

**11- 12 February 2012**  
**EXPEDITION LEADING**  
**The Bendrigg Trust**

We are very pleased that you have decided to join our Expedition Courses.

We try to keep the amount of time spent on course administration to a minimum so we can concentrate on developing the quality of the courses themselves. Therefore we intend the following document to contain all the information you need before the course. Having said that if we have omitted any detail or you need some other assistance do feel free to give us a call on 0845 293 7296 or email [admin@fieldskills.com](mailto:admin@fieldskills.com).

**Staff & Experience**

The course leader for this course will be: Dominic Hall.

Dom started his jungle expedition life ten years ago and has now clocked up twenty expeditions and over two years living in his hammock in Central America, Africa and South East Asia. He has led expeditions for Trekforce Expeditions, BSES, Wilderness Expertise and Biosphere Expeditions

**Course content and timetable**

Below is a rough outline of the timetable for the course. As with all outdoor courses the exact timings will be flexible dependant on weather etc but the timetable will give you an outline of the topics we will cover.

**The key timings are:**

The days run from **09.30 – 17.00**

As you will see from the timetable the course is quite packed. Therefore please arrive in good time. Coffee and tea will be available from 9.00 am.

<b>DAY 1</b>	<b>Time</b>
Intros	09.30 - 09.40
Overview of the expedition industry	09.40 - 10.00
Qualifications and training	10.00 - 10.30
<b>Break</b>	10.30 - 10.45
Expedition Leadership	10.45 - 11.30
Environmental protocols	11.30 - 12.15
<b>Lunch</b>	12.15 - 13.15
Soft skills scenarios - discussion groups	13.15 - 14.15
<b>Break</b>	14.15 - 14.30
Reviewing and personal development on expeds	14.30 - 15.30
Outdoor Scenario	15.30 - 16.30
Conclusions - wrap up and Questions	16.30 - 17.00

<b>DAY 2</b>	<b>Time</b>
Planning Intro - why is it important	09.00 - 09.15
Information gathering practical	09.15 - 09.45
Risk Assessment	09.45 - 10.15
Dynamic RA Activity	10.15 - 10.45
<b>Break</b>	10.45 - 11.00
Crisis Management Planning	11.00 - 11.30
Communications and Evacuations	11.30 - 12.00
Some evacuation scenarios	12.00 - 12.30
<b>Lunch</b>	12.30 - 13.15
Environmental Planning	13.15 - 13.45
Planning Practical	13.45 - 14.45
<b>Break</b>	14.45 - 15.00
Outdoor scenario	15.00 - 17.00
Wrap up and Conclusions	17.00 - 17.30

## How to get there

### Transport

The course will be run at The Bendrigg Trust, Bendrigg Lodge, Old Hutton, Kendal, Cumbria LA8 0NR. On arrival if possible please avoid going to the main reception and go to the **Kinross Building Conference Room** at the far end of the buildings.

### Getting there by train

The Bendrigg Trust is only four miles from Oxenholme Station on the main London – Glasgow west coast line.

### Getting there by car

From the M6: Junction 37 of the M6 Motorway gives the easiest access. Follow signs for Bendrigg from the first turning south on the A684, half a mile east of Junction 37. This route goes alongside Killington reservoir.

From Kendal: Follow the Oxenholme - Old Hutton road. After passing the three distinct parts of the Old Hutton village the road to Bendrigg Lodge is signposted on the left.

Google Map Link: <http://maps.google.co.uk/maps?q=bendrigg+trust&sl=54.272461,-2.635749&ssp=0.290039,0.623937&hl=en&ie=UTF8&near=&f=|>

## What to expect and what to bring

All Fieldskills courses involve some practical elements. In the case of first aid this may be just some bending and lifting inside the classroom, in other courses this may involve working outside in rough or even remote terrain. Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation.

Clients should also understand that all outdoor activities are potentially hazardous and that they are obligated to agree to abide by safe practice as instructed

### Kit to bring

The course is a combination of lecture based teaching and hands on practical sessions. There will be an outdoor element to the course. Please bring adequate clothing (waterproofs and fleece) and as suitable outdoor footwear.

If you have your own compass please bring this for the navigation lectures. All other specialist equipment will be provided.

## **Food**

Please remember that the course cost covers a basic buffet lunch only. If you have specific dietary requirements, then please let us know ASAP.

Please feel free to get in touch if you need any more information.

We look forward to seeing you on the course.

Kind Regards,

*The Fieldskills Team*

Phone: 0845 2937296

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