



The activity gives participants a better understanding of what to bring on a day trip or course, as well as a better general understanding of the principles of preparing ahead in regards to safety, nature experience and leaving no trace.



Learning experience



Topic



20-30 min

Guiding, planning and preparing ahead



Participants

- Know how to prepare ahead and pack material in relation to safety, nature experience and minimal impact
- Know about material to bring to appreciate and experience nature in a deeper way



Suitable for
outdoor sport instructors
(and course participants)



Practical sessions
(Theoretical lessons)



Outdoor F2F
(Indoor F2F)
Digital



Materials needed

Possibly some extra material like a fully equipped first aid kit and materials for nature awareness like binoculars, maps, magnifying glasses, hot water, apps/books/cards for animals and plants identification etc.



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Activity instruction

At the beginning of a day or the day before the real course/trip starts, build groups of 3-5 people and ask them to unpack their material. Together they should prepare and showcase one backpack with material for a safe and responsible tour with a deep nature experience.

After 5-10 minutes preparation time, bring the groups together and ask them to showcase their packs. Discuss the answers to the following questions with the whole group and collect ideas how to improve the packing list:

- A. Does the content of your package properly prepare you for this trip?
- B. Does the content ensure your safety?
- C. Does the content ensure that you leave no trace?
- D. Does the content ensure that you will meet the objective of your trip?
- E. Does the content ensure that you are able to protect, experience and value nature?

Reflection and discussion

To help facilitate the discussion you can ask additional questions like what do you do if... somebody breaks his leg, spots a bird in the sky, needs to go to the toilet etc.

Tip: If you want to have different "solutions", you can give each group a special goal for their trip - for example, wildlife watching, climate change in the mountains or cultural experiences.

After you have collected ideas from the group, you can show some material that you think is valuable and write down the ideal packing list together. The exercise will give participants a better understanding of what to bring on a trip or course, as well as a better general understanding of the principles of preparing ahead.



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Potential Variations

See “You make your own good luck” for further variations.



Background knowledge

Background story: One day we had the chance to get out to a Canyon near the Ardèche with Olivier, a nature guide and a group of Canyoning students. It seemed like a normal Canyoning experience but every time somebody discovered a special plant or animal Oliver seemed to have the perfect gear in his bag. Is this thyme? – yeah, anybody want some tea? I got a bottle of hot water.... A map at a viewpoint, some binoculars when spotting birds or a magnifying glass to analyse little animals in a pond. It made the whole day more interesting and we were able to appreciate the natural wonder of the canyon in the best possible way.



Key words

#planning ahead
#nature experience



Source

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