

DofE 20 Conditions

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.