

BEFORE THE EXPEDITIONS

+ done - not yet done			Practice	Assessed								
general	We had a parent/guardian sign the permission slip and returned it to our Supervisor.											
	We have all completed the Expedition Training .											
	We all completed the section "Training and Preparation" in ORB with a date and a checkmark.											
	We know what to do in an emergency or risky situation.											
Route planning	We decided with our Supervisor how much time we spend daily: a) hiking = <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 50px; height: 20px;"></td><td style="width: 50px; height: 20px;"></td></tr><tr><td style="width: 50px; height: 20px;"></td><td style="width: 50px; height: 20px;"></td></tr></table> b) working on Team Goal = <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 50px; height: 20px;"></td><td style="width: 50px; height: 20px;"></td></tr><tr><td style="width: 50px; height: 20px;"></td><td style="width: 50px; height: 20px;"></td></tr></table>											
Our route does not cross itself; we avoid duplicate paths, settlements, and major roads.												
The maximum amount of elevation each day does not exceed 500 m.												
map	Our team name is clearly legible on the front or back.											
	Start, destination, and checkpoints are marked on the map with x's.											
	We marked our route with a highlight (ideally, each day in a different color)											
Team Goal	We have decided upon a SMART team goal and written it on the route card.											
	We described our activities to reach our team goal for each day on the back of the route card.											
	We have completed filled in the form "Team Goal" (only for Gold).											
Route card	For each expedition day we have completed a route card with at least three legs (minimum 2 checkpoints)											
	Escape routes and meeting points have been discussed with our Supervisor. These points and routes are marked on the map and described in the route card.											
food	We have planned three varied meals and snacks each day. At least one of the meals is a nutritious, hot meal.											
	We have written a meal plan including an exact shopping list.											
	We will go shopping ONLY prior to the expedition and NOT during.											
	We have discussed the drinking water supply with our Supervisor.											
	We try to avoid packaging waste.											
gear	We have packed only what is on the packing list.											
	We have rain gear and appropriate shoes.											
	What we plan to borrow is listed in the "Materialverleih" form.											
	We have packed all of the gear IN our backpacks (not on the outside).											
	We have enough first aid kits with us and each of us knows where it they are stored.											
	We have fairly distributed the food, stove(s), and tent(s) amongst us.											
Summary	We have completed and submitted the following documents: ☐ one route card per day (including the back) ☐ Meal plan and shopping list ☐ Map with route and markings ☐ Borrowed Equipment form		(Supervisor)	(Assessor!)								
	We have revised the reviewed documents as needed.											
	All of us have participated in planning the expedition.											

*nur bei Abschlussexpeditionen

DURING THE EXPEDITIONS

Team Name:

	+ done — not yet done	Practice	Assessed
Safety			
	We begin our expedition each day by 9 AM at the latest.		
	We wait at the checkpoints until our Supervisor arrives.		
	We stick closely to our plan		
	We call our Supervisor immediately when there is a safety risk that we cannot properly assess ourselves (trail closure, injury, panic...).		
Environmental Protection			
	We travel and spend the night on suitable trails and locations.		
	We dispose of our waste properly.		
	We leave our camping spot exactly as we found it.		
	We do not make fire.		
	We respect the plant and animal world.		
	We respect others visiting nature.		
Social Behavior			
	We follow the agreed up cell phone rules.		
	We each take responsibility for the group.		
	We ALWAYS stay within sight and earshot of each other— except in emergencies, when we go to get help —and even then, we stay in groups of at least two.		
	We treat each other with respect, without violence, and in a friendly manner.		
	We practice recognizing our own needs and those of the group, and communicating them effectively.		
	We support one another (by offering and accepting help).		
	If any problems arise (pain, arguments, disagreements about the route, etc.), we take a break and discuss the situation with the entire group.		
	We do not consume alcohol, nicotine, or other drugs.		

AFTER THE EXPEDITIONS

	We all present our Team Goal together (from the Assessed Expedition)		
	We write down what went well and what we want to do differently on our next expedition.		
	We record our observations in the ORB and request an Assessor report.		
	We return the borrowed materials in their entirety, clean, dry, and neatly packed. We report any damage or loss.		