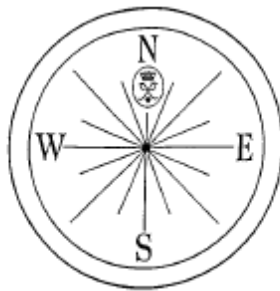




PLANNING GUIDE & LOG
for the
ADVENTUROUS JOURNEY SECTION
Expeditions, Explorations & Adventurous Projects



Name of Participant

LEVEL: Bronze Silver Direct Silver Gold Direct Gold

A report of your Adventurous Journey is a requirement of your Program at each level. See the Guidelines for Reports in the Adventurous Journey Section of your Record Book. The use of this booklet is optional - it is a tool provided for your convenience.

Revised February 2017

THE ADVENTUROUS JOURNEY REPORT

*Please refer to the Adventurous Journey Section of your Record Book for more complete details.
(Note: This section was formerly called the Expedition Section)

One of the **requirements** of the Adventurous Journey Section of The Duke of Edinburgh's International Award is the completion of a report.

Your report may be presented:

- using this "Adventurous Journey Planning Guide and Log", *or*
- in a style and form of your own choosing (e.g. in a binder with photographs), *or*
- using a combination of the two, *or*
- something entirely different such as verbally or by video, power-point, etc.

If using a style other than the Adventurous Journey Guide, be sure to include all of the areas shown in this guide. *For further details, see the "Guidelines for Reports on Adventurous Journey" in your Record Book or online using your Online Record Book (ORB) account.*

It is the participant's responsibility to see that all sections are completed, and that their Assessors sign the report, as well as the Adventurous Journey Section in their Record Book.

COMPLETING YOUR AWARD

Once all sections of your Award have been completed (Service, Adventurous Journeys, Skills, Physical Recreation and for Gold only - the Residential Project), send in your application to the provincial office for assessment by the Program & Awards Standards Committee, who, together with the Provincial Executive Director, review and approve all Awards.

Items to include are:

Application Form - make sure that all dates coincide with your Record Book
Record Book - make sure that all sections are signed by an assessor
Adventurous Journey Log (either this booklet or your own)

In Saskatchewan, send your application to:

The Duke of Edinburgh's International Award
1870 Lorne Street
Regina, SK S4P 2L7

For more information:

Telephone: (306) 780-9278
Fax: (306) 781-6021
E-Mail: saskatchewan@dukeofed.org

PRACTICE JOURNEY(S):

- Prior to their qualifying journey, all participants are required to carry out practice journeys that must be accompanied by experienced adults.
- Need not be of the same duration as the qualifying journey
- Must not be over the same route as the qualifying journey
- All conditions should approximate as closely as possible those anticipated for the qualifying journey
- Should include at least one night out

For Bronze, Silver, Direct Silver, Gold and Direct Gold Awards:

- One (1) practice journey is required, and should include a minimum of one overnight stay.

Upon completion, be sure to have the Assessor complete the “Practice Journey” section in your Record Book.

PRACTICE JOURNEY #1

Dates of Practice Journey: from _____ to _____
(DD/MM/YY) (DD/MM/YY)

Location: _____

Purpose: _____

Was Preliminary Training (as outlined in the Record Book) completed? _____

Outline of Practice Journey (required):

EMERGENCY PLANNING (for Practice Journey)

Name of Supervisor: _____ Contact # _____

How will your trip be supervised? (i.e. supervisor accompanying, supervisor meeting at checkpoints, etc.) _____

Name, Location & Phone Number of Closest Emergency Facility (hospital, etc.)

Copy of Routes, Maps, etc. will be left with:

_____ Contact # _____

Permission Forms have been obtained from Parents/Guardians _____

Health Forms have been completed & will accompany participants _____

First Aid Kit(s) will be taken by: individuals _____ group _____ both _____

QUALIFYING EXPEDITION or EXPLORATION or ADVENTUROUS PROJECT

(For more complete details, please refer to your Record Book)

Minimum Duration:

Bronze	two days including one night away
Silver	three days including two nights away
Gold	four days including three nights away

Required hours to be spent on planned activities:

Bronze	an average of six hours per day
Silver	an average of seven hours per day
Gold	an average of eight hours per day

EXPEDITION - A Trip With A Purpose

- Must have a clearly defined and preconceived purpose (e.g., to test a skill, study the environment, to retrace the steps of an explorer, etc.)
- Stay at a different campsite each night
- **All equipment & spare clothing must be carried**
- Required hours of planned activity are to be spent on
 - journeying, navigating & route finding;
 - setting up & striking camp;
 - tasks related to the purpose of the Expedition

• Suggested distances:

MODE	BRONZE	SILVER	GOLD
on foot	20 km	40 km	60 km
bicycle	85 km	165 km	250 km
horseback	50 km	100 km	165 km

Note:

Other modes of travel such as canoeing, sailing, kayaking, rock climbing and dog sledding are best measured by duration rather than distance. Assessors should also take into account the nature of the terrain and climate conditions.

EXPLORATIONS - A Purpose with a Trip

REQUIRES PRIOR APPROVAL FROM THE PROVINCIAL OFFICE

- Must have a clearly defined and preconceived purpose (e.g., to test a skill, study the environment, retrace the steps of an explorer, etc.)
- May make use of a base camp, as long as their purpose involves some aspect of the natural environment, or it may be historic in nature
- Must include an element of journeying of at least ten hours total
- The remainder of the required hours to be spent on the approved investigation or special activity
- Must involve pre-journey research or study into the topic, an on-site study during the journey, and a report on the findings contained in the log.

ADVENTUROUS PROJECTS (Silver & Gold only)

REQUIRES PRIOR APPROVAL FROM THE PROVINCIAL OFFICE

- Must have a clearly defined and preconceived purpose (e.g., to test a skill, study the environment, retrace the steps of an explorer, etc.)
- A journey which does not fit the description of Expedition or Exploration, or may be a combination of the two
- Generally used by participants who would not find an Expedition or Exploration challenging enough
- Could be used if the participant could not do either an expedition or exploration for medical reasons

PRE-JOURNEY RESEARCH (for EXPLORATION only)

*Reminder: **Explorations** require prior permission from the provincial/divisional office. Permission forms can be downloaded from the website, or sent to you via fax, e-mail or mail.*

If using separate pages for diagrams, etc. indicate below.

QUALIFYING ADVENTUROUS JOURNEY

Name of Participant: _____ Phone # _____

Address: _____ City _____ Postal Code _____

Check: Independent ___ or Member of Group ___ Group Name: _____

Name of Leader _____ Contact # _____

Level of Award: Bronze _____ Silver _____ Direct Silver _____ Gold _____ Direct Gold _____

I have chosen to do: Expedition ___ Exploration ___ Adventurous Project ___

If Exploration or Adventurous Project: Date of Approval by Provincial Office _____

Dates of the Adventurous Journey: _____ to _____
(DD/MM/YY) (DD/MM/YY)

Activity: _____

Total Distance to be Covered: _____ km (Note: this does not include distance by motorized vehicle)

Method of Travel (e.g. hike/bike/canoe/horseback/etc.): _____

Number of Nights Out _____ Number of Hours/Day on Planned Activities _____

Adventurous Journey Members: (Indicate with a check mark if they fit in any of these categories)

Name	Youth	Supervisor	Registered with Your Group	Registered with other group or as Independent	Not a Registered Member*

*If not a registered member, please ensure that appropriate insurance has been obtained.

Purpose of the Adventurous Journey

Give a brief description of why you chose to make this particular journey (e.g. to test equipment or skill, to study the environment, retrace the steps of an explorer, etc.)

GEOGRAPHIC LOCATION:

What is the location of your Adventurous Journey? (Provide name of park, river or other landmark).

MAP OF THE AREA:

You can:

- Use this page to sketch a map of the area, hand drawn approximately to scale, with north point and grid references *or*
- Enclose a photo copy of the actual maps/charts used

Clearly indicate:

- your route
- campsites
- lunch stops

Include short descriptive notes on:

- terrain
- vegetation
- wildlife or unusual occurrences

EQUIPMENT (Suggestions only)

Choose what you need from this list (**you do not need to take it all!**). There may be other specialty items that you need, depending on the type of Adventurous Journey you are undertaking.

PERSONAL EQUIPMENT

Clothing

- 2 pair of shoes (hiking boots waterproofed and/or runners, well-broken in)
- Socks (several pair)
- Pants/Shorts
- T-shirt
- Long-sleeved shirt
- Fleece jacket or hooded sweat shirt
- Jacket
- Rain Gear
- Mitts/Gloves
- Hat/Cap
- Underwear
- Long Underwear
- Swimwear
- Sleepwear (flannelette PJ's or sweat suit, toque, bed socks)
- Gaiters (optional)
- Bandana
-

Personal Hygiene Kit

- Towel & washcloth
- Toothbrush & toothpaste
- Soap in container
- Comb
- Deodorant
-

Personal First Aid Kit

- Band-Aids, Gauze Pads
- Adhesive Tape, Scissors
- Antiseptic Cream

- Medications

Personal Survival Kit

- Whistle
- Waterproof matches
- Candle
- Map & Compass
- Fish Line & Hooks
- Emergency Food
- Garbage Bag
- Space Blanket
- Water Purification Tablets
- Snare Wire
- Aluminum Foil
- Pencil/Paper/Cards
- Sunscreen/Lip Balm
- Insect Repellent
- Sewing Kit
-

Gear

- Backpack/Daypack
- Waterproof pack cover
- Sleeping Bag/Liner/Sheet
- Waterproof stuff sack or cover for sleeping bag
- Ground Sheet
- Sleeping Pad
- Mess Kit (cup, bowl, plate, utensils in dunking bag)
- Canteen or Water Bottle
- Pocket Can Opener
- Small Flashlight
- Strong Cord
- Knife
- Sunglasses
- Watch
- Camera (optional)

Other

- Notebook
- Pencil
- Binoculars (Optional)
- Menu plan
- Chore/Cooking List
- Bags to waterproof food, clothing, equipment

GROUP EQUIPMENT

- Tent
- Stove (one-burner) & fuel
- Pots, pot lifter
- Biodegradable dish soap
- Duct Tape
- Water Filter or Purification Tablets
- Tarps & Straps
-

EMERGENCY EQUIPMENT

- (First Aid & Safety)
- Group 1st Aid Kit
-
-
-

FOOD & WATER

(see menu for list)

SPECIALTY EQUIPMENT

-
-

Canoe Trip

- Wet Shoes/Sandals
- Waterproof Bags
- Paddles, PFD's & Canoes

If you are carrying your equipment, what is the estimated weight of your backpack? _____

Individual Plan Group Plan How many? _____

M E N U

* In the DAY column indicate
The day of the week (Monday, Tuesday, etc)
The principal activity for the day (travel, backpack, exploration)

Must include at least one hot meal each day (should be nutritional)

DAY *	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
1						
2						
3						
4						
5						
6						
7						

JOURNAL (for Qualifying Adventurous Journey)

Use this space to write about your trip OR send in another format of your choosing. Answer the following questions: 1) What did you do each day? 2) What did you learn? 3) Did you see any wildlife? 4) Did anything humorous happen? 5) Did you have any “adventures”?

Day 1

Day 2

Journal for Qualifying Adventurous Journey (continued)

Day 3

Day 4

Equipment Review: (to be filled in during or after the Adventurous Journey)

What I forgot to take:

What I didn't need to take:

What worked well or didn't work at all:

Wrapping It Up

What would you do differently if you did your Adventurous Journey again?

How did your qualifying journey challenge you?

What was the best part of your Adventurous Journey?

What advice would you give to someone doing the same Adventurous Journey?