

Chapter 8

EXPEDITION TRAINING

SECTION 1. INTRODUCTION

General

0801. Expedition Training involves potentially dangerous situations where errors of judgement can lead to accidents. It is therefore essential that a cadet has received sufficient training in the subjects below, so that the risks are reduced to a minimum. The standard reached will vary according to the standard of the expedition to be undertaken. A short expedition in lowland country will require less training than a long and exhausting expedition in mountainous or moorland country, demanding a high standard of mental and physical effort. Knowledge will be required of the following in all cases:

- a. *The Countryside Code* – so that the cadet understands how to treat land and property with respect.
- b. *Building the Team* – so that the cadet is able work as a member of a team and support other team members.
- c. *Expedition Equipment* – so that the cadet has the correct clothing and equipment to ensure the expedition is carried out in comfort and safety.
- d. *Load Carrying* – so that the cadet carries the required load without causing exhaustion or injury.
- e. *The Camp Site* – so that the cadet understands how to live outdoors in safety and comfort.
- f. *Food and Cooking* – so that the Cadet is able to prepare and eat a nourishing meal.
- g. *Debriefing* – so that the cadet is able to reflect on the expedition and learn lessons from the experience.

0802. Cadets will also require knowledge of Emergency Aid and Use of map & Compass. These subjects are dealt with in other chapters.

Safety

0803. The safety rules which must be adhered to during this type of training are given in the appropriate section of the pamphlet *Cadet Training Safety Precautions JSP535*, a copy of which is to be carried by all instructors when in charge of cadets on training.

References

0804. This Chapter contains enough detail to train Cadets up to One Star. At the more advanced stages, the skills must be practised to a higher level. The following references give more detail on planning and conducting more demanding expeditions and should be used freely and extensively by instructors:

- a. *Cadet Training Manual Volume 2 ("The Instructors Handbook") – Chapter 8*
- b. *Expedition Guide – The Duke of Edinburgh's Award*
- c. *The Army Cadet Adventurous Training Website – www.armycadetadventure.info*
- d. *Mountaincraft and Leadership* - Eric Langmuir
- e. *Hill Walking – Mountain Leader Training UK*
- f. *Safety on Mountains – British Mountaineering Council*
- g. *Weather for Hill Walkers and Climbers – Malcolm Thomas*
- h. *Tread Lightly – British Mountaineering Council*
- i. *New Hill Walkers – British Mountaineering Council*
- j. *The Countryside Code & Moorland Visitors' Code – Countryside Agency Publications (0870 1206466 for free copies)*

SECTION 2 – THE COUNTRYSIDE CODE

A. INSTRUCTORS NOTES

Aim

0811. *To ensure the cadet understands how to behave responsibly and safely in the Countryside.*

Timings

0812. *One lecture/discussion period. Further training while conducting outdoor training sessions.*

Miscellaneous

0813. *The Instructor should obtain copies of the two codes for issue during the lecture/discussion (Obtainable free from the Countryside Agency). Each heading should be discussed, with practical examples of good and bad behaviour for each. The points can be reinforced during practical sessions outdoors.*

B. CONDUCT OF THE LESSON

0814. *Explain.* The Countryside Code, and its companion code, the Moorland Visitors' Code have replaced the former Country Code. Both Codes are sponsored by the Countryside Agency. There are five headings common to both codes, and a sixth relating to Moorland. The main points on each heading are as follows.

a. Be safe – plan ahead and follow any signs.

- (1) Use up to date maps and guidebooks.
- (2) Be prepared for changes in weather and other events.
- (3) Check weather forecasts before you leave.
- (4) Let someone know where you are going and when you expect to return.
- (5) Get to know footpath marking signs.

b. Leave gates and property as you find them.

- (1) A farmer will normally leave a gate closed to keep stock in, but may sometimes leave it open so they can reach food and water. Leave gates as you find them.
- (2) Follow paths across land that has crops.
- (3) Use gates and stiles, climbing over walls and fences can cause damage and allow farm animals to escape.

- (4) Do not disturb ruins and historic sites.
- (5) Leave machinery and livestock alone.

c. Protect plants and animals and take your litter home.

- (1) Litter and leftover food spoils the beauty of the countryside and can be dangerous to wildlife and farm animals and may spread disease. Take your litter home with you.
- (2) Take care not to damage rocks, plants and trees.
- (3) Animals can behave unpredictably; don't get too close, especially if they are with young.
- (4) Fires can be devastating to wildlife and habitat as well as people and property. Take care not to drop a match or smouldering cigarette.

d. Keep dogs under close control

- (1) By law dog owners must control their dog.
- (2) Farmers are entitled to destroy a dog that worries or injures their animals.
- (3) Dogs may be excluded from some areas of open land at certain times.
- (4) Clean up after your dog.
- (5) Cadets should not take dogs on expeditions.

e. Consider other people.

- (1) Respect the needs of local people.
- (2) Keep out of the way when farm animals are being gathered or moved, and follow directions given by the farmer.
- (3) When riding a bike slow down for horses, walkers and livestock.
- (4) Support the rural economy by using local shops if you can.

f. Prevent uncontrolled moorland fires. (Moorland Code only)

- (1) Never light fires on open moorland – even cooking stoves or barbecues.
- (2) When the fire risk is high respect all warning signs.
- (3) Controlled fires for heather burning is sometimes carried out between October and April. Report any moorland fires you see, especially outside those dates.

SECTION 3 – BUILDING THE TEAM

A. INSTRUCTORS NOTES

Aim

0821. *To help the cadet work as a member of a team*

Timings

0822. *One short formal period, further guidance during all parts of the Expedition Training syllabus*

Miscellaneous

0823. *This not a subject which can be taught, other than by a short introductory talk on the benefits of teamwork (see below), but at all stages of the planning and conduct of the expedition the opportunity should be taken to promote team building. Specific steps which can be taken are:*

- a. Establish the team at the earliest possible opportunity*
- b. Give tasks to the team as whole rather than individuals in the team*
- c. Allow leadership to develop from within the team rather than appoint a leader*
- d. If an individual has a problem allow the rest of the team to help resolve it.*
- e. Ensure that all team members contribute their own skills to the team*
- f. Use regular reviews to assess how well the team is working.*

B. CONDUCT OF THE LESSON

0824. *Explain.* The expedition requires cadets to work as a member of a team. Good teamwork brings a number of benefits, and contributes significantly to the successful outcome of the Venture. [*The Cadets may be invited to state what they consider to be the benefits of teamwork at this point*]. Some of the benefits of teamwork are:

- a. Effective achievement of tasks. By working together and sharing work a task can be completed more quickly and effectively than if each*

individual operated on their own e.g. Setting up the campsite.

- b. Shared responsibility. The expedition requires teams to make decisions and accept the consequences of those decisions. If the whole team are involved in the decision making process it is more likely that correct decisions will be made, and recriminations will not follow if the decision is wrong.
- c. Pooling of knowledge, skills and experience. Most teams will have a range of skills and experience. By working together the full range will be available to the team.
- d. Support for less experienced members. Inevitably some members of the team may have less knowledge, ability or fitness than others. The stronger team members can support these individuals by help and encouragement. In the expedition setting all members of the team should complete the venture to ensure a successful outcome.
- e. Tolerance and understanding of others. During the expedition team members will be required to be in close proximity, especially tent groups. They will have to overcome possible antipathy or even hostility to others, and learn to be tolerant of the actions of others. By the same token team members will have to understand that their own actions may be a source of discomfort to others.
- f. Opportunity to trust and be trusted. Expeditions carry an element of risk, and the potential for accidents and injury is often present. Team members must place their trust in each other not to undertake actions which may place the group in jeopardy.

The Instructor should illustrate these benefits by practical examples. A discussion could then follow as to how team building may be achieved. The session could be rounded off by one or more team building exercises.

SECTION 4 – EXPEDITION EQUIPMENT

A. INSTRUCTORS NOTES

Aim

0831. *To train the cadet in clothing and equipment for expeditions*

Timings

0832. *One formal period, further instruction during the planning stages of the expedition*

Miscellaneous

0833. *For the formal session the instructor should have a sample of every item of clothing and equipment to show the cadet. Where possible the instructor should show a number of examples giving the pros and cons of each. The specialised clothing and equipment required for expeditions in the countryside or the wilderness are almost always significantly different from those required for fieldcraft training in the APC.*

B. CONDUCT OF THE LESSON

0834. *Explain.* Adequate clothing and appropriate equipment is the key to the success of any expedition. Cadets may find it difficult to obtain some high cost items, so any advice given should recognise this and avoid recommending high cost specialist items. Some items of equipment are necessarily expensive and consideration should be given to building up pools of equipment for loan when required.

0835. Equipment can be divided into three categories:

- a. Clothing
- b. Personal and emergency equipment
- c. Group Camping equipment

Clothing

0836. Feet.

- a. Walking boots, with plenty of tread left on sole, and uppers in good condition. They should be well fitting, and broken in if new. Military pattern "high-leg" boots are not ideal – they have poor grip, are

restricting round ankle and let in water quickly.

- b. Socks should be fairly thick for cushioning of feet, with a high wool content, loop-stitch if possible. If using new socks wash them a few times before the expedition. Take a couple of spare pairs on the expedition.

0837. Body clothing

- a. Underwear. Material should be capable of wicking away perspiration rather than retaining it. Cotton, polypropylene or other specialist material is fine, nylon should be avoided. Thermal underwear is only a necessity in very cold conditions
- b. Outerwear. Take shorts for good weather, tracksuit bottoms or light walking trousers if colder. Military pattern combat trousers are too heavy. Wear a cotton T-shirt (avoid nylon at all costs) with fleece or sweater for colder days.
- c. Shell clothing. Wind/waterproof jacket or anorak, (not combat jacket) and lightweight waterproof trousers.

0838. Hands and Head

- a. Sun hat or cap. Take a wool or fleece hat for cold days.
- b. Woollen gloves or mitts should be taken even in summer.

0839. Spare Clothing. On the expedition you should carry spare socks & underwear, and one change of clothing for the tent and to sleep in - to be kept dry at all times. A light T-shirt and thin tracksuit bottoms are sufficient.

Personal and emergency equipment.

0840. Rucksack: Make sure it fits, not all are the same size. The straps should be properly adjusted so it sits high on your back and the hip belt should be in the right place to take weight onto your hips. It should be big enough to take all your kit without having to tie things on the outside, but not so large you are tempted to put too much in it! 50 - 55 litres should be enough for a two day expedition. It should have pockets in the sides and top. It is unlikely that your rucksack will be waterproof, and you should try to line it with a heavy duty waterproof bag.

0841. Sleeping Bag. The filling should be of down if possible, otherwise a good quality man-made filling. A 3-season bag is quite adequate for expeditions in the normal season (Apr-Oct). It should be light (2 Kg max.) and

compressible - should fit into rucksack without using up all the space. Make sure it's wrapped in something waterproof.

0842. First Aid: Personal kit - plasters, antiseptic, insect bite/sting relief, compeed or similar blister care, 1 - 2 small bandages, sun block, medication for personal use only. Bring just enough to last for the duration of the expedition. Keep wrapped in poly bag not heavy box.

0843. Emergency Rations: Small bulk/high energy items - Mars, "Energy Bars", Kendal mint cake, makings of hot drink. Wrap in poly bag and tape up.

0844. Wash Kit: Small piece of soap, small or near empty tube toothpaste, small hand towel. Wrap soap separately, and wrap together in hand towel.

0845. Bivvy Bag: A heavy-duty polythene bag which will take a person, a lifesaver if anyone is suffering from hypothermia. Can also be used at night for storing packs outside the tent.

0846. Other items:

- a. Notebook & pencil,
- b. Camera & film or picture card,
- c. Light slippers or flip-flops (optional),
- d. Small torch (head torch or maglight best) with new batteries and spare bulb,
- e. Matches - kept in watertight container (35 mm film container or similar)
- f. KFS, plates & mug - plastic, water bottle - light plastic - 1 litre, a small flask (optional).
- g. Small container (35mm film container again) of washing-up liquid and sponge-scourer, small tea towel.

Group Camping equipment

0847. Tent: Lightweight 2-person tent with sewn-in groundsheet. Should have an adequate bell-end to accommodate wet kit, boots etc.

0848. Stove: There are a number of different types, recommended ones are:

- a. Gas – many types available. Probably the cheapest and most widely used. Easy to light and use, controllable, fuel easy to obtain and quite cheap. Needs shelter in windy weather. Models taking self-sealing gas containers should be used.
- b. Methylated Spirits – best known is the Trangia. Easy to operate, works well in windy conditions, has its own cooking pots and kettle. Expensive to buy, and the fuel is also expensive and may be difficult to obtain. There have been accidents when refilling the fuel reservoir when it is not realised that the stove is still lit. Sigg have developed a safety fuel container to overcome the problem and these should be used. A gas converter (quite expensive) is available for Trangias.

There are other types in use but are not recommended for Cadet use:

- c. Paraffin – best known is the Primus. Requires a separate fuel to prime it, and works by a pressure pump on the fuel container. Expensive to buy and fairly heavy.
- d. Petrol – volatile fuel, not suitable for cadet use.
- e. Multi-fuel – will work with any type of liquid fuel. They are difficult to use, and expensive to buy.
- f. Petroleum jelly – very cheap and easy to use. Slow, not ideal for cooking a full meal.
- g. Hexamine cooker – may be supplied with Operational Ration Packs (ORPs) through military sources. Very light. Designed to heat a meal from the ORP in the field quickly. Fuel has a strong smell which may spread to other items, not good in the wind, makes a mess of pans, very inflexible for simmering, and slow for heating water.

0849. Fuel Bottles: If a liquid fuel stove is carried a bottle with a secure top, made for the purpose should be used. There should be no risk of mixing up fuel and water bottles. Modern bottles designed for fuel have a safety cap which cuts off the flow if the bottle is dropped. These should always be used with methylated spirits.

0850. Canteen/Cooking set. Each cooking group will require suitable cooking pans. Nesting type where two or three pans fit together are ideal. Mess tins may be used but are heavy. Groups using Trangia stoves will not require pans as they are an integral part of the stove.

SECTION 5 – LOADCARRYING

A. INSTRUCTORS NOTES

Aim

0851. *To train the cadet in packing and carrying equipment for expeditions*

Timings

0852. *One formal period, further instruction during the planning stages of the expedition*

Miscellaneous

0853. *For the formal session the instructor should have a rucksack and all the items required for the expedition, which can be packed during the lesson. During practice walks carrying the rucksack the instructor should check each pack at the beginning of the journey, and at intervals en route to ensure that the rucksack is adjusted for the individual cadet to give the most comfortable carry.*

B. CONDUCT OF THE LESSON

Weight of pack

0854. *Explain.* The weight of the rucksack must always be kept to a minimum, in order to ensure that exhaustion or even injury is not sustained by carrying an over-heavy load. As a general rule the load should not exceed a quarter of the body weight. Packs should always be weighed prior to starting out. The lighter the pack the greater the enjoyment.

0855. Cadets must be discouraged from taking items not necessary for safety and survival on the expedition. Regard should also be given to the type and size of items of equipment taken. Two-day expeditions do not require a family size bar of soap or a jumbo toothpaste tube or a bath towel. A small head torch or “Maglite” is preferable to a large rubber covered flashlight. There is no need to take a heavy “all seasons” sleeping bag for a low level expedition in August.

Packing

0856. *Demonstrate.* Packing the rucksack is a critical factor in comfortable load carrying. All gear should be carried inside the pack, with the possible exception of the camp mat. If anything is carried outside the pack it must be well secured and wrapped. As a rule heavy items should be carried at the top

of the pack, with lighter items low down. Consideration should also be paid to convenience. Items likely to be required en route – lunch meal, first aid kit, water bottle, compass – should be quickly accessible.

Carrying the load

0857. *Explain.* Loads should be carried as high on the back as possible, so that the weight is as straight as possible on the shoulders. Straps should be adjusted so that the pack does not wobble about. If a hip belt is fitted (most modern packs have these) the weight can be distributed between the hips and the shoulders, and varied to give a comfortable carry. Spend time experimenting the with different strap settings to find the most comfortable.

SECTION 6 – THE CAMPSITE

A. INSTRUCTORS NOTES

Aim

0861. *To train the cadet in campcraft*

Timings

0862. *One formal period, further instruction during the planning stages of the expedition*

Miscellaneous

0863. *The formal session should take place out of doors, preferably at a suitable campsite, or area where tents can be erected. Cadets should be given the opportunity to practise erecting and striking tents. Clearance for Training on Private Land (TOPL) must be obtained from the local Brigade/District HQ.*

B. CONDUCT OF THE LESSON

Selecting the Site

0864. *Explain.* Finding a suitable campsite is important not only for a comfortable stay, but also for safety. In some areas it may be necessary to use established sites, but where possible “wild sites” should be used. These must be identified well in advance of the expedition and permission obtained from the landowner.

0865. The campsite should be selected bearing in mind the following points:

- a. Sheltered from the prevailing wind
- b. Free from obvious dangers such as flooding, animals, falling trees etc.
- c. Away from habitation
- d. Within easy reach of water
- e. Reasonably level
- f. Ground suitable to take tent pegs and offer comfortable sleep.

- g. Toilet facilities within reach if possible

Setting up camp

0866. On arrival at the campsite tents should be erected as quickly as possible in case of the onset of bad weather. Cadets should work together in erecting the tents, and making a hot drink. Tents should be erected with the door away from the wind direction, and well guyed in case of windy weather. Tent pegs should be driven in at an angle and as far as possible into the ground without causing damage to the peg. Tents should not be pitched under trees.

0867. Once the tents are erected all gear should be stowed inside. Items not needed quickly should stay in the pack. Other items should be stowed tidily so that they can be found quickly when needed. A hot meal should be started as soon as possible. Cadets should work in tent groups for cooking.

Living in the tent

0868. Living in a tent requires good organisation, tolerance and cooperation. The inside of the tent should be kept as tidy as possible. If wet weather prevails, wet kit should be left at the entrance of the tent. Every effort should be made to keep the inside of the tent dry. Boots should not be worn inside the tent. Naked flames should not be allowed inside the tent.

Cooking

0869. If the weather is good, cooking should take place away from the door of the tent so that there is no danger of the stove and pans being knocked over by someone entering the tent. In bad weather all Cadets should be inside the tent. The stove may be placed at the door of the tent, but not underneath any part of it. The cadet who is cooking can then sit inside the tent keeping dry while cooking. No one should attempt to go in or out of the tent while cooking is taking place.

Hygiene and litter

0869. Hygiene is an important aspect of camp craft. Hands face and feet should be washed at the end of the day, and hands washed whenever food is handled, or the toilet has been visited. Every effort should be made to use proper toilet facilities. If these are not available the following guidelines for solid human waste should be followed.

- a. Find a discreet spot at least 30 metres from water and paths and 200 metres from huts, campsites, crags and areas likely to be

frequented by other people.

- b. Dig a 6-inch hole and bury your waste. A small trowel should be used.
- c. Use biodegradable paper, or burn the paper.
- d. If digging a hole is impossible spread the waste discreetly and cover it with soil, vegetation or rocks.
- e. Don't squash waste under large rocks, it will slow down the decomposition.

0870. Litter including food waste, must be carried away from the campsite, and deposited when possible in a litterbin or container. It must never be buried.

0871. Before leaving a camp site, when the tents have been taken down and rucksacks packed, a thorough clean up of the site must be made. All litter, including any left by previous tenants, down to the last matchstick must be removed. Any stones moved to avoid scorching the grass, or to secure guys should be replaced.

SECTION 7 – FOOD AND COOKING

A. INSTRUCTORS NOTES

Aim

0881. *To train the cadet to produce nutritious meals*

Timings

0882. *One formal period, further instruction during the planning stages of the expedition*

Miscellaneous

0883. *For the formal session the instructor and cadets should have the makings of a hot meal. The cadets should imitate the instructor during the cooking of the meal.*

B. CONDUCT OF THE LESSON

Expedition food requirements

0884. *Explain.* Most Cadets will use considerably more energy during expeditions than they would normally. It is important that this is replaced to guard against the onset of exhaustion and/or exposure. The morale boosting properties of a hot, tasty meal after a long day are significant.

0885. Expedition food is a compromise between weight, energy, taste and convenience. The following guidelines should be followed when planning a menu. Take foods which:

- a. Contain the greatest amount of energy for the lowest weight and volume (usually freeze-dried or dehydrated)
- b. You and your “buddy” will enjoy
- c. Are simple to prepare – one pot if possible.
- d. Have a short cooking time to save fuel.
- e. Will keep in hot weather.

Expedition menus

0886. The following notes are suggestions only. Practise cooking dehydrated food in the comfort of your kitchen at home – don't wait until you are on your expedition to experiment

- a. Breakfast: Porridge is ideal - light & nutritious. Use water, or milk if available. Read the instructions on the packet carefully and measure out right amount before expedition. There are "instant porridge" meals. Alternatives - tin of sausage & beans (heavy), freeze-dried breakfast meal (expensive), cereals (lack nutrition). Bacon & eggs are to be avoided – they are messy, may not keep in hot weather, and are awkward to carry.
- b. Lunch: Do not plan to cook at lunchtime – it is too time consuming, and difficult in poor weather. Take whole-wheat crackers, pitta bread or similar with various toppings - cheese spread, meat/fish paste, tuna, sardines or pilchards. Include a packet of nuts/nuts & raisins/dried fruit. Chocolate bar - Snickers or similar for energy. Have a fruit drink – you could take concentrate and mix with water from water bottle.
- c. Main Meal: This must be a hot meal. Use freeze-dried main courses – available from most supermarkets. Look for ones with short cooking times. Avoid 2-pan meals. Boil-in-the-Bag meals are widely available at Camping shops. They are more expensive and heavier than dehydrated food, but very easy to prepare. Be sure to follow the instructions when cooking. Make sure any fresh foods you take are thoroughly heated through. Puddings - fruit yoghurts, milk based puddings, dried fruit, cake are all suitable. Pot noodles and the like do **not** constitute a main meal – they provide insufficient nutrition for expedition work.
- d. Sundries: cup soups, salt & pepper, tea/coffee, sugar, whitener (the small packets found in cafes are ideal), poly bags.

0887. Operational Ration Packs (ORP) can often be drawn from Service sources, and provide a suitable and balanced menu. However cadets should still be instructed in the value of other foods, and the ORP should broken down into its component parts for this instruction.

Packing the food

0888. *Explain & demonstrate*. Just take the amount of each item you need, measure out quantities where necessary, discard unnecessary wrappings (but keep cooking instructions if needed). Use small containers or polythene bags

to keep things dry and to prevent spills in the rucksack. Sort and pack food into daily quantities and label accordingly i.e. Mon Breakfast, Mon. lunch etc.

Cooking

0889. *Explain & demonstrate.* At least one hot meal per day must be cooked and eaten. The instructions on freeze dried or dehydrated meals should be followed closely, and added water measured as carefully as possible. The stove should not be lit until ready to cook. Use a lid on pans to conserve heat. When food has come to the boil, the heat should be lowered so as to prevent burning and sticking. All hot meals should be heated thoroughly to kill off bacteria. When finished cooking the stove should be turned off.

0890. After the meal has been eaten all plates and cooking pans must be cleaned of waste food. Do not wash dishes directly in a stream. Fuel must be secured and stored safely. Fill water bottles ready for the next meal or for the day's walk.

SECTION 8 – DEBRIEFING

A. INSTRUCTORS NOTES

Aim

0891. *To train the cadet in reviewing their experiences*

Timings

0892. *To be carried out at the end of each training period, and at the end of each expedition throughout the syllabus.*

Miscellaneous

0893. *The Instructor should have a list of structured questions which will bring out the lessons learned, and help the cadet to appreciate what they have achieved.*

B. CONDUCT OF THE LESSON

0894. *Explain.* After an expedition is over, it is important that the Cadet has an opportunity to review the experience, and his own contribution to the team. Lessons learned for use on future expeditions need to be brought out, and administrative arrangements for the expedition reviewed. This can be achieved by means of a post exercise debrief.

0895. An important principle of the debrief is that the Cadet must be given the maximum opportunity to contribute, without the process developing into a negative “moaning session”. This requires the session to be structured, and the person conducting the session encouraging the cadet to present views without attracting critical remarks.

0896. *Note.* The following headings are suggested to bring out the main areas, it is not exhaustive or intended to be prescriptive, and instructors should develop their own format, with which they are comfortable.

- a. Overall view – how do think it went?
- b. Do you feel you achieved the aim of the expedition?
- c. What did you as an individual contribute to the team effort?
- d. What, with hindsight, would you do differently in terms of:

1. The route you planned

2. The equipment and clothing you took
 3. The food you ate
-
- d. How did you work as a team? Were there any problems with teamwork?
 - e. Was there a “leader”? If so who?
 - f. Did you feel ownership of the expedition in terms of its planning and conduct?
 - g. What was your personal high point during the expedition?
 - h. What was your personal low point?
 - i. Give one lesson you have learnt from the experience
 - j. Any other comments?

Each individual should be asked to contribute a view on every item. Following each answer take the opportunity to develop the discussion by asking why things went as they did, what they could have done to prevent problems, what they will do in the future to make the experience better etc.