

# Gold Adventurous Journey

The Duke of Edinburgh's Hillary Award

*Training & Practice Journey*

## Schedule

Before Arrival	Planning/Training	Practice Journey
	Day 1	Day 2
Complete online training*  Check the gear list  Plan your meals	<b>9am</b> Arrive at Peel Forest Outdoor Centre  Plan qualifier and practice journeys  Do any necessary training  Depart for journey  Stay out overnight	Return from journey  Debrief  <b>4pm</b> Depart from Peel Forest Outdoor Centre

\*Optional – see below

## Duke of Edinburgh Requirements

Our program structure meets all Duke of Edinburgh requirements for practice and qualifier journeys, and we've combined them for Bronze and Silver into one week so you can do your practice journey and go straight into your qualifier! If you only need to do your practice *or* your qualifier, you can join just for just that portion of the week, but you may need to reach out to us if you do not see this option when booking.

Gold practice and qualifier journeys are split over separate sessions to allow participants more time to hone their skills. It is recommended your group schedules their qualifier 3-6 months after the completion of your practice journey.

### *Participants*

We need a minimum of 4 participants to meet Duke of Edinburgh Requirements and will cap the number of participants attending based on instructor availability. Large groups of students will be split amongst multiple instructors.

*Visit the Duke of Edinburgh website for all other details about requirements.*

[Adventurous Journey – The Duke of Edinburgh's International Award \(dofehillary.org.nz\)](http://dofehillary.org.nz)

## Training

You must complete training before practice journeys at all levels. You may choose to do online training in lieu of training in person for either the Silver or Bronze journey. Gold training must be done in-person. In-person training is already included in the cost of the courses with us, so online training is not required; however, you may choose to complete both the online training and in-person training. This can be done through [Peak Performance Solutions](#).

Be prepared to do the in-person training on your first day with us for any level of practice journey. The instructor will plan sessions based on skills required for your qualifying journey. This may involve things such as campcraft, first-aid, snow, or river-crossing skills depending on your level and desired qualifying journey. Some training may be completed while on the practice journey.

## Practice Journey

Required by Duke of Edinburgh standards, this journey is designed to give participants the skills they need to complete their qualifier. Participants start by setting a vision and goals for their Qualifier.

They select a Qualifying journey that meets their goals. Peel Forest Outdoor Centre assesses what skills participants will need to complete the journey and select a practice journey that will build these skills. After planning, participants will complete training based on the skills they'll need for their qualifier. Some training may be completed while on the practice journey.

Practice journey length and difficulty is dependent on award level

- Bronze is 1 day and 1 night with 6 hours of activity per day
- Silver is 1 day and 1 night with 7 hours of activity per day
- Gold is 1 day and 1 night with 8 hours of activity per day

## Qualifier

Once participants have the necessary skills, they are ready for their qualifying journey. These are designed to be student-lead. Peel Forest Outdoor Centre provides instructors to shadow the group's journey, assess individuals on their abilities and step in to manage the group only if it is necessary for safety.

The group will spend time checking the weather and solidifying plans for their qualifying journey before departure.

Qualifying journey length and difficulty is dependent on award level.

- Bronze is 2 days and 1 night with minimum 6 hours of activity per day
- Silver is 3 days and 2 nights with a minimum of 7 hours of activity per day
- Gold is 4 days and 3 nights with a minimum of 8 hours of activity per day

### Journey Locations

Your group is responsible for planning your journey before departing, with the help of your instructor who will help suggest appropriate routes. The exact route of your journey will be dependent on many factors including: weather, conditions, group ability, training required and time.

However, some of our commonly used routes include Little Mt. Peel walk in Peel Forest Scenic Reserve, Woolshed and Pinnacles hut tracks in Mt Somers area and Cameron Hut track in Hakatere Conservation Park.

### Accommodation

There is no Peel Forest Outdoor Centre provided accommodation for this journey. Be prepared to tent or stay in a backcountry hut overnight.

### Food

You are responsible for all purchasing, preparing, and cooking of your own food for the entirety of your time with us.

See the Meal Planning tool and FAQs below for some useful information on how to plan meals.

## Gear List

We will be spending lots of time outside exposed to all elements. Come prepared for the weather and the season knowing that we may be adventuring into unsheltered terrain and cold temperatures at night. All students will have their gear checked on planning day.

Any gear highlighted can be provided to you when you arrive if you do not have your own.

### Compulsory

- Waterproof jacket and over trousers
- 2x thermal tops
- 2x thermal bottoms
- Shorts
- Quick drying t-shirt (no cotton)
- 2x fleece jerseys
- Fleece or woollen socks
- Warm woollen/fleece beanie and gloves
- Sturdy tramping boots (winter compulsory) or trainers
- 3-4 season sleeping bag + lightweight or inflatable pillow
- Foam mat or inflatable sleeping mat
- 65L tramping pack
- Pack liner (big rubbish bags work well)
- Lightweight tramping tent
- Lightweight tramping cooker/stove, fuel
- Lightweight bowl/plate and utensils
- Lighter/matches
- All food as described
- An emergency meal
- Personal first aid kit, toiletries, medication
- Headtorch and spare batteries
- Sunscreen
- Sunhat
- Sunglasses
- Drink bottle(s) with minimum 3L capacity total
- Compass, whistle, notebook, pen/pencil

### Optional

- Tramping poles
- Puffer jacket
- Gaiters (winter compulsory)
- Camera
- Extra comfy clothes and shoes for cabins
- Reusable container to store lunches

### Gear Supplied by Us

- All wetsuits/gear for river crossing training
- Any technical alpine equipment including snowshoes, crampons, etc. for winter trips
- Emergency first aid and communication devices

### Meal Planner Tool

You must supply, prepare and cook all your own food this week. You may choose to print this page and use it to help write your meal plan.

	Day 1	Day 2
Breakfast	<i>At home</i>  N/A	<i>On journey</i>
Lunch	<i>On journey</i>	<i>On journey</i>
Snacks	<i>On journey</i>	<i>On journey</i>
Dinner	<i>On journey</i>	<i>At home</i>  N/A

## FAQ

### *Is the online training compulsory?*

No. The online training is just an additional way to prepare and is *not* compulsory. We will complete all necessary training in-person before/during your practice journey.

### *I'm having trouble accessing/signing up/completing the online training.*

Our recommended online training provider is [Peak Performance Solutions](#). It is an external provider, so any issues with using the online training platform must be directed toward Peak Performance.

### *What should I pack for food?*

It's up to you! However, we have some suggestions if you are really stuck.

#### Breakfast (whilst at Cabins):

- Porridge
- Fruit + muesli
- Scrambled eggs + spinach
- Shake-up bottle pancakes

#### Dinners (whilst at Cabins):

- Pasta with red sauce and mince/veges
- Couscous/gnocchi with pesto and chicken/veges
- Curry + rice/naan with meat/veges

#### Breakfast (whilst on journey):

- Porridge + fruit
- Oats and peanut butter

#### Dinner (whilst on journey):

- Soup packets + roll
- Backcountry/Radex/or any other brand of dehydrated meals
- Burrito with beans, cheese and taco seasoning

#### Lunches:

- Sandwiches, wraps or pita pockets with your favourite fillings

#### Snacks:

- Cheese/salami and crackers
- Fruit
- Muesli bars
- Bliss balls
- Pretzels/popcorn
- Nuts

#### Emergency meals (you should have at least one handy at all times):

- Ramen noodles
- Miso soup and dehydrated veggies
- Spare dehydrated meal

### *I'm attending with friends. Can my friends and I cook together?*

If you are attending with others you know, you may coordinate meals together if you wish. If you don't know the other participants and you would like to coordinate meals with them, just ask us and we can get you in touch with other participants who are interested. Otherwise, it's up to you to cater all meals and snacks for yourself.

*Any other tips for meal planning?*

- Make sure you have lots of good nutrients in each meal to keep up your energy for the week
- Pack just a little more than you would usually eat and make sure to bring an extra meal just in case – it's hungry work tramping!
- Don't plan to eat dehydrated meals for the whole week. You'll get sick of it and there is no need to pack lightweight/expensive meals for nights at the Cabins.
- Pack food you know you *already* like to eat and experiment with cooking it yourself *before* you arrive so you know how it will taste and how much effort it requires

*Will the gear I have work?*

If the piece of equipment you're unsure about is highlighted in grey on the gear list, we can provide it when you arrive if your gear is unsuitable.

If it is a compulsory item that is *not* highlighted, reach out to us and we might be able to help you decide if you need to buy a different piece of equipment before your journey. See more details about tramping boots specifically below.

*I want to borrow gear that is highlighted on the gear list. Do I need to let you know?*

Nope! We'll help get you the right gear when you arrive.

*Should I buy tramping boots for this trip?*

If it is not a winter trip and you do not already own tramping boots, then no. Just bring a sturdy pair of worn-in trainers. This is not the time to break-in new boots as they are likely to cause foot pain and blisters. However, you might want to consider buying a pair of tramping boots and wearing them in before your next journey or especially a winter trip.

If this is a winter tramping trip, then you should own a pair and they should already be worn in before the start of the trip.

*Can my friends and I all share the same tent?*

If you are bringing tents with you amongst a group, it is up to you to decide your preferred sleeping arrangement. However, we will separate tents by gender.

The tents that we can supply are 2-person, so you will likely be sharing a tent with someone regardless.

*If you have any other questions, please contact [info@peelforestoutdoors.org.nz](mailto:info@peelforestoutdoors.org.nz).*