

OUTDOOR ED VENTURE

Expedition Planning and Training

What is it?

Planning and training by experienced and qualified staff which will enable you to acquire the knowledge and skills needed to safely undertake and enjoy an extended expedition. In addition Outdoor Ed Venture can lead your expedition.

What can I expect to experience?

A bespoke training and planning programme designed to get you where you want to go - be it a UK long distance footpath or an overseas expedition.

We can include some or all of the following in your programme:

- Choosing your destination to meet your specific goals
- Route planning
- Clothing and equipment choice
- Physical preparation - including exercise physiology
- Expedition nutrition
- Health and hygiene
- First Aid and emergency procedures
- Navigation and route finding
- Camp craft
- Training in mode of travel eg trekking, canoeing, cycling

What will Outdoor Ed Venture provide?

Outdoor Ed Venture will supply a fully qualified and experienced Expedition Leader. In addition we can supply a range of expedition equipment.

What will I need to bring?

A personal kit list will be issued by the expedition leader assigned to your programme. The kit you will need will vary depending upon the nature, destination and time of year of your programme.

You will need to bring:

- Any personal medication that you need to have with you (asthma inhalers etc)
- A sense of adventure!

CONTACT US:

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