



EXPEDITION

## 20 conditions for the Expedition section

DofE Qualifying Expedition Conditions		Further explanation and interpretation of conditions
1	All expeditions must be by the participants' own physical effort, without motorised or outside assistance.	Motorised wheelchairs may be used where appropriate to the needs of the participant.
2	All expeditions must be unaccompanied and self-sufficient.	<p>a) The team must be unaccompanied, unguided and supervision must be carried out remotely.</p> <p>b) As part of effective remote supervision, teams may be more closely supervised for parts of the expedition where specific hazardous areas are unavoidable. This supervision should be kept to an absolute minimum.</p> <p>c) If a team does not possess the necessary physical, first aid and expedition skills required for an area, then they should not be in that area.</p>
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 expeditions.	The qualifying expedition must not be over the same route or in the immediate vicinity of routes used in 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.	For overseas assessed expeditions, at least one UK practice must have taken place in an appropriate environment.
8	The team must plan and organise the expedition.	Multiple teams should not travel in convoy but have individual routes from camp site to camp site. Where this is absolutely unavoidable at least 30 minutes must separate each team using the same route and they must operate as discrete teams.
9	Assessment must be by an approved accredited Assessor.	

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10	There must be between four and seven in a team (eight for modes of travel which have tandem).	Unless in the event of an emergency, the team must always keep together.
11	All participants must be within the qualifying age of the programme level.	This is regardless of whether they are under assessment or not.
12	Participants must be at the same level of assessment.	Participants should have a similar ability or level of experience and must make a full contribution to the team.
13	The team must not include those who have completed the same or higher level expedition.	Participants should have a similar ability or level of experience and must make a full contribution to the team.
14	Accommodation should be by camping.	See <i>The Handbook for DofE Leaders</i> (seventh edition), page 72 for further details.
15	The expedition must be of the correct duration.	<ul style="list-style-type: none"> <li>a) The expedition must be of the minimum number of days and nights and must include appropriate acclimatisation/ final preparation time.</li> <li>b) An acclimatisation day during an expedition due to extreme altitude may be included as long as the minimum hours of activity and journeying are still completed.</li> <li>c) An additional acclimatisation/rest day may be included during an expedition but this will not count toward the expedition days.</li> </ul>
16	The expedition should normally take place between the end of March and the end of October.	The expedition must take place at an appropriate time of year for the expedition's location and aim and the enjoyment of the participants.
17	The expedition should take place in the recommended environment.	The expedition should take place in an appropriate and challenging environment. Overseas expeditions should take place in an area appropriate to the level of the expedition.
18	The expedition must meet the minimum hours of planned activity.	<ul style="list-style-type: none"> <li>a) Six hours at Bronze, seven hours at Silver and eight hours at Gold. At least half of these daily hours must be spent travelling.</li> <li>b) Time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity.</li> <li>c) At Silver and Gold levels this must be unfamiliar to the participants. Reasonable time for lunch and other appropriate breaks can be included within the hours of planned activity.</li> </ul>
19	A substantial meal should be cooked and eaten by participants each day.	This is optional on the final day.
20	A presentation must be prepared and delivered after the expedition.	The presentation or report, which may be in any format the participants or teams choose, must be related to the expedition's aim.

**Variations to these conditions must be submitted to the DofE Head Office as a variation request or an adventurous project, and will only be considered in highly exceptional circumstances.**

## NOTES

- All conditions must be read in conjunction with the Expedition section of *The Handbook for DofE Leaders*.
- All qualifying expeditions must fulfil the conditions of DofE programmes. Further information on the Expedition section conditions can be found in *The Handbook for DofE Leaders*.
- Where approval has been sought for an assessed expedition, all team members must meet the conditions of the Expedition section.
- **Where participants have individual needs that mean one or more of the above conditions cannot be met, then they may apply for a variation to these conditions to enable them to participate in DofE programmes.** Variation application forms can be found on the DofE website and should be sent to the appropriate Licensed Organisation DofE Manager (for Bronze and Silver), DofE Regional/Country Office (for Gold) or DofE Head Office (for adventurous projects). A copy of applications sent to DofE Offices must also go to the participant's Licensed Organisation. Approved variations should then be attached to the appropriate expedition notification form when submitted by the expedition team. More detailed information and timescales can be found in *The Handbook for DofE Leaders* or online at **[www.DofE.org/expedition](http://www.DofE.org/expedition)**
- In exceptional circumstances, like extreme weather conditions, rock slides or political instability, a request for a variation may be made in advance through the usual process. Alternatively, should a change need to be made during an expedition, it is the Supervisor's responsibility to liaise with the DofE Assessor to ensure that the expedition will still meet the conditions of DofE programmes.