

Contact us!

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Expedition Training held on Thurs
Evening at the New Life Church,
West Road, Congleton. 7.30–9.00 pm
On the following dates:

2010

23rd September - **Parents' Evening**
21st October
18th November - Equipment 'Buy Night'
9th December

2011

20th January
17th February
17th March

Camp skills training day:
Sunday 13th March 2011

County Walks take place on Sundays:

2010

26th September
21st November
12th December

2011

23rd January
20th February
20th March

Details available nearer the time.

C H Practice Hike
tbc

Cheshire Hike (C H)
9th–10th April 2011

D of E Expeditions: (all 2011)
16th–18th April (B&S)
14th–15th May (Bronze only)
8th–10th July (B&S)
30th Sep–2nd October (B&S)
Gold Expeditions by arrangement



100

Girlguiding

Cheshire Border

girls in the lead

CHESHIRE HIKE



**EXPEDITION
TRAINING
2010-2011**

What is Expedition Training?

The training gives girls and young women the necessary skills to enable them to be fully independent along with their group during a two-day (or longer) expedition. The training sessions are held once a month over the autumn–winter period on Thursday evenings at the New Life Church in Congleton from 7.30 pm–9.00 pm. Skills covered include navigation, equipment, nutrition, first aid etc. There is also a camp skills day in the spring to give a more practical experience prior to the expeditions taking place.

NB the first evening training held on 23rd September 2010 will be open to parents to attend with their daughter(s). Required equipment will be discussed, there will be an opportunity to meet the trainers and some important information will be handed out.

Who is it for?

Guides or Senior Section members aged 10½ upwards who intend to take part in their first expedition during 2011 can attend.

What sort of expedition?

During 2011 girls and young women have the opportunity to take part in the Cheshire Hike or the D of E. You may have your own ideas for an expedition. Expedition training will help to prepare you for any of these.

What is the Cheshire Hike?

Guides and Senior Section members aged 11-18 can take part in the Cheshire Hike. This is an annual competition hike, organised by Cheshire Scouts, taking place around Easter each year. There are four levels of entry; Junior, Intermediate, Senior and Senior Plus, depending on age. Each age group completes a two-day expedition of varying length, with an overnight camp. It is challenging but very rewarding.

Guides walk in groups of two but have excellent supervision throughout the weekend. You are expected to be completely self-sufficient, though there is an excellent support / back-up team should you wander from the route.

Groups are awarded points for a number of different things (it is a competition hike, remember). All the groups that finish are considered to be winners but there is also a trophy for the highest placed team in each section.

What is the D of E?

Guides and Senior Section members aged 14+ can take part in the D of E. The expedition is only one part of the Award (there are three other sections: taking part in physical recreation, learning a skill and volunteering). Bronze participants (14+) embark on a two-day expedition, Silver participants (15+) a three day expedition and if you persevere to Gold you complete a four day expedition. The County organises up to four Bronze / Silver expedition weekends per year. All participants are in groups of between 4-7 members. The expeditions are organised by a team of qualified and experienced leaders; each group has at least one dedicated supervisor responsible for their safety. The supervisors also camp on the same site as the girls each night.

So what do you do now?

If you think you would like to take part in the D of E or Cheshire Hike, contact the County D of E Adviser (contact details on the back of this leaflet) prior to coming along to the trainings.

In order to be successful in your expedition (whatever sort it is) you will need to be prepared. You should make every effort to attend all the training evenings. Different skills are covered each evening and you need to build up a complete range of skills. If you are undertaking your first expedition, you are also required to attend the camp skills day. This will help you to learn and practise the skills in an appropriate setting. There are also monthly County Walks (September–March; details in Border Lines or on the County website). These will help you to learn navigation in a 'real' setting; far easier than trying to learn it in a classroom!

As you can see, a degree of commitment is needed to prepare yourself for your expedition. However, there are few more rewarding experiences than completing a challenging journey with your group when you alone have been responsible for that success. If you are well prepared, you will find it easier and enjoy it more!