

## **The course and expedition.**

### **If I drop out do I get a refund?**

No. Within 6 weeks of the course your payment is non-refundable. By this point we have committed fully to the course and associated expenses and so cannot refund you.

### **What happens if I drop out before the end?**

If you drop out before the end, we cannot sign you off to go on to your Qualifying Expedition. You will need to repeat all or part of your expedition.

### **Can I fail a Practice Expedition?**

No. Although we may occasionally recommend that a participant undergoes more training before moving on to the qualifying expedition. This is to give you the best possible chance of succeeding on the qualifying expedition, not to penalise you on the Practice Expedition.

### **What happened if I drop out of a Qualifying Expedition?**

You will need to repeat the whole expedition.

### **Can I fail a Qualifying Expedition?**

You can't fail an expedition, but not everyone completes it successfully first time. You have until your 25<sup>th</sup> birthday to try again. We may ask a participant to leave an expedition if we believe they pose a danger to themselves or to others, but there is still a chance to have another go.

### **How far do I have to walk?**

Gold expeditions require 8 hours of planned activity per day. This is roughly 20Km walking per day.

### **How fit do I have to be?**

The expedition is meant to be a challenge so it will be hard work, but the fitter you are the more you will enjoy it. You should, as a minimum, be capable of walking 20km per day for 4 days in mountainous terrain carrying a rucksack. If you have any medical conditions that affect your ability to do this it is very important that you tell us so that we can keep you and your team safe. Expedition training should be about endurance, so walking to school or the shops, carrying a rucksack and wearing in your boots is ideal.

### **Will it be hard?**

It is meant to be a challenge, so you will find it hard at times. That said, you will have your team around you to help out when things are tough and you are there to help them when the roles are reversed. In the end, the good memories will far outweigh the bad ones.

### **What is an open expedition?**

An open expedition is one that individuals can sign up to, so you don't need to find a team before starting on your award.

### **I haven't done Bronze or Silver, can I go straight to Gold?**

Yes, provided that you meet the requirements (see <http://www.dofe.org/go/timescales/>) you can go straight to Gold.

### **Can I bring extra kit to leave at Pendarren?**

Yes, you can leave a small bag here with items that you don't want to carry.

### **What happens on the course?**

Arriving around lunchtime on the first day, the first couple of days are based around the Centre, preparing for the expedition and learning the skills you will need. The expedition will last for 4 days, with 3 overnight camps, ending back at the Centre for shower, a night in a bed and a chance to review the expedition and discuss the next stage before departing around midday the next day.

### **What happens if I / you cancel?**

If you cancel, your deposit is non-refundable, and within 6 weeks of the course, the whole fee is non-refundable. This is to cover the costs that we have incurred by booking campsites / allocating staff etc at this point. You can take out travel insurance policies to protect your payment in this case.

If we cancel we will refund your payment. This would be in exceptional circumstances such as dangerous weather conditions or very low course numbers.

In the case of low course numbers we may increase the fee per person to cover our costs, but we will not do this without the consent of all participants.