

Your limited edition badge booster from the Royal Navy

# Be prepared

**Fantastic! Well done on completing Stage 6  
Explore skills builder!**

But what now...? Time to take it further. You've explored and discovered new survival skills that could help you on your next adventure. Do you think you could perfectly plan the adventure of a lifetime?



## Note to leader

This is an extra activity sheet for your girls to complete at home. We hope this will inspire great adventures in the future.

## Your challenge

Being practical on an adventure can be really hard. The most important thing is to always bring anything that will make your adventure safe and keep you healthy, especially if you're at sea.

Doing this is such a vital and challenging task that the Royal Navy have important people called Logistic Officers, whose jobs are to make sure the ship has all the equipment and supplies it needs for everyone on board. They'd be the perfect adventure buddy!

You've got a space on a ship that's going on the best adventure of the year — it goes to the most amazing islands for five days with 99 other people. It's time to get planning.

## What to do

- 1 Use the three challenges on the next page to jot down your plans for the adventure. Don't forget, along with your practical adventure items, you also might want to take some personal items.
- 2 Uh oh, there's a downside. There isn't a lot of space and everyone has to pitch in on the adventure. Make sure you think about how to make this adventure fun and safe for everyone! Think about how you're going to keep yourself entertained on the ship when sailing. Write these down on your packing list as well.

Think about everything you want to take with you on your adventure. The ship has all of the kitchen equipment you need, but nothing else.



Complete these three challenges and get prepared for your five-day sailing adventure!

### 1. Packing list

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### 2. The kitchen

You've been given a job working in the kitchen — the Royal Navy calls this a galley. Would you be able to feed all 100 people dinner on your adventure?

Your kitchen isn't massive but it has all the equipment you need. What do you want to cook? Don't forget it needs to be a balanced healthy meal with carbohydrates for your adventure. Use the space below to plan your meals for five days on the ship.

Day 1 .....

Day 2 .....

Day 3 .....

Day 4 .....

Day 5 .....

### 3. Your bedroom

Where are you going to store all your clothes and personal items?

This is your bedroom and there isn't much room — the Royal Navy call this a mess deck. The only space you've got is a single locker. It's 100cm tall, 40cm wide and 50cm deep.

Mark out the size of your locker on your floor. Can you fit everything on your packing list in your locker without damaging any items? Think about what's essential.

