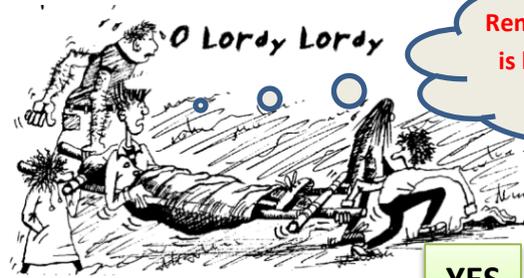




Crisis and Problem Solving on Your Expedition

Remember this:- an expedition is supposed to challenge you. It will be normal to feel outside your comfort zone. Try to solve problems calmly, they're never as bad as they seem. Don't reach for a mobile phone straight away, they should be sealed up inside your rucksack and used only as a last resort. Never Never Never call home with a problem, you will just worry everyone – use your contact number if you really need to and leave a message. If necessary, staff will contact home.



Remember, the only thing that is likely to really harm you is getting run over!

Great, sort it, carry on, then use your contact number to let us know. 

