



Updates and changes 2004

The following are some of the changes to the Expedition section for 2004. Please note that the Distance and Journeying requirements have changed.

These are outlined in Edition 5 of the Handbook

- The **Team** should consist of between four and seven young people. For water ventures there should be a minimum of two craft involved in the venture to render mutual support, except for craft designed to accommodate the whole team. For methods that require double occupancy e.g. tandem canoes, small dinghies the max number in a team may be increased to eight.

The Planned Activity each day should be at least the minimum shown below for each level.

Time scales for Qualifying Ventures:

LEVEL	DURATION	MINIMUM HOURS OF planned ACTIVITY each DAY
BRONZE	2 days and 1 night	At least 6 hours during the daytime
SILVER	3 days and 2 nights	At least 7 hours during the daytime
GOLD	4 days and 3 nights	At least 8 hours during the daytime

Time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity

- The Team should plan how they propose to spend the daytime hours which should be a combination of journeying and exploring
- At least half of the minimum daytime hours should be spent journeying with appropriate rest breaks
- The Team should determine the speed of journeying, the distance travelled and the time spent exploring. This should be based on their experience during practice journeys in a similar environment
- Teams may choose to use most of their planned hours in journeying with appropriate breaks, but must still make observations and recordings for their review and presentation
- Such Teams undertaking foot ventures normally achieve total distances of **Bronze: between 24 km and 32 km (15 to 20 miles), Silver: 48km and 59 km (30 to 37 miles) and Gold: between 80km and 96km (50 to 60 miles)**

The Total Journey distance has been relaxed and it is advised to be within the limitations shown above.

Accommodation and Catering

Overnight Accommodation should be by lightweight camping, as this will enhance the sense of adventure and self-reliance

However Operating Authorities may approve alternatives to lightweight camping to take in to account the particular needs of participants. If other forms of simple self catering accommodation, such as large tents, camping barns, bothies, mountain huts or hostels are used, the whole Team should be able to stay together with minimum external intervention.

At least one substantial meal should be cooked and eaten by the team each day.

Equipment

Teams should be able to carry all equipment and food to be used during the venture. However if a participant has special needs or circumstances that make it inappropriate for them to carry full camping and cooking equipment, and the rest of the team cannot accommodate this, some items may be deposited at the campsite. **ALL PARTICIPANTS MUST CARRY THE PERSONAL EMERGENCY EQUIPMENT AS STATED IN THE PROGRAMMES FILES.**