

## 13 Requirements of the Adventurous Journey

<b>1. All journeys must have a clearly defined aim.</b>	An aim is to describe a purpose that has a desired outcome.
<b>2. The group, for all journeys, must be no fewer than four and no more than seven members (eight for modes of travel which require tandem pairs).</b>	Group members must be peer group equals. Groups can also include members who are not Award participants, non-Award participants should be of the appropriate Award age range for the level in question and be of similar experience.
<b>3. All participants must have undergone suitable training to have the appropriate skills confidently to undertake their journeys.</b>	Further materials are available to support the delivery of suitable training.
<b>4. All members of the group must be involved with the planning and preparation of their Practice and Qualifying Journeys.</b>	This must, as a minimum, include suitable training in route planning and consideration of the risks; it is important that the participants take ownership of their journey. Non-Award participants within the group must also be involved with all training and planning.
<b>5. All participants must undertake a minimum of one Practice Journey per level.</b>	All Practice Journeys must include, as a minimum, at least one day and one night in the chosen environment, using the same mode of travel. At Bronze level virtual options to undertake the necessary preparation for the qualifying journey may be allowed.”
<b>6. All journeys must take place on land or water; all team members must use a mode of travel that requires their own effort.</b>	‘Own effort’ includes, for example, by foot, cycle, paddle/oar etc, by animal (such as horse or mule) or by other nonmotorized means e.g. sail. ‘Own effort’ includes individual effort or combined effort as a tandem pair. Exceptions exist for young people with health conditions or impairments e.g. motorised wheelchair.
<b>7. The environment chosen must be unfamiliar to all participants.</b>	For most participants living in an urban environment this means a natural and remote environment, which provides the appropriate conditions for the group to be self-sufficient and independent.
<b>8. The distance covered on all journeys will depend on the terrain, weather conditions and ability of the group members. All group members must however undertake a minimum of 6 hours (for Bronze), 7 hours (for Silver) and 8 hours (for Gold) per day of purposeful effort.</b>	Distances are deliberately not stipulated at any Award level. What is important is that the number of hours of purposeful effort are met. This is because of the huge variety of types of adventurous journey, modes of travel and type of terrain and/or climate. Please note that purposeful effort does not include setting up a camp site, cooking, eating and sleeping.
<b>9. All journeys must be supervised and assessed by suitable and experienced adults.</b>	Details on how the training and implementation of Adventurous Journey Supervisors and Assessor roles

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will be covered in Canada will be provided in separate guidance.

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**10. Accommodation must be in portable tents or simple self-catering accommodation such as hostels or huts.**

This is to ensure that young people are taken out of their comfort zone, are self-sufficient and develop their team skills. Use of hostels or huts must involve participants carrying all of their own essentials i.e. they are properly self sufficient.

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**11. All members of the group must carry sufficient equipment, food and water to be completely self-sufficient throughout their journey.**

It is usual practice that when accommodated in tents, that the tents are carried by the participants. Participants also need to carry the equipment which they will use for cooking. This requirement needs to be adjusted in environments and climates where total self-sufficiency will be difficult e.g. the carrying of sufficient water in a jungle or desert. Similarly, adjustments for medical purposes is also warranted.

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**12. All participants must ensure that they prepare and consume a substantial meal each day.**

This requirement supports the need to be self-sufficient as well as ensuring that participants remain healthy and able to continue their journey.

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**13. On completion of the Qualifying Journey, the team is required to deliver a report to their Assessor.**

This report can be written, photographic, verbal, or digital as agreed by the group and their Assessor prior to the commencement of their Qualifying Journey. The report and its presentation are to include the involvement of all group members and must explain how they have achieved their aim

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## Adventurous Journey Report

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Aside from setting up and completing your Adventurous Journey in the Online Record Book, you must also **prepare and upload an Adventurous Journey Report.**

Your Adventurous Journey Report does not have to be formal; it is simply your way of telling us what you did on the trip, how you prepared for it, and what kind of experiences you had. This is not a school test or assignment, we are not marking for grammar, and there is no way you can fail! As long as it includes the information required, it can be on [our template](#), a slideshow, Prezi, video, blog, photobook, audio recording... the sky is the limit! Just talk to us and tell us about your adventures - we are genuinely interested!

All the Journey Report requirements are on our [Journey Report How-to Guide](#)

For those who would like extra structure in writing the report, the guide also has a template you can use to make notes while on your Journey or fill and upload as your Journey Report.

**Remember, if you are completing an Exploration, your report will include a summary of your pre-trip research and your findings from your trip.**