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.
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:

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<th>MODE</th>
<th>BRONZE</th>
<th>SILVER</th>
<th>GOLD</th>
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<tbody>
<tr>
<td>on foot</td>
<td>20 km</td>
<td>40 km</td>
<td>60 km</td>
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<tr>
<td>bicycle</td>
<td>85 km</td>
<td>165 km</td>
<td>250 km</td>
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<tr>
<td>horseback</td>
<td>50 km</td>
<td>100 km</td>
<td>165 km</td>
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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.
EMERGENCY PLANNING (for Qualifying 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 #: ___________________________  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 ______

Other planning/notes _______________________________________________________________

________________________________________________________________________________

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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)

<table>
<thead>
<tr>
<th>Name</th>
<th>Youth</th>
<th>Supervisor</th>
<th>Registered with Your Group</th>
<th>Registered with other group or as Independent</th>
<th>Not a Registered Member*</th>
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*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.)
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
_______________________________________________________________________________________
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_______________________________________________________________________________________

Adventurous Journey Planning Guide & Log
The Duke of Edinburgh’s Award - Saskatchewan Division - Rev February 2017
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 Repellant
  - ___ 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**
  - ___ Group 1st Aid Kit

- **FOOD & WATER**
  - ___ Menu plan

- **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**

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

<table>
<thead>
<tr>
<th>DAY *</th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>SNACK</th>
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</table>

*In the DAY column indicate*

The day of the week (Monday, Tuesday, etc)
The principal activity for the day (travel, backpack, exploration)
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?