# BIGFOOT ADVENTURES - DUKE OF EDINBURGH SILVER 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; assigning leadership legs, working out distance, identifying significant features, elevation gained, bearings/direction and timings.
- 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 the food, packaging and 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, looking at multiple sources for accurate 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 have made an effort to put training in towards this journey.
- I can assess and look after my own first aid needs throughout the journey and assist others if needed.
- I don't take any "souvenirs" from the journey and don't "leave a mark" on the environment while on the journey, and am aware of alternative methods to remember the journey.
- I obey all applicable fire-safety regulations for the park(s)/area the journey is located.
- I do not feed wildlife on my journey & keep a respectful distance..
- I am respectful of the environment in which my journey takes place and do not disturb any natural area (beyond erosion due to recreating).

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## TRAMPING

I am able to:

- Complete all bronze level requirements for navigation and;
- Take a bearing and follow it
- Navigate more physically challenging terrain
- Identify where I am on the map at any time
- Explain and conduct resections & leap-frogging
- Lead the group for a minimum of 3 hours on our journey.





## MOUNTAIN BIKING

I am able to:

- Complete a full bike safety check
- Understand track grading system and where I sit in my own ability
- Conduct basic maintenance of a bike
- Use proper riding technique and show openness to improving on this during the journey
- Understand safety protocols within the locations I am riding
- Lead the group for a minimum of 3 hours on our journey.

## CANOEING/KAYAKING

I am able to:

- Safely maneuver the kayak/canoe forward & back and turn with ease.
- Use efficient kayak/canoe paddling technique and show openness to improving on this during the journey
- Launch from and land back onto shore with confidence
- Waterproof and pack all gear efficiently into the storage holds
- Complete a wet exit and safely exit and clear the vessel, conducting a buddy check on resurfacing.
- Show awareness of and obey all safety whistles and hand signals when/if used.
- Lead the group for a minimum of 3 hours on our journey.



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