

## **DofE Bronze Mountain Safety Take-Home Paper**

**Please complete all the questions and return by the deadline. Some questions may require a degree of research. This paper must be completed if you wish to take part in the assessed expedition.**

1. What weight would you suggest a full expedition rucksack should be for a 2-day, 1-night expedition (a guideline to suit everyone)?
2. What are the advantages and disadvantages of dry pasta or rice as an expedition food?
3. What safety preparations would you make before departing on an expedition in mountainous terrain?
4. Name 6 items of equipment you should always take on a mountain expedition and explain their use(s)?
5. You are planning a 2-day summer expedition for seven people pitching at a remote location. List the main points to consider regarding:
  - a. Choosing a campsite and pitching tents;
  - b. Swimming in a mountain loch;
  - c. Packing for a day walk, leaving the tents.
6. Name 3 possible sources of mountain weather information in the UK.
7. You are part of a party of 6 teenagers on a day walk in relatively remote terrain. You are about 5 miles from the nearest road and there is no mobile phone signal. The ground is rough. One of the party has fallen and you suspect they have broken their femur (thigh bone). You have a day sack with basic emergency gear, spare clothing, survival bag and food & drink. Unfortunately, you did not bother to leave an accurate route card with anyone and it is getting dark. Briefly explain what course of action you might take and the reasons for this decision (there is no right answer).