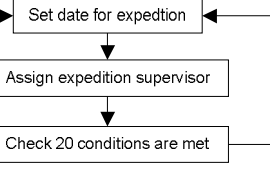
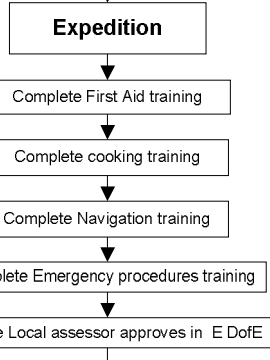
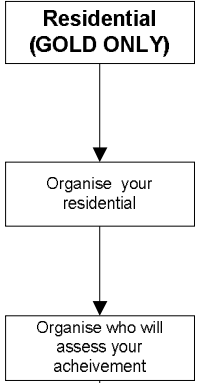
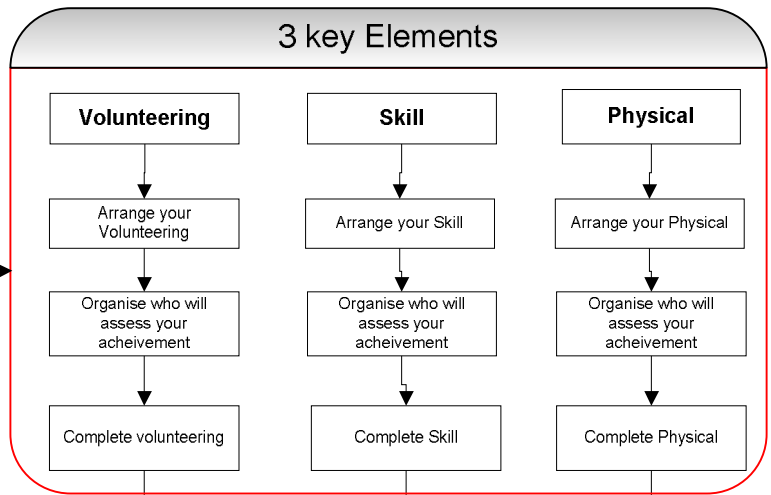


Log into E DofE & Change password

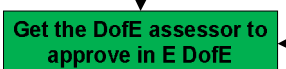
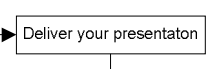
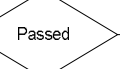
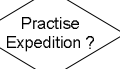
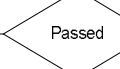
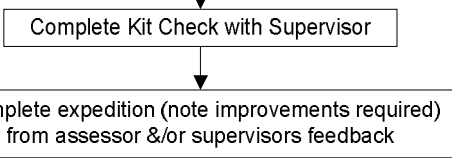
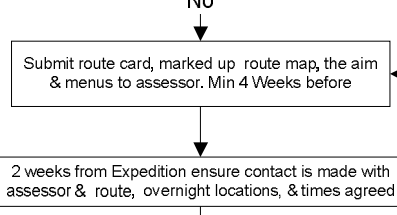
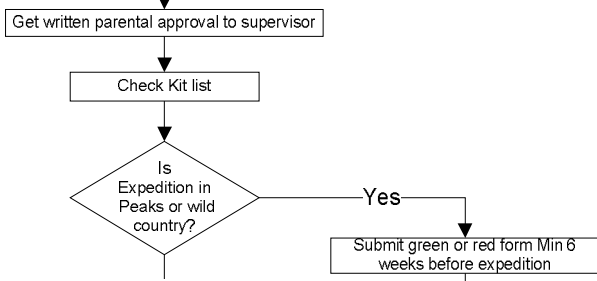
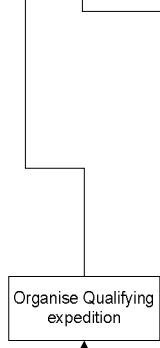
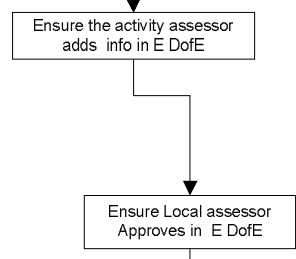
Update personal info & add plans for each element



3 key Elements



- ALL EXPEDITIONS MUST BE :-**
- 1: your own physical effort, without any motorised or outside assistance.*
 - 2: unaccompanied and self-sufficient.
 - 3: supervised by an adult who is able to accept responsibility for the safety of you and your team.
 - 4: have an aim.
 - 5: be properly equipped for your expedition.
 - 6: completed the required training and practice expeditions.
 - 7: Passed a similar practice expedition in the same area
 - 8: You and your team must plan and organise your expedition.
 - 9: be assessed by an approved accredited Assessor to the DofE.
 - 10: be between four and seven people in your team (eight people for tandem modes of travel
 - 11: be within the qualifying age of the DofE programme level.
 - 12: all participants 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: be the minimum number of days required for your DofE level.
 - 16: should normally take place between the end of March and the end of October.
 - 17: be in the recommended environment for your DofE level.
 - 18: do the minimum hours of planned daily activity for your DofE level.
 - 19: cook and eat a substantial meal each day.
 - 20: create and deliver a presentation after your expedition to complete the section.



Fill in this data ASAP

Practise expedition Date / /

Practice Data to assessor by / /

Qualifying expedition Date / /

Qualifying Data to assessor by / /