

LEVEL 5

SEMESTER 1 & 2

MODULE CODE: SHSS5084 EXPEDITION SKILLS

ASSESSMENT TYPE: PROJECT

ASSESSMENT/COMPONENT: 2

COMPONENT WEIGHTING: 70%

WORD COUNT: 5,000 WORDS

MODULE TUTOR: DENISE LEONARD

Expedition Portfolio

Produce a detailed log of the planning for the expedition. This will include comprehensive risk assessments, route plans, emergency procedures, transport arrangements, medical forms, pre-expedition training/ preparation and any other relevant details. Further information related to this assessment can be found on Moodle under Expedition Portfolio Resources as well as on-going tutorial support.

SUBMISSION DETAILS:

Deadline:

Date: 21st December 2018

Time: 4.24 pm

Portal: Turnitin

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name:

Module: SHSS5084

Module Code: Expedition Skills

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.									
What do you consider to be the best aspects of this work?	I think my map figures are clever and shows the routes in a good way.								
Which aspects do you consider could have been improved in this piece of work?	The portfolio would have been more complete if I already knew who is going to participate the expedition, so that I could make proper “Expedition team profiles”.								
What have you found most satisfying whilst undertaking this submission?	On our course in Norway we make portfolios like this, but always together in a group, so I have enjoyed making a whole expedition portfolio by myself. I think this gives a better perspective on what is needed for a good portfolio.								
ASSESSMENT CRITERIA	Learning Outcome	GRADE							
		Poor 0 – 25%	Unsatisfactory 26-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 85%	Exceptional 86– 100%	%
Produce a well presented and comprehensive expedition planning log with logical format and clarity of purpose	1,2,4,6								100%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .									
TUTOR COMMENTS:									
Submission date: via Turnitin		Return date: (at least within 4 weeks)		Tutor: Denise Leonard			Mark:		

Assignment Checklist

- ✓ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ✓ Submission is a **single word file, clearly labelled** with your name and module code
- ✓ Font style - Times New Roman, size -12 for text and 14 for headings
- ✓ Ink colour – black only
- ✓ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ✓ Quotations more than three lines to be indented 1 line spacing
- ✓ One line space between paragraphs, paragraphs must be left aligned
- ✓ Pagination (your assignment should have **page numbers**)
- ✓ All tables and figures are internally referenced and have a title
- ✓ **Word count** checked and written at end of text (before references and any appendix)
- ✓ Assignment is within 10% of the word limit (excluding references and any appendices)
- ✓ **All** references in the text are included in the reference list
- ✓ **Correct referencing following the Harvard style, as described in the Palgrave study skills book ‘Cite them Right’.**
- ✓ Correct spelling using **UK English**
- ✓ Correct use of punctuation
- ✓ Grammar and syntax correct- double check anything that has a green line under it
- ✓ I have read my assignment out loud to myself and it makes sense and is easy to read
- ✓ Somebody else has read my work and it makes sense to him or her!
- ✓ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will cost
you marks!**

SHSS5084 EXPEDITION LEADERSHIP
Expedition Contract

I Elise Vik Nordbrønd will run my expedition between the dates of 3rd and 5th of May 2019.

I will at all times, conduct myself as professionally as possible, adhering to the University's Code of Conduct, and only operate within the agreed parameters of my signed-off expedition, as outlined below.

I will be running an expedition by foot.

The aims and objectives of my expedition are:

For students in Bø to get to know their local forest area better via walking it from one end to another. We will during the weekend get to know the spring flowers in the forest better by learning their names and stories connected to them.

The venues I have chosen to use are:

Day 1: Breisås car park (042 854) to Store Damtjønn (067 832)

Day 2: Store Damtjønn (067 832) to Gangsjå (092 784)

Day 3: Gangsjå (092 784) to Lunde train station (057 573)

My appointed assistant leader is:

Ingvild Elise Bye Melkersen

The members of my expedition group are:

1: _____

2: _____

3: _____

I have checked the abilities of all expedition group members and deem them able to partake in the expedition.

I have collected relevant and up-to-date medical details from each expedition group member and am aware of any condition that may affect their ability during the expedition.

In signing this document I agree to everything listed overleaf. I understand that I must adhere to all the documents and risk assessments I have submitted for which my expedition has been signed off.

Expedition Leader

Module Staff

Name: Elise Vik Nordbrønd

Name: Tom Moore

Signed: _____

Signed: _____

Date: _____

Date: _____

SHSS5084 EXPEDITION LEADERSHIP

Expedition Sign-Off Matrix

Name of Expedition Leader: Elise Vik Nordbrønd

Your Expedition Planning Log is not just a series of lists related to routes, dates and equipment etc. but instead, is a detailed account of your planning process that identifies the range of choices you have considered, as well as the rationales that have informed your decision making.

The titles overleaf form a fundamental matrix on which to base your log. In order for your expedition to be signed off, each title needs to be addressed to a satisfactory level, as deemed by a member of module staff.

Failure to address all of the titles overleaf to a satisfactory level will result in the expedition being cancelled, or deferred until the appropriate planning and preparation has been undertaken.

Statement of Expedition Readiness

I agree that all the titles noted overleaf have been completed and that my expedition is ready to proceed. I also agree to undertake my expedition in accordance with any specific safety conditions noted by the module tutor.

Expedition Leader

Signature: _____ Date: _____

Expedition Approval

To the best of my knowledge all the necessary safety checks noted overleaf have been completed and the expedition is ready to proceed.

Specific safety conditions governing the undertaking of the expedition are noted below:

1. _____

2. _____

3. _____

4. _____

5. _____

Module Staff

Signature: _____ Date: _____

TITLE**INITIAL****DATE**

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Aim & Objectives

Expedition Leader Profile
Competencies / Qualifications
Expedition Assistant Leader Profile
Expedition Team Profiles
Expedition Support Person

First Aid Provisions
Medical Declaration Forms
Assumption of Risk Forms
Behavioural Expectations
Individual Kit List
Group Kit List
Equipment Request Form

|

Preparatory Training Undertaken
Reconnaissance of Expedition Route
Campsites
Route Cards
Escape Routes
Contingency Planning
Weather Forecast Sources
Contact With Landowners

Generic Risk Assessments
Site Specific Risk Assessment

Roadworthiness of Vehicles
Drivers Licences
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Important Contact Details
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Expedition Overview

Walking expedition in the Breisås forest in Telemark, Norway. It will take place during a weekend in May. All coordinates given in the expedition portfolio is from norgeskart.no, EU 89 UTM-zone 32. The walking distance the first day is not very long which makes it possible to start walking after the participants are done with school or work. The first day we will walk 3,6 km from the car park in Breisås (042 845) to Store Damtjønn (067 832), where we can set up camp. Second day is to walk 8,1km via Griseryggen (076 802) to Gangsjå (092 784). Last day is to walk to the village Lunde and take the train from Lunde station (057 733), distance 7,85 km. The expedition will be 19,5 km long in total. It is aimed for students in Bø and is suitable for people without a lot of experience with being outdoors.

Aims and objectives

The aim for the expedition is for people to get to know the forest in Bø better. A lot of students use it, but not many know that one can walk from one village to another through the forest. Giving them a broader view on the forest can give them the opportunity to use it more in their spare time. For me it is important to spend time outdoors between studying indoors, and as I suspect this applies to more than myself, I think this is a good way of giving others an idea of places they can go if they need a bit of fresh air. As the expedition will take place in spring time, it is also a good opportunity to teach the participants about spring flowers. A lot of people may feel that they know of the flowers, but perhaps not what they are called. I hope to be able to teach them both names and some stories about the flowers.

The first aim will mainly happen through the walking itself. But I will also try to reach it via including the whole group in navigating, so that everyone has an idea of where they are on the map. Every time we have a proper break, to have a sip of water or for lunch e.g. I will ask someone if they can tell where we are. To reach the second aim I will not stop at every flower we pass to talk about it, but rather pick them up as we go and have a session about the flowers we found during the day either when we stop for lunch or in the evening.

Expedition leader profile

From over 12 years as a scout and several of those as a leader I have gained a lot of experience in hiking and camping in forest areas. Through the course in Norway I have also experienced several trips in forest areas and have through that a good experience of hiking in a forest with people approximately the same age as me. I have spent quite a lot of time in the

area of the first day of the route and feel very confident that I know that specific area. As a leader I am calm, caring and supportive.

Competencies and qualifications

Through the course in Norway I have completed a 16-hour first aid course through The Norwegian Red Cross. See appendix 1.

Expedition Assistant Leader Profile

Ingvild Elise Bye Melkersen is 22 years old and is on her third year of studying Ecology and Nature Management. She has a great interest for the outdoors and had a year on Øytun, an outdoor folk high school in Alta, northern Norway. Through the folk high school she has done a first aid and CPR-course. I feel comfortable leading an expedition with her because of this and I know she has spent a lot of time in the Breisås forest and is a calm and reflected person. Her knowledge through her education will be handy considering the spring flowers.

Expedition Team Profiles

Role	Name	Number
Expedition leader	Elise Vik Nordbrønd	+4795466144
Expedition assistant leader	Ingvild Elise Bye Melkersen	+4791720010
Expedition support person	Martin Stærk	+4791577038
Expedition team member		
Expedition team member		
Expedition team member		

Expedition Support Person

Martin Stærk will be the support person for my expedition. He is one of the scout leaders in Bø and knows the forest well through that and through moose hunting in the area. He has worked for several years as teacher for the Outdoor course on Sagavoll folk high school in Gvarv, Telemark.

First Aid Provisions

In the kit list I send out to the participants I will ask them to bring a basic first aid kit. Some may not have it, and I will therefore write that they can borrow what they need from Bø scout group. In addition to this I will bring a group leader kit that I will carry and make sure that Ingvild also knows the contents of.

Medical Declaration Forms

I will send out a Medical Declaration Form to all the participants and ask them to sign before the expedition. In addition to the form below there will be a blank page for specific information.

SHSS5084 EXPEDITION SKILLS **MEDICAL DECLARATION FORM**

Please complete this form as accurately and truthfully as possible. The information you disclose will be confidential and will only be used to help the expedition leaders respond to an injury or illness.

Name: _____

D.O.B.: _____

Address: _____

Mobile Number: _____

Next of Kin/Guardian Name: _____

Next of Kin/Guardian Contact Number: _____

If you answer yes to any of the following questions, please give brief details in the space provided.

1. Do you currently suffer from any physical or psychological medical conditions/ailments?

2. Are you currently taking any form of medication? _____

3. Do you have any form of allergy? _____

4. Do you currently have any injuries or ailments? _____

5. Do you have history of any physical or psychological medical conditions, injuries or ailments that may affect your participation in any aspect of the programme?

If you have answered yes to any of the questions above, please use the space provided on the back of this sheet to give further details, and ensure you discuss this with the expedition leaders.

I declare that the information on this form is as accurate and truthful as possible.
I acknowledge it is my responsibility to keep expedition leaders informed of any information stated here in, or changes to this information, that may affect my participation in the expedition.

Signature: _____

Date: _____

Assumptions of Risk Forms

I will send out a Assumptions of Risk Form to all the participants and ask them to sign before the expedition. The form will look like this:

SHSS5084 EXPEDITION SKILLS **ASSUMPTION OF RISK FORM**

(Please read this document carefully)

Expedition's that are run as part of module SHSS5084 Expedition Skills inherent in the Outdoor Adventure Education programme at the University of Wales: Trinity Saint David, can take place both at day and night and in different environments, which might be considered remote or hostile, often without easy access to advanced medical or other facilities.

I (full name) _____
acknowledge and accept that participation in an expedition of this nature entails both known and unanticipated risks, which could result in damage to my property, physical or emotional injury, paralysis or death. I understand that such risks cannot be eliminated without jeopardising the fundamental qualities of the expedition. **By participating in this expedition I accept these risks and take responsibility for my own actions and involvement.**

I accept the fact that **I have a personal duty and responsibility to learn and to follow safety guidelines and procedures** established by the expedition leaders:

Expedition Leader: Elise Vik Nordbrønd

Assistant Leader: Ingvild Elise Bye Melkersen

I undertake to inform those named above, at any point during the expedition process, should I not understand what is expected of me or should I not wish to further participate in the expedition. However, due to the venues being used, I understand that it might not always be possible to simply stop or withdraw immediately from the expedition.

I am physically and mentally fit to participate in this expedition. I have completed a medical form that is accurate and true. I agree to notify the expedition leaders of any changes to my health or fitness. If I become ill or injured I give my consent for first aid to be administered and for provision of other medical treatment or rescue services as required.

Signed: _____

Date: _____

Behavioural Expectations

“During this expedition I expect all group participants and leaders to take part in setting up camp, making food and otherwise contribute in tasks concerning the whole group. Common tasks should come before personal tasks when we arrive at a campsite. I expect that people engage in the different sessions and conversations. For the best possible fellowship, mobile devices should not be in use during sessions or evening conversations. Taking pictures is allowed as long as the people in it approves.

If you feel something is not right or you need help, I expect you to let me know, so that I can help to improve it. Before we start walking, we will have a chat about the expectations the participants have for the trip and to me as a leader. If you have anything you want to share before that, do not hesitate to contact me.”

This is the text I will send out with for example the kit list, where I describe my expectations to the participants.

Individual Kit List

- Backpack (Around 60l), preferably with a rain cover
- Sleeping bag
- Sleeping pad
- Hiking boots
- Waterproof jacket and trousers
- Hiking trousers
- Woollen thermal underwear
- Woollen socks
- Warm mid layer
- Spare clothing
- Knife
- Water bottle, minimum 1litre
- Plate, cup and cutlery for meals (e.g. Tallrikslåda)
- Head torch and spare batteries
- Lunch for two days, breakfast for two days and snacks
- Sunscreen
- Sunglasses
- Mobile phone (and powerbank if your battery not will last all weekend)

Optional:

- Flask for hot drink
- Hammock
- Game or small instrument for the evenings
- Map of the area and a compass

Everything should be packed as waterproof as possible, e.g. in dry bags or in a big black bin bag.

Group Kit List

- Tarp
- Rope
- Tent pegs
- Shovel
- Matches
- Stove and fuel
- Pots and pans
- First aid kit
- Map of the area and compass
- High visibility vests
- Food (dinner for two days)

The reason for using stove instead of making campfires, is because by May the ban on fires will have started in Norway. Even if we were conscious about where and how we light fires, one cannot know that we are careful enough. Therefore, I have chosen to bring stove and fuel.

Equipment Request Form

As I am one of the scout leaders in Bø, I can borrow everything I need from our store.

Therefore, I do not need any forms for this.

Preparatory Training Undertaken

This expedition is not a very hard one, but it will contain some walking uphill and therefore might be best for people with a general fitness. Apart from this the skills needed will be possible to learn during the expedition, such as lighting a stove and navigate via using a map and a compass. Because of this I think there is no need for any preparatory training, as long as the people who sign up for it knows what the expedition will contain.

For my own part, there are a few things that I need to do before the expedition. I have to repeat names and stories about the spring flowers I want to teach the participants about. I will do this using the book “Floraen i farger” (The flora in colours) (Berg, 1980) I have at home and do research online. In addition to this I will ask some of the locals in Bø if they know of any stories connected to the forest. A few of the scout leaders have lived in Bø all their lives and I think it would be great to have a chat with them about this.

Reconnaissance of Expedition Route

Day 1: Walk from the car park in Breisås to Store Damtjønn. 3,6 km.

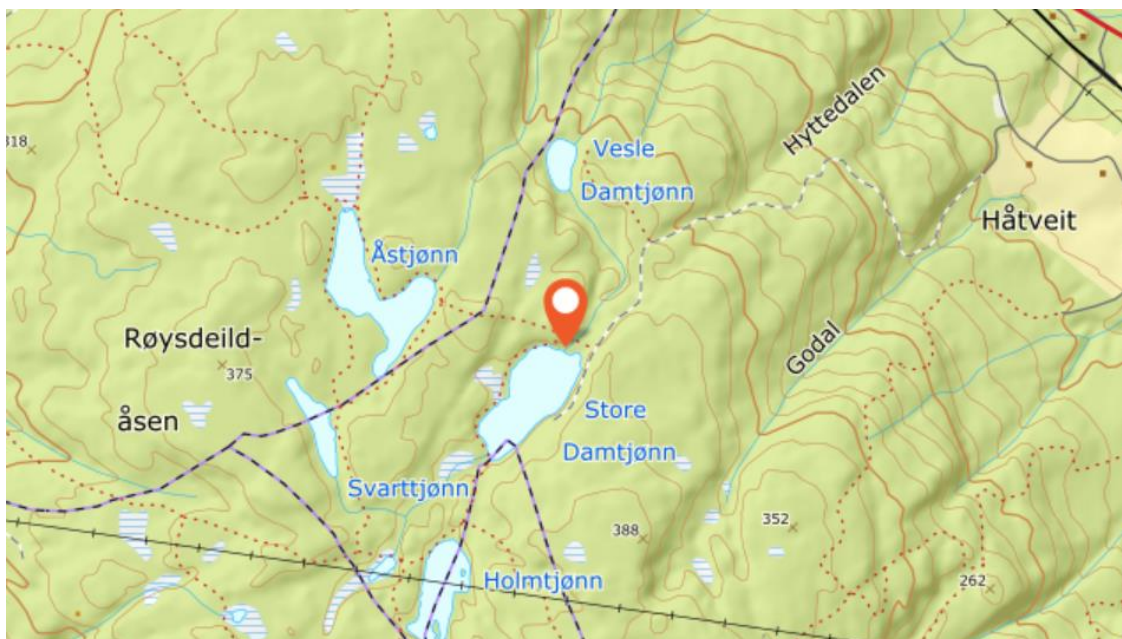
Day 2: Walk from Store Damtjønn to Gangsjå. 8,1 km.

Day 3: Walk from Gangsjå to Lunde. 7,85 km.

Campsites

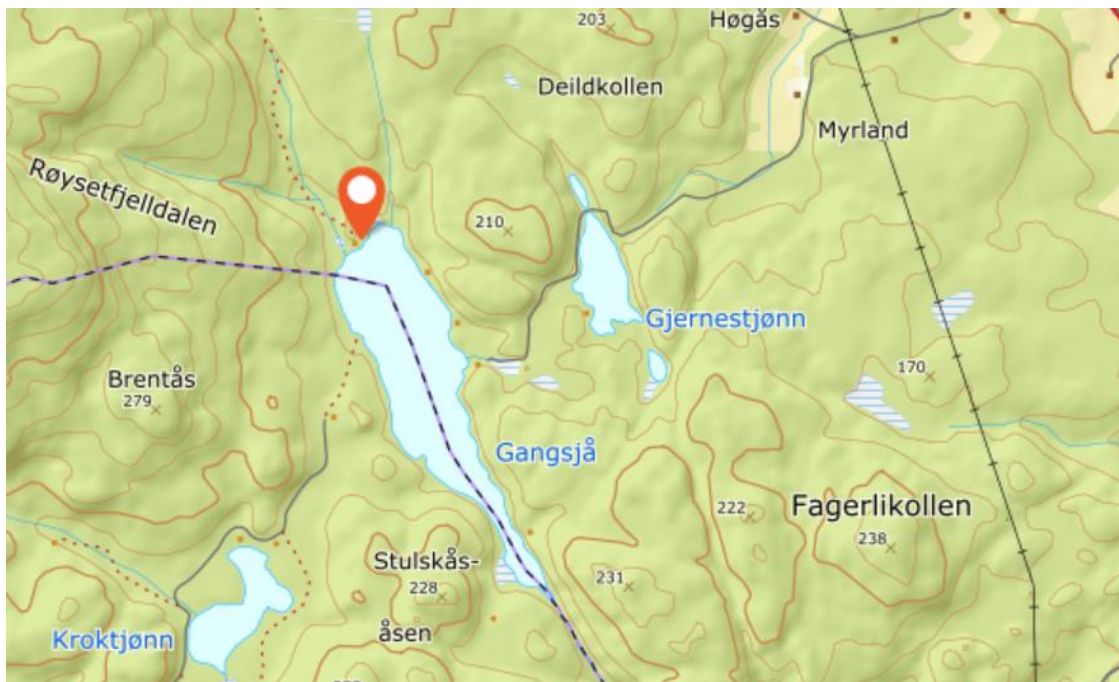
For both nights I have chosen campsites next to a lake. This is mainly for the two reasons that one can find streams for drinking water by it and because a lot of people, myself included, feel more comfortable sleeping close to an open area and not only surrounded by trees. Usually there is no problem drinking the water in this area, but if needed we can boil the water on the stove before using it.

Store Damtjønn, 067 832: By the north side of the lake there is a stream running into it which can be used as drinking water.



(Kartverket, u.d.)

Gangsja, 092 784: This lake has two streams on the north side. There are some boggy areas on this side of the lake, but it is easily done to stay away from them and still being fairly close to one of the streams.



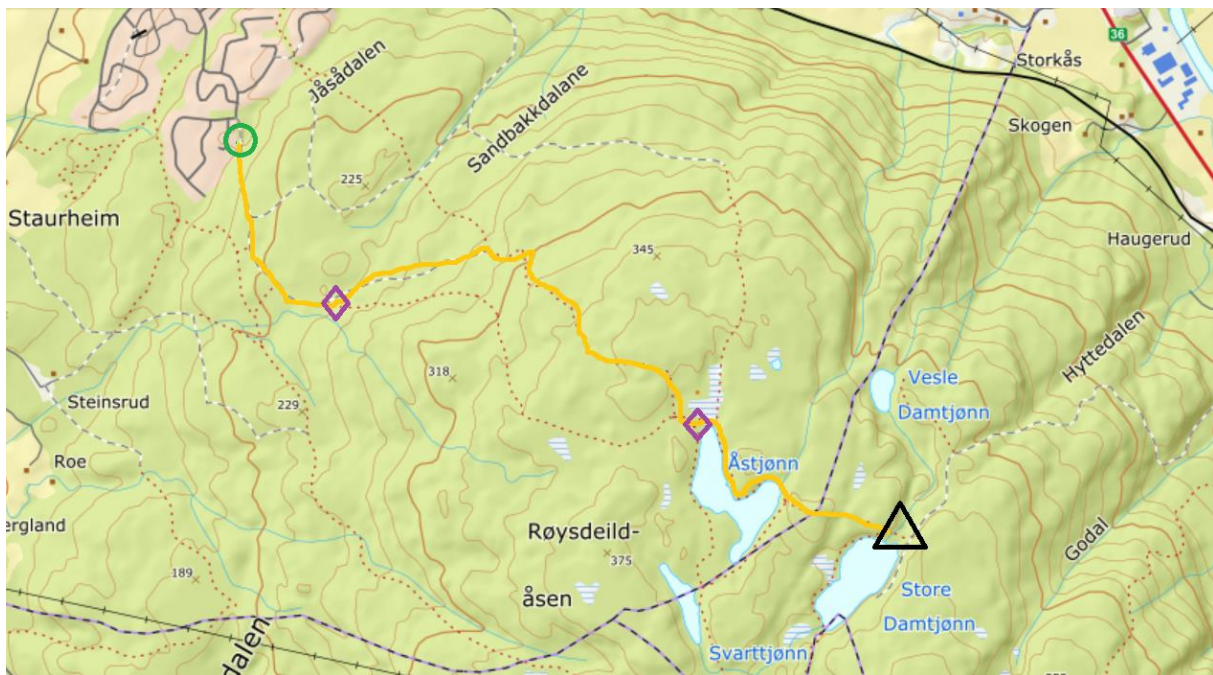
(Kartverket, u.d.)

Route Cards

The route cards are presented in a table followed by a map where the start point is marked by a green circle, check points marked by a purple diamond and the end marked by a black triangle. When estimating time I have used the Speed/Distance chart in Long's *Hillwalking* (Long, 2003, p. 31) and chosen 3 km per hour as the average speed when carrying a heavy backpack based on previous experience. The estimated time may however vary even if the distance is the same because of the altitude.

Day 1 – Breisås car park to Store Damtjønn

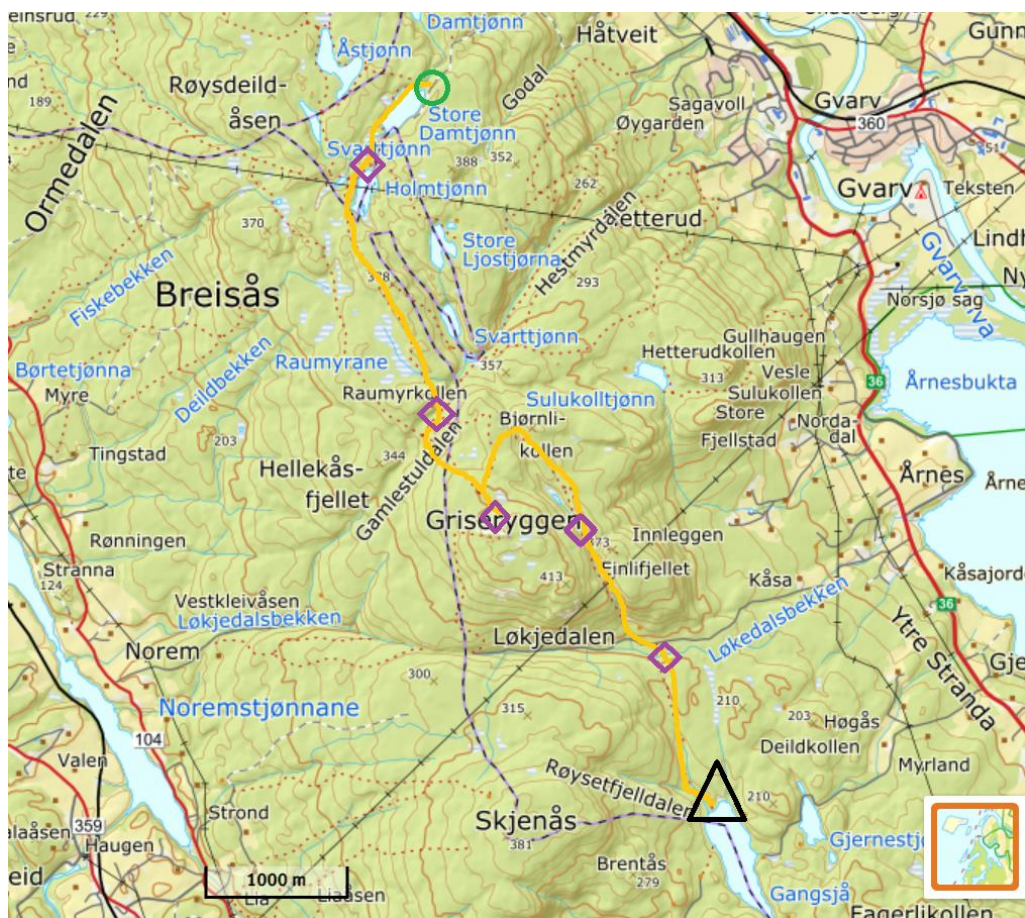
	Grid reference	KM from previous point	Estimated time from previous point	Description
Start	042 845			Car park
Check point 1	046 839	0,8 km	16 min	Junction in the path
Check point 2	060 836	1,8 km	45 min	North side of Åstjønn
End	067 832	1,025 km	25 min	Store Damtjønn, north side
Total		3,6 km	1h 26 min	



(Kartverket, u.d.)

Day 2 – Store Damtjønn to Gangsjå

	Grid reference	KM from previous point	Estimated time from previous point	Description
Start	067 832			
Check point 1	064 826	0,8 km	16 min	North end of Holmtjønn
Check point 2	071 809	2,1 km	40 min	Several paths meets in this junction
Check point 3	076 802	1,2 km	30 min	Griseryggen, peak on 438 m
Check point 4	082 801	1,85 km	35 min	Crossing the stream Røydalsbekken
Check point 5	678 940	1 km	20 min	Crossing the stream Løkedalsbekken
End	092 784	1,2 km	22 min	Gangsjå, north side
Total		8,1 km	2 h 43 min	



(Kartverket, u.d.)

Day 3 – Gangsjå to Lunde station

	Grid reference	KM from previous point	Estimated time from previous point	Description
Start	092 784			
Check point 1	092 779	0,5 km	10 min	Rønningen cabin
Check point 2	088 773	0,7 km	12 min	Crossing the stream Linnadalsbekken
Check point 3	084 764	1,2 km	20 min	Langetjønn on our right hand side
Check point 4	079 753	1,15 km	19 min	Junction on the road
Check point 5	071 741	1,8 km	30 min	Junction between Bjørndalsvegen and Vrangfossvegen
End	057 573	2,5 km	40 min	Lunde station
Total		7,85 km	1h 53 min	



(Kartverket, u.d.)

Escape Routes

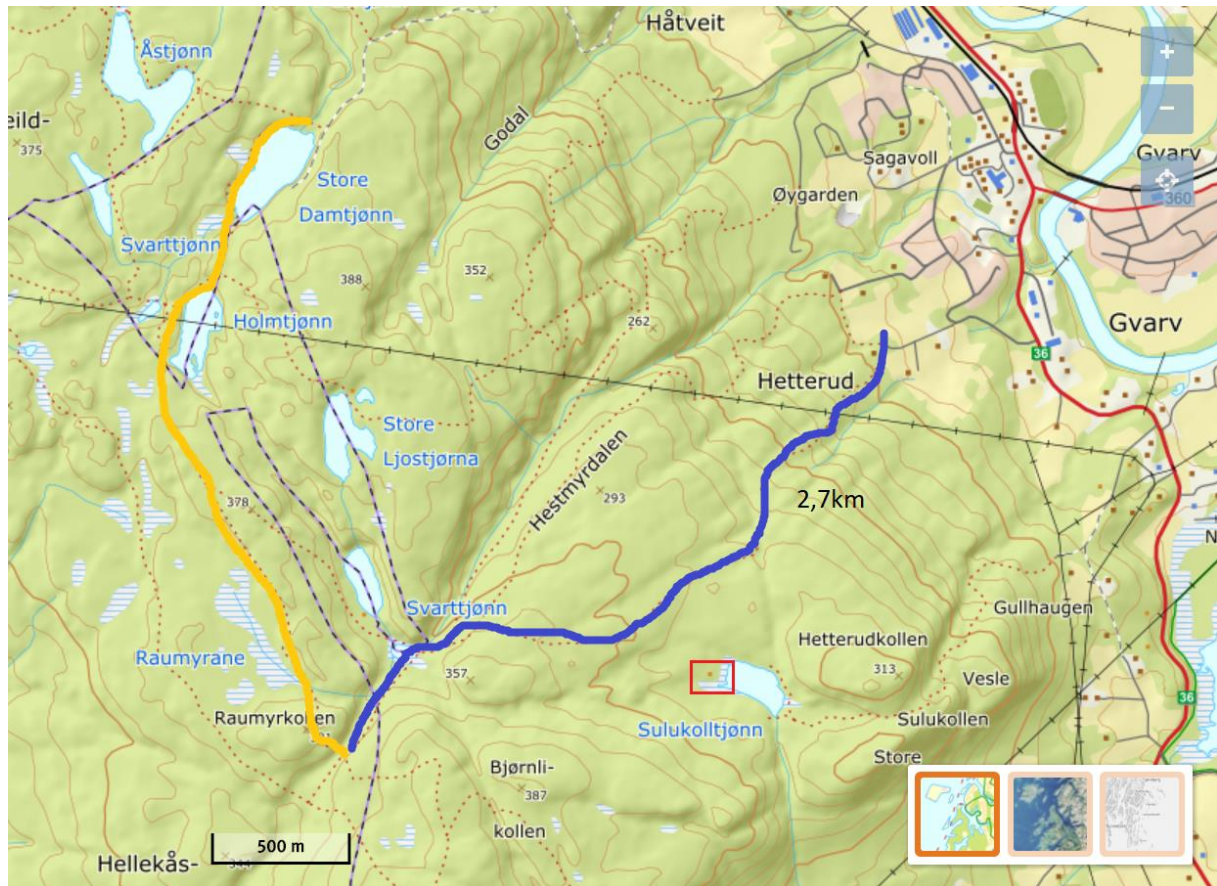
The whole Breisås forest is surrounded by roads, and even in the middle of it we will never be further than 3km from a road and therefore an access point.

In the following map pictures I have marked the planned route in yellow, escape route in blue and shelter in case of emergency with a red square.



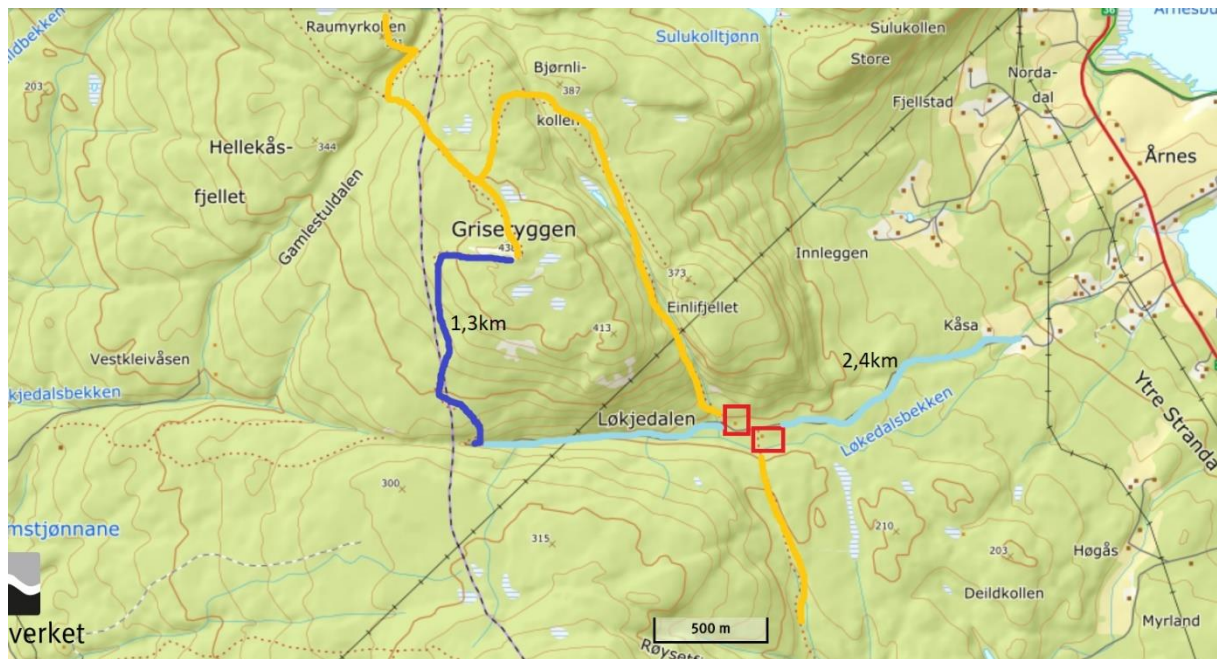
(Kartverket, u.d.)

If something should happen on the first day and we need to reach an access point, the easiest way is to walk the same way down to car park. If we however already have reached the first lake, Åstjønn, then it will be easier to take the route from Store Damtjønn to Håttveit 079 838. By Store Damtjønn there is a cabin in case the need for shelter. From the car park to Åstjønn it is 3,6 km and from Store Damtjønn to Håttveit it is 1,8 km.



(Kartverket, u.d.)

After walking from Store Damtjønn it will for a while be just as easy to walk back and take the route described in the previous picture. When reaching Raudmyrane it will be better to follow the path down to Hetterud 089 826. From the junction (check point 2 day 2) to Hetterud the distance is 2,7 km. By Sulukjolltjønn there is a cabin in case of shelter.



(Kartverket, u.d.)

If something should happen around Griseryggen it is only 1,3 km to reach the tractor road Løkedalsvegen. If however emergency vehicles cannot drive that far up, the best will be to follow that road down to Kåsa 098 800 where it is a bigger chance of good access. That will be to walk approximately 2,4 km from where the road meets the path from Griseryggen.

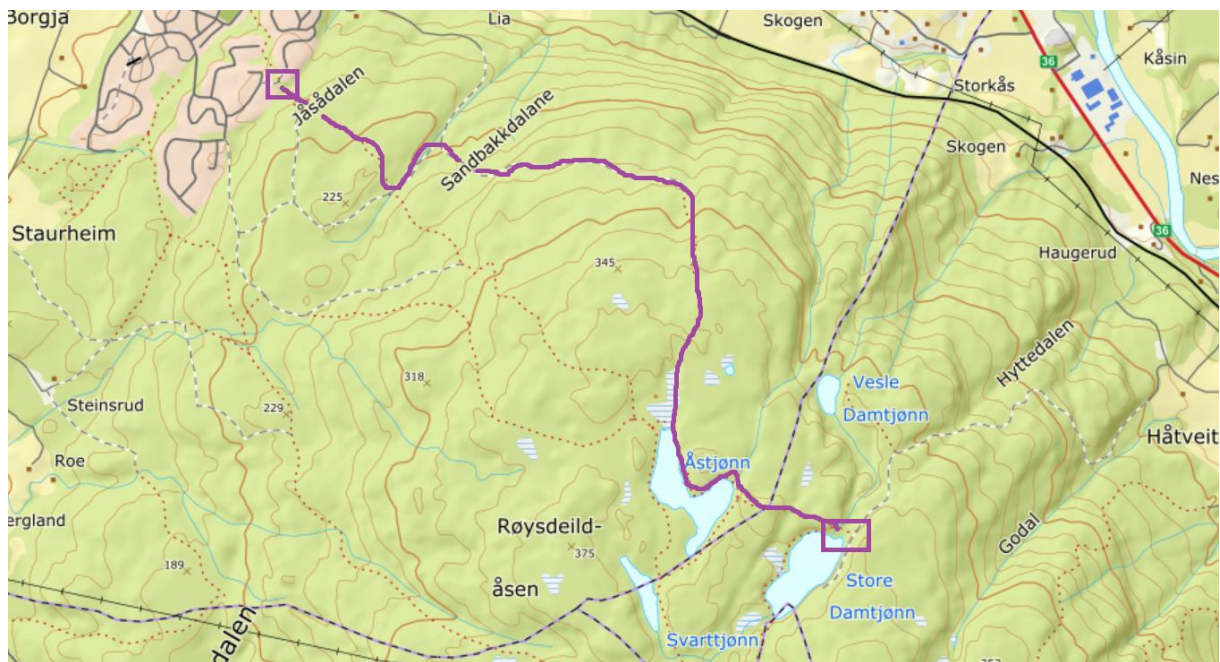


(Kartverket, u.d.)

If something should happen when we have reached Gangsjå, there are roads on each side of the lake that will be accessible for emergency vehicles. As one can see there are a number of cabins in the area in case shelter is needed.

Contingency Planning

If the wind is stronger than 30 mph /13,4 m/s it will be too much to enter the forest at all. If that is the case, I will reschedule the expedition for another weekend.



(Kartverket, u.d.)

As the main aim is to get students to know the forest better, this is an alternative start point and route the first day in case someone wants to try another start point than the most common one. This route also gives a good view over Bø before entering the forest and losing a lot of the view. This start point has the grid reference 044 847.



(Kartverket, u.d.)

I am of that opinion that the route from Store Damtjønn to Griseryggen is the most sensible one, therefore that one is the same. It is however shorter from Griseryggen down to the camp spot by Gangsjå. This is a good alternative if anyone in the group has a need for a bit shorter route. On the main route it is 4km from Griseryggen to Gangsjå, but the B-plan is 2,9 km.



(Kartverket, u.d.)

On the last day the main route is to walk along the forest road Bjørndalsvegen. However, people in the group may not want to walk along a road all day or they may want to practice navigating. Because of that I have made the B-plan to follow a path from Kringletjønn north-west. At some point that path will end, but we can follow the valley to the top and from there follow the path that goes around Fiskelaustjønn and on the west side of Dugurdsålknatten until we reach Bjørndalsvegen again. This route is approximately 9km, compared to 7,85 km on the main route.



(Kartverket, u.d.)

This map picture shows both routes in total, the main route in yellow and the B-route in purple. Because of the public transport in the area I think it is most sensible to end up in the same place in both routes, simply because it is very convenient taking the train back to Bø and to have the option of finding a dry place to wait for the train.

Weather Forecast Sources

I will use both yr.no (Meterologisk Institutt, NRK, u.d.) and storm.no (StormGeo AS, u.d.) to check the weather forecast before the expedition. The first mentioned is the weather forecast service of the Norwegian meteorological institute and of NRK, Norwegian broadcasting. The latter is made by TV2 and StormGeo AS.

Contact With Landowners

In Norway we have “allemannsretten”, which gives us permission to camp anywhere as long as it is classified as “utmark”, which means uncultivated land (Norsk Friluftsliv, 2017). This means that we do not have to contact the landowners but bear in mind to leave no trace.

Generic Risk Assessments

Hazard	Control Measures	Monitoring
Hostile environment	- Proper clothing and equipment - Pay close attention to weather forecast -	Reschedule expedition if the weather forecast says it will be very windy
Falling trees	- Pay close attention to the weather forecast - Beware during the hike	Reschedule expedition if the weather forecast says it will be very windy
Medical emergency	- Medical declaration forms from the participants - First aid qualification - Proper equipment	Perform first aid to our best ability and call for aid
Being lost	- Keep together - All participants have their own mobile phone on them	Get in contact with each other and see if we can get back to one another. Call for aid if it is critical.
Road	- Wear high visibility vests - Pay close attention when crossing	Call for aid if hit by car.

Mountain bikers	- Be aware when walking on the paths - Be especially aware of turns in the path	Call for aid if necessary.
Moose hunters	- Try not to disturb them	In case someone is shot, call for aid immediately! Perform first aid to our best ability.

Site Specific Risk Assessments

I have only done parts of the route myself, and I as am not in Bø until January, I will not be able to make a proper site specific risk assessment for the whole route. I will therefore describe the possible risk on the parts of the route I have done and point out what I see as possible hazards for the rest of the route based on the map.

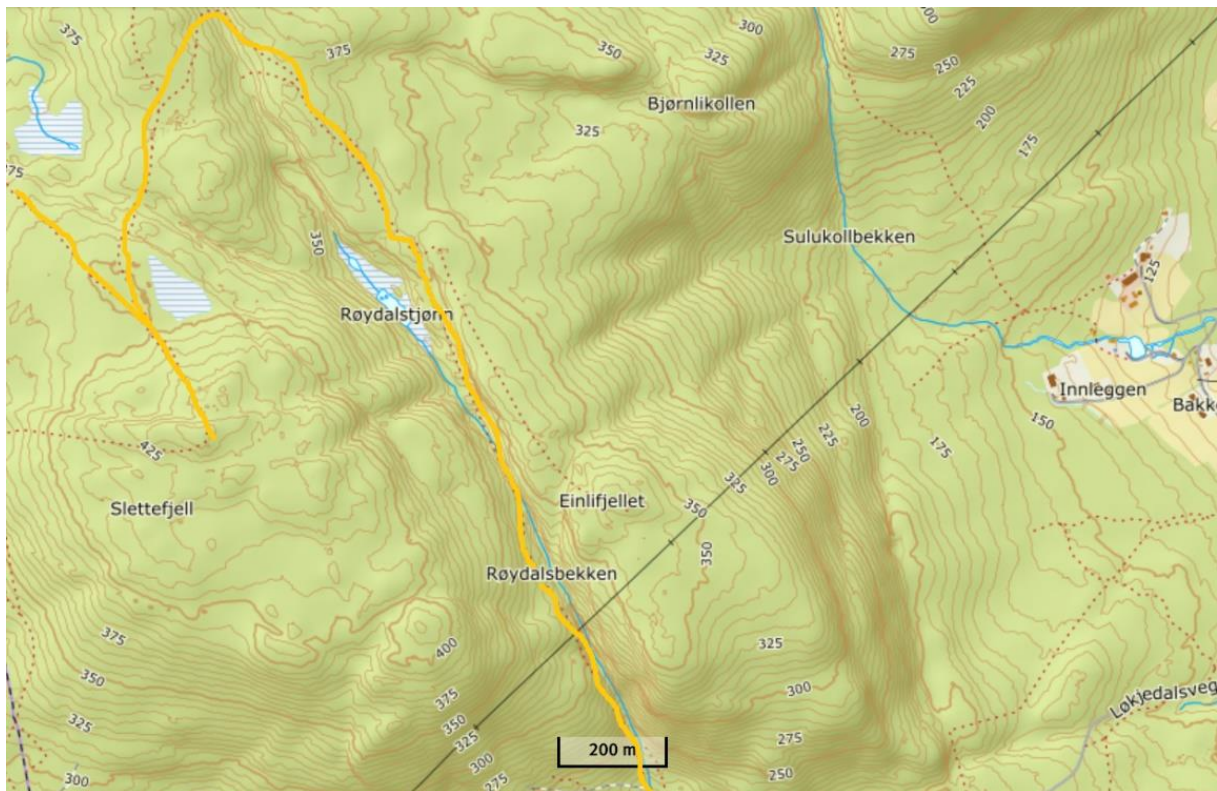
I have hiked the first part of the expedition, from the car park to Store Damtjønn.



(Kartverket, u.d.)

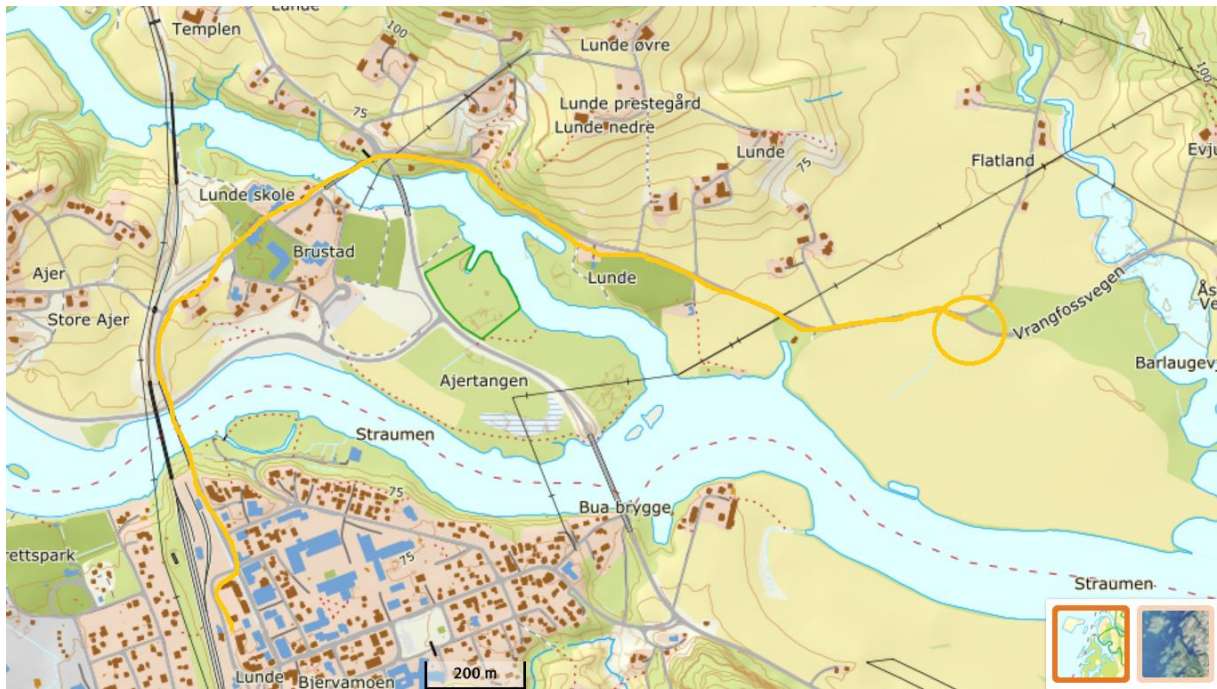
One hazard is marked on the picture above. The yellow line shows our route and the purple ring marks the hazard. As we reach the lake Åstjønn we have to cross a bog when following

the path, grid reference 060 836. If it has been raining the days before the expedition, this spot will be very wet and might be tricky to pass dry footed. That may lead to wet shoes and therefore blisters. On the path there are tree logs put out to walk on, so we will use this as much as we can. If the whole path is flooded, I will make the decision to walk north of the bog instead. As part of the group first aid kit I will make sure to bring blister plasters and an anti-blister stick, in case anyone gets wet shoes and are in bigger risk of blisters.



(Kartverket, u.d.)

The second day we will walk through a small gorge with a stream. This stream, Røydalsbekken, goes along the path and we are to cross the stream at 082 801. This gives a possibility for slipping on rocks in the stream, which may cause wounds and wet feet e.g. Considering the latter, what was written on the previous hazards applies to this as well. We have to walk carefully when crossing the stream and when walking in the steep areas of the gorge to best avoid the risks of falling.



(Kartverket, u.d.)

The last day of the expedition we will first walk on a small tractor road, and from 071 741 we will walk on the road Vrangfossvegen to Lunde station. This is not a main road, but a bigger road in that area, which means that it may be quite trafficked. This means that we have to be careful when walking alongside it and crossing it, and I will because of this road bring high visibility vests so that at least the person in front can wear it and the person at the back can put it on its backpack.

Roadworthiness of Vehicles, Drivers Licences & Drivers Insurance

The start point is easy accessible for everyone, both via car, bicycle and walking. All the participants are therefore responsible for their own transport to the start point. As we will not need cars during the expedition I will not write about licences and insurance.

Important Contact Details

110: Norwegian Fire Aid

112: Norwegian Police

113: Norwegian Medical Aid

116 117: Local emergency room in Bø

+47 909 13 377: Emergency dental clinic

Martin Stærk

- Telephone: +47 955 77 038
- E-mail: solvang188@gmail.com

Accident Emergency Procedures

There are a few accidents that may occur during the expedition, below the most likely are listed and explained how they should be dealt with. To the best of our abilities we will try to consider ABC in all possible accidents; airways, breathing and circulation.

Hypothermia: In the springtime hypothermia is not a very likely case, but it may occur if someone falls into a lake or if the weather conditions are hard e.g. Mild hypothermia can be spotted by shivering and if the person struggle to move properly. More serious cases may lead to slow breathing and unconsciousness. Hypothermia needs to be dealt with as soon as possible. Putting on dry clothes and find shelter is one of the best ways of dealing with it, but if no dry clothes are available it is safer to place insulating clothing over the wet ones to make a vapor barrier. It is also very important to feed the person with food and/or drink as long as he/she is conscious. (Long, 2003, pp. 176-177)

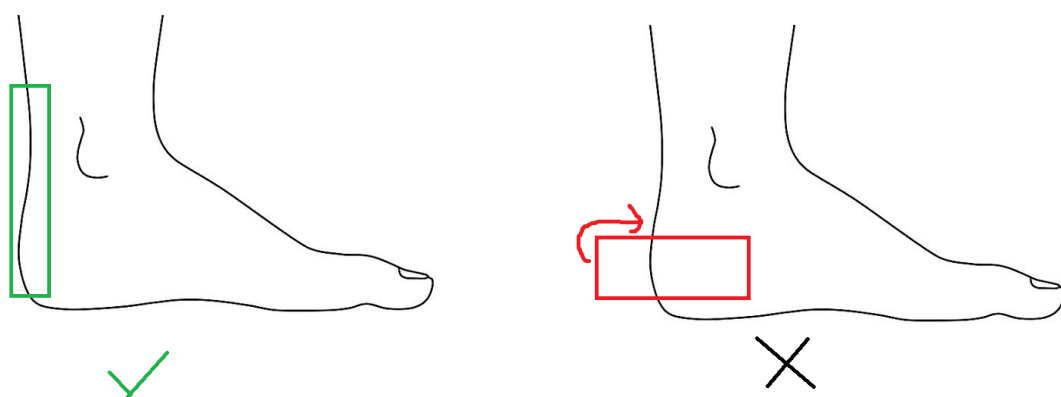
Broken bone(s): If someone breaks an arm the best thing would be to make a sling for the arm until the person can get proper medical help. I will make sure to bring a triangular scarf in the group first aid kit for exactly this purpose. If anyone breaks a leg and cannot be reached by ambulance at that exact point, we will have to make a splint for the leg to keep stiff. This can be done by using a straight branch and tie it with bandages e.g.

Wounds: By walking in a forest where there are lots of branches poking out and by using knives, it may easily happen that someone gets a wound and we need to stop the bleeding. At

least in the group first aid kit I will make sure there is a sufficient amount of kit to heal wounds. Small wounds can usually be dealt with by using plasters after cleansing the wound with chlorhexidine. Bigger wounds may bleed a lot which therefore must be stopped as far as possible. This should be done by putting pressure on the wound, for example by putting a rock on it between the layers of bandages. One should not put the pressure object straight on the wound, as this may bring unwanted dirt and bacteria.

Tick: At this time of year the tick may already be active. A tick bite in Norway is rarely dangerous, but it should nevertheless be treated as soon as possible. As the tick usually seeks warm places, the tick is likely to be found where one usually has clothes covering, for example in the arm pit. I will tell everyone the expedition to keep a lookout for ticks and if someone should happen to get one, the best will be to remove it gradually using tweezers (Long, 2003, p. 177).

Blisters: As mentioned earlier in the portfolio blisters is a very likely thing to occur during the expedition, not only because of the risk of wet shoes, but also simply because people have new shoes, wrong types of socks e.g. I will tell everyone on the expedition to let us know as soon as they start to feel a blister, then we can try to prevent it a lot better. In the early stage I will tape the spot on the foot with sports tape. Below I have drawn how I will do that. Using the technique to the right is the best way of making sure that the tape stays where it should be. Usually when using the technique to the left one finds that the tape simply rolls down to the bottom of the heel.



Drawing: (Wikihow, u.d.)

If there is already a blister, I will use a blister plaster, e.g. from Compeed.

Burns: When using the stove it may occur that someone gets burned. The plan is to use the stove for cooking dinner in the camp sites, and as both are next to a lake there is a fair chance

that we have cold water available if a burn should occur. In that case we will use the water for cooling down the spot that is burned. If we however do not have cold water available, it is wise to use the cooling gel in the group first aid kit. Cling-film is a good way for protecting burns, because it does not stick to the wound and gives us a chance to keep an eye on it (Long, 2003, p. 176).

If an accident should occur I will use the phone numbers from the previous section, and until we get help give first aid to the best of my abilities. The same goes for Ingvild, in case something should happen to me.

Expedition Contact Details

Role	Name	Number
Expedition leader	Elise Vik Nordbrønd	+4795466144
Expedition assistant leader	Ingvild Elise Bye Melkersen	+4791720010
Expedition support person	Martin Stærk	+4791577038

Word count

4935

Appendices

1



Kursbevis

Førstehjelp for friluftsliv

Elise Vik Nordbrønd

har gjennomført og bestått
Grunnkurs førstehjelp for friluftsliv

Kurset er på 16 timer og er gjennomført den 7-8/10-2017

Kurset er basert på boka «Førstehjelp på tur» (2. utgave, Oslo, 2012).

Følgende emner er gjennomgått:

Forebygging og situasjonsforståelse – vurdering og undersøkelse – livreddende førstehjelp – blødninger og sårbehandling – varme-, sol- og brannskader – frostskafer og nedkjøling – hode-, nakke- og ryggskader – brudd, forstuinger, ledd og båndskader – øyeskader – bitt og stikk – turnedisin og førstehjelpsutstyr

Kurset er gjennomført i henhold til standarder gitt av Norsk Førstehjelpsråd og Norsk Resuscitasjonsråd. Kurset er avsluttet med praktiske øvelser.

Kurset er gyldig i tre år.

Gvarv Røde Kors
Gvarv, den 30/10-2017

Grete Therkildsen

Kursholder



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Reflection essay

Introduction

My expedition will take place in Breisås, a forest area in Bø in Norway. This is an area much used by the people in Bø for walking, mountain biking, camping and so on. However, a lot of people do not know the forest in total that well, me included. I often find that when I am working with school or volunteer work and need a break, what I usually prefer is to get some fresh air. I know that a lot of students feel like this, but that some may not know where they can take a walk or go for a run outdoors. Because of this the main aim of the expedition is for students in Bø to get to know their local forest better and connect more with the area. Andy Williams puts it like this: "Connecting to Place means developing an increased understanding and awareness of the place where the outdoor activities occur." (Williams, n.d.) In addition to this one aim is to teach the participants about some of the spring flowers we can find in the forest. Some may know the names already, but in that case I hope to teach them a bit about the stories connected to them.

Analysis

My route plan is to walk from one village to another through the forest, specifically from Bø to Lunde. I think showing the participants that one actually can do this, is a really good way of understanding the geography of the forest and the area to a greater extent. The first part of the route will most likely be a part that several of the participants already have been in, but the rest of the route will very likely be new to most of them. If some of the participants have never been in Breisås forest at all it will be good to show them the first part of the route as this is the most available part of the forest for people who live in or around the town centre of Bø. On the second day we will hike Griseryggen, the highest point of the forest. As this is further south than Åstjønne e.g. there will very likely be people who have not walked to this point. The hope is that everyone will experience a new part of the forest and I think that this route will give the participants exactly this. That is a strength with my route plan.

As one can see by the route cards, we will not use the days walking all the time as the distance for the expedition is under 20km altogether. I think this is a strength for two reasons: it gives more time to create good camp sites, talk about the springflowers and local history and not wear the participants down. I do not think that exhaustion will do anyone any good, simply because this is supposed to be for students without a lot of experience with the outdoors and

that they will not be able to learn a lot when tired. Abraham Maslow shows this in the hierarchy of needs. “Some needs are more fundamental than others, and Maslow puts them in a hierarchy where the primary needs come first, and the more social orientated and humanistic needs are placed further up in the hierarchy because they can be felt after the more basic needs are more or less satisfied. “ (Imsen, 2014, p. 304)

One weakness is that I could have made more aims for the trip, because as mentioned we will not spend all the time walking, and we might find that even with the sessions planned there might be some downtime, which could be used to fulfil the main aim – to get to know the forest better.

Evaluation

I have enjoyed planning this expedition by myself. When we plan our expeditions in Norway we are all part of writing the portfolio, but to have an efficient process we usually divide the different sections among us. I have therefore never been part of making the whole portfolio and because of this I feel that I have learned a lot about making portfolio through making it my by own account. It gives me a better perspective on what is needed to make a complete portfolio to run an expedition, especially concerning risk assessments and accident emergency procedures.

However, planning an expedition from another country is not ideal in all ways. I have solely been planning using online maps, mainly norgeskart.no (Kartverket, u.d.) When going on the expedition we will use tangible maps and it would probably be an advantage to use the maps we are going to use on the expedition, simply to get use to the format and scale. This means I have to spend some time before the expedition getting to know the map, just to be as prepared as possible.

As mentioned in the site specific risk assessment in the portfolio, I have not walked the whole route myself and because I am planning from another country, I am not able to make proper site specific risk assessments. I have done my best my looking at the online maps, but I will never now exactly how it is before I see it myself. So, because of this and the map, it is not ideal to plan from another country.

Under Preparatory Training Undertaken I wrote that I will do some research on the local history in the forest area. If I had the chance to do this before making route cards and contingency planning, I would perhaps be able to redirect the route to places of historical significance or interest, e.g. places named as they are because of what it used to be.

I think this planning process will be very helpful when doing either professional or volunteer work in the future. As a scout leader it is important to be able to plan expeditions with focus on the children's and leader's safety. I hope to one day work in a folk high school educating outdoor related modules and also there this planning process will be highly relevant. A lot of the schools do several expeditions throughout the year and being able to plan properly will be very important to also teach the students to take part in the planning process. It will help them see what is important to plan an expedition and that one should not set out without thinking through where one goes and what equipment one brings.

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