

Student Final Expedition Considerations

Overview: The goal of the program is for participants to prepare themselves throughout the expedition for a final opportunity to travel on their own and demonstrate mastery in the skills they have learned. There is not one way to facilitate a final student expedition – it must take into account students' abilities, available resources, terrain, weather, etc. A final expedition is a student opportunity that is provided when they have demonstrated their ability to ensure each other's safety (physical and emotional) and work together as a group. **Students should not be required to perform any skill (hard or soft) that they have not already had an opportunity to practice in the company of their instructors.**

The following are skills and situations that students need to have demonstrated ability or be trained and prepared to handle before final expedition:

Hard skills:

- River crossings – have they completed similar crossings?
- Navigation – similar terrain under similar circumstances?
- Expedition travel – ability to stay together; know what to do if lost.
- Campcraft – kitchen safety, site selection, tarps, water treatment, bear bags.
- Lightning – what to do if caught in a storm?
- Cairns – use as a communication device.
- Environmental awareness – LNT ethic

Soft skills and Expedition Behavior:

- Effective risk management and good judgment as demonstrated throughout the course.
- Creating a physically and emotionally safe environment.
- Decision making – both individually and as a group.
- Conflict management – 1:1 and group.
- Public relations – how do they handle contact with other users? Will they be crossing roads, private property or high use areas?

First Aid:

- Contents of first aid kit
- Allergic reactions and anaphylactic shock – use of the Epi Pen
- Respiratory failure and artificial respiration – signs and symptoms and treatment
- Assessing and controlling bleeding
- Assessing and treating shock
- Spinal injury
- Impaled objects
- Burns
- Fractures and splinting
- Head injuries
- Environmental injuries (heat, cold, snakebite)
- Patient assessment, SOAP notes
- Evacuation Procedures and Emergency Protocols

Other considerations:

- Age and maturity of group
- Unusual, high risk or restrictive medical concerns
- Committed to course values and goals
- Are there individuals trained in first aid and at what level?
- Proper gear and clothing

Some Final Expedition Travel Options:

- Instructors out of sight but within whistle range.
- Instructors meet group throughout the day at checkpoints.
- Instructors meet group at campsites in the evening.
- Instructors perform cairn and/or campsite checks.
- Instructors meet group at pre-determined meeting location at end of final expedition.