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| Location  | Weather Conditions | Tutors | Time (hours) |
| Near Talsarnau in the Rhinogydd Mountain Range | Wind: (NW) 11 mphVisibility: Poor further into routeTemperature: Highs of 16$°$C and Lows of 5$°$CConditions: Overcast / Rain  | Susan Porter, Hamish Wilson | All day Date: 07/03/2017 |

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| **What I noticed or learned about:** |  |
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| My **self** | This was our first day of the expedition our location was not known to us until we arrived, I was organised and ready. I had already prepared my rucksack were emergency and extra layers were more reahable than my sleeping bag, it felt nice and weightless. I knew from previous exercises with the army and prevvius expeditions I could be in a lot wrser siutations, the weather seemed clear to begin with and the group were all for the expedition with high morale.this day included high amounts of map reading and micronaviationg to reach the campsite, where our micronavational skills were put to the test to begin with by the lectures, with little support I was able to reach the objectives. It had taught me how useful pacing actually is. By the time we had reached our first campsite, we had ur tents put up, water collected and everything we don’t need ready for night navaigation stoored away. By the time we started to night nav it was already pouring down, os heavily at times the bouncing of the rain on my hood affceted my hearing, I tried not to use my light due to improve on my sight of things, it displayed the challnege of navigation in poor conditions and rugged terrain, and improved focus more on the contour lines on the map than the features, looking for re-entrances and ring contours. By the time we had arrived back at the campsite everyone was ready to eat and sleep but for me it was a matter of looking around the campiste to check for the litter and damage, before eating and sleeping.  |
| **Others** in the Group | It was clear that some mebers of the group had needed the extra push, I believ the three days of continous walking with a heavy rucksack was rather daunting to them, therefore it was my objective to target what they were either intrinsically and extrinsically motivated towards. |
| The **environment** around me | I still argue that the same environment around me was aesthetically pleasing. It made me realise why so many people seek to go mountaineering. I was relaxed and finally for the first time in months I had escaped my society based problems and I was able to breathe.  |
| **How I felt about the challenges:** |  |
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| **Physica**l – e.g. comfort, fitness, skill acquisition,  | I am physically prepared and I feel ready for this expedition. My skill acquisition may need to be finessed but I believe that may occur throughout my expedition where I have no choice but to use difficult manouvers. Night navaigation proved useful to improve on my basic navigational skills. |
| **Mental** – understanding, problem solving,  | I was able to solve problems of navigation and I personally believe I have the ability to navigate effectively.  |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I was happy and in my element.  |