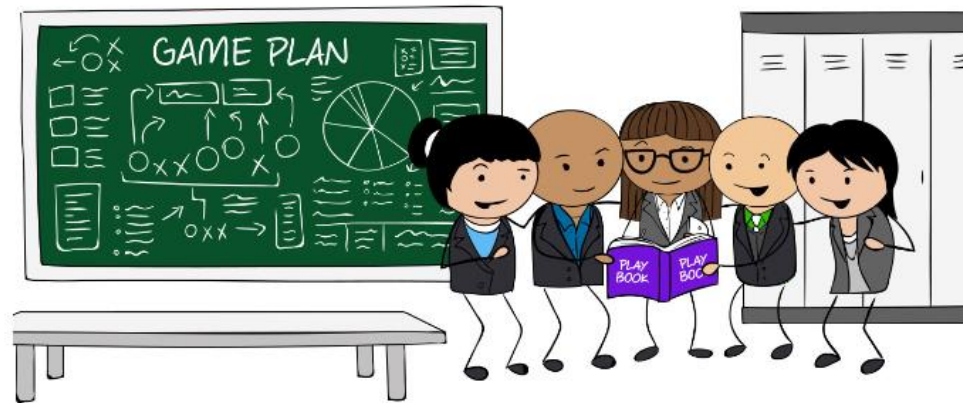




A Successful Assessed Expedition

- **Planning the expedition**

- 1. The team **must plan** the expedition; **all members** of the team must be **involved** and able to describe the role they have played in planning.



- 2. The expedition **must have an aim**. The aim can be set by the Leader at Bronze level only.

- 3. All participants must be **within the qualifying age** of the programme level and at the same Award level



- 4. There must be between **four and seven** participants in a team



- **5. The expedition should take place in the recommended environment.**
- **6. Accommodation must be by camping**

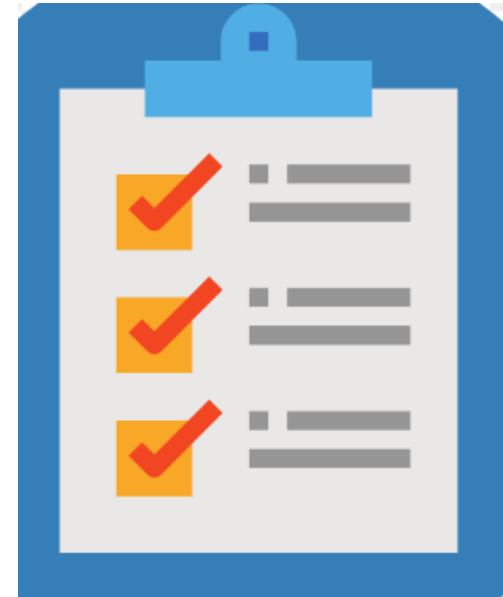


- 7. The expedition must be of the **correct duration** and meet the **minimum hours** of planned activity.
 - Bronze: A minimum of 2 days, 1 night; 6 hours planned activity each day.
 - Silver: A minimum of 3 days, 2 nights; 7 hours planned activity each day.
 - Gold: A minimum of 4 days, 3 nights; 8 hours planned activity each day.
- 8. All expeditions must be **supervised** by an adult (the Expedition Supervisor) who accepts responsibility for the safety of the team.



20 Conditions

- 9. Assessment must be by an **accredited Assessor**.
At Bronze level only, the Assessor may also be the Expedition Supervisor.
- 10. Expeditions will usually take place between the end of **March** and the end of **October**.



- **Training and practice**
- 11. Participants must be adequately trained to safely undertake a **remotely supervised expedition** in the environment in which they will be operating.



- Bronze: Teams must complete the required training.
- Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.
- Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.

- **During the expedition**
- 12. All expeditions must be by the participants' own physical effort, **without motorised or outside assistance**. Mobility aids may be used where appropriate to the needs of the participant.
- 13. All expeditions must be **unaccompanied and self-sufficient**. The team must be properly equipped, and supervision must be carried out remotely. **Kit List**

Emergency Kit FOR INDIVIDUALS TO HAVE as defined by Award requirements:

- Waterproofs – top and bottom
- Personal 1st Aid (Compeed, plasters, painkillers, personal meds)
- (team 1st Aid with wound dressing etc supplied)
- Emergency Rations
- Torch with spare batteries
- Survival Bag – (big orange plastic bivvy bag)
- Whistle
- Spare matches (wrapped)
- Spare clothing – underwear, leggings, light trousers, base, mid, light fleece
- Food and water! (robust bottles)

- 14. Teams must possess the necessary **physical fitness, first aid and expedition skills** required to complete their expedition safely.




- 15. Groups must adhere to a **mobile phone use policy** as agreed with their Expedition Supervisor and Assessor.

Mobile Phone Policy

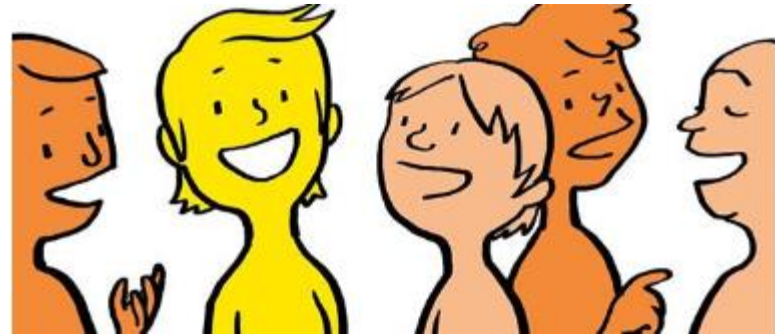
- Mobile phones may be taken by the team for emergency use only. These phones must be switched off, kept in sealed bags and packed with first aid kits. (battery, distracting, interference)



- Teams should think about this when planning how to gather evidence

- 16. Participants must behave responsibly with **respect** for their **team members, Leaders, the public and animals.**
- 17. Groups must understand and adhere to the **Countryside Code** 
- 18. Participants must plan an appropriate expedition menu, including cooking and eating a **substantial hot meal** on each day. Optional on the final day.

- **Post expedition**
- 19. Participants must actively participate in a **debrief** with their Assessor at the end of the expedition.



- 20. At Silver and Gold level, a **presentation** must be prepared and delivered after the expedition.

Don't forget that you are being assessed as a team!



- One of the 20 conditions of the expedition section of the award is that 'Your expedition must be unaccompanied and self-sufficient'.

If, due to group safety or because of silly behaviour, we feel that we cannot leave you unaccompanied then your expedition cannot count as a qualifying expedition and will be converted into another practice.



Don't forget that you are being assessed as a team!



Damage to property



Complaints from the public



Deliberate littering



- Get a bag for litter sorted in your group immediately you start cooking.
- Never put any litter on the floor, put it straight in the bag.
- Make sure nothing is left outside your tent at night or when it is unattended.
- Always do a litter sweep after camping or having lunch.

- Inability to navigate



- Unsafe cooking procedure / fire hazards



Short cuts



Don't forget that you are being assessed as a team!



- <https://www.gillinghamdofe.co.uk/calendar/>
- Find the date, click on the text (dot on a mobile) to reveal meet points, timings, etc.

**Have fun and
look after each other!**

