



Department
for Work &
Pensions



**WORK
SKILLS**

OUTDOOR SKILLS: INTRODUCTION TO WALKING AND CAMPING

COURSE SUMMARY:

If you enjoy being outside, keeping healthy and enjoy a challenge, then this course is for you! Over 7 weeks (3 hr sessions) you will learn how to use a map and compass to follow a walking route, experience putting up a tent, eat food that you have heated over a camping stove and practice packing your bag ready for a long distance walk.

WHAT WILL YOU DO ON THIS COURSE?

This course will be taught entirely outside. Each week we will focus on a different skill connected to walking and camping. By the end of the course you should feel confident to follow a local long-distance path. We will discuss the safety aspects of walking and camping as well as participate in the practical experience. Some of the activities you will be encouraged to participate in, include:

- ✓ **Using a map** to find a walking route
- ✓ **Safely putting** together a camping stove to boil water
- ✓ **Making informed** decisions about the types of food that should be taken on a walk
- ✓ **Using a compass** to find North and help guide you on a walk
- ✓ **Putting up a** tent and discovering what the important features of a hike tent are
- ✓ **Examining kit** options to find the best for you
- ✓ **Interpreting a** weather forecast to useful information to be used on a walk/camp
- ✓ **Taking part in** a long-distance walk to demonstrate the skills you have gained

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to meet at Needham Lake (there are regular trains to Needham Market)
- Comfortable walking shoes/boots, a waterproof & small ruck sack



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

- Certificate in Skills for Sport and Active Learners
- For those under 24, the Duke of Edinburgh Award Scheme would be an alternative progression route



 **Suffolk**
County Council

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