

PLANNING AN OVERNIGHT JOURNEY

Activity

Aim: Plan a journey to include an overnight stay.

- Organise the young people into groups.
- Using an appropriate map the group should plan a journey, the length to be determined by the leader.
- The route must use suitable footpaths and have a suitable place for an overnight stay – hostel, camping barn or camping ground.
- Choose suitable stops for rests and lunch and overnight.
- Estimate, by measuring the distance and calculating the time it will take to complete the journey.
- Write down these estimated times on the route card or similar and a brief description of the route to be taken with directions.
- Plan the equipment that you will need to take with you – personal and group. Write down an equipment list. Collect and pack into a suitable rucksack.
- Complete a menu for the group including quantities. Organise the purchase of food. Ensure that the meal at the end of the day is cooked by the group.
- Complete the route as a team – write down the actual time that it takes for each part of the journey.



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Review & Evaluation

- Did the group work as a team? – were all members of the group involved in the task?
- Were your timing and distances accurate?
- Did the route take in some interesting features?
- Did you plan suitable breaks for stops and lunch?
- How did you make decisions on the journey?
- What were the 'highs' and 'lows' of the journey?

Safety Points

- Young people should be set clear boundaries for this exercise.
- Discuss any hazards they may come across.
- Stress the need to stay together as a group.
- Ensure that a weather forecast has been obtained.
- Ensure the group know and understand the emergency procedures and have the necessary contact numbers.
- Ensure that the group have considered any health issues of the group.
- Ensure that the group have completed some basic first aid training/briefing.
- Take into account all the safety points re cooking on a stove, see card J6.
- Consider whether the group need to be met on route, alternatively organise checkpoints with notes left for leaders at agreed locations.

Organisation & Resources

- Encourage the group to talk to each other and plan the task.
- Remind the group that they must all take part and work together.
- Have a range of maps available for the groups if possible.
- It may be necessary to plan a bad weather option.

This task may be extended to several sessions involving planning and training on skills involved:

- Maps – signs and symbols.
- Use of compass.
- First aid.
- Emergency procedures.
- Equipment choice.
- Packing and carrying of equipment.
- Menu planning and cooking.
- Countryside code.

Differentiation & Progression

- Have photographs, which show features along the route and label these on the maps thereby assisting the route finding.
- Have a predetermined route for the group to follow.
- The location/terrain should be suitable for the level of experience of the young people.
- Decide on the level of supervision – accompany the group/shadow the group/remotely supervise the group.
- Move from close to remote supervision.

Skills & Knowledge

- Navigational skills.
- Present/express ideas.
- Propose practical ways forward.
- Listen to others and instructions.
- Work collaboratively with others.
- Implement ideas from other members of the team.
- Recognise that others have a role to play within the team.
- Help group arrive at a team decision.
- Set realistic targets.
- Evaluate experience and apply lessons learned.
- Able to take on leadership role where appropriate.
- Willing to step back and allow others to take the lead.
- Try a variety of solutions.
- Vary and adapt ideas