

DofE 20 Conditions for 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.