

# LIGHTWEIGHT HIKING GUIDE

## Purpose of this guide

- To act as a planning checklist for Scouts attempting overnight hikes for the first time.

## References.

- This guide supplements, but does not replace: *The Green Book, Fieldcraft for Scouts*. Various Rules and policies (check for these as they change) – the rules for activating EPIRBS is one of many.

## Why plan?

- To demonstrate, before you go, the ability to take care of yourself in stressful conditions. To survive the hike, sleep warm at night and to carry absolutely the minimum needed.

## What are we planning?

- The aim needs to be agreed – to see something? To get the blue /red/green hike qualification? Patrol activity?
- The route needs to be selected.
- Decide what preparation might be needed – you may need navigation training or have to buy or borrow maps, permits or compasses.
- Advise parents of the need for lifts, a Leader for Trangias or QM if Group stores.
- You may need to get fit, wear in boots or have a practice hike to test your gear.

## Troop planning sequence

- The planning sequence **MUST** be confirmed with a Leader before you start planning. Planning looks something like this:

Six months before	Six weeks before	Four weeks before	Week before	On return
Get the hike in the troop program.	Plan the pre-hike tasks.	Get Leader final approval.	Final gear check.	Write up a log - within two weeks.
Agree on aim of your trip.	Give people jobs.	Buy the maps and permits.	Confirm emergency plans and route with Leaders.	
Select a route.	Warn out those whose support you need (QM, parents for lifts).	Agree on equipment and clothing; including group gear like the Trangias	Check the weather forecast.	
	Do you need training – navigation might need revision.		Buy the food.	
<b>GO!</b>				
<b>Every week: Review progress</b>				

## Menu tips

	Possible Day 1 Menu	Possible Day 2 Menu
<b>Breakfast</b>	Single serve porridge (two packets per person), sultanas, brown sugar, dried milk, coffee or cocoa.	Single serve porridge, sultanas, brown sugar, dried milk, coffee or cocoa.
<b>Lunch</b>	Hard biscuits, sliced cheese, meat spread/salami, powdered orange drink, chocolate bar.	Those small plastic things of jam/vegemite, Hard biscuits, dried fruit, powdered lemonade, chocolate bar.
<b>Dinner</b>	Dried soup (bulk it up with extra stuff like dried veges or salami), biscuits, stewed fruit/custard, tea/cocoa.	Macaroni cheese or dehydrated beef stew, dehydrated pudding, tea/cocoa.
<b>Snacks</b>	Mars Bars, Apple, biscuits. NO NUTS	Mars Bars, Apple, biscuits. NO NUTS

## Equipment tips

- You need notebook and pen for all meetings – to write down what you need and what your jobs are.
- **Weight.** Aim for no more than 12 kg weight in your pack. Including water and food.
- **Socks.** Whatever is comfortable – but not the shortie sports socks – you'll blister.
- **Water.** This is a safety issue - plan on carrying at least two litres at all times. You will need about 10 litres per day so plan on camping at/near water or cache it.

## Things we (please) do not want to see

- Jeans are not good hiking clothes - don't hold warmth and cause chafing. Trackie-daks can get too hot (even in winter). Cargo pants much better (looser, don't chafe and useful sized pockets).
- Parents must not pack the backpack. We have had too many occasions where scouts have not known what they were carrying or where it was packed. Supervise and help by all means – but let the scouts pack themselves.
- Bare shoulders (sunburnt or chafed from the pack), shirts with no collar (sunburnt) and belly buttons (sunburnt). Scouts are hiking – this is no place for fashionable clothing better suited to Belconnen Mall.
- Baseball caps. Do not bring them. We have a sun-smart policy.
- Single strap daypacks (they fall off when rock scrambling).
- Nuts of any kind or in any form (whether in cereal or nut-bars, scroggin or as peanut butter). Do not bring them. We have one Scout who may suffer an anaphylactic reaction to peanuts, and possibly other nuts.
- Hiking boots. Unless the family are keen campers and they are going to get a lot of use we would prefer that you do not bother – too heavy for young scouts and cause blisters if not very well worn in.

# Equipment

## Patrol Equipment to be shared

<input type="checkbox"/> Food –included in the activity cost. Scouts are sometimes asked to bring their own snacks and their lunch.	<input type="checkbox"/> A tent or shelter
<input type="checkbox"/> Hiking stove	<input type="checkbox"/> Stove fuel
<input type="checkbox"/> Billies and 'paddy's fingers'	<input type="checkbox"/> Maps and compasses
<input type="checkbox"/> Small trowel (for digging toilet holes)	<input type="checkbox"/> EPIRB (Emergency Position Indicating Radio Beacon)
<input type="checkbox"/> Patrol First aid Kit	<input type="checkbox"/> We have some backpacks available for loan
<input type="checkbox"/> Water filter	

## What the scouts bring

### Clothing – one change of clothing

<input type="checkbox"/> Underwear (in plastic bag)	<input type="checkbox"/> Hiking socks (in plastic bag)
<input type="checkbox"/> Shorts or loose pants (cargo pockets to carry maps in are a big help)	<input type="checkbox"/> Long sleeve shirt with a collar.
<input type="checkbox"/> Runners(optional)	<input type="checkbox"/> sock protectors or gaiters (gaiters only if snow or scrub bashing)
<input type="checkbox"/> Sunglasses (optional)	<input type="checkbox"/> Broad-brim hat. NO BASEBALL CAPS.
<input type="checkbox"/> Bandana ('Canteen' - use as hankie, neck protector, billy lifter)	

### Cold/Wet Clothing – you must dress IAW the weather forecast

<input type="checkbox"/> Wool sweater or fleecies	<input type="checkbox"/> Raincoat
<input type="checkbox"/> Thermal Underwear (pants and top)	<input type="checkbox"/> Gloves & Balaclava

### Hygiene

<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Travelers soap
<input type="checkbox"/> Face cloth in place of towel	<input type="checkbox"/> Lip Balm
<input type="checkbox"/> Insect Repellent (share)	<input type="checkbox"/> Sunscreen (share)

### Navigation

<input type="checkbox"/> Notebook and Pencil (for hike log)	
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### Equipment

<input type="checkbox"/> Backpack	<input type="checkbox"/> Sleeping Bag (inside plastic bag)
<input type="checkbox"/> Sleeping Mat	<input type="checkbox"/> Water Purification tabs – giardia is everywhere these days
<input type="checkbox"/> Strong needle and thick thread	<input type="checkbox"/> Torch – small is best - headlight if available
<input type="checkbox"/> Toilet paper (for cat sanitation)	<input type="checkbox"/> Watch (Tip: is also an emergency compass)
<input type="checkbox"/> Stuff sack for food	<input type="checkbox"/> Bowl, cup, spoon. Tip: no knife, fork or plate

<input type="checkbox"/> Garbage bags (FOR GARBAGE!)	<input type="checkbox"/> Scouring Pad
<input type="checkbox"/> Water bottles – 2 liters	<input type="checkbox"/> Small roll gaffer tape
<input type="checkbox"/> Zip lock bags (Large and small). Useful for all sorts of things	<input type="checkbox"/> 2 large garbage bags (For pack water-proofing)

**Recommended;** A survival kit located in pockets or bum-pack. Enough to survive overnight if lost/separated from backpack.

<input type="checkbox"/> Multi-tool or pocket knife	<input type="checkbox"/> Personal First aid kit
<input type="checkbox"/> Fire Starter (i.e. candle stub) or matches (in waterproof container)	<input type="checkbox"/> Signal mirror (small budgie cage mirror size)
<input type="checkbox"/> Space blanket (onetime use - about \$3 from the warehouse etc)	

**Personal First aid kit**

The most common injuries are blisters, small knife cuts and small burns to fingers (from hot billies)Recommend:

<input type="checkbox"/> Band-aids or Moleskin tape squares	<input type="checkbox"/> Small scissors
<input type="checkbox"/> Safety pins	<input type="checkbox"/> Small tube of Savalon (or similar soothing cream)
<input type="checkbox"/> Vaseline (for thigh chafing)	