

## Silver & Gold Duke of Edinburgh's Award – Training

Team Building &  
Outdoor Activities

Time	Activity
9:00 – 09:15	Introductions, The Award, today's program and split into teams of 7
09:15 – 10:45	All Teams: <ul style="list-style-type: none"> <li>Route Planning – complete route cards for Qualifying Expedition</li> </ul>
10:45 – 11:00	Break
11:00 – 12:00	Silver Teams 1, 2, 3, 4 <ul style="list-style-type: none"> <li>First Aid, Emergency Procedures &amp; Aim of Adventure</li> </ul> Gold Teams 1, 2 <ul style="list-style-type: none"> <li>Trangia's, Food &amp; Menu Planning</li> </ul> Gold Teams 3,4 <ul style="list-style-type: none"> <li>Equipment, Rucksacks &amp; Countryside Code</li> </ul>
12:00 – 13:00	Silver Teams 1, 2, 3, 4 <ul style="list-style-type: none"> <li>Tent Pitching &amp; Campcraft</li> </ul> Gold Teams 1, 2 <ul style="list-style-type: none"> <li>First Aid, Emergency Procedures &amp; Aim of Adventure</li> </ul> Gold Teams 3,4 <ul style="list-style-type: none"> <li>Trangias, Food &amp; Menu Planning</li> </ul>
13:00 – 13:30	Lunch
13:30 – 14:30	Silver Teams 1, 2, 3, 4 <ul style="list-style-type: none"> <li>Equipment, Rucksack &amp; Countryside Code</li> </ul> Gold Teams 1, 2 <ul style="list-style-type: none"> <li>Tent Pitching &amp; Campcraft</li> </ul> Gold Teams 3,4 <ul style="list-style-type: none"> <li>First Aid, Emergency Procedures &amp; Aim of Adventure</li> </ul>
14:30 - 15:30	Silver Teams 1, 2, 3, 4 <ul style="list-style-type: none"> <li>Trangias, Food &amp; Menu Planning</li> </ul> Gold Teams 1, 2 <ul style="list-style-type: none"> <li>Equipment, Rucksacks &amp; Countryside Code</li> </ul> Gold Teams 3,4 <ul style="list-style-type: none"> <li>Tent Pitching &amp; Campcraft</li> </ul>
15:30 – 15:45	Questions, brief for Practice Expedition and depart

### H5 Adventure Ltd

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