



# Adventurous Journey Planning Guide

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This planning guide is to be used with your team when planning your Adventurous Journey. Depending on the type of Adventurous Journey you are completing, you may need to include less or more in your planning process. Discuss this with your Award Leader if you aren't sure!

Please ensure you complete the Preparation and Training, the Practice Journey and Qualifying Journey as a team. Team members may take on different roles throughout each stage as long as everyone on the team is equally involved in the planning and execution of the journey.

Don't forget that the Adventurous Journey can take place in urban, rural or wilderness environments. It's not just a camping trip; teams may choose to discover local features, cycle between cities, explore historical sites or learn more about the environment, the possibilities are endless!

The Adventurous Journey requires initiative, communication and perseverance. With suitable training, planning and supervision, the Adventurous Journey section aims to safely take you out of your comfort zone and promotes experiencing new challenges in a team setting.

More information and resources for the Adventurous Journey can be found [here](#).

**Group Information**

Team Name: Ducks Bike Together	
Journey Name: Cambridge-Hamilton Birding Biking Trip  <i>This will be what you enter on ORB for 'Name.'</i>	Journey Type: Practical AJ  <i>Practical or virtual are the options you can select on the ORB.</i>

**Information of All Group Members**

***AJ teams are done in groups of 4-8 peers. Team members must work together throughout each stage of the journey. You may be working on different levels of the Award so long as requirements at each level are met. Teams may also include non-Award participants.***

<b>Name:</b>	<b>Email:</b>
1. Frodo	example@example.org
2. Sam	example@example.org
3. Merry	example@example.org
4. Pippin	example@example.org
5. Aragon	example@example.org
6. N/A	N/A
7. N/A	N/A
8. N/A	N/A

**Adventurous Journey (AJ) Planning General Information**

Award Centre Name: The Fellowship

**Adult Support**

*Please note one adult may have multiple roles on the Adventurous Journey (AJ). All adults involved in delivering the AJ should be competent in experience and training required for the type of journey being undertaken according to the Award Centres' standards to ensure participants remain safe. **Immediate family members cannot be Assessors for any section of the Award.** Ideally, immediate family members should not be a Supervisor unless necessary and approved by the leader.*

Award Leader Name: Ms. Fiona Frizzle

AJ Supervisor:  <i>Must be present on the Practice and Qualifying Journeys and is responsible for the safety and security of all team members. They should be</i>	Name: Bernard Biker
	Email: support@dukeofed.org

<p><i>trained and experienced for the journey according to the Award Centres' standards to ensure the team remains safe. When necessary and if approved by the leader this role may be done by a family member. They will submit an assessment after the Practice Journey is completed.</i></p>	
<p><b>AJ Assessor:</b></p> <p><i>Assesses the journey for the whole team and ensures that all Award outcomes are met by the team. They do not have to be on the journey so long as there is a suitable AJ Supervisor present. They will complete an assessment after the Qualifying Journey is done and the team AJ Debriefing Report is submitted.</i></p>	<p>Name: Ms. Fiona Frizzle</p> <hr/> <p>Email: support@dukeofed.org</p>

**Preparation And Training**

Complete the following Preparation and Training together as a team. What you do for your Preparation and Training should **ensure your team is capable of safely completing the journey you have decided on**. Completion of this section will look different for every team since **what needs to be done to safely complete your trip will be determined by your team goal, environment and the type of journey you have decided to undertake**. More Preparation and Training may be needed such as specific training and/or research that will help you be successful in completing your team goal.

Preparation & Training as outlined on the ORB:

- Appreciating the culture within the journey's environment.
- Camp craft, including food and cooking.
- Competency in the mode of travel.
- First Aid and emergency procedures.
- Navigation.
- Necessary equipment and how to use it.
- Observation and recording skills.
- Route planning.
- Team building and leadership training.
- Understanding of the Adventurous Journey.
- Understanding the impact of the journey on the environment.

All Preparation and Training will be completed by:  
*These date(s) will be what you enter on ORB and must all be completed before you undergo the Qualifying Journey.*

2024-05-13

**Journey Purposeful Activity**

Discuss amongst your group and along with your Award Leader to decide what your group would like to do for your Adventurous Journey!

Do you want to go hiking or paddling? Cycle between cities? Explore historical landmarks? Investigate environmental features/issues? Be creative and decide as a team what will be challenging, realistic and enjoyable for you.

**Journey activities can differ between Practice and Qualifying Journeys! If they do, it is important to include in your team goal and ensure your team completes necessary Preparation and Training to safely undertake all the activities you will be doing.**

These are some options you may choose:

- Exploring different rock climbing routes
- Following an ancient pilgrimage
- Retracing the path of an early explorer
- Sailing trip
- Hiking trip
- Paddling trip
- Cross country skiing trip
- Cycling trip
- Dogsledding trip
- Horse riding trip
- Cultural trips
- Historical trips
- Marine study
- Environmental/conservation study
- Orienteering
- Scientific exploration
- Surveying national/wildlife observations
- Other:

### Practice Journey Planning

The purpose of the Practice Journey is to apply skills learned during the Preparation & Training and test your group's plan for the Qualifying Journey. Groups may complete more than one Practice Journey, it is up to the Assessor/Supervisor to determine when the group is ready to go on their Qualifying Journey.

Practice Journeys must be a minimum of:

- BRONZE: 1 day (typically 6 hours of Purposeful Activity)
- SILVER: 1 day, 1 night (typically 7 hours of Purposeful Activity)
- GOLD: 1 day, 1 night (typically 8 hours of Purposeful Activity)

*Purposeful Activity is time spent journey and working towards the team goal. This may include activities such as journeying, cooking, gathering data, researching/investigating, setting up camp/accommodations etc. It does*

*not include getting to and from start/end points, leisure time and sleep.*

### Practice Journey Team Goal

The team must set a clear and challenging goal that is achievable and defines what activities the team will be doing throughout the journey this may include researching, investigating and/or exploring the natural world.

See our example goals for more ideas.

Your team goal for the Practice Journey should be decided on together and include answers to these questions:

- What will your team be doing?
- Where will you go?
- What is your team aiming to achieve by the end of the Practice Journey?
- How will it set you up for success on your Qualifying Journey?

#### What is your team goal?

We will determine our level of preparation and readiness for our QJ by practicing biking in Hamilton, setting up our tents and cooking for ourselves. During our Practice Journey we will review servicing our bikes with our Supervisor and photograph/identify at least 3 birds we see along the way to ensure we are ready for our QJ. We will debrief as a team with our Supervisor to determine if any changes need to be made to our QJ plans.

*This will be submitted as your Practice Journey Goal on ORB. **Your team goal needs to be reviewed and approved by your Supervisor/Assessor before your Practice Journey takes place.***

### Practice Journey Date(S)

When will you go and return?

Start Date: 2024-05-17

*Dates must take place before your Qualifying Journey*

End Date: 2024-05-17

### Mode Of Transport

What mode(s) of transport will your team use for your Practice Journey?

- Driving to drop-off and from pick-up location.
- Biking and walking throughout the journey.

*If motorized transportation is used on your journey such as mobility aids, e-bikes, public transportation etc. it should be incorporated into your team goal and agreed upon with your Leader/Assessor. Motorized*

transportation that is used to get to a starting point or from an end point cannot count towards Purposeful Activity time.

### Accommodation

What will be your accommodation for your Practice Journey (if applicable)?

N/A

*Where will you be staying? What do you need to stay there i.e. permits, tents, booking, etc. How much will this cost you? All accommodation should be self-sufficient, approved by the adult you are working with and in line with your Award Centre guidelines. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc..*

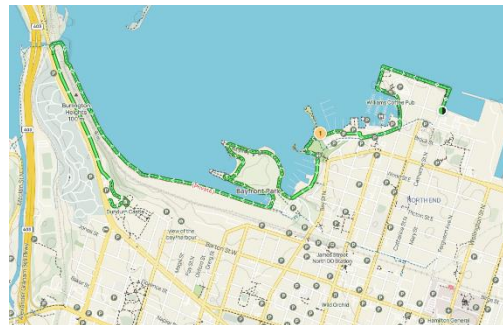
### Practice Journey Route:

We suggest including an image/screenshot of your group's proposed route for your Practice Journey.

Description: Where will you go and what is the route are you taking?

Bike along the Waterfront Heritage route in Hamilton for 16km.

Click the blue box below to upload screenshot:



### Emergency Planning

Your team **MUST** have emergency procedures and policies in place to deal with any incidents that may occur as a result of Award activities. Speak to your Award Leader and/or adults helping deliver the AJ to understand what needs to be included in your risk assessment and what emergency procedures are already in place or need to be created.

### Emergency Communication Methods

Depending on the type of journey being taken, different communication plans will be needed. For example, a back-country trip may need more extreme emergency communication and exit plans based on remote access to emergency services. Emergency communication methods to consider include:

- **Cell phones** – If using, ensure you have service throughout and a way to charge devices.

- **Sharing your plans and location** – Ensure your Award Centre, parents/guardians, emergency contacts, park rangers etc. are aware of your plans and how often you will check-in
- **Trackers** - Some trackers offer GPS, two-way communication, emergency signaling, and location tracking.
- **Satellite phones** – Satellite phones utilize satellites to make calls in areas where cellular service is absent.
- **Signaling devices** – Whistles, mirrors (reflective signals), flashlights with batteries, flares etc.

**Group Emergency Contact Information:**

Name(s)	Phone Number(s)
Gandalf	111-111-1111
Legolas	222-222-2222
Gimli	333-333-3333

**Ensure you know how you will reach your emergency contact(s) when needed (e.g. phone, satellite phone/SPOT etc.). Your emergency contact(s) need to be aware of your plans, how to contact your team, when you will be checking in with them and what to do if anything goes wrong/they don't hear from you.**

**Preventative Measures and Emergency Planning**

List any potential risks or hazards your group could encounter while on your trip (bad weather, terrain, injuries, wildlife encounters, getting lost, etc). Your team **must** discuss these risks with your group and AJ Supervisor and decide on preventative measures you will use as well emergency plans so the whole team is prepared in case anything happens. More Preparation and Training may be required based on the risks that are identified.

Identified Risk/Hazard	Preventative Measures	Emergency Plans
<ul style="list-style-type: none"> <li>• Team member(s) gets lost</li> </ul>	<ul style="list-style-type: none"> <li>• Go over the route and navigation tools being used as a team before trip starts and at the beginning of each day.</li> <li>• Establish frequent check-in points along the route.</li> <li>• Ensure everyone has a charged cell phone, contact info and a whistle.</li> </ul>	<ul style="list-style-type: none"> <li>• Once you realize you are lost stay calm.</li> <li>• Stay in one place to avoid getting more lost.</li> <li>• Look for landmarks and/or use GPS to establish where you are and where you should be.</li> <li>• Use communication device and contact team members and/or</li> <li>• emergency contacts.</li> </ul>

	<ul style="list-style-type: none"> <li>• Stay together as a team and assign everyone a buddy.</li> <li>• Ensure all team members pack extra food, water and clothes.</li> <li>• Share itinerary, route and check-in times with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Use extra food, water and clothes to stay hydrated, fed, warm and dry as needed.</li> </ul>
<ul style="list-style-type: none"> <li>• Extreme Weather (rain, wind, heat and cold)</li> </ul>	<ul style="list-style-type: none"> <li>• Check forecast before trip and each day of trip.</li> <li>• Research and pack appropriate gear and clothes for weather.</li> <li>• Plan emergency stops with shelter and pick-up spots with emergency contacts.</li> <li>• Reschedule trip if necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear appropriate gear and clothes for weather.</li> <li>• Check-in with teammates often to ensure everyone stays safe.</li> <li>• Get to shelter and take a break if needed until the weather subsides.</li> <li>• Call emergency contacts for pick-up if needed.</li> </ul>
<ul style="list-style-type: none"> <li>• Potential injuries/illness</li> </ul>	<ul style="list-style-type: none"> <li>• Bring first aid kit.</li> <li>• Know how to get to nearest hospital if necessary.</li> <li>• Do planned wellness checks throughout journey with all teammates.</li> <li>• Keep phones charged to call emergency services if needed.</li> <li>• Communicate individual health needs and first aid training with team before the journey.</li> <li>• Plan emergency pick-up spots with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Remain calm.</li> <li>• Assess injury for severity.</li> <li>• Determine if it can be treated on site, or if it is beyond the team's capabilities.</li> <li>• Determine if teammate can continue.</li> <li>• Treat injury/illness where possible.</li> <li>• Call emergency services/contacts if needed.</li> </ul>
<ul style="list-style-type: none"> <li>• Equipment issues or bike repairs needed</li> </ul>	<ul style="list-style-type: none"> <li>• Tune-up bikes before leaving for journey.</li> <li>• Check equipment before leaving.</li> <li>• Bring repair kit.</li> <li>• Ensure everyone knows how to do basic repairs.</li> </ul>	<ul style="list-style-type: none"> <li>• Stop and make repairs as needed.</li> <li>• Find local repair shop if needed.</li> <li>• Call emergency contacts for pick-up or gear replacement if needed.</li> </ul>



	<ul style="list-style-type: none"> <li>Plan emergency pick-up spots with emergency contacts.</li> </ul>	

Other scenarios and a fillable risk management template your team should discuss and fill out can be found [here](#).

### Practice Journey Meal Planning

As a group, explore meal recipes and decide on options suitable for all members. For ideas and recipes, [click here](#). Plan a full menu as a group for the length of your journey. **Remember your team must carry the supplies and prepare all your meals including at least one substantial meal each day.**

Day 1	Menu
Breakfast	Team members will eat before we meet up for PJ
Snack	Granola bars & water
Lunch	Packed sandwiches & apples
Snack	Trail mix
Dinner	Mac and cheese with hot dogs and broccoli
Breakfast ( <i>applicable for Silver &amp; Gold Practice Journeys</i> )	N/A

**Don't forget to consider the items you will need for each meal, who will bring/carry them and how much it will cost the team.**

### Equipment

Plan as a group what you will need to take with you on the Practice Journey, keeping in mind that you must be self-sufficient. For ideas and tips, check out the example [AJ Packing List](#).

**Individual Gear:** *Gear that each member will bring their own of e.g. toiletries, water bottle, sleeping bag, etc.*

- 2 full reusable water bottles
- Personal food & snacks (sandwich, apple, trail mix and granola bars)
- Whistle

- Phone, charger, download seek app & important contacts saved
- Health card
- Bike with reflectors, helmet & bike lock
- Sunglasses
- Backpack (with waterproof cover)
- Emergency money

**Group Gear:** *Gear that the group will share on their Adventurous Journey e.g. cooking utensils, tents/shelter, first aid kit, emergency equipment, map, etc.*

- Paniers/packs for bikes to put group gear in
- Extra water
- First Aid Kit
- Biking repair kit
- Sunscreen & bug spray
- Camping stove and fuel
- Pot & utensils for cooking (large spoon, strainer, pot grabber)
- Bowls & utensils for eating
- Group food (premeasured pasta, cheese sauce, hot dogs, broccoli, cooking oil)
- Ice packs
- Printed map with emergency stops
- Tarp & rope for emergency shelter
- Toilet paper
- Hand sanitizer
- Tent (to practice setting it up)
- Multi-tool
- Dish basin
- Dish soap & scrubbie

**Clothing:** *Items of clothing that each member should prepare to bring e.g. shoes, hats, jackets, etc.*

- Rain Jacket/wind breaker
- Packed change of clothes (pants, socks, shirt, sweater, underwear)
- Sun hat
- Sturdy shoes (to be worn)

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### Practice Journey Debrief

An opportunity to change or modify your Qualifying Journey plans and details with your Supervisor. Complete the Practice Journey Debriefing Report with your AJ Supervisor and Assessor. You can find the [guide here](#).

Team meeting with your Supervisor to review your Practice Journey.

**Date of Debrief: 2024-05-17**

*After the Practice Journey the team debrief should be completed as soon as possible. Please note, it is up to the participant to ensure their Supervisor receives and completes the Assessor Report. The Supervisor is responsible for providing a group assessment for the team's Practice Journey and communicating with the Assessor.*

### Qualifying Journey Planning

The purpose of the Qualifying Journey is to undertake and complete a group activity accomplishing the proposed team goal.

Qualifying Journeys must be a minimum of:

- **BRONZE:** 2 days, 1 night, 6 hours of Purposeful Activity each day
- **SILVER:** 3 days, 2 nights, 7 hours of Purposeful Activity each day
- **GOLD:** 4 days, 3 nights, 8 hours of Purposeful Activity each day

Purposeful Activity is time spent journey and working toward the team goal. This may include activities such as journeying, cooking, gathering data, researching/investigating, setting up camp/accommodations etc. It does not include getting to and from start/end points, leisure time and sleep.

## Qualifying Journey Team Goal

The team must set a clear and challenging goal that is achievable and defines what activities the team will be doing throughout the journey. This may include researching, investigating and/or exploring the natural world.

See our [example goals](#) for more ideas.

Your team goal for the Practice Journey should be decided on together and include answers to these questions:

- What will your team be doing?
- Where will you go?
- Where will your team be staying?
- What is your team aiming to achieve by the end of the Qualifying Journey?
- How will debrief/review your journey as a team?

### Team Goal:

For our QJ we will bike from Cambridge to Hamilton, Ontario, carrying what we need to be self-sufficient. While on our trip, we will focus on exploring and photographing local birds. We will camp at Brant Conservation Area overnight and cook a meal for ourselves each day. By the end of our journey our team aim is to have taken pictures of at least 8 different birds to create a photo journal including at least 1 fun fact about each of the birds we have found. We will debrief the experience as a team and complete our journal no later than 10 days after our journey has ended to present to our Assessor.

*This will be submitted as your Qualifying Journey Goal on ORB. **Your team goal needs to be reviewed and approved by your Supervisor/Assessor before your Qualifying Journey takes place.***

## Qualifying Journey Dates

When will you go and return?

Start Date: 2024-06-01

End Date: 2024-06-02

## Mode Of Transport

What mode(s) of transport will your team use for your Qualifying Journey?

- Driving to drop off and from pick-up location
- Biking and walking throughout the journey

*If motorized transportation is used on your journey such as mobility aids, e-bikes, public transportation etc. it*

should be incorporated into your team goal and agreed upon with your Leader/Assessor. Motorized transportation that is used to get to a starting point or from an end point cannot count towards Purposeful Activity time.

### Accommodation

What will be your accommodation for your Qualifying Journey?

Tenting at Brant Conservation area

*Where will you be staying? What do you need to stay there i.e. permits, tents, booking, etc. How much will this cost you? All accommodation should be self-sufficient, approved by the adult you are working with and in line with your Award Centre guidelines. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc...*

### Qualifying Journey Route

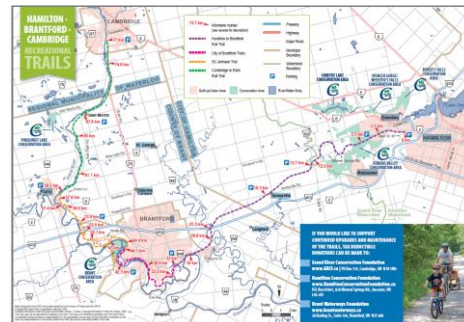
*We suggest including an image/screenshot of your group's proposed route for your team's Qualifying Journey.*

Description: Where will you go and what is the route are you taking?

Cambridge to Hamilton Rail Trail.

- Day 1: Cambridge to Brantford approximately 33km
- Day 2: Brantford to Hamilton approximately 44km

Click the blue box below to upload screenshot:



### Emergency Planning

Your team **MUST** have emergency procedures and policies in place to deal with any incidents that may occur as a result of Award activities. Speak to your Award Leader and/or adults helping deliver the AJ to understand what needs to be included in your risk assessment and what emergency procedures are already in place or need to be created.

### Emergency Communication Methods

Depending on the type of journey being taken, different communication plans will be needed. For example, a back-country trip may need more extreme emergency communication and exit plans based on remote access to emergency services. Emergency communication methods to consider include:

- **Cell phones** – If using, ensure you have service throughout and a way to charge devices.
- **Sharing your plans and location** – Ensure your Award Centre, parents/guardians, emergency contacts, park rangers etc. are aware of your plans and how often you will check-in

- **Trackers** - Some trackers offer GPS, two-way communication, emergency signaling, and location tracking.
- **Satellite phones** – Satellite phones utilize satellites to make calls in areas where cellular service is absent.
- **Signaling devices** – Whistles, mirrors (reflective signals), flashlights with batteries, flares etc.

**Group Emergency Contact Information:**

<b>Name(s)</b>	<b>Phone Number(s)</b>
Gandalf	111-111-1111
Legolas	222-222-2222
Gimli	333-333-3333

**Ensure you know how you will reach your emergency contact when needed (e.g. phone, satellite phone/SPOT etc.). Your emergency contact(s) need to be aware of your plans, how to contact your team, when you will be checking in with them and what to do if anything goes wrong/they don't hear from you.**

**Preventative Measures and Emergency Planning**

List any potential risks or hazards your group could encounter while on your trip (bad weather, terrain, injuries, wildlife encounters, getting lost, etc). Your team **must** discuss these risks with your group and AJ Supervisor and decide on preventative measures you will use as well emergency plans so the whole team is prepared in case anything happens. More Preparation and Training may be required based on the risks that are identified.

<b>Identified Risk/Hazard</b>	<b>Preventative Measures</b>	<b>Emergency Plans</b>
<ul style="list-style-type: none"> <li>• Team member(s) gets lost</li> </ul>	<ul style="list-style-type: none"> <li>• Go over the route and navigation tools being used as a team before trip starts and at the beginning of each day.</li> <li>• Establish frequent check-in points along the route.</li> <li>• Ensure everyone has a charged cell phone, contact info and a whistle.</li> <li>• Stay together as a team and assign everyone a buddy.</li> <li>• Ensure all team members pack extra food, water and clothes.</li> <li>• Share itinerary, route and check-in times with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Once you realize you are lost stay calm.</li> <li>• Stay in one place to avoid getting more lost.</li> <li>• Look for landmarks and/or use GPS to establish where you are and where you should be.</li> <li>• Use communication device and contact team members and/or emergency contacts.</li> <li>• Use extra food, water and clothes to stay hydrated, fed, warm and dry as needed.</li> </ul>

<ul style="list-style-type: none"> <li>• Extreme Weather (rain, wind, heat, and cold)</li> </ul>	<ul style="list-style-type: none"> <li>• Check forecast before trip and each day of trip.</li> <li>• Research and pack appropriate gear and clothes for weather.</li> <li>• Plan emergency pick-up spots with emergency contacts.</li> <li>• Plan emergency stops with appropriate shelter.</li> <li>• Reschedule trip if necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear appropriate gear and clothes for weather.</li> <li>• Check-in with teammates often to ensure everyone stays safe.</li> <li>• Get to shelter and take a break if needed until the weather subsides.</li> <li>• Call emergency contacts for pick-up if needed.</li> </ul>
<ul style="list-style-type: none"> <li>• Potential injuries/illness</li> </ul>	<ul style="list-style-type: none"> <li>• Bring first aid kit.</li> <li>• Know how to get to nearest hospital if necessary.</li> <li>• Do planned wellness checks throughout journey with all teammates.</li> <li>• Keep phones charged to call emergency services if needed.</li> <li>• Communicate individual health needs and first aid training with team before the journey.</li> <li>• Plan emergency pick-up spots with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Remain calm.</li> <li>• Assess injury for severity.</li> <li>• Determine if it can be treated on site, or if it is beyond the team's capabilities.</li> <li>• Determine if teammate can continue.</li> <li>• Treat injury/illness where possible.</li> <li>• Call emergency services/contacts if needed.</li> </ul>
<ul style="list-style-type: none"> <li>• Equipment issues or bike repairs needed</li> </ul>	<ul style="list-style-type: none"> <li>• Tune-up bikes before leaving for journey.</li> <li>• Check equipment before leaving.</li> <li>• Bring repair kit.</li> <li>• Ensure everyone knows how to do basic repairs.</li> <li>• Plan emergency pick-up spots with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Stop and make repairs as needed.</li> <li>• Find local repair shop if needed.</li> <li>• Call emergency contacts for pick-up or gear replacement if needed.</li> </ul>

Other scenarios and a fillable risk management template your team should discuss and fill out can be found [here](#).

### Qualifying Journey Meal Planning

As a group, explore meal recipes and decide on options suitable for all members. For ideas and recipes, [click here](#). Plan a full menu as a group for the length of your Journey. **Remember**

**your team must carry the supplies and prepare all your meals including at least one substantial meal each day.**

<b>Day 1</b>	<b>Menu</b>
Breakfast	Each team member will eat before meeting up to start journey.
Snack	Trail mix
Lunch	Pre-packed wraps, chips and fruit
Snack	Cheese, crackers and dried fruit
Dinner	<a href="#">Moroccan style couscous</a> Smores for dessert
<b>Day 2</b>	<b>Menu</b>
Breakfast	Oatmeal
Snack	Granola bars
Lunch	Ramen with pre-cut veggies and chicken
Snack	<b>Trail mix</b>
Dinner	Go out for dinner as a team after journey has concluded.
<b>Day 3</b> <i>(if applicable)</i>	<b>Menu</b>
Breakfast	N/A
Snack	N/A
Lunch	N/A
Snack	N/A
Dinner	N/A



<b>Day 4</b> <i>(if applicable)</i>	<b>Menu</b>
Breakfast	N/A
Snack	N/A
Lunch	N/A
Snack	N/A
Dinner	N/A

**Don't forget to consider the items you will need for each meal, who will bring/carry them and how much it will cost the team.**

#### **Equipment**

Plan as a group what you will need to take with you on the Qualifying Journey, keeping in mind that you must be self-sufficient. For ideas and tips, check out the example [AJ Packing List](#).

**Individual Gear:** *Gear that each member will be their own of e.g. toiletries, water bottle, sleeping bag, etc.*

- 2 full reusable water bottles
- Personal food & snacks (wraps, chips, fruit and granola bars)
- Whistle
- Phone, charger, download seek app & important contacts saved
- Health card
- Bike with reflectors, helmet & bike lock
- Sunglasses
- Backpack (with waterproof cover)
- Emergency money & money for dinner on last day
- Sleeping pad & bag
- Toiletries (toothbrush, toothpaste, deodorant, personal medication/supplies, hair ties)
- Portable battery pack for charging
- Flashlight
- Small towel
- Journal & pen for notes

**Group Gear:** *Gear that the group will share on their Adventurous Journey e.g. cooking utensils, tents/shelter, first aid kit, emergency equipment, map, etc.*

- Paniere/packs for bikes to put group gear in
- Extra water
- First Aid Kit
- Biking repair kit
- Sunscreen & bug spray
- Camping stove & fuel
- 1 pot & utensils for cooking (large spoon, pot grabber)
- Knife & cutting board
- Bowls & spoons for eating
- Icepacks
- Group food:
  - Snacks: Trailmix, cheese, crackers and dried fruit
  - Dinner: Couscous, spice mixture, onion, bullion cubes, dried fruit, nuts and chickpeas
  - Dessert: Marshmallows, graham crackers and chocolate
  - Breakfast: Oatmeal packets, dried fruit & nuts
  - Lunch: Ramen packs, pre-cut veggies and chicken
- Emergency meal (extra ramen supplies for everyone and granola bars)
- Printed map with emergency stops
- Tarp and rope for emergency shelter
- Toilet paper
- Hand sanitizer
- 2 tent and ground sheets
- Multi-tool
- Dish basin
- Dish soap and scrubbie
- Fire starter kit

**Clothing:** *Items of clothing that each member should prepare to bring e.g. shoes, hats, jackets, etc.*

- Rain Jacket/wind breaker
- Packed change of clothes (pants, shirt, sweater, underwear, socks)
- Sturdy shoes

- Camp-site shoes
- Hat
- Pajamas
- Extra clothes (pants, shirt, sweater, underwear, socks)

### Qualifying Journey Debrief

An opportunity to review the Qualifying Journey with your team and Assessor to learn more from the experience. Talk to your Assessor and team about how you will complete your Adventurous Journey Debriefing Report and what needs to be submitted. Your Adventurous Journey Debriefing Report will need to be submitted to your Assessor before they can complete the Assessor Report on the ORB.

Complete the debrief with your AJ Assessor. You can find the [guide here](#).

Team meeting with your Assessor to review your Qualifying Journey.

**Date of Debrief: 2024-06-02**

*After the Qualifying Journey the team debrief should be completed as soon as possible. Please note, it is up to the participant to ensure their Assessor receives and completes the Assessor Report. The Assessor is responsible for communicating with the AJ Supervisor and providing a group assessment for the team's Qualifying Journey.*