

Rucksack Rally



Objective

Identify key pieces of expedition kit and arrange them in a rucksack.



Equipment

- Enrich School Orienteering Maps
- Rucksack Rally Activity Sheet
- Bags (for copies of expedition kit labels – see Activity Sheet).
- Blue Tac
- An expedition rucksack and assorted equipment (for a follow up activity)



Preparation

- Print off a copy of the Activity Sheet for each group. These can be laminated so that they can be used several times.
- Cut up the expedition equipment labels. Put a set of each label (ie the same label) into a bag. There are 12 different expedition kit labels.
- Prior to the start of the activity, you will need to visit the control points you are planning to use and place a bag containing copies of one of the expedition kit labels at each one. You will need one copy of each item for each team.
- Split the students into small groups (or expedition teams) and provide each of the groups with an Enrich School Orienteering Map and the blank rucksack Activity Sheet.
- Provide the group with an explanation of the map's main features e.g. which control points are included, start / finish point, out-of-bounds, open land, playground etc.



Instructions

- Groups must start and finish the activity in the same location. Give each group a different control point to visit first.
- Groups must navigate around the school site, using their maps to locate each of the identified control points and collecting one item of expedition equipment from each one.
- The group must stay together as they visit each control point.
- Once the group have visited each of the control points and collected one expedition equipment label at each one, they must return to the start location.
- Give each team some 'blue tac'. They must work together to arrange their expedition equipment labels on the blank rucksack activity sheet, as if they were packing a real expedition rucksack (using 'blue tac' to fix them to their activity sheet).



Other information

- Some items (a full-size towel, jeans, Fluffy Bunny) are 'red herrings' and can aid discussion about luxury or unsuitable items.
- Feedback can be given to each team on how they packed their rucksack and can open up a discussion on efficient packing, e.g. how to best balance the weight in the rucksack or how best to share out the tent.
- As a follow up activity, a physical rucksack with the assorted equipment can be packed by each team.

