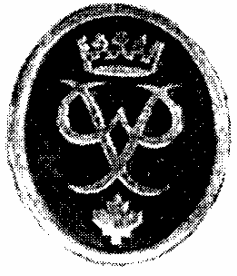


The 2814 (Hamilton) Service Battalion Cadet Corps
Lt Col John McCrae Caledonia Satellite Corps



Duke of Edinburgh's Award
Expedition Journal

Basic Information About Trip

The Destination of our canoe trip was:

Start Point:
End Point:
Total Distance Canoe:
Total Distance Portage:
Total Distance Hiking:

The Dates of our canoe trip were:

--

The canoe trip participants were:

Group 1	Group 2	Group 3

Maps in use for trip:

--	--	--

Reference material used for trip planning:

Date of practice journey:

--

Dates for pretraining:

--	--	--	--	--

Group Equipment Checklist

Determine what gear you are going to bring on the trip. Below find a list from a previous trip to guide your discussion and help you plan. You must submit your own equipment list for your trip.

Personal Kit:

- | | |
|--|--|
| 1 Rucksack* | 1 Hat (wide brim) |
| 1 Sleeping bag protective bag* | 1 Sunglasses (UV Protection) w Strap |
| 1 Sleeping Bag* | 1 K.F.S. Plate/Bowl & Cup |
| 1 Air Mattress* | 1 Notebook with Pencil/Pen |
| 1 Canteen* | 1 Flashlight (mini) |
| 1 Wash Basin (1 per 4 persons) | 1 Survival Kit with Compass |
| 1 Rain Gear | 1 Whistle |
| 1 Pants (combat, nylon) | 1 Knife |
| 2 Shorts | 2 Pkg Matches |
| 3 Underwear | |
| 1 Sweater (wool or polartec if possible) | Optional: |
| 1 Long Sleeve Shirt | 1 Wash Cloth |
| 2 T - Shirts | 1 Pr Canoe Gloves |
| 2 Pair Shoes/Sandals | 1 Fishing Equipment |
| 3 Socks | 1 Binoculars |
| 1 Hygiene Kit | 1 Camera |
| Deodorant | 1 Bag with change of clothing for rtn trip |
| Toothbrush & toothpaste | 1 Knee Pads |
| Wash Cloth | 1 Seat Pad |
| 1 Towel | |

Canoe Group Equipment:

- | | |
|--|---|
| 2 Canoes (with painters and bailers)* | 1 Bug Repellent |
| 6 Paddles* | 1 Sun Screen |
| 4 Life Jackets* | 2 Roll Toilet Paper |
| 2 20' Kit Securing Line* | 3 Garbage Bags (Not including waterproofing bags) |
| 1 Mountain Stove (with 3 piece container set)* | 1 Route Map |
| 1 Lantern (globe protection and bag with 2 package extra mantles)* | 1 Compass |
| 3 Naphtha Fuel Bottles* | 1 Food kit bag |
| 1 Funnel* | 1 Fire Starter Sticks/ Cubes |
| 1 4 Person Tent (1 Female tent will be provided)* | 1 Sewing Kit |
| 1 Biodegradable Soap* | 1 Small Tarp* |

Shared Whole Group Equipment

- | | |
|------------------------------|-------------------------------------|
| 1 Entrenching Tool* | 2 Paddles* |
| 1 Bow Saw* | 1 Canoe repair kit* |
| 1 Hatchet* | 1 Inflatable Sink* |
| 2 Stove Repair Kits* | 1 AM/FM Radio* |
| 1 Overhead Tarp (10' x 10')* | 4 Emergency Drinking Water Tablets* |
| 1 First Aid Kit* | 3 Scouring Pads for Pans |
| 2 Water Purification Pumps* | |
| 6 Coffee Filters* | * Corps to Provide |
| 2 10 l plastic water bag* | |

Route Selection

Providing a chart that indicates the route you will be following will allow others to know where you will be in case something happens to you along the route.

Award Level: _____

Date: _____ to _____ (mm / dd / yy)

Purpose of Trip: _____

Proposed Route:

Overnight Camping Locations:

Day & Date	Place or Name or Area Reference	Map Sheet No. & Grid Reference	Estimated Time of Arrival

Guardian Contact:

The guardian contact is the person who is aware of your route and your date of completion and will contact authorities with this information if you are overdue.

Who is your guardian contact: _____ Phone: _____

Route Map:

Your route map indicates to your assessor if you have met adequate challenges to be awarded your D of E level.

Below attach a copy a map with your route indicated on it. Indicate distance covered, areas of exploration and camping locations.

