

‘Conduct an Expedition’ Training Matrix

Session Contents as Suggested by the GGA Outdoor Activities Committee

Camp Leader Training should be appropriate for the type of camp or expedition being undertaken.

- ‘Conduct a Camp’ or ‘Conduct an Expedition’ training courses should be advertised as appropriate eg *Wilderness Expedition Leader training course* or *Indoor Camp Leader training course*.
- Outdoor trainers can develop their own programs according to conditions and environments in their state.
- Participants in ‘Conduct an Expedition’ Training will be qualified Leaders or Managers and will therefore already have significant Guiding knowledge, particularly in programming.

Equipment (4 hours) – two sessions

- Personal equipment
- How to select right gear
- Tents

Cooking – (2.5 hours)

- Menu - Nutrition and dietary requirements (including allergies and religious requirements)
- Stoves and cooking including gas safety
- Lighting
- Tools
- Fires and cooking (how to manage these on a campsite, location, etc)
- Food and cooking
- Packing for expeditions
- Safe food handling and storage

Risk Management & Being Safe on Camp – (1.5 hours)

- Camping and other related rules from Guide Lines
- Girl Guides Australia Activities Manual
- Forms including risk assessment plans
- Waivers
- National Park permits
- Emergency equipment eg EPIRB
- First aid
- Hygiene and sanitation
- Special activity ages

Budgeting (30 minutes)

- **How to create a budget**
 - Catering
 - Activities
 - Accommodation
 - Equipment
 - Travel
 - Staff (including qualified instructors if needed)

- **Contingency Funds**

Programming (1-hour sessions)

- Consulting participants and keeping them engaged on camp
- AGP on camp
- Promise & Law

Campsite Management (1 hour)

- Sanitation
- Environment practices in remote places and national parks
- Leave no trace

Navigation for expeditions (2 hours)

- Map and compass
- GPS and other means
- How to mark out selected route