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Bronze Training Expedition Itinerary:

Day One:

Groups will walk with an instructor under direct and close supervision receiving practical instruction on navigation, first aid and emergency procedures building on knowledge gained by participants during their training day in school. This day is designed to ensure participants are safe in the outdoors and can be remotely supervised.

Approximate Timings:

10.00am – Participants arrive and instructors begin briefing and checking participants kit once full groups are present.

10.45am – All groups should have begun walking by this time.

10.45am-05.30pm – Groups will walk with an instructor under direct and close supervision receiving practical instruction on navigation, first aid and emergency procedures building on knowledge gained by participants during their training day in school. This day is designed to ensure participants are safe in the outdoors and can be remotely supervised. The day will be participant led with support and advice from their instructor. Participants will still choose when / where they have lunch and their day will be their own. However, instructors will offer advice and best practice scenarios to help participants make more informed decisions.

05.30pm – Participants will begin to arrive into the campsite. Instructors will supervise and offer some support with tent pitching and campsite admin. Largely this will be left to the group while instructors supervise.

6.00pm – From this time participants may start cooking. Instructors will supervise cooking until they feel participants can use their stoves safely at which point they will remotely supervise them doing this.

Day Two:

Providing the groups have displayed the correct skill set in order for them to be safe while being remotely supervised instructors will move to this level of supervision. Remote supervision is in line with BXM Procedures.

Approximate Timings:

07.00am – Participants will begin waking up and packing away their tents, having breakfast and preparing to leave the campsite. They will be supervised by their instructors for this.

08.00am-09.00am – Groups will leave the campsite within this time frame.

09.00am-02.00pm/03.00pm - Participants are walking within their groups and will plan their own breaks and when they decide to have lunch.

02.00pm-03.00pm – Groups will begin to arrive at the finish depending on what time they set off. Ensuring their 6 hours of planned activity has been met. Participants will be debriefed and will then be free to depart.

Additional information:

Each evening participants will be debriefed by their instructor on what went well and areas for improvement for that day.

Participants will be supervised cooking until their instructor feels they can use their stoves safely at which point they will remotely supervise them doing this.

Instructors will camp at the same campsite as participants every night.