



Preparing for A Crew Expedition

A Venture Scout Crew Expedition looks something like:

- A crew hiking (or walking, cycling, sailing) and camping independently
- A Crew Leader and an Assistant Crew Leader leading the crew
- Venture Scouts being able to organise and run the event with little help from adult Scouters
- Venture Scouts organising their own route and camping points
- The crew working and cooking independently
- Venture Scouts progressing in their Suas and Trasna and the Adventure Skills
- Venture Scouts practising Leave No Trace
- Venture Scouts developing leadership and teamwork skills along the way
- Scouters and Families encouraging
- SI campsites and activity centres supporting



It takes a while to prepare for a crew expedition. It starts with crews working together and running an active programme. The crew will also need to practice and develop their skills

Creating the Venture Crew and the Venture Executive

This should ideally be done in the first few meetings of the year. Election of Crew Leaders is an important step in the year cycle and by creating a Venture Executive the Treasurer and the Quartermaster can have direct contact with the Group Council and can keep an eye on budget and equipment for upcoming events.

Getting the Crew Working

This step is crucial in the development of both a successful expedition and a functioning Venture Scout Unit. By making a layout of how the year will be run, the Venture Scouts will find it much easier to see what their goals are and when they need to be achieved.

Taking Part in Activities from Day 1

The best way to prepare for large activities is to take part in some smaller ones. With a range of activities (both within and outside the venture unit) available to the crew (e.g. Venture Ball, Ready Steady Cook, Ventact) they will be able to stay busy and also develop some great team skills that will be useful later on. Commitment from all crew members to an activity is essential to the success of a venture crew expedition

Organising Roles

The crew will need to delegate roles for the expedition. Everything from Activity Leader to Photographer, when they know the tasks ahead it is much easier to prepare for the expedition!



Request Permission

A key factor in all activities! Check with Parents and Scouters to make sure you will be able to take part, we shouldn't need to mention the necessity that is an Activity Consent Form!

Follow the Programme

While it's completely acceptable to make tweaks and changes as you go, don't forget to get some of the hard work done. Try your best not to leave important tasks until the last minute.

Practice Makes Perfect

Don't be afraid to plan and run a few smaller hikes throughout the year. This will be great practice and will help the ventures develop the skills they need for the more difficult expedition.

Programme Cycle

We use Plan/Do/Review to run our activities, this is called a programme cycle. Each programme cycle focuses on a main activity. The expedition will be the focus of this sample cycle.

To help the expedition run smoothly it is encouraged to spend about 10 weekly meetings from the start of the year specifically focusing on the tasks required to organise this activity.

Week 1: Review and Plan

At your weekly meeting, review the last programme cycle

Pick out the things you would:

- Keep
- Change
- Get rid of



With the Expedition in a few weeks time, it is important to plan more activities to practice your scouting and teamwork skills. Make out a plan of how you will prepare for the expedition. Each Venture Scout should have role which helps them work towards both the adventure skills and Suas and Trasna badges.

Week 2: Unit meeting followed by a Venture Executive Meeting with Scouters.

The Exec makes out a detailed plan based on last week's discussions. The expedition leaders making arrangements.

Week 3: Unit Meeting

Plan expedition programme and route

Practice route cards and carry out a risk assessment

Go through equipment that will be needed.

Week 4: Day Hike

Easy to Moderate day hike to keep them active and prepare them for the big event to come!

Week 5: Unit Meeting

Make menus and prepare for cooking activity

Cooking challenge, each crew must provide a 3 course meal using only 2 Trangias and limited food supplies.

Week 6: Unit Meeting

Emergency skills appropriate for hillwalking scenarios.

Use this time to advance in the Emergency Adventure skills.

Treasurer collects event fee.



Week 7: Unit Meeting and Executive Meeting

Make final plans and arrange transport

Expedition Leaders discuss plans with Scouters

Collect Activity Consent forms

Set goals that will hopefully be achieved throughout the expedition.

Get equipment ready

Finalise route cards

Rucksack/Personal gear inspection

Week 8: Crew Expedition

Week 9: Unit Meeting

Return equipment

Write camp log

Send thank you cards

Reviews the expedition and generate new ideas for the next cycle.



Expedition Planning

You need to plan and run an active and balanced programme. When planning your programme you need to think about questions like these:

- Are there any aspects of your expedition which would help members of your crew make progress through the Suas and Trasna badges?
- Are Venture Scouts working on Adventure Skills ?
- Are Ventures doing Special Interest Badges?
- Does everyone have a role?
- What facilities are available during the expedition?
- How long will cooking and wash-up take?
- Are you having a spiritual element to the programme? Running a scouts' own or attending a religious service?

Planning the Route

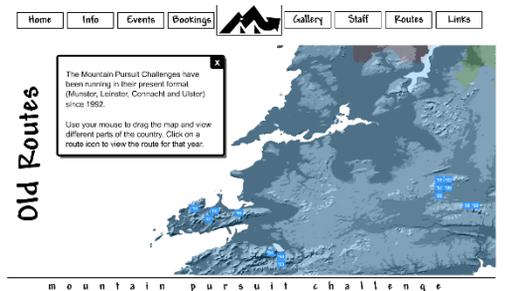
Your expedition could follow on of the way-marked trails across Ireland. There are a network of them, which offer different types of long-distance walking challenges. For more info, go to

www.irishtrails.ie/National_Waymarked_Trails



The MPC website also has all the routes of previous activities covering mountain ranges across Ireland. If your crew is considering a hillwalking based expedition, this would be a great place to go to begin planning.

Go to mpcteam.ie



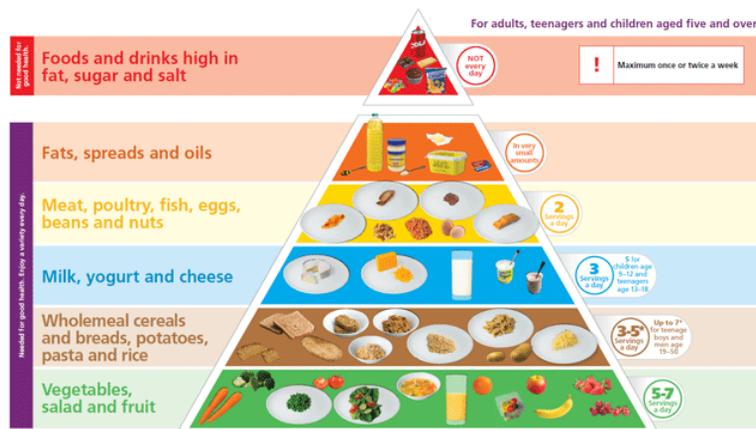
Budgeting

- Elect a Venture Treasurer
- List all your projected expenditure – expenditure categories might include campsite fees, food, and equipment.
- Consider what suits you best, not just what is the cheapest
- Add in your contingency (around 15% of the total of other expenditure)
- Talk to your Scouter and see what they think
- Do a second draft, discuss it with the crew and have each Venture take one home

Menu Planning

You need to plan a full balanced menu for the expedition. The menu needs to accommodate the tastes and health of all the Ventures and the locations of shops or supermarkets along the way. The Ventures responsible for cooking should have experience of cooking on camp, especially in the way you will be using (eg: on a Trangia or on an open fire).





For info on a balanced diet, check out: safefood.eu

Things to think about when planning a menu:

- Is it a balanced menu?
- Do you have enough fruit and vegetables?
- How much will it cost?
- Do any Venture Scouts have allergies & intolerances?
- Is there food that Venture Scouts won't eat?
- How will the food be stored?
- When will the food be bought? And, how will it be transported?
- In this case weight will obviously be a factor as the ventures will most likely have to carry the food in their rucksack.

Equipment

Make out a list of the equipment based on the number of Venture Scouts taking part and the type of expedition it is (hillwalking, trail walking, cycling, etc). In the lead-up to the expedition, the equipment should be checked and packed ready for transport. The crew Quartermaster should coordinate this.

Things to think about:

- Lightweight tents – Take tents out and check for wear, that all parts are present and in good condition



- Cooking gear – Are your Trangias safe and usable? If in doubt, ask your Scouter. Don't forget your fuel! Make sure this is stored safely
- Pots and Pans – are all the parts of your lightweight cookers present?
- Cooking utensils – what is the most important? Remember what you bring will have to be carried on your back.
- First Aid Kit - make sure your travel first aid kit is full and complete. Make sure that you have activity specific remedies e.g. blister plasters.

Transport

Careful planning needs to be made for transporting people and equipment. You need a clear plan that everyone understands.

Lifts: For an expedition, carpooling is the most cost effective and convenient way of getting to and from the start and end point.

Make sure a rota is made out, everyone has a lift, and everyone has the details.

Transporting the equipment: You can divide the equipment between each participant. Take each Venture Scout's size and weight into account. Make sure that the crew will be able to carry the equipment for the duration of the expedition as you will need it all for the entire journey. Also, you will need to have access to the Group stores.

Emergencies and Safety:

Risk Assessment-

With the help of a Scouter think of common risks associated with camping and then suggest what you would do.



Here are some examples:

Risk - An accident resulting in an injury.

Mitigant – Plan escape routes before hand. Be sure a qualified first aider is within the crew taking part. Make sure emergency contact numbers are available and that all Venture Scouts know the emergency signals eg. whistles, light, smoke etc

Risk - An accident resulting in damage to equipment.

Mitigant – Ensure all Ventures are trained in the proper use of all equipment

Risk - Location for overnight is unsuitable.

Mitigant- find alternative overnight locations before taking off on the expedition.

Risk - Uncontrollable changes to travel plans.

Mitigant – Have contact details for all relevant people and have an emergency plan for heading home

Risk – Illness.

Mitigant – Take all reasonable precautions in food preparation. Ensure first aid training up to date. Be aware of pre-existing conditions. Have an appropriately stocked first aid kit.

Risk - Bad weather conditions .

Mitigant – Have a Plan B and Plan C that are not weather dependant. Be aware of when to stop.

Risk - Loss/theft of money/equipment.

Mitigant – Have back up funds available at short notice in an emergency



Safety Checklist

Do you have emergency contact details for the scouters and the emergency services

Will you always have a charged phone available?

Is there way of charging a phone?

Is the First Aider/ Crew Leader aware of any medical conditions and the actions that need to be taken if a situation arises?

Do you have a escape plan in place?

Do you have a fully stocked first aid kit?

Keeping Families Informed

It is important to keep families informed what is involved in crew camps, some people may be initially uncomfortable with the idea of a crew camp. Check out the form at the end of this document as an example of a letter to send home to families. Some points to raise:

- Hiking is an extremely important to the Scouting programme. Scouting seeks to train each team in such a way that it becomes self-sufficient both in terms of skills and as a working team of young people able to undertake different challenges.
- One of the most important opportunities for the Crew is the opportunity to hike as a team on their own with adult support at a distance. This is no ordinary undertaking and a Crew will have carefully planned for such an event.
- Crew expeditions are planned, well in advance, under the guidance of the adult Scouter.



- The Expedition Leader has special training in the area of organising a camp and in leadership and responsibility.
- The crew has the skill set required – organisational ability, cooking skills, hillwalking skills, first aid and an awareness of safety.
- A plan of action, budget for the event, programme, equipment list, emergency plans etc. are carefully drawn up and are fully reviewed by the adult Scouter in consultation with the Scouts.
- Parents must provide written approval for Ventures to the camp.
- During the expedition , adult Scouters will visit the Crew over the weekend to check on progress and well-being and will be in effect ‘on call’ should any difficulties arise.
- Expeditions are supported by their own adult Scouter. Adults are near at hand in case of emergency.

Roles in organising a Crew Expedition

Every Venture has a part to play in your Crew Expedition . Everyone should be involved in making the programme as successful, fun, and interesting as possible. This is a quick guide to helping you have everyone involved.



Participation: Ventures on their Suas Badge

You will mainly be getting used to the way the Crew works. You will participate in the programme through partaking in activities and holding specific roles in the crew, such as cook or photographer.

Active Involvement: Ventures transitioning from Suas to Trasna

In the second year, Ventures take on more responsibility. You become more active in the Crew and Troop by starting to organise parts of activities,



holding more challenging roles (such as Treasurer or Quartermaster), and by passing on your skills to others. For the expedition, you will plan, prepare (get equipment ready, understand the skills involved, know the schedule etc.), run, and review specific parts.



Leading: Ventures on their Trasna Badge or Activity Leaders

Venture Scouts in their final year take on leadership roles, usually as CLs and ACLs. You will run the expedition with help from other Venture Scouts, and ensure that everyone has a part to play. Also, your Scouters are there to support you and give advice when you need it, make sure you keep them up to date on everything that is involved. The activity leader may also be working towards their Chief Scout Award, and the expedition could be part of their challenge.

Supporting: Scouters

Adult Scouters are mainly there to provide support to you, the Ventures, in running the programme. They work with the Activity Leaders by providing advice, guidance, and encouragement. Scouters have overall responsibility for the safety and wellbeing of all the Venture Scouts, and in preparing for and controlling risk but ultimately are there as facilitators not leaders.



	Individual	Crew
Suas:	<ul style="list-style-type: none"> • Personal equipment • Working on Suas Badge 	<ul style="list-style-type: none"> • Role agreed by the Crew • Taking part • Running a part of the activity • Preparing (plan, equipment etc) • Helping others
Trasna:	<ul style="list-style-type: none"> • Personal equipment • Working on Trasna Badge 	<ul style="list-style-type: none"> • Running the activity • Leading by example • Preparing (plan, equipment etc) • Coordinating • Helping others • Sharing skills • Ensuring safety • Informing Crew of schedule • Making a budget, buying supplies • Booking venues and activities • Informing Troop of schedule
Scouter:	<ul style="list-style-type: none"> • Personal equipment • Work on Scouter Training 	<ul style="list-style-type: none"> • Supporting Crews and Ventures • Ensuring safety • Assisting when needed • Working with Activity Leaders • Help with budget, planning, bookings etc • Coordinating with Scout Group • Acting as a role model



Campsites and Activity Centres

Scouting Ireland’s campsites and activity centres can are great venues that can facilitate a crew expedition. The can provide:

- A safe site, with facilities
- Activities
- Volunteer staff who can support the crew
- Local knowledge and advise
- Some have a 24hr presence of volunteer staff

Tips for working with a Scouting Ireland campsite:

- Search through the directory and find the campsite which suits your needs (location, activities, budget).
- The CL or activity leader contacts the campsite and explains their plan
- Book any programme needed
- Get contact details for the site
- Some campsites might need a deposit in advance, the treasurer should send this on

Campsite/Activity Centres: goo.gl/DYpgYK

This directory has info on all Scouting Ireland campsites, camp fees, activities that they offer, as well as providing directions to the campsite.



Campsites could offer supports in having available varying difficulties of expeditions to embark on while based out of that centre, for example NWAC could focus on water based expeditions (to some of the Derg Isles etc.) and Lough Dan could focus on hills based expeditions



Leave No Trace

Plan Ahead and Prepare

- Research the route carefully, considering where you can go and where you might camp.
- Check the weather forecast

Be Considerate of Others

- Be friendly and respectful to those you meet
- Take care not to damage property, especially walls, fences and crops.

Respect Farm Animals and Wildlife

- Keep your distance from wildlife and farm animals.

Travel and Camp on Durable Ground

- Walk along established paths where possible.
- Camp at scout campsites or centres
- Protect water quality by camping at least 30m from lakes and streams.
- Leave your campsite as you found it, or better.

Leave What You Find

- Conserve the present: leave rocks, flowers, plants, animals and all natural habitats as you find them
- Preserve the past: look at, but don't interfere with archaeological structures, old walls and heritage artefacts

Dispose of Waste Properly

- Take all your waste away with you, unless there are disposal facilities.
- Where there are no toilets, solid human waste should be buried in a hole 15-20cms deep, at least 30m from water and tracks. Bring home toilet paper and hygiene products.

Minimise the Effects of Fire

- Light fires in safe and appropriate areas.
- Be very careful: fires can cause significant damage to forests, natural habitats, and farmland. Therefore when camping use a lightweight stove for cooking.
- Keep fires small and do not use growing vegetation for use as firewood.

