

# CAMP LIFE - a feasibility study on a human performance factors checklist aimed at enhancing expedition well-being

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## WHY ....

- Human factors are critical to safety and outcomes in clinical, aviation and aerospace settings, yet there are few proactive tools designed specifically to address psychological **well-being** and **team dynamics on expeditions**.
- This study developed a novel, proactive **human performance factors checklist** (CAMP LIFE), and subsequently assessed its **feasibility**, **utility**, and **ease of use** for contemporary expedition leaders.

## HOW ....

- Following checklist development (for both team and solo expeditions), a **mixed-methods feasibility study** was conducted using an anonymous online post-expedition survey.
- Twenty-three expedition leaders - from **novice** to **highly experienced** - leading both **solo** and **team** deployments - **used the checklist during their expeditions**.
- The survey assessed utility and feasibility through both **quantitative** 5-point rating Likert-scale questions (1=extremely negative to 5=extremely positive), and **qualitative** open-ended free text responses which were then evaluated using **reflexive thematic analysis**.

## CAMP LIFE – team expedition – full checklist

|                                                                                                                                               |                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Communication</b><br>Checked in / equipment & procedures | Have we checked in? Are the communication networks ready?<br>Check equipment, back-up batteries, emergency procedures. Is communication between team members open and optimal? |
|  <b>Agenda</b><br>Achievable goals / Full team briefing     | What are the goals for the day? Are they achievable? Have the team been fully briefed and all questions answered?                                                              |
|  <b>Morale</b><br>Optimise mood                             | How is the mood?<br>What can we do to optimise it? (treats / music / meditation)                                                                                               |
|  <b>Personnel</b><br>Are the team ready? (here and remote?) | Is the team ready (both here and the remote team)? Are there any issues that need addressing? Have there been buddy checks?                                                    |
|  <b>Leadership</b><br>Am I ready?                           | Am I ready to lead myself and the team through today?<br>Do I need some extra help from the team today?                                                                        |
|  <b>Injuries / Illness</b><br>Don't neglect!                | Do we need to attend to any injuries / illnesses before we start?<br>Don't neglect the 'small' ones!                                                                           |
|  <b>Fellowship</b><br>Gratitude – we are a team!            | Remember it is not just about me!<br>Is there anything needed to support / promote good teamwork today?                                                                        |
|  <b>Events</b><br>Any change required from yesterday?       | Is there anything from yesterday we can learn from and/or change for today? Incidents? If so, is a STOP5 debrief necessary?                                                    |



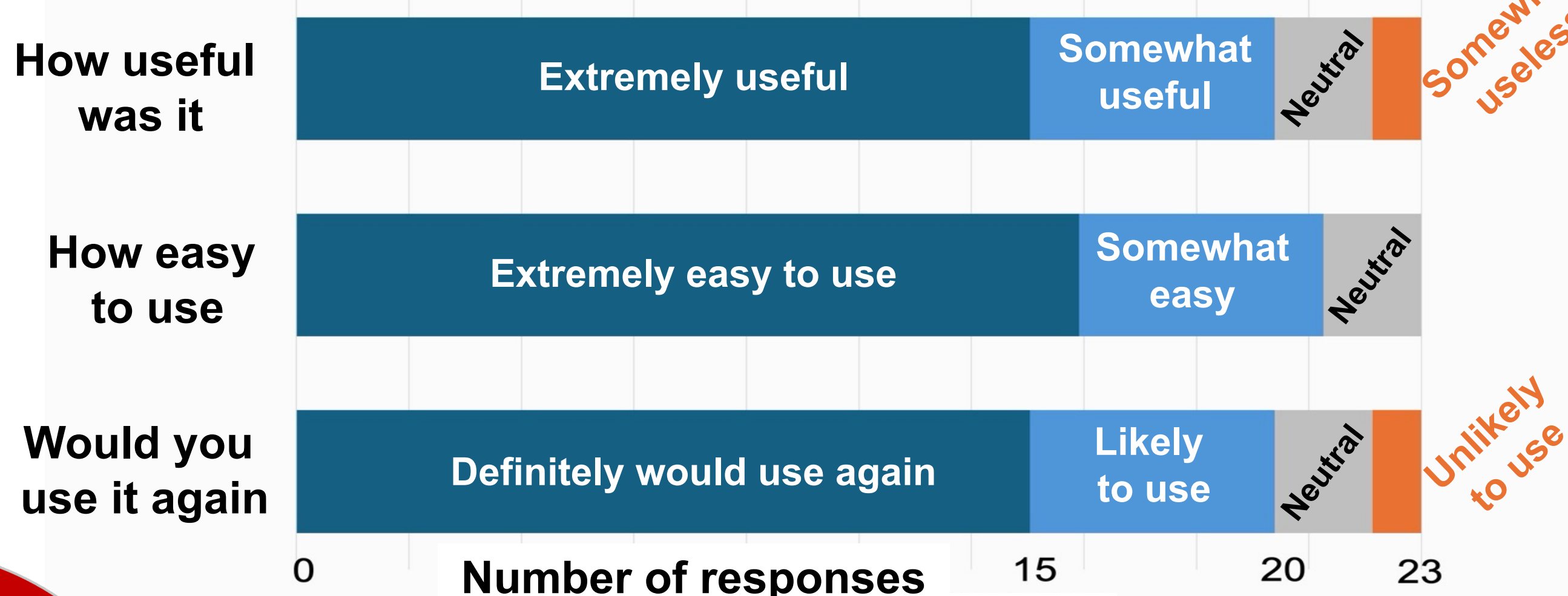
This daily human factors checklist is helpful and easy to use on expeditions

## WHAT .... was found ....

The CAMP LIFE checklist demonstrated **exceptional acceptability** across all experience levels and expedition types:

- 87% (20 out of 23) participants found the checklist **useful** and **would use it again** (rating 4 or 5 on Likert-scale)
- 91% (21 out of 23) rated it **easy to use** (rating 4 or 5 on Likert-scale)

## Responses regarding checklist use during expeditions:



## Thematic analysis identified five primary themes:

- Fostered psychological safety
- Provided beneficial focus on morale
- Enhanced communication and team dynamics
- Reinforced the importance of human factors
- Proved adaptable and flexible

## Usage patterns varied by context:

- Solo** expeditioners used it primarily for **internal reflection** and **calm**
- Team leaders** used it to **build relationships**, **leadership** and **cohesion**
- Novice** expeditioners found it a source of **reassurance** and **guidance**
- Experienced** expeditioners used it as a **teaching tool** and to encourage a **shared mental model**

## STRENGTHS

- Checklists solidly founded from current literature & expert practical knowledge
- Participant anonymity assured
- Trialled in diverse, real-world expeditions

## LIMITATIONS

- Relatively poor initial uptake
- Ambiguous response rate
- Selection bias
- Limited timeframe for study

## THEREFORE ....

- The CAMP LIFE checklist is a **highly feasible**, **adaptable** and **easily implemented** tool that **successfully integrates** proactive human factors management into daily expedition routines.
- By structuring check-ins for elements like **morale**, **communication**, and **teamwork**, it actively promotes **expedition well-being** and **psychological safety**.
- Larger samples in prospective cohorts are required to validate these findings before recommending implementation.

For more information (including solo expedition checklist), list of references & contact details please scan QR Code



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