



We offer both activity specific and general training packages which can be delivered as one complete package or as individual modules. All the generic modules can be delivered in the classroom environment (with access to an outdoor venue) or entirely in the environment the expedition will take place in. The activity specific modules must be delivered in a similar environment to the expedition environment.

#### Generic modules:

**Navigation and route finding** – navigation suitable for the level of award and terrain participants will be travelling through. This module will include all the basics the group need for navigation in normal conditions plus some more advanced navigation techniques for poor weather / emergency navigation and route finding.

**Route planning and route cards** – finding a suitable route from just looking at the map is a skill that takes development and guidance to fine tune. Once a sound route has been found a route card that gives all the detail really needed for both navigation and emergencies will be put together in a way that the participants can best utilise.

**First aid and emergency procedures** – from time to time things go wrong so its best to be prepared just in case. This module will cover basic first aid and what to do in an emergency, its no replacement for a first aid qualification but it will provide a solid basis for groups and individuals to act upon if they do find themselves in an emergency situation.



**Camp craft and hygiene** – from putting up a tent to keeping yourself in good physical shape on expedition there's a lot to learn (including how bad your best friends' feet smell after 3days of walking). This module is best delivered with access to the equipment the group will use on expedition however we can supply practice equipment if this is not possible.



**Cooking, nutrition and suitable food for expedition** – there's no need to not eat well because you're on expedition. This seems to be a lesson many people miss before expedition but we'll show you how to cook easy, nutritionally balanced and yummy meals, safely, in the great outdoors. Good food = good expedition.

**Health and Safety** – in the world we live in health and safety affects everything we do and to make sure participants enjoy their expedition and get the most they can from it there's a few health and safety aspects that need discussion and acting upon. This module has some overlap with the first aid and cooking modules but staying safe is one area we'd rather over do than under do.

**Equipment selection and packing** – having the right equipment will make all the difference on expedition, this does not mean having to spend lots of money on equipment, simply choosing the right equipment and then packing it well. Too often DoE groups carry too much, or worse too much of the wrong thing, so we've added this module to try and lighten their load and make expedition a more comfortable and ultimately enjoyable experience.

Activity specific modules for cycling / mountain biking:

**Trailside repairs** – from the basic puncture repair to making the bike rideable after a major failure this module will cover all the common trailside repairs as well as how to do a pre expedition safety check of your own bike to avoid some of the more common problems that come up.



**Riding skills** – most people can ride a bike but those basic skills can always be added to and a top up is always a good idea before undertaking a multi day expedition. Riding an expedition laden bike for a number of days can be a whole new experience and there's a new set of skills needed to make it as comfortable and efficient as possible, this module will introduce these essential skills before the practice expedition.



**Preparing the bike for expedition** – loading a bike with an expedition's worth of equipment can be a challenge. We offer a number of ways of carrying your equipment and we'll look at the pro's and con's of each and then allow participants to experiment with each so they can decide which option they'll go for on their practice, and then assessment, expedition. We have bike trailers available to hire for those who do not want to invest in expedition specific equipment, please speak to us for details.

Activity specific modules for canoeing / kayaking:

**Paddling skills** – whether canoeing or kayaking is a new activity or an old passion all your participants will learn something new and a few valuable paddling techniques to make expedition easier, more comfortable and more enjoyable.

**Preparing the boat for expedition** – packing and loading equipment is a skill in its own right. This module will look at the different methods of packing equipment and keeping it dry on expedition, the effect of the extra weight on the canoe or kayak and how this can be used to your advantage.



To discuss your training needs, to book a module or training package or to just chat over a few ideas and use some of our resources drop us and email to [tom@carbon-monkey.co.uk](mailto:tom@carbon-monkey.co.uk) or give us a call on 07794 931192.

We aim to provide the highest quality Duke of Edinburgh packages available, that doesn't mean we charge a silly premium, we simply do what we believe everyone should be doing, providing a high quality, professional service. We're always happy to receive feedback on our service, our resources and our course packs, for any Duke of Edinburgh feedback please drop us an email.

