



## St. Peters DofE Bronze Training Day

09:00 – 11:00

09:00- 09:30 – intros, expectations, syllabus, topics for project, mobile phones

09:30 – 10:30 practical with tents

10:30 – 11:00 first aid (blisters, bites, stings)

11:00 - 11:25 break

11:25 – 13:25

11:25 – 12:25 map symbols, map orientation, simple contours, basic compass skills, timings,

12:25 – 13:00 cooker assembly and correct use

13:00 – 13:25 first aid (minor burns, personal welfare)

13:25 – 14:15 Lunch

14:25 – 15:15 bag packing, rucksack fitting