

15 things Silvers do better than Bronzes

**What are some of
the things you learnt
doing your Bronze
expeditions?**

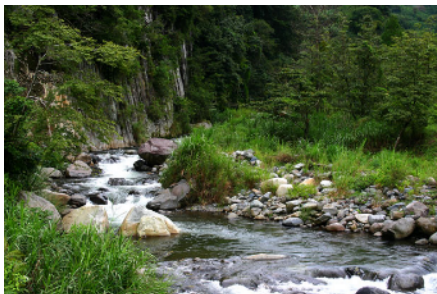
Pitch tents properly...



Keep a tidy camp...



Leave no trace...



Have individual rubbish bags...



Keep kit dry for 3 days...



Have a lighter bag...



Get everything inside rucksacks...

(only exception is a sleeping mat)



Hand kit back clean and dry...



Don't get sick on water...



Collect fast flowing water

THEN



Use purification tablets

OR



Boil it

Use nature's facilities correctly...



<http://www.wikihow.com/Defecate-Outdoors>



Check the weather...

Mountain Weather
Information Service
(MWIS)
www.mwis.org.uk

MOUNTAIN WEATHER INFORMATION SERVICE www.mwis.org.uk

West Highlands

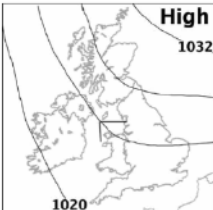
Western Highlands accessible from, and south of, Glenfinnan (Road to the Isles) and Glen Spean (includes Creag Meagaidh). This area includes Ben Nevis and the mountains around Glencoe. In the east, includes Ben Alder south to Loch Lomond and Trossachs NP. Includes Arran and Mull.

sportscotland

[Abacus Mountain Guides - World Class Mountain Adventures](#)
[Winter Walking, Mountaineering and Ice Climbing at www.AbacusMountainGuides.com](#)

General Summary for Friday, 7 October, 2016



High
1032

British Mountain Summary:
Based on forecast chart for noon 7 October, 2016
 High pressure will continue to dominate the weather. Cloud forming over the North Sea will shroud higher, mainly more eastern mountains, and here and there, mainly from the southern Pennines southwards will give a little light rain.

Headline for West Highlands
 Wind slowly easing. Bright sunshine, mainly west. Risk showers.

Detailed Forecast for Friday, 7 October, 2016

How windy? (On the Munros)	Southeasterly, 25 to 35mph. Will progressively ease to reach 20-25mph by mid-afternoon.
Effect of wind on you?	Expect widespread buffeting where exposed on higher areas and through some lower cols. Also in places sudden gusts blowing downslope from major ridges. Significant wind chill.
How wet?	Rain very unlikely Isolated patches of light rain central highlands and Loch Lomond NP.
Cloud on the hills?	Very little western hills Central highlands and Loch Lomond NP: patches of cloud forming above 600m morning, but by midday, most cloud confined above 900-1050m. Elsewhere: patchy cloud above 800m for a few hours after dawn will lift to or above 1100m.

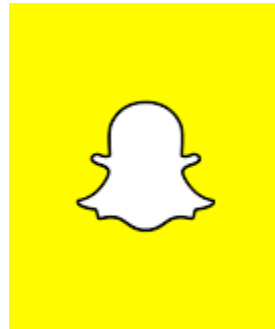
Plan accordingly...













































Dress appropriately...



Enjoy 3 days in the outdoors without interruptions...



Keep on top of eDofE...

ID	First name	Last name	Group	Level	Volunteering	Physical	Skills	Expedition	Residential	all
 1122859	Megan	Aitken	Silver 2016	S	 25/09/2016	 24/09/2016	 24/09/2016	 View	n/a	
 1122904	Kathryn	Brown	Silver 2016	S	 15/11/2016	 07/09/2016	 01/09/2016	 View	n/a	
 1122912	Andrew	Bryce	Silver 2016	S	 06/09/2016	 06/11/2016	 06/11/2016	 View	n/a	
 1123076	Catherine	Clark	Silver 2016	S	 06/11/2017	 09/01/2017	 04/10/2017	 View	n/a	
 1123072	Anna	Clark	Silver 2016	S	 06/10/2016	 02/09/2016	 16/01/2017	 View	n/a	
 1123081	Jack	Crummey	Silver 2016	S	 20/11/2016	 03/01/2017	 07/09/2016	 View	n/a	
 1123083	Catriona	Cullen	Silver 2016	S	 05/09/2016	 05/09/2016	 08/09/2016	 View	n/a	

Quiz...

The footpath your on seems to go through a farmer's field that has just been sown. Do you

- a) Walk round the edge of the field
- b) Keep on going - it's your right of way
- c) Phone your supervisor for advice
- d) Flatten the crops to make a clear path for others to follow

Quiz...

You reach a gate that's open. When you leave you should...

- a) Close it – someone else must have left it open by mistake.
- b) Leave it open
- c) Phone your supervisor for advice

Quiz...

You've run out of water. Do you...

- a) Stop at the nearest shop for supplies
- b) Fill up from a lake
- c) Fill up from a fast moving river
- d) Fill up from a slow moving river

Quiz...

Having collected your water do you...

- a) Just drink it - Scotland has clean water
- b) Filter it through a sock
- c) Add a purification tablet
- d) Boil it

Quiz...

Ricky badly cuts his arm on a barbed wire fence.
Do you...

- a) Apply pressure and elevation to stop the bleeding.
- b) Get him to hold it in the nearest stream
- c) Give him some aspirin or paracetamol
- d) Phone mountain rescue

Quiz...

Having drunk the un-purified water, Jake has developed diarrhea. He soils his pants. What do you do with them?

- a) Bury them in a hole
- b) Chuck them in the bushes
- c) Bag them up and put them in your rucksack

Quiz...

When you leave your campsite you notice some food-waste, presumably left by another group. What do you do?

- a) Leave it – it's not your mess
- b) Leave it for the animals to eat
- c) Pick it up and take it with you
- d) Throw it into the stream to get washed away

Quiz...

You've dropped a few matches on the floor at the campsite. Do you

- a) Leave them – they're biodegradable
- b) Pick them all up
- c) Stamp them into the mud

Quiz...

You arrive at the campsite soaking wet (it's still raining). You only have one dry set of clothes left. Do you...

- a) Change immediately to try and stay warm
- b) Keep the dry clothes for night-time
- c) Put on the dry clothes and try and dry the wet ones over the Trangia.