

Adventurous Journey Conditions		Notes
1.	The expedition must have a clearly defined aim.	This should be a topic or observation agreed upon by the team during the planning phase of the journey.
2.	All journeys must be completed as a team. Teams cannot have less than 4, nor more than 7, members (8 for modes of travel that are tandem).	A group must be unaccompanied and work independently of other groups. Except in the event of an emergency, the team must always stay together. The team must not include those who have successfully completed a Qualifying Journey at the same or higher Award level. Not all team members need to be enrolled in the Award nor under assessment, but they should be similar ages.
3.	All participants must have undergone suitable training to have appropriate skills to undertake their journeys.	All participants must be trained in the necessary navigation and outdoor skills and the correct use of expedition equipment. A beginning traveler usually requires a minimum of 12 hours of training; however, this may increase depending on the location of the AJ and the mode of transportation.
4.	All members of the group must be involved with the planning and preparation of their Practice and Qualifying Journeys.	This must, at a minimum, include suitable training in route planning and consideration of the risks. It is important that the participants take ownership of their journey. Non-Award participants must also be involved with the training and planning.
5.	All participants must undergo a minimum of one Practice Journey per level, using the same mode of travel and in a similar environment as the Qualifying Journey.	All Practice Journeys must include, at a minimum, one day and one night in the chosen environment, using the same mode of travel, but not over the same route or in the immediate vicinity of the Qualifying Journey. A longer period of time may be required if the Supervisor or Assessor thinks it is advisable. The number of Practice Journeys will depend upon the ability of the group; this is a decision of the Supervisor or Assessor.
6.	All journeys must take place on land or water; all team members must use a mode of travel that requires their own effort, without motorized or outside assistance.	“Own effort” includes by foot, cycle, paddle/oar, etc. or by other non-motorized means, e.g. sailing. Travel with the use of animals is allowed, but participants must be trained in their usage, care, and handling. Exceptions exist for young people with health conditions or special needs, such as the use of a motorized wheelchair.
7.	The environment chosen must be unfamiliar to all participants.	Participants should not select a location for their Qualifying Journey where they’ve journeyed before. The environment should be appropriately challenging for the team. This is typically remote or wilderness terrain, depending on the mode of travel.
8.	The distance covered on all journeys will depend on the terrain, weather conditions, and the ability of the group members. However, all groups members must undertake the minimum hours of purposeful effort.	Bronze – 6 hours of purposeful effort daily Silver – 7 hours of purposeful effort daily Gold – 8 hours of purposeful effort daily Purposeful effort is time spent travelling and navigating on the day’s route and in activities related to the aim. Setting up a camp site, sleeping, cooking, and eating should not be included in the hours of purposeful effort.

9.	On an exploration, at least one third of the purposeful effort requirement must be spent journeying, with the remainder focused on working towards the overall aim.	Bronze Exploration – 4 hours on aim, 2 on journey daily Silver Exploration – 4.5 hours on aim, 2.5 on journey daily Gold Exploration – 5.5 hours on aim, 2.5 on journey daily
10.	On an expedition, at least two thirds of the purposeful effort requirement must be spent journeying, with the remainder focused on working towards the overall aim.	Bronze Expedition – 4 hours on journey, 2 on aim daily Silver Expedition – 4.5 hours on journey, 2.5 on aim daily Gold Expedition – 5.5 hours on journey, 2.5 on aim daily
11.	All journeys must be supervised and assessed by a trained adult who is able to accept responsibility for the safety of the team.	The team should be unaccompanied and unguided. Supervisors must plan to monitor the team by either shadowing them from a distance or using an appropriate system to track their progress. Throughout the journey, supervisors must be in the immediate vicinity, but should remain discrete and distant enough to allow the team to act independently. Close supervision may be employed when necessary to ensure safety.
12.	Accommodation must be in portable tents or simple self-catering accommodation such as hostels, huts, or similar shelters.	This ensures that young people are taken out of their comfort zones, are self-sufficient, and develop their team skills.
13.	All members of the group must carry enough equipment, food, and water to be completely self-sufficient throughout their journey.	Equipment must be appropriate to the type of journey, the season and the environment in which the journey is taking place. Teams must carry all equipment and supplies necessary for the duration of the journey. Except for water (in arid environments only), nothing may be transported and placed at campsites or along the route. Adjustments for medical purposes are also accepted.
14.	All members of the group must ensure that they prepare and consume a full meal each day.	Teams must have appropriate light-weight cooking equipment and should be able to prepare simple meals. Use of campfires for cooking purposes is not suitable for Award expeditions and use of campfires at any time is discouraged, except in emergencies and only where permitted by law.
15.	All groups will prepare and deliver a presentation identifying their aim and findings to their Supervisor and Assessor after the Qualifying Journey. Groups completing the Independent Adventurous Journey will also submit a report.	The presentation may be in any format the team chooses and must be related to the aim of the journey. All members of the team must contribute to their presentation. Guidance for the report can be found in the Guide to the Independent Adventurous Journey.

Note for larger Award groups: Multiple teams should not travel in convoy, but rather have individual routes from campsite to campsite. Where this is unavoidable, a substantial amount of time must separate each team using the same route and they must operate as discrete teams. It is allowed for groups to camp at the same location, if necessary, but they should ensure they are departing at different times or on different routes the following day.