

## **4X4 OVERLAND**

### **DAY TO DAY ROUTINES & CONVOY DRIVING PROCEDURES**

*Please note that these are not strict timings, just a good rough guide to follow.*

#### **Morning Routine (6:00 - 8:00 AM)**

Wake with sunrise to make the most of daylight, especially if this is a day we are moving to another location.

Keep headtorch accessible for early rising.

Boil water for tea/coffee.

Don't start banging pots before 6:30.

Pack down tents or rooftops, dry off dew if possible.

#### **Breakfast**

Keep breakfast easy to prepare and pack away.

Tea/Coffee/Juice/Water.

Cereal/Toast/Fruit/Eggs/Bacon.

Wash up/Dry up/Put away.

Fill water bottles.

What's for lunch?

#### **Rough Travel Routine (8:00 AM - 4:00 PM)**

##### **Departing Camp**

Who is driving and Who is navigating?

Navigator is in the passenger seat, and also in charge of radio communications.

The Navigator in the Lead Vehicle has the most important job of every group member as they are communicating any hazards to the rest of the vehicles. See below.

Final walkaround of the camp to check for litter, kit, equipment.

Set GPS for destination, and double check.

Ensure dust extractor vent is open.

Make sure fridge/cooler is on, and tents are secure.

Turn on and plug in 2-way radio, and radio check. See below.

Ensure snack box and water within easy reach.

Everyone must have their seatbelts on.

Final check with everyone before moving out of camp.

Refuel as appropriate on route. Ideally not dropping below half a tank at any time.

#### **Lunch Routine (12:00-1:00 PM)**

Stop at a scenic or shaded spot. Using vehicle for shade if we have none.

Keep lunch cold. Lunch should last around 1 hour.

Boiled eggs/Cheese and crackers/Fruit/Sandwiches.

One team to provide a table for everyone to use.

#### **Toileting when on the road**

Occasionally we will pass somewhere with a toilet. But if desperate:

Wild wee/Wild poo routine!

Angus will select a safe, private, level area, ideally behind a bush or tree, and will check for wildlife, tracks, droppings, or snakes.

If the selected area cannot be too far from the vehicles, everyone else will turn their backs until the person has finished fertilising the local shrubbery!

Dig a Cat Hole/ Thunder box/ Bush loo/ Landmine, using a stick, or heel of your shoe.

Do your business, and cover over. Use degradable paper.

Cover in the hole.

Use hand sanitiser or water and soap.

### **Afternoon Routine (1:00-4:00 PM)**

On the road to destination

We want to stop for wildlife sightings and stunning landscapes to soak it all in, however we do need to keep an eye on timings to ensure arrival at our destination around 4:00pm.

Reduce driving fatigue by swapping drivers. One driver before lunch, one after lunch as an example.

Collect/purchase firewood before arriving at camp.

### **Arrival & Camp Setup (4:30-6:30 PM)**

Arrive with at least 1 hour of daylight to set up.

Angus will select a good location and formation for the vehicles. Ideally a large semicircle with tent ladders facing inward is nice. It is possible we have a look at a couple of camp site options, so please be patient if we all need to turn around and go back the way we came.

Some locations have set areas for each vehicle and communal area for a fire etc.

Security & Wildlife Check.

Look for any hazards.

Note location of showers and toilets.

Set up tents and night kit.

Prepare social fire for the evening.

Prepare gas cooker/pots/pans etc for cooking evening meal.

Take out table and use for meal preparation.

We can put all and tables and chairs together to make one long table.

Ensure food is kept inside vehicle or sealed boxes, especially in elephant and primate areas.

Zip tents fully at all times.

### **Evening Routine (6:30–9:00 PM)**

#### **Dinner Tips**

Designate a cook, cooks' helper, and washer up for each day.

Simple one-pot meals, and a salad is ideal, and easy for even novice cooks.

You can even hard boil a few eggs in the pot for tomorrows lunch.

Clean up as you go, and avoid leaving food scraps anywhere, other than designated bins.

Wash up with hot water, dispose of waste water away from camp.

#### **Campfire & Down Time**

Start fire before dark, and have spare wood nearby.

We will all sit around one fire. Two fires may be needed.

Discuss plan for tomorrow around the fire.

### **Night Routine (9:00 PM Onward)**

Try to go to the toilet before bed.

Prepare clothing/layers for possible cool evenings.

Prep for a morning cuppa tonight.

Lock vehicle, zip tents fully.

Everyone needs to know where the car key is.

Keep your headtorch in your sleeping bag for night access.

Wear shoes, not bare feet.

Do not go wandering around away from camp at night.

### **Radio Communication & Driving In Convoy**

Head Lights on at all times.

Spacing: 3-5 seconds minimum following gap. Increase gap if dust is heavy.

Keep 2-way radios on and volume up at all times.

The lead vehicle each day will be Vehicle 1, the next Vehicle 2, and so on.

Briefing and safety reminders before each journey.

### Lead Vehicle 'must' radio risks ahead:

- Change of terrain.
- Wildlife in the road.
- Approaching vehicles.
- Heavy dust ahead.
- Potholes/ Obstacles.
- Sharp bends.
- Blind crests.

*Occasionally the lead vehicle will make a wrong turn or miss a turning and need to turn around. If this happens, please be patient as all vehicles turn around safely.*

### Radio language

Keep it simple and clear.

Note: Radio clarity will be on a scale of 1 to 5.

- 1/5 Inaudible - Can't hear at all
- 2/5 Very poor - Breaking up badly
- 3/5 Fair - Understandable. Heavy interference
- 4/5 Good - Mostly clear. Light interference
- 5/5 Excellent - Crystal clear!

### Getting Attention Radio check example:

*I am the navigator in Vehicle 1 (the Lead Vehicle) and want to check if each vehicle can hear me well before we set off, starting with Vehicle 2.*

Vehicle 1: "Vehicle 1, to Vehicle 2, come in."

Vehicle 2: "Vehicle 2 Standing By"

Vehicle 1: "Radio check please."

Vehicle 2: "Copy 5/5"

Vehicle 1: "Copy that. Out"

When the Vehicle 1 Navigator says "out" that conversation is over, and he/she can then move on to the next vehicle radio check.

### Loss of Communication

If a vehicle does not respond to a radio call, it is most likely out of range or on the wrong channel.

*We will keep to Channel 1 at all times, unless notified, or want a private chat on another channel.*

*The Navigator should check from time to time if the radio is still on Channel 1.*

In the case of loss of communication, a message will be relayed vehicle-to-vehicle down the convoy until it reaches them, and a response is returned.

If no reply is received after several attempts, the entire convoy will safely stop and wait for the final vehicle to catch up.

### Movement/ Direction/ Warning Examples

"Turning left in 200 metres."

"Stopping in 100 metres."

"Slow down, rough road ahead."

"Stopping for photos and 5 minute break."

"Gate ahead. Stopping to open."

"Giraffe on road, 100 metres ahead."

"Dust, keep distance."

"Oncoming vehicle."

"Sharp bend ahead."

"Stopping in 100 metres."

### Emergency Stop Procedure

"STOP! STOP! STOP! All vehicles stop now!"

Then, be specific if you can:

"Large animal on road"

"I have a puncture"

-Don't panic

-Brake firmly but smoothly.

-Avoid rear ending the car in front/ Consider the car behind.

-Hazard lights on.

-Stop and Stay in your vehicle as the situation is assessed.

*You are requested to stay in your vehicles rather than existing in case there is a potentially dangerous animal, and we need to wait for it to cross the road.*

### **Basic Daily Vehicle Checks**

Air filter: Can clog quickly due to dusty roads.

Tyres: Look for cuts, cracks, bulges, tread wear.

Check wheel nuts, particularly after a bumpy road or pots holes.

### Keep an eye on fluid levels

Engine oil: Top up if needed.

Coolant: between min and max.

Brake fluid: Safe level.

Windscreen washer fluid: Top up.

### Regular checks under the vehicle

Leaks: Check for oil, coolant, fuel, or water.

Suspension: No broken springs or hanging parts.

Exhaust system: No rattling or hanging loose.