



EXPEDITION CHECKLIST

There are 20 conditions which have to be fulfilled in the Expeditions Section in order to complete the expedition successfully. If these are all fulfilled then the expedition has fulfilled the criteria for the Award.

The 20 conditions are as follows:

1. All expeditions must be by the participants' own physical effort, without motorised or outside assistance.
2. All expeditions must be unaccompanied.
3. All expeditions must be supervised by an adult who is able to accept responsibility for the safety of the team.
4. The expedition must have an aim.
5. All participants must be properly equipped.
6. Participants must have completed the required training and practice.
7. At least one practice expedition must be undertaken at each level of the Award, in the same mode of travel in a similar environment to the qualifying expedition.
8. The team must plan and organise the expedition.
9. Assessment must be by an approved accredited assessor.
10. There must be between four and seven in a team (eight for modes of travel which have tandem).
11. All participants must be within the qualifying age of the Award level.
12. All participants must be at the same level of assessment.
13. The team must not include those who have completed the same or higher level expedition.
14. Accommodation should be by camping.
15. The expedition must be of the correct duration.
16. The expedition should normally take place between the end March and the end of October.
17. The expedition should take place in the recommended environment.
18. The expedition must meet the minimum hours of planned activity.
19. One substantial meal should be cooked and eaten each day.
20. A presentation must be presented after the expedition.