

**ROYAL GEOGRAPHICAL SOCIETY**  
**WITH THE INSTITUTE OF BRITISH GEOGRAPHERS**

*in association with*

**THE YOUNG EXPLORERS' TRUST**

**EXPEDITION & FIELD**

**LEADER'S**

**LOGBOOK**

Photograph  
of holder

<b>Name:</b>	
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<b>Date of Issue</b>	
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**Additional pages** for this logbook may be ordered from the Expedition Advisory Centre, or downloaded from the EAC website: [www.rgs.org/eac](http://www.rgs.org/eac)

**The Logbook Scheme address is:**

Expedition Advisory Centre  
Royal Geographical Society  
1 Kensington Gore  
LONDON SW7 2AR

Tel: 0207 591 3030  
Fax: 0207 591 3031  
e-mail: [eac@rgs.org](mailto:eac@rgs.org)  
website: [www.rgs.org/eac](http://www.rgs.org/eac)

## FOREWORD

Exploration is at the heart of all adventure. Even though this planet of ours has been completely mapped from the air or by satellite, the highest peaks and poles long attained, there are still many places which have never seen the presence of man. Exploration however can be understood in a much wider way. We can all explore our own potential, stretching ourselves a little bit further than we thought ourselves possible as we go into places or experiences that are unfamiliar to us. Life should be, and certainly is for anyone undertaking an expedition, a constant process of exploration. It can be demanding, it should be a lot of fun, and it will help you develop your own potential and also develop that of the groups you lead. As expedition leader you have a fulfilling and exciting responsibility, both to ensure the safety of your group and also to enable each individual within the group to explore his or her own potential to the full.

This logbook will help you plan and experience the skills which you need to lead these safe and successful expeditions.

Sir Christian Bonington

## INTRODUCTION

### The purposes of this Logbook are:

- to provide a framework for leaders wishing to develop their expedition leadership skills through training and further relevant experience
- to record this training and experience
- to act as a reference for leaders and organisations wishing to assess the training and experience of the holder.

**The contents of this Logbook do not in themselves imply competence. It is entirely the responsibility of Expedition organisers and/or employers to satisfy themselves of an individual's suitability for a position.**

The Royal Geographical Society (with IBG) and the Young Explorers' Trust believe that in developing their qualifications, expedition leaders require varied kinds of experience in the field as well as formal training in technical and people (soft) skills. This logbook gives suggestions as to how these may be obtained and recorded.

This logbook is intended to complement existing logbooks that expeditions might also use (e.g. Mountain Leader Logbook) and users may feel it appropriate to combine these by photocopying relevant pages into one binder.

Some organisations may wish to add their own pages to this log, and extra pages should be added to provide more detail of the participant's experience, observations and comments on any aspects of the process.

The example shown in the TRAINING AND EXPERIENCE LADDER is only an indication of the type of programme that might be developed for a new leader.

The records of expeditions include space for a brief reference by the Expedition Leader as well as contact address and telephone numbers. It is envisaged that expedition leaders and organisers will contact the leaders of previous expeditions as a matter of course.

## PERSONAL DETAILS

Surname	
First Names	
Date of Birth	

Address	
Telephones	
Fax	
Mobile	
Email	
Website	

Nationality	
Place of Birth	
Passport No.	
Date & Place of Issue	
Sex M/F	
Marital Status	
Children with dates of birth	

## MEDICAL RECORDS

No Medical Records pages are included in the Standard Logbook Pack, as such records would contain a lot of personal information, and might soon be out of date. However a suggested medical *proforma* is available from the Logbook Scheme at the EAC.

## SCREENING AND CONVICTIONS

In order to safeguard expedition leaders, members and organisers, leaders will probably be asked to sign a declaration about offences concerning young people, where this is relevant to a particular expedition. For various reasons no form is included in the Standard Logbook Pack, but a suggested *proforma* is available from the Logbook Scheme at the EAC.

N.B. Details of known offences are now held by The CRIMINAL RECORDS BUREAU. Individuals may request a BASIC DISCLOSURE of the information about them held by the Bureau, and this could be produced if required. For volunteers working with young people this will be free of charge. Application to the CRB is by telephone only.

The Criminal Records Bureau: Telephone: 0870 90 90 811 Website: [www.crb.gov.uk](http://www.crb.gov.uk)

**RECORDS OF PERSONAL  
EXPERIENCE AND TRAINING**

**N.B. Extra copies of all these pages are available from the Expedition Advisory Centre or can be downloaded from its website:[www.rgs.org/eac](http://www.rgs.org/eac)**









## DETAILED RECORD OF AN EXPEDITION

Expedition Number	<i>[As on the Summary Sheet]</i>
Dates	
Organiser	
Location	
Purposes	
Your role and responsibilities	
Size of party	
Size of sub-groups	
General age of expedition members	
Expedition conditions (e.g. hot desert, mountains etc. Give relevant altitudes, depths, distances etc.)	
Summary of expedition travels and activities. <i>(add detail on other sheets if preferred)</i>	
Lessons for the future	

**Brief reference by expedition leader**

*Eg. Planning, preparation, relationship with group, communication skills, management and supervision skills.*

**If this is not possible then the Name, address and contact numbers of the Leader might suffice.**

**Leader's Name**

(please print)

Signature

Date

Leader's  
Telephone  
Numbers

Leader's Address

N.B. Extra copies of all these pages are available from the Expedition Advisory Centre or can be downloaded from its website: [www.rgs.org/eac](http://www.rgs.org/eac)

## GENERAL OUTDOOR EXPERIENCE

Record here any relevant personal experience in walking, wild camping, canoeing etc. in the last five years or so. **If you already use a Mountain Leader or similar log then just include photocopies of relevant pages.**

*Example:*

October 1999. Lake District. Walking weekend with wife and two friends. Strong winds and some rain with moderate visibility. Camped at Side Farm, Patterdale. Saturday: Grisedale-Grisedale Tarn-Wythburn-Greenup Edge-Borrowdale. Camped Stonethwaite. Sunday: Watendlath-High Seat-Castlerigg-Keswick.



N.B. Extra copies of all these pages are available from the Expedition Advisory Centre or can be downloaded from its website: [www.rgs.org/eac](http://www.rgs.org/eac)

## COURSES AND CONFERENCES ATTENDED

Record here details of any relevant courses and conferences attended and other learning activities, which did not result in formal qualifications.

**This should include any selection courses for expedition leaders.**

Dates	Activity Title - with Brief Description of Content	Organiser	Use made of what you learned


N.B. Extra copies of all these pages are available from the Expedition Advisory Centre or can be downloaded from its website: [www.rgs.org/eac](http://www.rgs.org/eac)

## **OTHER SKILLS OR EXPERTISE AND EXPERIENCE**

Note here any other interests and experience of relevance to expedition organisers, but not formal qualifications, expedition experience or other items recorded elsewhere.

For example living in a foreign country, language skills, ornithology or other relevant hobbies, social work experience, IT expertise, survival skills and experience, personal development skills and so forth. Add extra pages if necessary.

N.B. Extra copies of all these pages are available from the Expedition Advisory Centre or can be downloaded from its website: [www.rgs.org/eac](http://www.rgs.org/eac)

## **REFERENCE SECTION**

**N.B. Extra copies of all these pages are available from the Expedition Advisory Centre or can be downloaded from its website:[www.rgs.org/eac](http://www.rgs.org/eac)**

**A SUGGESTED EXPEDITION  
EXPERIENCE AND TRAINING LADDER**

Below is an example of an experience progression which could enable expedition members to gather appropriate experience for becoming a leader. Also indicated are some of the training courses which a leader might attend.

**PLEASE NOTE: This chart is intended only as a guide to the sort of appropriate experience and training which might be planned. For example a Winter Mountain Leader Award would be inappropriate for leaders of desert expeditions, whereas further technical qualifications (e.g. of the RYA) should be added in some cases.** Many people have had a lot of fun criticising this table: it is meant to provoke thoughts about the sort of programme which might be adopted.

EXPERIENCE	TRAINING
Leader of large overseas expeditions	Winter Mountain Leader Award
Leader of small overseas expeditions	Advanced (Expedition) First Aid Course
Leader UK expedition	RGS/IBG Expedition Planning Course
Deputy Leader overseas expedition	YET Expedition Planning Course
Assistant Leader overseas expedition	People skills ("soft skills") courses; NVQ Level 3
Assistant Leader UK expedition	Mountain Leader Award
Member of another overseas expedition (in a different area)	Technical Qualifications Eg. Certificates of the BCU, RYA etc.
Member of an overseas expedition	OCR Certificate in Offsite Safety Management
Expeditions in UK with school or youth expedition group	Basic First Aid Course NVQ Level 2
Bitten by bug; early outdoor experience with family or friends, school expedition etc.	Basic Expedition Leader Award Walking Group Leader Award NVQ Level 1 Gold D of E or similar

## COURSES & QUALIFICATIONS

**Amongst the skills and qualifications which a leader might consider are the following. Details from the addresses given later, or from the EAC.**

Adventure Education Training Award  
Basic Expedition Leader Award  
Driving - HGV  
Driving - Off-road driving skills  
Duke of Edinburgh's Award - Gold Award  
Duke of Edinburgh's Award - Wild Country Assessor Accreditation  
First Aid qualifications - Wilderness Medical Training  
First Aid qualifications - Basic Course  
Mountain Leader Award and Winter Mountain Leader Award  
NVQ Level 2: Activity Leadership  
NVQ Level 3: Outdoor Education, Development Training and Recreation  
Off-site Safety Management Certificate (OCR)  
Queen's Guide Award  
Scout Association Explorer Belt  
Single Pitch (Rock Climbing) Award  
Small boat handling certificate (RYA)  
Specialist qualifications in caving, canoeing, climbing, sub-aqua etc.  
Walking Group Leader Award

N.B. Each year the EAC runs a variety of relevant courses - ask for details or visit the website.

**EXPERIENCE OF EXPEDITION WORK IS VITAL AND MANY GROUPS OFFER OPPORTUNITIES. The best source of details and addresses is the EAC publication "JOINING AN EXPEDITION" which is updated annually.**

**The Sport Councils** can supply further contact details for the National Governing Bodies (NGBs) of a particular sport on national training schemes.

**SportScotland**

Caledonia House, South Gyle, Edinburgh, EH12 9DQ Tel: 0131 317 7200 Fax: 0131 317 7202  
website: [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

**Sport England**

16 Upper Woburn Place, London WC1H 0QP Tel: 020 7273 1500  
Email: [info@sportengland.org](mailto:info@sportengland.org) Website: [www.sportengland.org](http://www.sportengland.org)

**Sports Council for Northern Ireland**

House of Sport, Upper Malone Rd, Belfast BT9 5LA Tel: 028 9038 1222  
Email: [info@sportscouncil-ni.org.uk](mailto:info@sportscouncil-ni.org.uk) Website: [www.sportni.org](http://www.sportni.org)

**Sports Council for Wales**

Sophia Gardens, Cardiff, CF1 9SW. Tel: 029 2030 0500 Fax: 0292030 0600  
Email: [scw@scw.co.uk](mailto:scw@scw.co.uk) Website: [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)

**The National Governing Bodies (NGB's)** of the various sports will be able to advise on appropriate courses in their own fields.

**British Association of Ski Instructors (BASI)**

Glenmore, Aviemore, Invernesshire, PH22 1QU Tel: 01479861717 Fax: 01479861718  
Email: [basi@basi.org.uk](mailto:basi@basi.org.uk) Website: [www.basi.org.uk](http://www.basi.org.uk)

**British Canoe Union (BCU)**

Adbolton Lane, West Bridgeford, Nottingham, NG2 5AS, Tel: 0115982 1100 Fax:  
01159821797  
Email: [info@bcu.org.uk](mailto:info@bcu.org.uk) Website: [www.bcu.org.uk](http://www.bcu.org.uk)

**British Mountaineering Council (BMC)**

177-179 Burton Road, Didsbury Manchester, M20 2BB Tel: 0161 445 4747 Fax: 0161 445  
4500  
Email: [office@thebmc.co.uk](mailto:office@thebmc.co.uk) , Website: [www.thebmc.co.uk](http://www.thebmc.co.uk)

**British Orienteering Federation (BOF)**

'Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire, DE4 2HX  
Tel: 01629 734042 Fax: 01629733769, Email: [bof@bof.cix.co.uk](mailto:bof@bof.cix.co.uk), Website: [www.cix.co.uk](http://www.cix.co.uk)

**British Sub Aqua Club (BSAC)**

Telfords Quay, Ellesmere Port, South Wirral, Cheshire, L65 4FY  
Tel: 0151 3571951 Fax: 0151 3506215, Email: [postmaster@bsac.com](mailto:postmaster@bsac.com), Website:  
[www.bsac.com](http://www.bsac.com)

**National Caving Association**

118 Whitmore road, Harrow HA1 4AQ Tel: 020 8422 9668  
Email: [nca@nca.org.uk](mailto:nca@nca.org.uk) Website: [www.nca.org.uk](http://www.nca.org.uk)

**Royal Yachting Association (RYA)**

RYA House, Romsey Road, Eastleigh, , Hampshire, SO50 9YA Tel: 0170 3627400 Fax:  
01703 629924  
Email: [help@rospa.co.uk](mailto:help@rospa.co.uk) Website: [www.rospa.co.uk](http://www.rospa.co.uk)

**Scottish Canoe Association**

Caledonia House, South Gyle, Edinburgh, EH12 9DQ Tel: 0131 317 7314 Fax: 0131 317  
7319  
Email: [enquiry@scot-canoe.org](mailto:enquiry@scot-canoe.org) Website: [www.scot-canoe.org](http://www.scot-canoe.org)

**Scottish Orienteering Association**

10 Neuk Crescent, Houston, Renfrewshire, PA6 7DW Tel:01505 613094

**Snowsports Scotland**

Hillend, Biggar Road, Edinburgh EH10 7EF Tel: 0131 445 4151

Email: [admin@sasc.demon.co.uk](mailto:admin@sasc.demon.co.uk)

**National Training Centres also offer relevant courses.**

**Plas y Brenin National Mountain Centre**

Capel Curig, Conwy LL24 OET Tel: 01690 720214 Fax: Tel: 01690 720248

Email: [info@pyb.co.uk](mailto:info@pyb.co.uk), website: [www.pyb.co.uk](http://www.pyb.co.uk)

**Glenmore Lodge National Mountain Centre**

Aviemore, Inverness-shire, PH22 1QU Telephone 01479 861256 Fax: 01479 861212

Website: [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

**Holme Pierre Pont National Watersports Centre**

Adbolton Lane, Holme Pierre Pont, Nottingham NG12 2LU Tel: 0115 9821212

Website: [www.nationalsportscentres.co.uk](http://www.nationalsportscentres.co.uk)

**Cumbrae, National Watersports Centre**

Isle of Cumbrae, Ayrshire. KA28 0HQ Tel.01475 530757 Fax 01475 530013

Website: [www.natioanlcentrecumbrae.org.uk](http://www.natioanlcentrecumbrae.org.uk)

**Plas Menai National Watersports Centre**

Llanfairgaer, Caernarfon LL55 1 UE Tel: 01248 670964

Email: [plasmenal@scw.co.uk](mailto:plasmenal@scw.co.uk)

**YMCA National Centre**

Lakeside, Ulverston, Cumbria LA12 8BD Tel: 01539 531758 Fax: 01539 530015

Email: [info@ymca.org.uk](mailto:info@ymca.org.uk) Website: [www.ymca.org.uk](http://www.ymca.org.uk)

**Various courses on Expedition Medicine are held throughout the country, and a list is available from the EAC (and on its website).**

**Many Colleges now offer courses relevant to People Skills. Some are now offering more general courses in outdoor management.**

**The website [www.reviewing.co.uk](http://www.reviewing.co.uk) is highly recommended as a source of information on all these matters.**

## USEFUL ADDRESSES

**NOTE: This list is just a selection of useful addresses.**

**Check the EAC website for updated addresses, web sites etc.**

**[Help with correcting and updating this list will be greatly appreciated.]**

***For a list of addresses of organisations which run expeditions, consult 'JOINING AN EXPEDITION' [published by The Expedition Advisory Centre] which contains details of what the various organisations offer.***

### **Adventure Education Training Award**

12 St Andrews Churchyard, Penrith, Cumbria CA11 7YE Tel: 01768 892860

Email: [pete@ad-ed-train.demon.co.uk](mailto:pete@ad-ed-train.demon.co.uk) Website: [www.ad-ed-train.demon.co.uk](http://www.ad-ed-train.demon.co.uk)

### **Association of Heads of Outdoor Education Centres (AHOEC)**

Pendarren House OEC, Llagenny, Crickhowell, Powys NP8 1HE Tel: 01892 665 665 Fax: 01873 810 694

### **British Activity Holiday Association**

Orchard Cottage, 22 Green Lane, Hershham, Walton on Thames, Surrey. KT12 5HD

Tel/Fax: 01932 252 994, Website: [www.baha.org.uk](http://www.baha.org.uk)

### **British Association of Ski Instructors (BASi)**

Glenmore, Aviemore, Invernesshire, PH22 1QU Tel: 01479861717 Fax: 01479861718

Email: [basi@basi.org.uk](mailto:basi@basi.org.uk) Website: [www.basi.org.uk](http://www.basi.org.uk)

### **British Canoe Union (BCU)**

Adbolton Lane, West Bridgford, Nottingham, NG2 5AS, Tel: 0115982 1100 Fax: 01159821797

Email: [info@bcu.org.uk](mailto:info@bcu.org.uk) Website: [www.bcu.org.uk](http://www.bcu.org.uk)

### **Basic Expedition Leader Award**

British Sports Trust, Clyde House, Boundary Place, 10 Millburn Avenue, Oldbrook, Milton Keynes. MK6 2WA Tel: 01908 689 180 Fax: 01908 393 744, Website:

[www.britishsportstrust.org.uk](http://www.britishsportstrust.org.uk)

### **British Mountain Guides**

Siabod Cottage, Capel Curig, Gwynedd, LL24 OET Tel: 01690 720386

Email: [bmj@mltb.org](mailto:bmj@mltb.org) Website: [www.bmg.org.uk](http://www.bmg.org.uk)

### **British Mountaineering Council (BMC)**

177-179 Burton Road, Didsbury Manchester, M20 2BB Tel: 0161 445 4747 Fax: 0161 445 4500

Email: [office@thebmc.co.uk](mailto:office@thebmc.co.uk) , Website: [www.thebmc.co.uk](http://www.thebmc.co.uk)

### **British Orienteering Federation (BOF)**

'Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire, DE4 2HX

Tel: 01629 734042 Fax: 01629733769, Email: [bof@bof.cix.co.uk](mailto:bof@bof.cix.co.uk), Website: [www.cix.co.uk](http://www.cix.co.uk)

### **British Sub Aqua Club (BSAC)**

Telfords Quay, Ellesmere Port, South Wirral, Cheshire, L65 4FY

Tel: 0151 3571951 Fax: 0151 3506215, Email: [postmaster@bsac.com](mailto:postmaster@bsac.com), Website:

[www.bsac.com](http://www.bsac.com)

### **Central Bureau for Educational Visits and Exchanges**

c/o British Council 10 Spring Gardens, London SW1A 2BN. Tel: 020 7389 4004

Email: [centralbureau@britishcouncil.org](mailto:centralbureau@britishcouncil.org) Website: [www.britishcouncil.org](http://www.britishcouncil.org)

### **Central Council of Physical Recreation and The British Sports Trust**

Francis House, Francis Street, London SW1 P 1 DE.

Tel: 020 7854 8500, Fax: 020 7854 8501, Email: [info@ccpr.org.uk](mailto:info@ccpr.org.uk)

Website:

[www.ccpr.org.uk](http://www.ccpr.org.uk)

**Child Accident Prevention Trust**

4<sup>th</sup> Floor 18-20 Farringdon Lane, London EC1 R 3HA. Tel: 020 76083828 Fax: 020 7 608 3674

Email: [safe@capt.org.uk](mailto:safe@capt.org.uk) Website: [www.capt.org.uk](http://www.capt.org.uk)

**Cumbrae, National Watersports Centre**

Isle of Cumbrae, Ayrshire. KA28 0HQ Tel.01475 530757 Fax 01475 530013

Website: [www.nationlcentrecumbrae.org.uk](http://www.nationlcentrecumbrae.org.uk)

**DARE (Derbyshire Association of Residential Education)**

Wildtrack, Bank Mill Lane, Berkhamstead, HP4 2NT. Website: [www.daregroup.org](http://www.daregroup.org)

**Development Training Advisory Group (DTAG)**

2 Fern Grove, Welwyn Garden City, Hertfordshire AL8 7ND Tel: 01707 320694

**Disability Sport England**

Solecast House, 13-27 Brunswick Place London N1 6DX Tel: 020 7490 4919 Fax: 020 7490 4914

Website: [www.euroyellowpages.com/dse/dispengl.html](http://www.euroyellowpages.com/dse/dispengl.html)

**Duke of Edinburgh's Award**

Gulliver House, Madeira Walk, Windsor SL4 1EU Tel: 01753810753 Fax: 01753810666

Email: [info@theaward.org](mailto:info@theaward.org) Website: [www.theaward.org](http://www.theaward.org)

**English Council for Outdoor Education, Training and Recreation**

145 Gwydir Street, Cambridge CB1 2LJ Tel: 01223356615

**Expedition Advisory Centre**

The Royal Geographical Society (with The Institute of British Geographers)

1 Kensington Gore, LONDON SW7 2AR.

Tel: 0207 591 3030 Fax: 0207 591 3031, Email: [eac@rgs.org](mailto:eac@rgs.org) Website: [www.rgs.org/eac](http://www.rgs.org/eac)

**Field Studies Council**

Central Services, Preston Montford, Shrewsbury, SY14 1HW Tel. 01743 852100

Website: [www.field-studies.council.org](http://www.field-studies.council.org)

**Foundation for Outdoor Adventure,**

33 King Street, Covent Garden, London WC2E 8JD Tel: 020 7497 0414

Website: [www.adventure-ed.co.uk](http://www.adventure-ed.co.uk)

**Glenmore Lodge National Mountain Centre**

Aviemore, Inverness-shire, PH22 1QU Telephone 01479 861256 Fax: 01479 861212

Website: [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

**Guide Association**

17-19 Buckingham Palace Road, SW1W 0PT Tel: 020 7828 8317

Email: [chg@guides.org.uk](mailto:chg@guides.org.uk) Website: [www.guides.org.uk](http://www.guides.org.uk)

**Holme Pierre Pont National Watersports Centre**

Adbolton Lane, Holme Pierre Pont, Nottingham NG12 2LU Tel: 0115 9821212

Website: [www.nationalsportscentres.co.uk](http://www.nationalsportscentres.co.uk)

**Institute for Outdoor Learning**

12 St Andrews Churchyard, Penrith, Cumbria CA11 7YE Tel: 01768 891065 Fax: 01768 891 914

Email: [institute@adventure-ed.co.uk](mailto:institute@adventure-ed.co.uk) Website: [www.outdoor-learning.org](http://www.outdoor-learning.org)

**Medical Advisory Service for Travellers Abroad (MASTA)**

London School of Hygiene & Tropical Medicine, Keppel Street, London WC1E 7HT. 020 7636

8636 [Travellers Health Line: 0891 224100], Website: [www.masta.org](http://www.masta.org)

**Mountaineering Council of Ireland**

House of Sport, Longmile Road, Dublin 12, Eire. Tel: 00 3531 450 7376 Fax 003531 450

2805

Email: [mci@eircom.net](mailto:mci@eircom.net) Website: [www.mountaineering.ie](http://www.mountaineering.ie)

#### **Mountaineering Council of Scotland**

The Old Granery, West Mill Street, Perth, PH1 5QP. Tel:01738 638227 Fax: 01738 442095  
Email: [info@themcofs.org.uk](mailto:info@themcofs.org.uk) Website: [www.mountaineering-scotland.org.uk](http://www.mountaineering-scotland.org.uk)

#### **Mountain Leader Training Board (MLTB)**

Siabod Cottage, Capel Curig, Gwynedd Wales LL24 0ET Tel: 01690 720 314  
Email [info@mltb.org](mailto:info@mltb.org) Website: [www.mltb.org](http://www.mltb.org)

#### **National Association of Field Studies Officers (NAFSO)**

Stibbington Centre for Environmental Education Great North Road, Stibbington, Peterborough  
PE8 6LP

Tel: 01780 782386, Website: [www.nasfo.org](http://www.nasfo.org)

#### **National Caving Association**

118 Whitmore road, Harrow HA1 4AQ Tel: 020 8422 9668

Email: [nca@nca.org.uk](mailto:nca@nca.org.uk) Website: [www.nca.org.uk](http://www.nca.org.uk)

#### **National Council for Voluntary Youth Services**

2 Plough Yard, Shoreditch, London EC2A 3LP Tel: 020 7422 8630 Fax: 020 7422 8631

#### **National Orienteering Centre**

Glenmore, Aviemore, Inverness-shire, PH22 1QU Tel & Fax 01479 861713

Website: [www.nationalOcentre@aol.com](http://www.nationalOcentre@aol.com)

#### **National Youth Agency**

17-23 Albion Street, Leicester LE1 6GD

Tel: 01162 853700 Fax: 01162 853777 minicom: 0116 285 3788

Email: [nya@nya.org.uk](mailto:nya@nya.org.uk) Website: [www.nya.org.uk](http://www.nya.org.uk)

#### **Nomad Travel Store and Medical Centre**

3-4 Wellington Terrace, Turnpike Lane, London. N8 0PX Telephone 020 8 889 7014

Email: [sales@nomadtravel.co.uk](mailto:sales@nomadtravel.co.uk) Website: [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk)

#### **Northern Ireland Mountain Training Board**

Tollymore Mountain Training Centre, Bryansford, Newcastle, Co.Down, BT33 0PT.

Tel. 0284 372 2158, e-mail: [admin@tollymoremc.com](mailto:admin@tollymoremc.com) Website:

[www.tollymoremc.com/mountaineering.ie/mci/nimtb.htm](http://www.tollymoremc.com/mountaineering.ie/mci/nimtb.htm)

#### **Outdoor Education Advisers Panel**

OUTSET, Education Centre, Queens Road, London E17 8QS Tel: 020 8521 3311

#### **Outdoor Learning Scotland**

PO Box 9311, Edinburgh EH11 1XB

Email: [admin@outdoor-learning-scot.org.uk](mailto:admin@outdoor-learning-scot.org.uk)

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#### **Red Cross Society**

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**Royal Association for Disability & Rehabilitation (RADAR)**  
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**Royal Society for the Prevention of Accidents**  
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**Royal Yachting Association (RYA)**  
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**St. John Ambulance Association**

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**Wales Mountain Leader Training Board** (Bwrdd Hyfforddi Arweinwyr Mynydd Cymru)

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**Wales Tourist Board**

2 Fitzalan Road, Cardiff, CF2 1 0UV. Tel: 029 2049 9909

Website: [www.tourism.wales.gov.uk](http://www.tourism.wales.gov.uk)

**Welsh Council for Outdoor Education, Training and Recreation**

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**World Challenge Expeditions Ltd**

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**Young Explorers' Trust**

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**Youth Exchange Centre**

c/o British Council 10 Spring Gardens London SW1A 2BN Tel: 020 7389 4030

**Youth Hostel Association**

Trevelyan House, 8 St Stephen's Hill, St Albans, Hertfordshire, AL 1 2DY.

Tel: 01727 870 8808 Fax: 01727 844126

Email: [customerservices@yha.org.uk](mailto:customerservices@yha.org.uk) Website: [www.yha.org.uk](http://www.yha.org.uk)

**Youth Scotland**

Central Hall, West Tollcross, Edinburgh EH3 9BP. Tel & Fax 0131 229 0339

## FURTHER READING

There is a vast literature available covering adventure education and expedition safety and a good starting point is *Catalogue of Books and Resources of THE INSTITUTE FOR OUTDOOR LEARNING* (12, St Andrews Churchyard, Penrith, Cumbria CA11 7YE, telephone: 01768 891065, website: [www.adventure-ed.co.uk](http://www.adventure-ed.co.uk)). They have an excellent bookshop in Penrith and can supply a detailed mail order catalogue.

For technical advice on outdoor activities and sports, it is best to consult national governing bodies for each activity.

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