

# No-Nonsense Guide to Raleigh Expeditions

## 10 things you need to know before you sign up

**At Raleigh, we welcome all young people.**

BUT a Raleigh Expedition is not for the faint-hearted. Before signing up, you need to know what you're signing up for and make an informed decision about whether it's the right programme for you.

Life on a Raleigh Expedition is back to basics. It's challenging, tiring and will test you mentally and physically. You will experience living in a way which is a world apart from your everyday norm. It isn't easy, but that's the point. Because when you finish a Raleigh experience, you will have achieved something so special that it will change your life.

So in this short guide we're getting REAL. Here's a no-nonsense guide to the reality of life on a Raleigh Expedition.

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### 1. The Adventure Challenge is physically tough

You don't need to be an athlete to conquer the Adventure Challenge, but you do need a certain level of fitness. You may be trekking for long periods, at times navigating steep climbs and untamed terrains. You will work up a sweat and there won't be a hot shower at the end of each day. But your efforts will take you across incredible and scenic landscapes, and help you achieve something you will talk about for years to come, making every blister worth it.

To get ready for the challenge, it's very important to train and prepare—here's some [guidance to help](#).

## 2. The Expedition is mentally challenging

Expedition will push you out of your comfort zone in ways you can't fully prepare for. You will be immersed in totally new environments and experience many 'firsts'. Undoubtably you'll be challenged - emotionally and mentally - and there will be times where you'll be tired and uncomfortable.

But when you rise to the challenge and overcome being tested in ways you didn't expect, you will find your rhythm, grow in confidence and love being immersed in the adventure of Expedition life.

You can't plan for every moment, but you can prepare your mindset. [Here's a guide](#) to help you embrace the unknown.

## 3. Your kit list is essential

On Expedition, your kit is your lifeline. Having the correct kit can simply make or break your Expedition, so it's important to bring the right gear. It is essential you follow the kit list you have been provided for your destination. If there's anything you're unsure on the list, ask your Venturer Coordinator.

It is very difficult to get the required gear you need once you arrive in country. Everything you need must be brought with you. So don't get caught out in the jungle, rainforest or savannah without the right equipment - it could ruin your experience and be very costly for you!

Please pay special attention to ensuring you have everything in your personal first aid kit.



#### 4. You'll have limited access to phones and zero access to booze

Raleigh is a phone-free programme. During your project phases, your mobile phones will be safely locked away at our Fieldbase. This will support you to embrace your Expedition fully, free from distractions, and encourage a healthy digital detox from the stress of our screens.

You'll get your mobile phone back at Changeover to contact family and friends. Please be aware, while we have Wi-Fi at our Fieldbase, speeds will be very slow compared to what you're used to. So even then online access will be limited.

So to prepare for your phone detox, we recommend: No doom-scrolling. No constant notifications. Instead:

- Bring a digital camera for taking photos
- Load up an MP3 player so you can enjoy your playlist *(note: if you're going to South Africa, no music or headphones allowed – you'll need to listen out for wildlife instead)*.
- Bring a journal or book for entertainment, or just be present

Any photos taken on Expedition may be shared in a Google Drive for you upload to your phone after you return home.

Read more about our no phones policy [here](#).

#### **We're Alcohol-Free**

Our no-alcohol policy provides a safe and productive environment for venturers to make a positive impact, learn valuable life skills, and create lasting memories.

Read more [here](#).

#### 5. If you're on a 5- or 7-week Expedition, you'll be assigned either a Community or Environmental Project

Venturers taking part in our shorter programmes will do one project rather than two. Which project you do will be assigned to you. Our lovely teams will do their best to accommodate preferences, but you should be open-minded about which project you will be joining as preferences cannot be guaranteed. EVERYONE will do an Adventure Challenge.

## **6. You'll be reallocated to new groups between project phases**

You won't be with the same group of people for the entirety of your Expedition. Every Changeover – the time between each project phases - you'll switch into new groups. You might be excited about this and getting to know new people, or you might feel disappointed to be split from teammates you may have bonded with. Either way, group allocation is a key part of the programme and something you will have to engage with.

## **7. Raleigh Expedition a structured programme**

Expeditions by their nature are structured and organised, not least of all to keep you safe. Managing large groups of people (of any age) requires a lot of planning and logistics, especially in the kind of locations you'll be travelling to.

There's plenty of independence and opportunities to develop your leadership skills, however, some elements of the programme (for example, the induction training), will be more structured. So be prepared to show up on time when you need to, with your brain in gear and the right attitude for learning and engagement.

## **8. The accommodation, facilities and food is basic**

You'll be living and working in remote communities, where facilities will be very different to those in urban settings.

Accommodation and facilities will be basic, for example:

- You will be sleeping in tents, in community buildings or similar on your own roll mat & using your sleeping bag.
- Depending on your location and country, your toilets may be squat toilets.
- Showers (if available) will be cold.
- There are no fridges, so ingredients are preservable. This means lots of tinned food – we know them as 'Raleigh Rations'. These are nutritious and sustainable, but basic.
- You will cook on gas stoves and Trangias as a team.

Living in this way will help you immerse fully in the environments your life and will teach you to appreciate the smallest of luxuries of life in ways you can't imagine.



## 9. You will experience a culture shock

Don't underestimate culture shock. Expedition will take you to new places where you'll meet people from backgrounds very different to yours, who may challenge your worldviews and beliefs. This can be difficult, but whether it's people you meet while volunteering in communities, or even members of your own Venturer team, it's important to expect and respect difference, and to be open minded to learning about other cultures.

## 10. You must be honest with us about your medical history

Your health and safety is the top priority during your Expedition. So we can support you fully, it is your responsibility to make Raleigh aware of all medical issues in the health clearance form and update us if anything changes. We want to support you on Expedition and keep you safe. Failure to provide full information could put your continuation on the programme at risk.

**This is the reality of Raleigh. If you're up for the challenge, we'd love to have you. If not - no hard feelings. But come prepared for the adventure of a lifetime.**

