20 conditions of the Expedition section

Enjoy your expedition!

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:At least one practice expedition must be undertaken at each level of the programme, in the same mode of travel 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 (eight people may be in a team for modes of travel which are tandem).*

11:You must be within the qualifying age of the DofE programme level.

12:Participants 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.

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.

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.

Don't forget that all your team must meet these conditions!