



20 conditions of the Expedition section:

these are the rules you must follow to pass the expedition section

- 1: Your expedition must be by your own physical effort, without any motorised or outside assistance.
- 2: Your expedition must be unaccompanied and self-sufficient.
- 3: Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.
- 4: Your expedition must have an aim.
- 5: You must be properly equipped for your expedition.
- 6: You must have completed the required training and practice expeditions.
- 7: You must undertake at least one practice expedition at each level of the programme. You should do this in the same mode of travel and in a similar environment to the qualifying expedition.
- 8: You and your team must plan and organise your expedition.
- 9: You must be assessed by an approved accredited Assessor to the DofE.
- 10: There must be between four and seven people in your team
- 11: You must be within the qualifying age of the DofE programme level.
- 12: All the people in your team must be at the same level of assessment.
- 13: Your team must not include anyone who has completed the same or higher level DofE expedition.
- 14: Your overnight accommodation should be camping.
- 15: Your expedition must be the minimum number of days required for your DofE level. (2 Bronze, 3 Silver, 4 Gold)
- 16: Your expedition should normally take place between the end of March and the end of October.
- 17: Your expedition should be in the recommended environment for your DofE level.
- 18: You must do the minimum hours of planned daily activity for your DofE level (6 Bronze, 7 Silver, 8 Gold)
- 19: You should cook and eat a substantial meal each day.
- 20: You must create and deliver a presentation after your expedition to complete the section.