



These notes are designed to help you successfully plan your expedition.

- 1.** What is the purpose of your expedition?
- 2.** How many hours each day will you spend –
 - a. Travelling?
 - b. Working on your aim/project (no more than 50% of your time)?
 - c. Do these add up to the total required hours?
- 3.** Plan a route on the map which enables you to meet your aim
 - a. Can you walk it in the time available?
 - b. Does it enable successful completion of your aim?
- 4.** Complete the route card (you can write or type this, or use eDofE to complete it).
Does it contain -
 - a. Grid references and locations?
 - b. A description that you could use to follow the route without your map? (Think – direction, distance, landmark, destination)
 - c. Have you included directions as north/south/east/west (bearings at Silver and Gold)
 - d. Height gains to show ascents and descents?
 - e. Timings? To spend on the aim during each leg along with travelling time?
 - f. Will your be able to be at the destination within 30minutes of the expected activity time?
- 5.** Complete the purpose plan on the back of your route card, to show who will be doing what roles to ensure a successful expedition and completed aim.
- 6.** Plan your menu – variety – calories – interesting – nutritious, quick and easy to prepare and cook.

Now pass all of your planning to your supervisor to check.

Remember it is down to you to make the changes they recommend prior to the expedition, and then get it signed as checked before the expedition.