



# Adventurous Journey Planning Guide

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This planning guide is to be used with your team when planning your Adventurous Journey. Depending on the type of Adventurous Journey you are completing, you may need to include less or more in your planning process, discuss this with your Award Leader if you aren't sure!

Please ensure you complete the Preparation and Training, the Practice Journey and Qualifying Journey as a team. Team members may take on different roles throughout each stage as long as everyone on the team is equally involved in the planning and execution of the journey.

Don't forget that the Adventurous Journey can take place in urban, rural or wilderness environments. It's not just a camping trip; teams may choose to discover local features, cycle between cities, explore historical sites or learn more about the environment, the possibilities are endless!

The Adventurous Journey requires initiative, communication and perseverance. With suitable training, planning and supervision, the Adventurous Journey section aims to safely take you out of your comfort zone and promotes experiencing new challenges in a team setting.

More information and resources for the Adventurous Journey can be found [here](#).

Group Information	
Team Name: The Twilight Saga	
Journey Name: Back-country camping and river kayaking  <i>This will be what you enter on ORB for 'Name.'</i>	Journey Type: Practical AJ  <i>Practical or virtual are the options you can select on the ORB.</i>
Information of All Group Members	
<i><b>AJ teams are done in groups of 4-8 peers. Team members must work together throughout each stage of the journey. You may be working on different levels of the Award so long as requirements at each level are met. Teams may also include non-Award participants.</b></i>	
Name:	Email:
1. Edward Cullen	example@example.org
2. Bella Swan	example@example.org
3. Jacob Black	example@example.org
4. Alice Cullen	example@example.org
5. Rosalie Hale	example@example.org
6. Jasper Hale	example@example.org
7. Charlie Swan	example@example.org
8. Jessica Stanley	example@example.org
Adventurous Journey (AJ) Planning General Information	
Award Centre Name: Forks Academy	
Adult Support	
<i>Please note one adult may have multiple roles on the Adventurous Journey (AJ). All adults involved in delivering the AJ should be competent in experience and training required for the type of journey being undertaken according to the Award Centre's standards to ensure participants remain safe. <b>Immediate family members cannot be Assessors for any section of the Award.</b> Ideally, immediate family members should not be a Supervisor unless necessary and approved by the leader.</i>	
Award Leader Name: Renee Dwyer	
AJ Supervisor:  <i>Must be present on the Practice and Qualifying Journeys and is responsible for the safety and</i>	Name: Angela Weber

<p><i>security of all team members. They should be trained and experienced for the journey according to the Award Centre's standards to ensure the team remains safe. When necessary and if approved by the leader this role may be done by a family member. They will submit an assessment after the Practice Journey is completed.</i></p>	<p>Email: support@dukeofed.org</p>
<p><b>AJ Assessor:</b></p> <p><i>Assesses the journey for the whole team and ensures that all Award outcomes are met by the team. They do not have to be on the journey so long as there is a suitable AJ Supervisor present. They will complete an assessment after the Qualifying Journey is done and the team AJ Debriefing Report is submitted.</i></p>	<p>Name: Renee Dwyer</p> <p>Email: support@dukeofed.org</p>

Preparation And Training	
<p>Complete the following Preparation and Training together as a team. What you do for your Preparation and Training should <b>ensure your team is capable of safely completing the journey you have decided on</b>. Completion of this section will look different for every team since <b>what needs to be done to safely complete your trip will be determined by your team goal, environment and the type of journey you have decided to undertake</b>. More Preparation and Training may be needed such as specific training and/or research that will help you be successful in completing your team goal.</p> <p>Preparation &amp; Training as outlined on the ORB:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Appreciating the culture within the journey's environment.</li> <li><input checked="" type="checkbox"/> Camp craft, including food and cooking.</li> <li><input checked="" type="checkbox"/> Competency in the mode of travel.</li> <li><input checked="" type="checkbox"/> First Aid and emergency procedures.</li> <li><input checked="" type="checkbox"/> Navigation.</li> <li><input checked="" type="checkbox"/> Necessary equipment and how to use it.</li> <li><input checked="" type="checkbox"/> Observation and recording skills.</li> <li><input checked="" type="checkbox"/> Route planning.</li> <li><input checked="" type="checkbox"/> Team building and leadership training.</li> <li><input checked="" type="checkbox"/> Understanding of the Adventurous Journey.</li> <li><input checked="" type="checkbox"/> Understanding the impact of the journey on the environment.</li> </ul>	
<p>All Preparation and Training will be completed by: <i>These date(s) will be what you enter on ORB and must all be completed before you undergo the Qualifying Journey.</i></p>	<p>2024-07-13</p>

### Journey Purposeful Activity

Discuss with your group and your Award Leader what your group wants to do for your Adventurous Journey!

Do you want to go hiking or paddling? Cycle between cities? Explore historical landmarks? Investigate environmental features/issues? Be creative and decide as a team what will be challenging, realistic and enjoyable for you.

**Journey activities can differ between Practice and Qualifying Journeys! If they do, it is important to include in your team goal and ensure your team completes necessary Preparation and Training to safely undertake all the activities you will be doing.**

These are some options you may choose:

- Exploring different rock climbing routes
- Following an ancient pilgrimage
- Retracing the path of an early explorer
- Sailing trip
- Hiking trip
- Paddling trip
- Cross country skiing trip
- Cycling trip
- Dogsledding trip
- Horse riding trip
- Cultural trips
- Historical trips
- Marine study
- Environmental/conservation study
- Orienteering
- Scientific exploration
- Surveying national/wildlife observations
- Other:

### Practice Journey Planning

The purpose of the Practice Journey is to apply skills learned during the Preparation & Training and test your group's plan for the Qualifying Journey. Groups may complete more than one Practice Journey, it is up to the Assessor/Supervisor to determine when the group is ready to go on their Qualifying Journey.

Practice Journeys must be a minimum of:

- BRONZE: 1 day (typically 6 hours of Purposeful Activity)
- SILVER: 1 day, 1 night (typically 7 hours of Purposeful Activity)
- GOLD: 1 day, 1 night (typically 8 hours of Purposeful Activity)

*Purposeful Activity is time spent journey and working towards the team goal. This may include activities such as journeying, cooking, gathering data, researching/investigating, setting up camp/accommodations etc. It does not include getting to and from start/end points, leisure time and sleep.*

### Practice Journey Team Goal

The team must set a clear and challenging goal that is achievable and defines what activities the team will be doing throughout the journey this may include researching, investigating and/or exploring the natural world.

See our [example goals](#) for more ideas.

Your team goal for the Practice Journey should be decided on together and include answers to these questions:

- What will your team be doing?
- Where will you go?
- What is your team aiming to achieve by the end of the Practice Journey?
- How will it set you up for success on your Qualifying Journey?

#### What is your team goal?

Before the journey, we will research the local river environment and review kayaking protocols with our Supervisor. During the PJ, we will practice by kayaking one river segment in St. Mary's River to ensure that we are comfortable and confident on the water. We will also spend some time exploring the environment and learning about ecosystem protections that are in place. During our trip, we will work together to set up our tents and cook a meal together. After, we will reflect on the journey with our AJ Supervisor and make any necessary changes to our plans for the QJ.

*This will be submitted as your Practice Journey Goal on ORB. **Your team goal needs to be reviewed and approved by your Supervisor/Assessor before your Practice Journey takes place.***

#### Practice Journey Date(S)

When will you go and return?

Start Date: 2024-07-13

*Dates must take place before your Qualifying Journey*

End Date: 2024-07-14

#### Mode Of Transport

What mode(s) of transport will your team use for your Practice Journey?

- River kayaking

*If motorized transportation is used on your journey such as mobility aids, e-bikes, public transportation etc. it should be incorporated into your team goal and agreed upon with your Leader/Assessor. Motorized*

transportation that is used to get to a starting point or from an end point cannot count towards Purposeful Activity time.

### Accommodation

What will be your accommodation for your Practice Journey (if applicable)?

In tents at the campground along the river.

*Where will you be staying? What do you need to stay there i.e. permits, tents, booking, etc. How much will this cost you? All accommodation should be self-sufficient, approved by the adult you are working with and in line with your Award Centre guidelines. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc..*

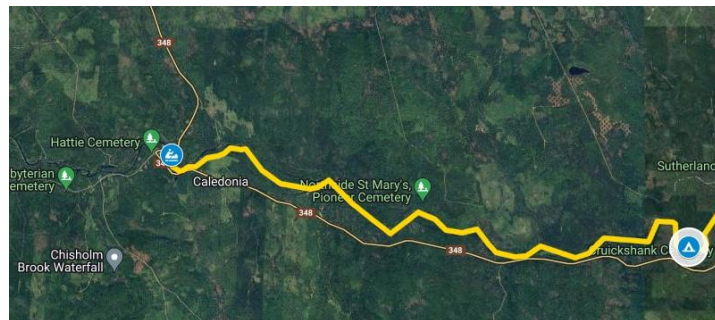
### Practice Journey Route:

We suggest including an image/screenshot of your group's proposed route for your Practice Journey.

Description: Where will you go and what is the route are you taking?

We will meet at West Branch – Access Point 1. We will then kayak 10km until we reach the campground to stay overnight, which is 2km to Sutherlands Bridge.

Click the blue box below to upload screenshot:



### Emergency Planning

Your team **MUST** have emergency procedures and policies in place to deal with any incidents that may occur. Speak to your Award Leader and/or adults helping deliver the AJ to understand what needs to be included in your risk assessment and what emergency procedures are already in place or need to be created.

### Emergency Communication Methods

Depending on the type of journey being taken, different communication plans will be needed. For example, a back-country trip may need more extreme emergency communication and exit plans based on remote access to emergency services. Emergency communication methods to consider include:

- **Cell phones** – If used, ensure you have service throughout and a way to charge devices.
- **Sharing your plans and location** – Ensure your Award Centre, parents/guardians, emergency contacts, park rangers etc. are aware of your plans and how often you will check in.

- **Trackers** - Some trackers offer GPS, two-way communication, emergency signaling, and location tracking.
- **Satellite phones** – Satellite phones utilize satellites to make calls in areas where cellular service is absent.
- **Signaling devices** – Whistles, mirrors (reflective signals), flashlights with batteries, flares etc.

**Group Emergency Contact Information:**

Name(s)	Phone Number(s)
Billy Black	444-444-4444
Eric Yorkie	555-555-5555
Sam Uley	666-666-6666

**Ensure you know how you will reach your emergency contact(s) when needed (e.g. phone, satellite phone/SPOT etc.). Your emergency contact(s) need to be aware of your plans, how to contact your team, when you will be checking in with them and what to do if anything goes wrong/they don't hear from you.**

**Preventative Measures and Emergency Planning**

List any potential risks or hazards your group could encounter while on your trip (bad weather, terrain, injuries, wildlife encounters, getting lost, etc.). Your team **must** discuss these risks with your group and AJ Supervisor and decide on preventative measures you will use as well emergency plans so the whole team is prepared in case anything happens. More Preparation and Training may be required based on the risks that are identified.

Identified Risk/Hazard	Preventative Measures	Emergency Plans
<ul style="list-style-type: none"> <li>• Team member(s) gets lost</li> </ul>	<ul style="list-style-type: none"> <li>• Go over the route and navigation tools being used as a team before trip starts and at the beginning of each day.</li> <li>• Establish frequent check-in points along the route.</li> <li>• Ensure everyone has a working communication device and contact information e.g. whistle, cell phone etc.</li> <li>• Stay together as a team and assign everyone a buddy so no one is alone.</li> <li>• Ensure all team members have extra food, water and clothes.</li> <li>• Share itinerary, route and check-in times with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Once you realize you are lost stay calm.</li> <li>• Stay in one place to avoid getting more lost.</li> <li>• Look for landmarks and/or use GPS to establish where you are and where you should be.</li> <li>• Use communication device and contact team members and/or emergency contacts.</li> <li>• Use extra food, water and clothes to stay hydrated, fed, warm and dry as needed.</li> </ul>

<ul style="list-style-type: none"> <li>• Potential injuries/illness</li> </ul>	<ul style="list-style-type: none"> <li>• First aid preparation and training</li> <li>• Identify the most common injuries related to kayaking and backcountry camping and know how to perform first aid</li> <li>• Each person should bring a first aid kit equipped with the necessary items to help treat potential injuries</li> <li>• Know how to get to nearest hospital if necessary.</li> <li>• Do planned wellness checks throughout journey with all teammates.</li> <li>• Keep phones charged to call emergency services if needed.</li> <li>• Communicate individual health needs and first aid training with team before the journey.</li> <li>• Plan emergency pick-up spots with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• Remain calm.</li> <li>• Treat injury/illness where possible.</li> <li>• Call emergency services/contacts if needed.</li> </ul>
<ul style="list-style-type: none"> <li>• Capsizing or getting stuck in strong currents</li> </ul>	<ul style="list-style-type: none"> <li>• Wearing properly fitted life jackets.</li> <li>• Understanding kayaking protocols and paddling.</li> <li>• Ensuring the gear is in good condition.</li> <li>• Being aware of weather conditions and river flow rates before the trip.</li> </ul>	<ul style="list-style-type: none"> <li>• Ensuring everyone has a whistle or signaling device to attract attention in case of emergency.</li> <li>• Designating a meetup point in case of separation.</li> <li>• Carrying emergency communication devices such as a waterproof mobile phone or satellite communicator.</li> <li>• Everyone should know the location of nearby emergency services or access points along the river.</li> <li>• Everyone should be educated on how to perform a self-rescue or assist others in case of a capsized.</li> </ul>

Other scenarios and a fillable risk management template your team should discuss and fill out can be found [here](#).

### Practice Journey Meal Planning

As a group, explore meal recipes and decide on options suitable for all members. For ideas and recipes, [click here](#). Plan a full menu as a group for the length of your journey. **Remember**



**your team must carry the supplies and prepare all your meals including at least one substantial meal each day.**

Day 1	Menu
Breakfast	Team members will eat before we meet up for PJ
Snack	Pre-made no-bake <a href="#">energy balls</a>
Lunch	Pre-made peanut butter and jelly sandwiches
Snack	Pretzels & fruit leather
Dinner	DIY Pizza with pre-made pizza dough and toppings
Breakfast ( <i>applicable for Silver &amp; Gold Practice Journeys</i> )	N/A

**Don't forget to consider the items you will need for each meal, who will bring/carry them and how much it will cost the team.**

**Equipment**

Plan as a group what you will need to take with you on the Practice Journey, keeping in mind that you must be self-sufficient. For ideas and tips, check out the example [AJ Packing List](#).

- Individual Gear:** *Gear that each member will bring their own of e.g. toiletries, water bottle, sleeping bag, etc.*
- Full reusable water bottle with extra water
  - Personal food and snacks (energy balls, sandwich, pretzels, fruit leather)
  - Phone, charger and important contacts saved
  - Whistle or signaling device
  - Waterproof mobile phone or satellite communicator
  - Kayak and paddles
  - Life jacket
  - Backpack (with waterproof cover)
  - Health card
  - Sunglasses
  - Tents and bedding
  - Waterproof dry bags

- Bilge pump
- Headlamp (in case you're too slow getting back)
- Toiletries (toothbrush, toothpaste, deodorant, personal medication/supplies, hair ties)
- Small personal first aid kit

**Group Gear:** *Gear that the group will share on their Adventurous Journey e.g. cooking utensils, tents/shelter, first aid kit, emergency equipment, map, etc.*

- First aid Kit
- Camping stove and fuel
- Group food (pre-made pizza dough, pizza sauce, toppings)
- Cooking equipment (oil/butter, foil, long-handled tongs or a grill grate, cast iron skillet, pot grabber)
- Bowls and utensils for eating
- Dish basin
- Dish soap and scrubbie
- Fire starter kit
- Sunscreen
- Ice packs
- Notebook and pen to document the trip to prepare for the debrief
- Toilet paper

**Clothing:** *Items of clothing that each member should prepare to bring e.g. shoes, hats, jackets, etc.*

- Rain Jacket/wind breaker
- Packed change of clothes (pants, socks, shirt, sweater, underwear)
- Sun hat
- Water shoes and comfortable shoes
- Life jacket
- Pajamas
- Extra clothes (pants, shirt, sweater, underwear, socks)

### Practice Journey Debrief

An opportunity to change or modify your Qualifying Journey plans and details with your Supervisor. Complete the Practice Journey Debriefing Report with your AJ Supervisor and Assessor. You can find the [guide here](#).

Team meeting with your Supervisor to review your Practice Journey.

**Date of Debrief: 2024-07-14**

*After the Practice Journey the team debrief should be completed as soon as possible. Please note, it is up to the participant to ensure their Supervisor receives and completes the Assessor Report. The Supervisor is responsible for providing a group assessment for the team's Practice Journey and communicating with the Assessor.*

### Qualifying Journey Planning

The purpose of the Qualifying Journey is to undertake and complete a group activity accomplishing the proposed team goal.

Qualifying Journeys must be a minimum of:

- **BRONZE:** 2 days, 1 night, 6 hours of Purposeful Activity each day
- **SILVER:** 3 days, 2 nights, 7 hours of Purposeful Activity each day
- **GOLD:** 4 days, 3 nights, 8 hours of Purposeful Activity each day

Purposeful Activity is time spent journey and working toward the team goal. This may include activities such as journeying, cooking, gathering data, researching/investigating, setting up camp/accommodations etc. It does not include getting to and from start/end points, leisure time and sleep.

### Qualifying Journey Team Goal

The team must set a clear and challenging goal that is achievable and defines what activities the team will be doing throughout the journey. This may include researching, investigating and/or exploring the natural world.

See our [example goals](#) for more ideas.

Your team goal for the Practice Journey should be decided on together and include answers to these questions:

**Team Goal:**

For our QJ, in the morning after our PJ we will continue down the river to kayak another river segment before

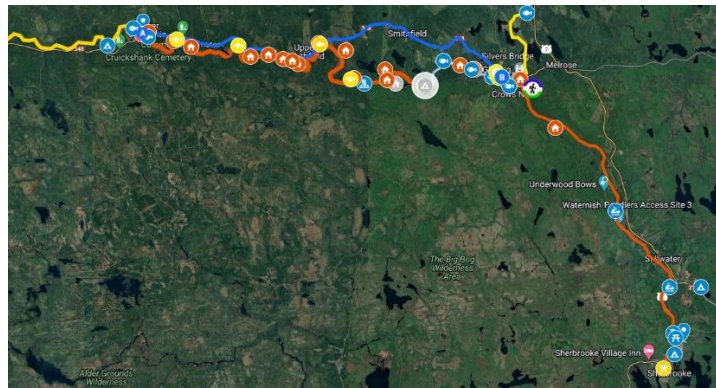
<ul style="list-style-type: none"> <li>• What will your team be doing?</li> <li>• Where will you go?</li> <li>• Where will your team be staying?</li> <li>• What is your team aiming to achieve by the end of the Qualifying Journey?</li> <li>• How will debrief/review your journey as a team?</li> </ul>	<p>camping overnight at another nearby campsite and doing another 2 river segments the next morning. We want to focus on identifying and observing various species in the area to learn more about river ecosystems. Between paddles, we will photograph what we see in the river ecosystem, write observations, and have discussions on what we find. We will share our findings with our Supervisor and engage in a discussion to further explore the importance of preserving and protecting these ecosystems. By the end of our journey, we will have a newfound appreciation for the beauty and preservation of river ecosystems in Nova Scotia.</p> <p><i>This will be submitted as your Qualifying Journey Goal on ORB. <b>Your team goal needs to be reviewed and approved by your Supervisor/Assessor before your Qualifying Journey takes place.</b></i></p>
<b>Qualifying Journey Dates</b>	
When will you go and return?	Start Date: 2024-07-14  End Date: 2024-07-15
<b>Mode Of Transport</b>	
<p>What mode(s) of transport will your team use for your Qualifying Journey?</p> <ul style="list-style-type: none"> <li>• River kayaking</li> </ul> <p><i>If motorized transportation is used on your journey such as mobility aids, e-bikes, public transportation etc. it should be incorporated into your team goal and agreed upon with your Leader/Assessor. Motorized transportation that is used to get to a starting point or from an end point cannot count towards Purposeful Activity time.</i></p>	
<b>Accommodation</b>	
<p>What will be your accommodation for your Qualifying Journey?</p> <p>In tents at the campground along the river.</p> <p><i>Where will you be staying? What do you need to stay there i.e. permits, tents, booking, etc. How much will this cost you? All accommodation should be self-sufficient, approved by the adult you are working with and in line with your Award Centre guidelines. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc...</i></p>	
<b>Qualifying Journey Route</b>	

We suggest including an image/screenshot of your group's proposed route for your team's Qualifying Journey.

Description: Where will you go and what is the route are you taking?

- Day 1: In the morning after our PJ, we will begin kayaking along West Branch Segment 2. Once complete, we will camp at the campground at the end of the segment.
- Day 2: We will continue along and begin kayaking at West Branch Segment 3. Once complete, we will continue on to do the East branch segment which will lead us to the bridge where we will complete our journey.

Click the blue box below to upload screenshot:



### Emergency Planning

Your team **MUST** have emergency procedures and policies in place to deal with any incidents that may occur as a result of Award activities. Speak to your Award Leader and/or adults helping deliver the AJ to understand what needs to be included in your risk assessment and what emergency procedures are already in place or need to be created.

### Emergency Communication Methods

Depending on the type of journey being taken, different communication plans will be needed. For example, a back-country trip may need more extreme emergency communication and exit plans based on remote access to emergency services. Emergency communication methods to consider include:

- **Cell phones** – If using, ensure you have service throughout and a way to charge devices.
- **Sharing your plans and location** – Ensure your Award Centre, parents/guardians, emergency contacts, park rangers etc. are aware of your plans and how often you will check-in.
- **Trackers** - Some trackers offer GPS, two-way communication, emergency signaling, and location tracking.
- **Satellite phones** – Satellite phones utilize satellites to make calls in areas where cellular service is absent.
- **Signaling devices** – Whistles, mirrors (reflective signals), flashlights with batteries, flares etc.

Group Emergency Contact Information:	
Name(s)	Phone Number(s)
Billy Black	444-444-4444
Eric Yorkie	555-555-5555
Sam Uley	666-666-6666

**Ensure you know how you will reach your emergency contact when needed (e.g. phone, satellite phone/SPOT etc.). Your emergency contact(s) need to be aware of your plans, how to contact your team, when you will be checking in with them and what to do if anything goes wrong/they don't hear from you.**

**Preventative Measures and Emergency Planning**

List any potential risks or hazards your group could encounter while on your trip (bad weather, terrain, injuries, wildlife encounters, getting lost, etc.). Your team **must** discuss these risks with your group and AJ Supervisor and decide on preventative measures you will use as well emergency plans so the whole team is prepared in case anything happens. More Preparation and Training may be required based on the risks that are identified.

Identified Risk/Hazard	Preventative Measures	Emergency Plans
<p>Example 1:</p> <ul style="list-style-type: none"> <li>Team member(s) gets lost</li> </ul>	<p>Example 1:</p> <ul style="list-style-type: none"> <li>Go over the route and navigation tools being used as a team before trip starts and at the beginning of each day.</li> <li>Establish frequent check-in points along the route.</li> <li>Ensure everyone has a working communication device and contact information e.g. whistle, cell phone etc.</li> <li>Stay together as a team and assign everyone a buddy so no one is alone.</li> <li>Ensure all team members have extra food, water and clothes.</li> <li>Share itinerary, route and check-in</li> </ul>	<p>Example 1:</p> <ul style="list-style-type: none"> <li>Once you realize you are lost stay calm.</li> <li>Stay in one place to avoid getting more lost.</li> <li>Look for landmarks and/or use GPS to establish where you are and where you should be.</li> <li>Use communication device and contact team members and/or emergency contacts.</li> <li>Use extra food, water and clothes to stay hydrated, fed, warm and dry as needed.</li> </ul>

	times with emergency contacts.	
<ul style="list-style-type: none"> <li>Potential injuries/illness</li> </ul>	<ul style="list-style-type: none"> <li>First aid preparation and training</li> <li>Identify the most common injuries related to kayaking and backcountry camping and know how to perform first aid</li> <li>Each person should bring a first aid kit equipped with the necessary items to help treat potential injuries</li> <li>Know how to get to nearest hospital if necessary.</li> <li>Do planned wellness checks throughout journey with all teammates.</li> <li>Keep phones charged to call emergency services if needed.</li> <li>Communicate individual health needs and first aid training with team before the journey.</li> <li>Plan emergency pick-up spots with emergency contacts.</li> </ul>	<ul style="list-style-type: none"> <li>Remain calm.</li> <li>Treat injury/illness where possible.</li> <li>Call emergency services/contacts if needed.</li> </ul>
Capsizing or getting stuck in strong currents	<ul style="list-style-type: none"> <li>Wearing properly fitted life jackets.</li> <li>Understanding kayaking protocols and paddling.</li> <li>Ensuring the gear is in good condition.</li> <li>Being aware of weather conditions</li> </ul>	<ul style="list-style-type: none"> <li>Ensuring everyone has a whistle or signaling device to attract attention in case of emergency.</li> <li>Designating a meetup point in case of separation.</li> <li>Carrying emergency communication devices such as a waterproof mobile phone or satellite communicator.</li> </ul>

	and river flow rates before the trip.	<ul style="list-style-type: none"> <li>• Everyone should know the location of nearby emergency services or access points along the river.</li> <li>• Everyone should be educated on how to perform a self-rescue or assist others in case of a capsized.</li> </ul>
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Other scenarios and a fillable risk management template your team should discuss and fill out can be found [here](#).

### Qualifying Journey Meal Planning

As a group, explore meal recipes and decide on options suitable for all members. For ideas and recipes, [click here](#). Plan a full menu as a group for the length of your Journey. **Remember your team must carry the supplies and prepare all your meals including at least one substantial meal each day.**

Day 1	Menu
Breakfast	Turkey bacon with avocado toast
Snack	Pre-packed muffins
Lunch	Pre-packed couscous salad
Snack	Veggie chips & roasted seaweed packets
Dinner	<a href="#">Foil packet sweet potato tacos</a> and <a href="#">campfire banana boats</a> for dessert
Day 2	Menu
Breakfast	“Just add water” pancake mix
Snack	Granola bars & yogurt
Lunch	Pre-packed sandwiches & a banana
Snack	Dark chocolate & apples
Dinner	Ramen packs & veggies
Day 3 <i>(if applicable)</i>	Menu



Breakfast	N/A
Snack	N/A
Lunch	N/A
Snack	N/A
Dinner	N/A
<b>Day 4</b> <i>(if applicable)</i>	Menu
Breakfast	N/A
Snack	N/A
Lunch	N/A
Snack	N/A
Dinner	N/A

**Don't forget to consider the items you will need for each meal, who will bring/carry them and how much it will cost the team.**

#### Equipment

Plan as a group what you will need to take with you on the Qualifying Journey, keeping in mind that you must be self-sufficient. For ideas and tips, check out the example [AJ Packing List](#).

**Individual Gear:** *Gear that each member will be their own of e.g. toiletries, water bottle, sleeping bag, etc.*

- Kayak and paddles
- Life jacket
- Full reusable water bottle with extra water
- Extra water for the pancake mix

- Personal food and snacks (muffins, couscous salad, veggie chips & roasted seaweed packets, granola bars & yogurt, pre-packed sandwiches & a banana, dark chocolate & apples)
- Phone, charger & important contacts saved
- Health card
- Sunglasses
- Backpack (with waterproof cover)
- Tents and bedding
- Toiletries (toothbrush, toothpaste, deodorant, personal medication/supplies, hair ties)
- Whistle or signaling device
- Waterproof mobile phone or satellite communicator
- Waterproof dry bags
- Bilge pump
- Headlamp (in case you're too slow getting back)
- Small personal first aid kit

**Group Gear:** *Gear that the group will share on their Adventurous Journey e.g. cooking utensils, tents/shelter, first aid kit, emergency equipment, map, etc.*

- First aid Kit
- Camping stove and fuel
- Group food (syrup for the pancakes, turkey bacon, avocados, bread for the toast, ramen packets, veggies, bananas, marshmallows & chocolate chips for the banana boats, sweet potatoes, ground beef, cheese, and topping for the sweet potato tacos, butter/oil)
- Cooking equipment (pot, spatula, tongs, foil, large spoon, pot grabber)
- Multi-tool
- Bowls and utensils for eating and slicing avocado/sweet potato
- Dish basin
- Dish soap and scrubbie
- Fire starter kit
- Sunscreen
- Ice packs
- Notebook and pen to document the trip to prepare for the debrief
- Toilet paper

**Clothing:** *Items of clothing that each member should prepare to bring e.g. shoes, hats, jackets, etc.*

- Rain Jacket/wind breaker
- Packed change of clothes (pants, socks, shirt, sweater, underwear)
- Sun hat

- Pajamas
- Extra clothes (pants, shirt, sweater, underwear, socks)
- Water shoes and comfortable shoes
- Life Jacket

### Qualifying Journey Debrief

An opportunity to review the Qualifying Journey with your team and Assessor to learn more from the experience. Talk to your Assessor and team about how you will complete your Adventurous Journey Debriefing Report and what needs to be submitted. Your Adventurous Journey Debriefing Report will need to be submitted to your Assessor before they can complete the Assessor Report on the ORB.

Complete the debrief with your AJ Assessor. You can find the [guide here](#).

Team meeting with your Assessor to review your Qualifying Journey.

**Date of Debrief: 2024-07-15**

*After the Qualifying Journey the team debrief should be completed as soon as possible. Please note, it is up to the participant to ensure their Assessor receives and completes the Assessor Report. The Assessor is responsible for communicating with the AJ Supervisor and providing a group assessment for the team's Qualifying Journey.*