# BIGFOOT ADVENTURES - DUKE OF EDINBURGH BRONZE JOURNEY REQUIREMENTS

## BELONG TOGETHER

- I contribute to group discussions, decision making, and activities.
- I contribute to creating and supporting our group goal for the journey
- I am supportive of others in my group and provide assistance when required.
- I make an effort to connect with the environment and others around me.
- I respect and engage in tikanga shared by iwi and tangata whenua specific to the place I am in.
- When leading the group, I set a pace that is suitable for everyone on the journey and check-in with the group along the way.
- I respect the knowledge and fitness of other participants on the journey.
- I listen to my instructor and respect their knowledge and qualifications.
- I obey campsite/hut quiet hours and make an effort not to disturb other campers.

## LEAD YOUR JOURNEY

- I help my group create a route plan for the journey; where we are going, distance, who is leading, approx. timing.
- I show up prepared for the journey and/or rent required equipment from Bigfoot Adventures.
- I am able to independently cook a meal using appropriate camp cooking safety techniques.
- I am able to set and work toward a personal goal of my choosing for the journey.
- I can select an appropriate tent site and set up and take down my tent appropriately.
- I know how to properly dispose of food, packaging & human waste.



## GROW YOUR EDGE

- I participate in daily reflection to support myself in making progress towards achieving my goal.
- I have awareness of the environment I am entering by knowing the history of the place I am visiting, having looked at the weather forecast & having looked at a map of the area ahead of time.
- I make a considerable effort to unplug from technology, unless related to the journey (photos, TOPO, or plant ID app).
- I made an effort to train ahead of this journey.
- I assess and look after my own first aid needs on the journey.
- I leave any "souvenirs" from the journey and do not "leave a mark" on the environment, having an awareness of alternative methods to remember the journey.
- I obey all applicable fire-safety regulations for the park(s)/area the journey is located.
- I respect wildlife by not feeding them on my journey & keeping a respectful distance.
- I am respectful of the environment in which my journey takes place and not disturb any natural area (beyond erosion due to recreating).

## TRAMPING

I am able to:

- Orient a map properly.
- Identify summits/peaks, trails, roads, rivers, and streams on a map.
- Use a six-figure grid reference to communicate location.
- Locate myself/the group on a map using environmental clues/features.
- Lead the group for a minimum of one hour on our journey.

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