that you may feel faint from heat/tiredness, salt tablets are great for replacing lost salts in your body lost through sweating.

If your partner suffers from allergies, asthma etc – it is **VITAL** that you familiarize yourself with the symptoms, treatments and any medication they may be on. The staff will be aware of any medical issues, but YOU are the closest to your partner and you need to be able to deal with a medical emergency should one arise. Should this happen, remember the safety procedures outlined to you, and **INFORM THE STAFF**.



EXPEDITION RULES:

General Rules for the 2007 expedition as outlined at the training weekend 21st-23rd April '06.

If teams are found to breach the expedition rules, the Challenge staff may decide to stop your expedition and bring you back to base camp for safety reasons. While rules may seem extreme in some cases, bear in mind that your safety is utmost during the expedition and staff have been instructed that any team in breach of rules can be removed from the roads should they be endangering their safety or that of others.

- **Medical Issues:** There's one golden rule – Inform the staff. We cannot help if we don't know about it. No matter how big or small, let us know how you're doing and where possible we'll try to help make the expedition more comfortable for you.

In the case of medical emergencies, revert to the safety procedures outlined to you, where necessary call an ambulance/gardai and then inform the staff.

- **Home Hospitality** – This ranges from being offered a floor in a scout den, to a bed in a house. You may be offered this during your expedition and it is encouraged once your judgment is used **AND** you inform the staff of exactly where you are and who you are staying with. The maximum number of times you can stay indoors is **TWO NIGHTS**.

- **Camping:**

Teams must adhere to Scouting Ireland's camping policies at all times in relation to rubbish, noise etc.

Camping with other teams that you meet is permitted but only a maximum of **TWO NIGHTS**. It is therefore up to you and your partner to ensure that if you meet another team and you've already spent 2 nights with others, that you find somewhere else to camp alone.

Teams generally should not camp in the same garden as another team. If you come across a garden or a family willing to allow you to camp there and there is also another team there, you can providing the family do not have a problem. **The maximum is 2 teams in one garden.** Staff will be out and about, remember!

- **Walking:**

If you meet another team along the road, do stop and have a chat, have lunch or spend a bit of time together! If you happen to be going the same direction it is ok to walk together provided the distance is no more than 3km. Any more than that, one team has to decide to stop and let the others go ahead. The reason for this is that on busy roads, it is not safe for 4 people to be walking together unless for very short distances.

If walking back along the same road you have done before, you cannot count this mileage twice. The only time mileage can be counted twice is if you need to go up a road to do a project and then walk back along it to get back to the main road.

- **Lifts:**

NO WAY – dangerous, unsafe, against the rules, don't do it. Enough said.

- **Projects:**

Some teams may have similar projects – copying isn't allowed, and the assessors will figure out fairly quickly if there's been some cheating going on!

- **Alcohol**

The Challenge Expedition is a dry expedition, even for those over the age of 18 for safety reasons. Participants will be informed of this prior to leaving on their expedition.

WHAT NEXT?

Well, should you have received the Challenge Woggle, you might decide that the next step is the infamous **Explorer Belt Expedition**. We can tell you that of the staff attending the Challenge 2007 Expedition, all have done Challenge and almost all went on to do the Explorer Belt and received their Belt first time round. The main reason for this was that the Challenge Expedition prepares you excellently both physically and mentally for the 10 days of the Explorer Belt Expedition.

The Explorer Belt Expedition is a 10/14-day expedition that requires a team to cover 300km living on a fixed budget while getting to know a different culture from your own through projects etc. Each expedition is held in a different country and in the past has been to countries such as Spain, France, Italy, Slovenia and the 2007 expedition will take place in Eastern Europe.

The aim of the Explorer Belt Expedition is to meet people from a different country and learn about their way of life, their traditions and customs. One of the main challenges is for your team to survive together for the 10 days while trying to complete all challenges set.

The Explorer Belt expedition is an internationally recognised challenge, which has set the standard for venturing throughout the world and is one of the highest achievements that a Venture Scout can aim for.

More information on the Explorer Belt Expedition can be found from www.scouts.ie/events

Should you decide after your Challenge Expedition not to participate in the Explorer Belt, there are of course many other options still to participate in during your Venturing career. While national events are an excellent way to meet new people and experience new things, you should take these experiences and put them back into your own Venture/r group to encourage younger Venture Scouts to participate in these events. In the future you might decide to become a leader, and all of these expeditions and experiences will be essential to you being a great leader!! Remember you can also use you experience to staff events, not only Venture Scout events but also Scouting events as the Scout section relies on experienced Venture Scouts to assist young scouts in achieving their potential in the scout section and to go on to Venturing later in life.

No matter what you do, do it to your full potential and best of luck in your Venturing!

The Challenge 2007 staff.!