

The 20 Conditions

The 20 Expedition Conditions...

The DofE have 20 conditions you must follow to successfully complete your expedition...



The 20 Conditions...

- 1:
Your expedition must be by your own physical effort, without any motorised or outside assistance.



The 20 Conditions...

2:
Your expedition must be
unaccompanied and self-sufficient.

↓
No shops allowed!



The 20 Conditions...

3:

Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.



The 20 Conditions...

4:

Your expedition must have an aim (project).

Video diary of your journey

Photograph different birds

Visit historic ruins and record information about them

Collect and identify plant life

Monitor litter levels on your route

A-Z photo diary

Write a poem about your journey

The 20 Conditions...

5:
You must be properly equipped
for your expedition.



The 20 Conditions...

6:

You must have completed the required training and 1 practice expedition.



7:

The practice expedition must be undertaken in the same mode of travel in a similar environment to the qualifying expedition.

The 20 Conditions...

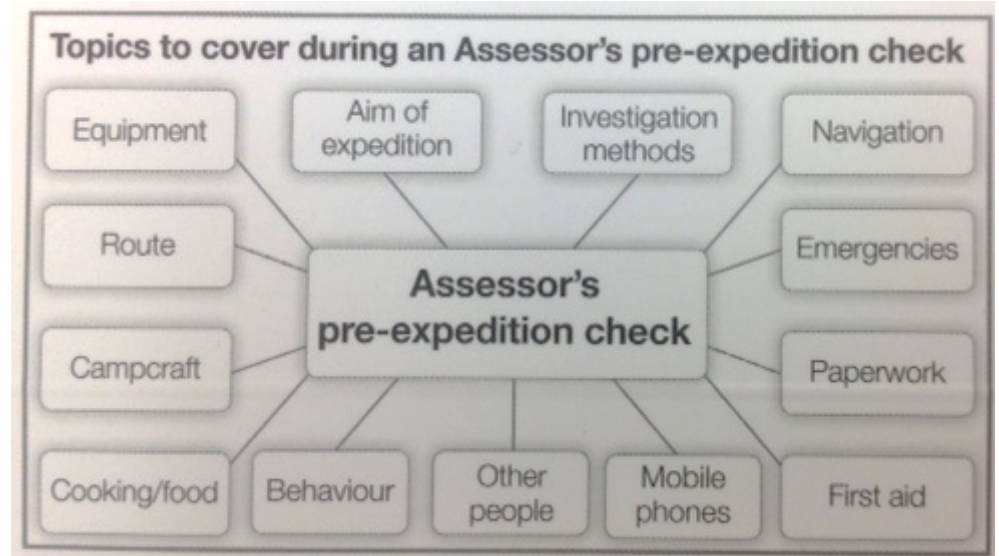
8:

You and your team must plan and organise your expedition.



The 20 Conditions...

9:
You must be assessed
by an approved
accredited Assessor to
the DofE.



The 20 Conditions...

10:

There must be between four and seven people in your team.



The 20 Conditions...

11:

You must be within the qualifying age of the DofE programme level



12:

Participants must be at the same level of assessment (ie Bronze/Silver/Gold).

13:

Your team must not include anyone who has completed the same or higher level DofE expedition.

The 20 Conditions...

14:
Your overnight accommodation
should be camping.



The 20 Conditions...

15:

Your expedition must be
2 days, 1 night (Bronze)
3 days, 2 nights (Silver)
4 days, 3 nights (Gold).

16:

Your expedition should
take place between the
end of March and the end
of October.



The 20 Conditions...

17:

Your expedition should be in the recommended environment for your DofE level.



The 20 Conditions...

18:

You must do 6hrs (Bronze), 7hrs (Silver), 8hrs (Gold) of hours of planned daily activity (**walking and project work**).



The 20 Conditions...

19:
You should cook and eat a
substantial meal each day.

No pot noodles!



The 20 Conditions...

20:

You must create and deliver a presentation after your expedition to complete the section.

