

Silver - Expedition

Gold (Practice or Qualifying) - Expedition

The Silver Expedition is suitable for anyone conducting their Gold award. It can be used as either your practice or qualifying Adventurous Journey at the Gold level or an all-encompassing Adventurous Journey for Silver level.



Our Silver Expedition follows the iconic Bibbulmun Track, through the Jarrahdale National Park for a 5-day journey! Our Silver Expedition sees groups hike carrying their own equipment and supplies. The Jarrahdale National Park has a number of peaks to conquer along the way. Depending on the season and team decisions there are a number of additional opportunities to experience such as peaks, pools and caves to explore as well as abseiling!

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By the nature of expeditions and the areas we'll be exploring, flexibility is key. Our expedition framework is a starting point, but definitely not the final plan. Any expedition plan is agile and up for adaptations. Factors that will influence the plans are weather, team abilities and of course the decisions you make along the way. No two expeditions will look exactly alike!

What your expedition might look like

Day 0: Day zero officially starts the day before the expedition. You'll arrive at Cahoots Adventure Camp in Bullsbrook in the afternoon. Once you arrive you'll meet your Guide and be briefed on the expedition. Your Guides will take you through a kit inspection to make sure you have everything you need. You'll be able to hire equipment from us once you arrive or pre-arranged. Your Guides will run through a session on how to use your cooking gear and set up tents. If you've already done a Bronze expedition with us, this will be a good refresh before you go into the field.



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Day 1: You'll wake up early and grab the gear you packed the night before, have breakfast at the camp and bus to Mt Cooke Carpark for our starting area for the expedition. En route to the starting point, you'll swing into the supermarket to buy supplies for the week. As a team you'll be given an allocated amount to spend, you can use the menu cards provided by your Guides or come up with your own menu ideas!

On arrival we'll bag the peak of Mt. Cooke the tallest peak of the Darling scarp. As part of the first day's trek, you'll have the opportunity to explore the Mt Cooke cave and look for the visitor cache. Day One finishes with you arriving at Mt Cooke Group campsite for your first night on expedition.



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Day 2: Wake up and prepare breakfast for your first morning in the bush on the Bibbulmun Track. You'll hike 13km to your next campsite at Monadnocks Campsite. You'll bag another two peaks with some awesome scenery en route to Mt Vincent & Mt Cuthbert. Once you've set up camp and cooked up some afternoon snacks, your Guides will give you a chance to do some team exploring. Go up nearby Mt Randall to bag another peak to finish off the day.



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Day 3: Another day of hiking and your team decided to make it a big one! Travelling from Monadnocks Campsite, past the Canning Campsite, straight onto Brookton Campsite. After a long day of hiking, you set up camp. It was tough work. Your team agreed this will put you in a good spot to get one last peak on the following day.

Day 4: Because of the distance you made the day before, it's a simple 7km to the top of Mt Dale, the last peak in the area. You've decided to camp at the base of the peak at Mt Dale Campsite, so you don't have to walk as far and can enjoy as much time in camp as you can for your last night along the Bibbulmum Track.



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CAHOOTS ADVENTURE CAMP

Day 5: You'll be picked up in the morning and taken to a quarry for some abseiling. On the way your team has asked to swing into Lesmurdie Falls to have a quick explore of the water and maybe even a dip! Once at the quarries, your trained instructors take you for a couple of hours of abseiling to finish the trip off, an adventurous highlight! From here, it's time to head back to camp, clean gear and be picked up.



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Gear & Equipment list

Group gear

- Expedition Tent (Provided)
- Group Cooking (Provided)
- Team First aid kit (Provided)
- Food (Provided)

Individual gear

- Sleeping Bag (Available for hire)
- Roll Mat, light weight (Available for hire)
- Hiking pack 50L (Available for hire)
- Bin pack [For lining pack]
- Trousers, hiking x1
- T-shirt x2 [Sun smart]
- Cold weather jumper x1 [Fleece works well]
- Rain Jackets x1
- Hiking Socks x5
- Underwear x5
- Hiking boots [Wear before you come]
- Camp shoes [Crocs or trainers]
- Sun hat
- Sun cream & lip balm
- Toiletries
- Small towel
- Water bottle x 2 litres
- Plastic Bowl [Tupperware tub with lid works well]
- Eating spoon
- **Personal medication [Epi-pen, inhaler, medication]**

Optional gear

- Sunglasses
- Hiking pole (Can hire)
- Beanie
- Thermals

Remember - what you pack is what you carry!

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Frequently Asked Questions

What will I eat?

For Silver & Gold Expeditions, your team will be provided a group budget to purchase expedition food on Day One. You'll be given menu cards and have your Guides to advise you and ensure you have the right type of food to get you through the trip. Each campsite has a rain water tank to refill drinkable water. If drinkability is in doubt additional purification will be made.

What if I have special dietary requirements?

We'll consult with you on menu choices and how to adapt camp cooking to accommodate you. Whilst we'll endeavor to accommodate, depending how severe your allergy is, we may request that you supply your own food.

Where are the toilets & showers?

For Silver & Gold Expeditions, each of the campsites have an eco-style toilet to use. Between campsites you'll have the experience of having to use a wag bag if you need to go number 2s. There are no showers on the trail. There may be limited opportunities to dip in bodies of water depending on the time of year and availability.

Where do I sleep?

For all expeditions, unless arranged otherwise, expeditioners stay in expedition style tents accommodating 2, 3 or 4 people. As a general rule, tents will be organised by gender. Campsite locations will vary depending on the specific expedition.

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Frequently Asked Questions

Will I know the other people in my team?

This will really depend on how you signed up with us. If you signed up as a school cohort, then you'll typically work within your school groups. If you signed up as an individual under our open award centre, then you may come across any number of participants of a similar age in your respective expedition groups. Typically, these types of experiences can be very transformative, as participants and someone who you've just met could become a great friend by the end, that you'll stay in touch with.

Who will be my Guides?

Your Guide will be awesome.

Seriously though, the senior Guides that will accompany each group are well versed with guiding people in remote locations. All are first aid trained, have experience with tents, foods and knowledge of the routes and contingency procedures. They come from a range of backgrounds with schools, youth groups and emergency services.

What do I need to bring/buy/hire?

Check out the kit list for your expedition. Group gear like tents and cooking equipment/utensils, is provided. You can hire from Cahoots equipment such as - packs, sleeping mats and sleeping bags. You can also go to secondhand stores and pick up a lot of gear for a good price!

We recommend that you buy quality new hiking boots. You should wear them a few times before the expedition to ensure they are comfortable.

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Common questions

How fit do I need to be?

A good level of fitness is always an advantage for any expedition. The longer the expedition, the more fit we recommend you be. You should be able to comfortably walk with 10-18kg in your pack for each day you'll be walking.

Do I need prior experience?

Nope! Just a desire for adventure. The skills you need will be taught whilst on the expeditions. Our guides will work with the expeditioners as they go, to meet them at the level they are at, this means that whether you're a novice or experienced, our guide will work with you, so you continually have the opportunity to grow or challenge your expedition skill sets.

Do I have to be doing the Duke of Edinburgh Award?

Whilst the expeditions are aimed at each level of the Duke of Edinburgh Award. You definitely can sign up to an expedition just for the experience.

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