EO M425.02 – PLAN AN EXPEDITION ROUTE

1. **Performance**:Plan an Expedition Route
2. **Conditions**:
   a. Given:
      (1) Section 2 of the Expedition Planning Booklet,
      (2) Supervision, and
      (3) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard**:The cadet shall plan an expedition route, to include:
   a. researching possible routes and locations;
   b. identifying factors to consider when developing an expedition route;
   c. selecting the best expedition route; and
   d. preparing an expedition route card.
4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Identify expedition route planning resources, to include: a. reference material, such as: 1. topographical maps, 2. recreation maps, 3. trail maps, 4. river maps, 5. guidebooks, 6. outdoors clubs' newsletters, 7. magazines, 8. books, and 9. websites; and b. organizations / authorities, such as: 1. Parks Canada, 2. provincial / territorial parks, 3. conservation authorities, 4. municipal offices, 5. local river / lake authorities, 6. outdoors clubs,	Group Discussion	10 min	C2-009 (pp. 44–45)

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TP	Description	Method	Time	Refs
	7. local trail authorities, and 8. private property owners.			
TP2	Identify factors to consider when selecting an expedition location, to include: a. the distance and time needed to travel to and from the location; b. the distance and time needed to obtain emergency services; c. the ability to conduct the selected modes of travel; d. the availability of campsites / rest stops; e. the ease and cost of obtaining permission to use the area; and f. the ability to comply with established land management practices.	Interactive Lecture	10 min	C2-009 (p. 44) C2-034 (pp. 120–127) C2-153 (pp. 276–277) C2-208 (pp. 140–144)
TP3	Identify elements of an expedition route, to include: a. number of days to complete the expedition, b. pick-up and drop-off points, c. campsites, d. modes of travel, e. terrain requirements, f. distance requirements, g. mode(s) of travel change points, h. lunch locations, i. rest stop / resupply locations, and j. evacuation routes.	Interactive Lecture	10 min	C2-009 (p. 43) C2-034 (pp. 120–127) C2-153 (pp. 270–271) C2-208 (pp. 140–145)
TP4	Explain and have the cadets, in groups of three, plan an expedition route by: a. developing two possible routes, to include: 1. identifying the number of days to complete the expedition; 2. selecting drop-off and pick-up points, 3. selecting a primary and possibly a secondary campsite for each night of the expedition; 4. incorporating the selected modes of travel ensuring that: (a) terrain requirements are met, and (b) distance requirements are met;	In-Class Activity	30 min	C0-007 (p. 96, pp. 171–172) C2-016 (pp. 8–9) C2-017 (pp. 10–11) C2-110 (pp. 62–63, p. 67)

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TP	Description	Method	Time	Refs
	5. selecting mode of travel change point(s), if required; 6. identifying possible lunch locations for each day; 7. identifying at least two possible rest stop / resupply locations along the route; and 8. identifying evacuation routes to the nearest hospital; b. plotting the routes on the topographical map, to include: 1. drop-off and pick-up points, 2. campsites, 3. mode of travel number one route, 4. mode of travel number two route, 5. mode of travel change points, 6. lunch locations, 7. rest stop / resupply locations, and 8. evacuation routes; and c. comparing the two expedition routes; and d. rating the expedition routes based on compatibility.			
TP5	Describe expedition route cards, to include: a. the purpose; and b. the components, to include: 1. mode of travel, 2. grid references, 3. bearing, 4. distance, 5. elevation, 6. time, 7. route description, and 8. group detail.	Interactive Lecture	10 min	A2-064 (EO 105.05 pp. 11–12) C2-051 (pp. 47–48)
TP6	Explain and have the cadets, in groups of three, prepare an expedition route card.	In-Class Activity	10 min	

5. **Time**:

a. Introduction / Conclusion: 10 min
b. Group Discussion: 10 min
c. Interactive Lecture: 30 min
d. In-Class Activity: 40 min
e. Total: 90 min

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6. **Substantiation**:

   a. A group discussion was chosen for TP 1 as it allows the cadets to interact with their peers and share their knowledge and opinions about identifying different types of expedition resource materials. Sharing in the discussion encourages the cadets to examine their own thoughts and feelings and may prompt them to re-examine their previously held ideas. Participating in a group discussion improves the cadets' listening skills and team development.

   b. An interactive lecture was chosen for TPs 2, 3 and 5 to introduce the cadets to factors that should be considered when planning an expedition route and to provide an introduction to expedition route cards.

   c. An in-class activity was chosen for TPs 4 and 6 as it is an interactive way to provoke thought and stimulate interest in planning an expedition route and preparing a route card.

7. **References**:

   a. A2-064 A-CR-CCP-050-804/PF-001 Director Cadets 6. (2008). *Instructional guide: DP 1 Cadet Instructors Cadre land environmental training course*. Ottawa, ON: Department of National Defence.

   b. C0-007 ISBN 0-02-029265-1 Kjellstrom, B. (1994). *Be expert with map & compass: The complete orienteering handbook*. New York, NY: Hungry Minds, Inc.

   c. C2-009 ISBN 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside Books.

   d. C2-016 ISBN 0-517-88783-5 Curtis, R. (1998). *The backpacker’s field manual: A comprehensive guide to mastering backcountry skills*. New York, NY: Three Rivers Press.

   e. C2-017 ISBN 0-7627-0476-4 Roberts, H. (1999). *Basic essentials, backpacking*. Guilford, CT: The Globe Pequot Press.

   f. C2-034 ISBN 0-87322-637-2 Priest, S., & Gass, M. (2005). *Effective leadership in adventure programming* (2nd ed.). Windsor, ON: Human Kinetics Publishing Inc.

   g. C2-051 ISBN 978-0-7153-2254-0 Bagshaw, C. (2006). *The ultimate hiking skills manual*. Cincinnati, OH: David & Charles.

   h. C2-110 ISBN 978-0-89886-953-6 Burns, B., & Burns, M. (2004). *Wilderness navigation* (2nd ed.). Seattle, WA: The Mountaineers Books.

   i. C2-153 ISBN 0-7360-5731-5 Martin, B., Cashel, C., Wagstaff, M., & Breunig, M. (2006). *Outdoor leadership: Theory and practice*. Windsor, ON: Human Kinetics.

   j. C2-208 ISBN 978-1-59485-033-2 Raynolds, J., Lodato, A., Gordon, R., Blair-Smith, C., Welsh, J., & Gerzon, M. (2007). *Leadership the outward bound way*. Seattle, WA: The Mountaineers Books.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area, and

   b. Completed example of Section 2 of the Expedition Planning Booklet.

9. **Learning Aids**:

   a. Section 2 of the Expedition Planning Booklet,

   b. Expedition Route Planning Information handout,

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c. Maps,

d. Campground Information,

e. Mountain Bike Trails Information,

f. Canoe Route Information,

g. Hospital Information,

h. Compass, and

i. Pencil.

10. **Test Details**:Nil.

11. **Remarks**:Nil.

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