

Hiking and Walking



A

Scouts Reference

1st St Sebastian's Scout Troop

Name: _____

*Let no one say
And say it to your shame
That all was peace and beauty here
Before you came!*

NOTES

The requirements for the Hiker and Navigator badges listed in this booklet were correct at the time of issue, but may be varied by the Scout Association and should be read in conjunction with:

Hikers Badge

<http://scouts.org.uk/supportresources/569/hiker-activity-badge/?cat=7,64,172&moduleID=10>

Navigators Badge

<http://scouts.org.uk/supportresources/586/navigator-activity-badge/?cat=7,64,172&moduleID=10>

The badges above have laid down requirements and undertaking the badge does not guarantee that the badge will be awarded.

Introduction

This booklet is intended to guide parents and Scouts that are considering taking part in the forthcoming hiking activity. It should be stressed that it is mainly a guide, but also to indicate some items that must be carried by participants when in adventurous country.

It will also advise you of the minimum requirement for equipment that is required in respect to the hill walking activity where the safety of the party is dependent on everybody in the party having the correct equipment.

There is a hiking personal kit list included that gives details of what each participant will be expected to wear and carry. It is appreciated that young people grow very quickly and we do not expect you to pay large sums of money for clothing and footwear that may become too small before full wear can be got out of them.

When possible, it will give you indications where items of equipment can be bought or sometimes hired at reasonable prices. Some shops like Millets and Blacks also offer a discount to members of the Scout Association when they show their record book or Group scarf, but this may not always be the case.

At the end of this booklet are the current requirements for the Hiker and Navigator badges along with a simple hiking log sheet to help record what you have done towards your "Hikes Away" staged activity badge and on some occasions your "Nights Away" staged activity badge.

Phase 1

This phase is where the foundations are laid. It includes such things as basic navigation on a practical level, group leadership and control, team work and starting to build stamina and determination. It may also be possible for the older Scouts to attend a formal first aid training session which will give them a recognised first aid certificate.

All of the training hikes will intentionally take place on a “come rain or come shine” basis as part of the preparation for the walking in areas like Dartmoor where conditions cannot be guaranteed and can change very quickly.

There will be a number of short local one day hikes during which all of us who participate will be expected to carry the same equipment we would be carrying on Dartmoor or in the mountains. The hikes give all of us the chance to develop our skills and learn new ones.

Phase 2

This phase steps up a gear both in distance and may introduce multi-day hikes as well as further developing the skills from Phase 1. This phase typically includes a two day, one night hike where we will stay at a campsite for a lightweight camping weekend.

It shows the difference in routines between that of a normal Troop camp and a hiking camp. It will also show the need for correct diet and a good night's sleep.

Personal Clothing

The Layer System

The layer system is where the hiker wears several layers of clothing rather than one or two thicker layers. Its concept is to trap lots of air between the layers thus keeping the hiker warmer. It also enables the hiker to add or remove light clothing as necessary without releasing all of the air that is keeping them warm. It also means that when the outer layers get wet, they can be easily and quickly dried.

Certain materials are best avoided completely when hiking. The main **material to avoid is denim**. Denim jeans may be tough and hard wearing, but when they get wet they become very heavy, lose all of their thermal properties and are very hard to dry. For these reasons we do not allow jeans on any of our hikes particularly in adventurous country.

The Layers

The base layer needs to warm, light and above all comfortable. It is generally better to wear close fitting and supportive underwear. Ideally, an absorbent material is best as this will reduce the chances of rubbing and tends to wick the moisture away from the body. Long-johns are good, but I would recommend that some form of underwear be worn under them.

The number of additional layers is dependent on the conditions at the time and can be added or removed as necessary without too much trouble or embarrassment to the wearer. Multiple tee-shirts, as long as they fit the body when worn together are good.

The legs are best covered with a polyester cotton type material as this is not only hard wearing, but will also dry as the trousers are worn. There is no point spending a lot of money on trousers unless the wearer is likely to get plenty of wear from them before growing out of them.

The penultimate layer is where it is better to wear a woolly sweater or TWO sweatshirts. It is accepted that a woolly sweater has far superior insulation properties over sweatshirts made from man-made fibres. Wool is very good at retaining its thermal properties when it gets wet.

When wet, all that is needed is to wring out a woolly sweater and it can be worn again straight away. Sweat shirts require some drying to regain most of their thermal properties.

The outer layer should ideally be wind proof and fit properly around the cuffs, the neck and the waist without being too tight or too baggy around the chest. There are a variety of fleeces available on the market that are quite good for this, but again don't spend lots of money on them unless the wearer is going to get the wear out of them before they get too small / too tight.

The last layer that is added or removed most often is the waterproof/windproof layer. It is important that this layer is truly waterproof. Shower proof is insufficient when walking in adventurous country. A good waterproof layer also acts as a windproof layer and not only helps keep the hiker warm, but also greatly reduces the possibility of hypothermia in wet and windy conditions. Whilst we don't expect to be hiking in extreme conditions, sometimes they cannot be avoided and we must all be prepared for them. Good waterproof trousers form an integral part of this layer.

Footwear

The correct footwear is vitally important. Any hiking footwear must have good grip on damp or wet grass and give plenty of support to the ankles and can either be a boot or a shoe. The footwear should be properly broken in to the foot of the wearer. With young people, buying proper walking boots can be very expensive especially as most young people outgrow the boots before they get the wear out of them. There are a number of sources of good second hand boots. The Scout shop at Runways End has a supply of second hand boots of various sizes that they sell or hire out. **Please remember** to wear the socks you will be walking in when trying on boots as the thickness of the sock can make quite a difference to the foot size.

Personal Equipment

The first section covers items that each party member **must carry**.

- **Back-pack**

The back-pack is the single most important item. Ideally it should be around 30 - 35 litres and be fitted correctly so that it is not only comfortable but capable of withstanding continual buffeting during use without e.g. the straps pulling away from the sack. It should also include a waterproof liner, but this could easily be a bin liner.

- **Full waterproofs – cagoule and trousers**

The key point here is waterproof. Shower proof isn't of much use when in adventurous country as getting wet increases the possibility of getting cold or may be hypothermia.

- **Whistle on a lanyard**

This is worn around the neck inside the outer layer of clothing. It is a simple but very effective method of summoning assistance when on the moors or in the mountains where a mobile phone tends to be useless (no signal regardless of provider).

- **Survival bag**

This is a large heavy duty polythene bag. It is usually orange in colour and if unopened takes up very little space. It is also very light.

- **Comfortable footwear**

Boots or walking shoes are ideal, but expensive. It is important that footwear not only has good grip on wet or slippery surfaces e.g. grass and rock, but also provides the ankle with plenty of support. Please note that Wellington boots **do not** fall into this category.

- **Woolly hat / sun hat**

These are carried according to the expected conditions. In some cases both may need to be carried.

- **Simple First Aid Kit**

This item does not need to be expensive or very large. It generally holds triangular bandages, assorted plasters and small scissors. Please **do not** include any lotions or creams.

- **1 Litre Water bottle**

The bottle needs to contain fresh water only as fruit juice or squash isn't of much use in a first aid or emergency situation.

- **Emergency rations**

These are carried in addition to lunch & snacking foods. They should be high energy, but not excessively sweet. Nuts, choky bars and the like are ideal.

- **Torch**

The torch should include spare batteries and spare bulb. They don't have to be integral, but need to be protected from being crushed or accidentally turned on when in the back-pack.

- **Spare socks**

These can be of any composition but man-made / mixed fibres tend to be better at wicking moisture away from hot feet.

- **Woolly sweater**

One woolly sweater **or** 2 sweat shirts. A woolly sweater is twice as effective as a sweatshirt at keeping the body warm.

- **Drinks bottle**

The drinks bottle can contain any **still drink** of your choice. Please no fizzy drinks.

- **Lunch & snacking food**

Ideally in a waterproof container. Snacking foods can be in a small polythene bag in the jacket / trouser pocket.

- Hi-Vis vest

- Unbreakable mug

Optional Items

- Gaiters – Highly Recommended!

- Walking pole

Group Carried Items

These are usually provided by the Troop or carried by the party leader.

- Waterproof map case

- Map

- Compass with roamer

- Pencil, eraser, sharpener

- Route Card and Emergency Contacts

- Hiking Stove, fuel & matches

- Sleeping bag

- Hike Tent

Hiker Activity Badge



Complete the requirements below:

1. As a member of a group of at least four and not more than seven Scouts, carry out three expeditions or journeys as follows:
 - a. A journey or expedition of at least 12 km.
 - b. Two journeys or expeditions of at least 20 km, both to include an overnight stop.
2. Before undertaking each expedition or journey, the group must provide a detailed Route Plan (FS120409).
3. All members of the group must show that they know the intended route and have knowledge of basic navigation, first aid and emergency procedures, including the In Touch system.
4. After each journey or expedition, the group should give a verbal report.
5. Demonstrate awareness of developments in technology, such as the Global Positioning System (GPS), digital mapping, waterproof maps etc.

Notes

Reference should be made to the activity rules in chapter nine of Policy, Organisation and Rules and the Adventurous Activity Permit Scheme and the Nights Away Permit Scheme

Expeditions by canoe, horseback or cycle of similar duration may be acceptable provided at least one overnight journey or expedition on foot is carried out. During cycling activities, cycle helmets must be worn at all times. The distances stated may be varied at the Leader's discretion. Alternative activities may be carried out as agreed by the leadership team.

Navigator



This is only one of the four alternative sets of requirements for this badge.

1. Using 1:50 000 and 1:25 000 scale Ordnance Survey maps:
 - a. Show that you understand the meaning of scale, true, grid and magnetic north and can recognise conventional map symbols.
 - b. Interpret contour lines in terms of shape and steepness of terrain. Know the meaning of topographical features such as valley, col, ridge, spur, etc.
 - c. Show how to set a map with and without a compass. Be able to use and give six-figure grid references. Demonstrate the use of a roamer to improve accuracy.
 - d. Show how to measure distances on a map and how to estimate timings for a particular route.
 - e. Show how to find north without the aid of a compass, by day or night.
 - f. Demonstrate your awareness of the latest developments in electronic technology such as the Global Positioning System.
2. Be familiar with traffic signs and signals as illustrated in the Highway Code.
3. With other Scouts, accompany a motorist on a journey of at least 30 kilometres, taking it in turns to act as navigator to a stated destination. The route should avoid motorways and major roads and if possible should be cross-country, using a variety of roads and lanes. There should be no prior route preparation.
4. Walk two compass routes of at least 2 kilometres each. One route should have start and end points defined on a map by an adult and the second by the Scout.
5. Demonstrate an ability to:
 - a. Convert grid bearings to magnetic bearings and vice versa.
 - b. Use back bearings to check the route.
 - c. Estimate current position using a compass.
 - d. Walk on a bearing; including 'deviating from course', (the four right angles technique to circumvent an obstacle).

Updates

01/03/2012 Update badge requirements for Hiker and Navigator incl. badge changes.
Addition of Scout's name to the front cover.
Adjustments to layout n page format of log sheet.