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INTRODUCTION

Bushwalking is one key ingredient in any successful Scout program. This handbook is intended as a resource, to help a Leader to get started in bushwalking with their Section. It is aimed primarily at the Scout Section, but parts are equally applicable to the Cub Scout Section, and it may be of assistance to Venturer Scouts and Rovers in planning expeditions.

It has been compiled by the Branch Bushwalking Activity Unit as well as drawing on the vast experience of Scout Leaders in the state. Sections of previous books have also been incorporated in an attempt to consolidate information.

The value of this Handbook, and the Manual it is contained in, will ultimately be determined by how much use you and your Troop Council are able to make of it as you continue to develop and run great programs for more scouts. Please make sure that you have as much fun doing so, as those Leaders did who first came up with the ideas.

Great Scouting!
Victorian Branch Scout Council
2006

NAVIGATION

A life skill developed through exposure of having to move from one place to another, supported by other skills such as observation, orientation, and measurement. A navigation course should be a part of the ongoing training that a Leader should attend. The hiking basics are with a map and a compass, and a route to follow but let's break this down a bit.



What is a Map: A general definition would say it's a portion of the Earth's surface, drawn to scale showing natural and artificial features. (E.g. a Melways or VICMAP or topographical maps, Orienteering maps etc)

By using a map of the area and relating it to the natural features you are navigating. Information on the map includes brown contour lines, which show points of equal height, and describes the relief of the terrain. The map will have numbered grid lines and a grid co-ordinate can be ascertained by reading first the numbers across the top, then the numbers up the side. E.g. A six figure grid co-ordinate would consist of 3 numbers across the top and three up the side and would describe a point on the map to within 100 metres plus or minus.

What use the compass: The compass points to magnetic North and maps are drawn in relation to a grid north. Orientating a map is a key use of the compass, but as with any tool it is only as good as the user, and practice makes perfect. (Note that a compass can give a false reading when near metal objects such as cars, fence posts, transmission lines or iron ore deposits etc.)



What is a route: Simply the chosen path to be taken and generally not in a straight line. Factors influencing the route include using the less dense ridges and spurs, the drier and more open northern slopes i.e. easier to follow down streams and up spurs as a rule.

Skills building

How do we build these navigation skills, through practice of course and this means activities! Bushwalking is one of these activities, but there are others such as Rogaining, Orienteering, and Cache hunts (Geo-caching is a new activity using GPS receivers which is the latest navigation aid)
Some Suggestions:

- An activity for a compass is to walk in a triangle using bearings and distance to arrive back at your start point
- Bushwalking between grid co-ordinates on a map, following a route plan.
- Entering teams into a rogaining such as the Scout Challenge Cup, an event run by the Victorian Rogaining Association for Scouts. (Rogaining is a team event where points are scored for accessing marked points in a bush situation in a set amount of time, using only map & compass. The team with the most points wins!)
- Geo-caching using GPS receivers, which is basically the searching for a cache of items that someone has placed in locations around the world and documented their location for enthusiasts to find and log details. (You can set up your own of course)
- Orienteering using accurate maps of a planned area, that requires that sites be navigated to in the shortest possible time. Can be team or individual based.

What is a GPS

The Global Positioning System is a satellite based navigation system, and is an excellent tool, best used with a map. (Note: The GPS receiver should be configured to match the data on the map to give the correct co-ordinates. E.g. GDA/WGS84 or AGD84/AGD66) Like any tool knowing how to use it requires some operating information and the rest is experiential learning.



A good exercise is to place out a cache in an area suitable for safe walker access, and take the GPS co-ordinates reading of the spot. Provide this info to others and have them find it using their GPS receiver. "Could be a fun event at Easter with the reward being edible".

Route Planning:

In Bushwalking we talk about the route plan as we need to fit this to the group we are taking. Too hard and we take the fun out of it and too easy we make it boring. Of course it has to be within our risk guidelines and perceived risk is what it is all about.

The route distance, the time to be spent walking each day and the available camp sites are factors. By making a plan such as the one following we take these factors into consideration. At the end of it we may not do this walk until the group is more experienced or the days are longer or the weather is more suitable and so choose another more suitable walk.

How do we create a route plan? This is not hard and we will go through the steps of developing a route card, but why a route plan card? Mainly because we will have worked out, in advance, our distance and bearings, campsites timings and possible escape routes. This means we can be confident on the walk that we know where we are and getting lost is not a possibility. The card can also be left with your escalation person at home, who can alert authorities and provide details of the walk should things not go to plan.

This is a route plan for a walk in the Cathedral Ranges along the 'Razorback'.

Hike Location: Cathedral Ranges

Party Size 6 Explorer scouts + 1 Leader

Map: Cathedral Range 1:25,000

Contour Interval 20 Metres

Magnetic Declination 12

<i>STAGE</i>	<i>GRID REF</i>	<i>MAG BEAR</i>	<i>HGHT</i>	<i>DIS KM</i>	<i>DIST Cum KM</i>	<i>HEIGHT (+OR-) Mtrs</i>	<i>TIME Est.</i>	<i>REMARKS</i>
<i>Saturday Start from Ned's Gully</i>	895647		290	0	0			
<i>1. Cooks Mill</i>	902623	148	360	2.7	2.7	70	0:45	Easy on Little River Track
<i>2. Jawbones Car park</i>	893619	238	480	1.2	3.9	120	0:20	Easy going up hill on Cerebus road
<i>3. Sugarloaf Saddle</i>	899588	148	750	3.4	7.3	270	1:20	Medium going up spur on Cerberus road
<i>4. Sugarloaf Peak</i>	896890	323	920	1.0	8.3	170	01:00	Hard rock climb up canyon track
<i>5. Memorial on Razorback</i>	891598	323	800	0.8	9.1	-120	0:50	Hard rock scramble on Razorback. No water
<i>6. Farmyard</i>	885614	318	740	2.2	11.3	-60	0:55	Medium going on rough track. Get water here
<i>7. North Jawbone Saddle</i>	884618	38	730	0.8	12.1	-10	0:20	Medium going on clear track
						440	05:30	
<i>Sunday Start from North Jawbone Saddle</i>	884618		730		0			
<i>1. Ned's Saddle</i>	881635	338	690	2.0	2.0	-40	0:50	Medium going on clear track
<i>2. Cathedral Peak</i>	978635	232	800	0.5	2.5	110	0:30	Hard up hill on rough track
<i>3. Ned's Saddle</i>	881635	74	700	0.5	3.0	-100	0:30	Hard down hill on rough track
<i>4. Ned's Peak</i>	884636	74	760	0.5	3.5	60	0:20	Medium up hill on clear track
<i>5. Ned's Gully</i>	895647	3	290	2.0	5.5	-470	0:50	Medium down hill on rough track
						-440	03:00	
Total Kms walked = 17.6							08:30	

Let's break this plan down to its steps.

STEP1

Decide on the walk area (in this case the Cathedral Ranges) and get the map and if possible other walker's track notes. This will help in reviewing the walking conditions which get added to the remarks e.g. easy, medium or hard section.

STEP2

Look for a route that will provide the adventure and perceived risk with possible campsites with water etc

STEP3

Break the route down into sections or stages and give them names. The example has obvious navigation milestones and points of interest e.g. Sugarloaf saddle and Sugarloaf Peak. Now ascertain the grid references for these points as discussed earlier and add them to the plan.

STEP4

The height shown by the contour lines is found for each point and put on the plan.

STEP5

Next the distance between each point is measured using the scale on the map and these are added to the plan.

STEP6

We can estimate the walk time for these sections by using Naismith's rule. This walking rule states *"For an average walker with a medium pack, allow one hour for every 5Km of easy going, every 3 Km for easy scrambling and every 1.5 km for rough country, deep sand, soft snow or thick bush, plus 1 hour for every 500 metres up and 1hour for every 1000metres down"* In this example going from Cooks mill to Jawbone saddle is 20 minutes walk time for 1.2Km, but on a hard section such as the Sugarloaf Saddle to Sugarloaf Peak, a distance of 1km will take an hour.

Knowing how long you have been walking and when you should reach objectives on your card, allows you to set up regular rest stops and arrive on time in to your campsite. For example the first day has a total walk time of 5.5 hours and allowing 10 minutes rest stops every hour and the half hour for lunch (say 7 hours total on the track time) you would need to be starting by 9am to finish walking at 4pm.

STEP7

Decide on emergency campsites (Farmyard), possible escape routes (Jawbones car park), and the type of weather to be expected. The Razorback can be high risk in poor weather and this hike plan would be deferred to finer weather.

Now you have a hike plan that can be referred to throughout the hike and progress can be monitored. You may need to correct the plan as you and your party progress. It may take longer to do some sections or longer breaks are required etc.

ROUTE PLAN CARD

Location		Kirth-Kiln Egg Rock					
Map	Gilwell & Beenak		Mag Correction, deg.			11	
Scale	1:25 000	Contour interval, m			10		
Stage	Endpoint GR	Bearing (approx)	Distance km	Up m	Down m	Time mins	Notes
start	780 037	-	-			-	Soldiers/Tomahawk Valley Rds
1.1	798 023	120	3.0	160	0	64	Tomahawk Valley/Beenak East Rds
1.2	808 022	87	1.0	60	0	22	Intersection
1.3	812 027	75/320	1.0	80	0	25	Turn off to Egg Rock
1.4	812 027	190/10	0.8	40	40	19	To Egg Rock and back
1.5	830 034	60	2.0	30	70	38	Tomahawk Gap
1.6	828 045	340	1.2	30	20	23	Basan Corner
1.7	787 056	275	4.6	0	190	80	Beenak/Soldiers Rds
1.8	780 037	190	2.4	20	100	44	Soldiers/Tomahawk Valley Rds
1.9	761 034	250	2.2	40	30	40	Soldiers/Launching Place Rds
rests						35	
lunch						30	
total			18.2	460	450	420	
Stage	Endpoint GR	Bearing (Approx)	Distance km	Up m	Down m	Time mins	Notes
start	746 041	-	-			-	Kirth Kiln
2.1	765 055	45	3.0	80	10	55	Tims Corner
2.2	765 059	350	0.3	0	10	5	Ship Rock
2.3	761 034	180	2.7	60	70	52	Soldiers/Launching Place Rds
2.4	741 025	235	3.2	20	80	55	Gilwell (north side)
rests						33	
lunch							
total			9.2	160	170	200	
Total			27.4	620	620	621	

WEATHER

"Some people are weather-wise, but most are otherwise." Ben Johnson

An ability to understand, anticipate and interpret weather changes is desirable for any Bushwalker and for the Leader it is essential. The weather in South Eastern Australia can bring snow to the mountain tops in summer; it can be the difference between an enjoyable walk and loss of life due to hypothermia. Staying home is always an option but being prepared is **mandatory**.

To develop weather knowledge, do the following

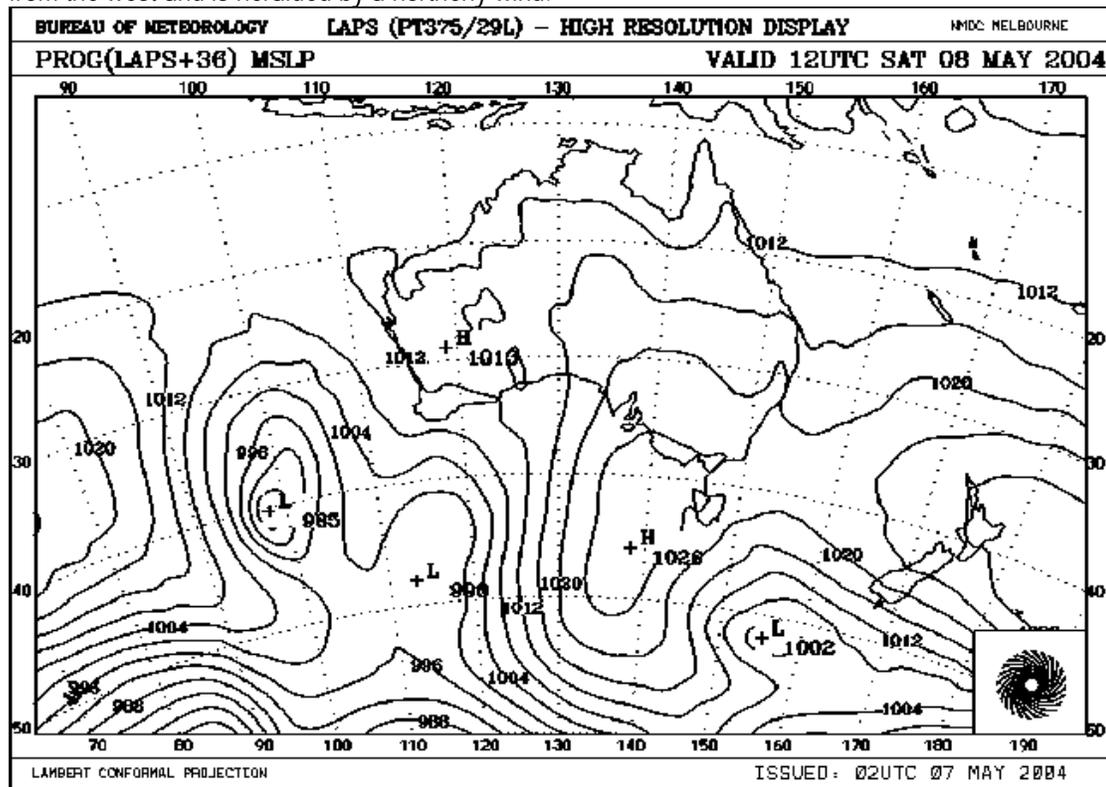
Listen frequently to the weather forecast. Listen for key words that might herald bad weather, e.g. front, trough, depression, low pressure, falling pressure, increasing cloud or wind. Conversely the following words frequently suggest good weather, e.g. calm or light winds, high pressure, anti-cyclone, rising pressure, clear skies, fog and /or frost warnings.

Read the daily weather forecast and then deliberately observe the weather. Become familiar with terms used to describe the weather. Having practiced this for some weeks, try looking at the weather maps and making a forecast, before reading the text. Check with the given forecast.

Next try to make forecasts by observing the weather first. Check your opinions against the maps and forecasts.

Finally do not look at the paper just go out and make a personal forecast, from what you see and what has happened recently.

The key to all forecasting is to look into the approaching weather. Remember bad weather often comes from the west and is heralded by a northerly wind.



The forecast for Victoria in the above chart is as follows

Tonight and Saturday: Isolated light showers and drizzle patches near the coast. Morning fog patches. Early frosts inland then generally cool.

Tuesday: Northeasterly wind of 5 to 10 knots.

It can be seen that the weather will be cool and mild up to Tuesday a good time to go for a weekend walk!

Seek the best available information before departing on a trip. www.bom.gov.au

But as good Scouts we follow our motto of BE PREPARED.



NAVIGATION PROGRAMS FOR TROOP NIGHTS

Navigation - Map and Compass		
Time	Activity	Run by
7:00	Flag break	Duty PL
7:10	Inspection	
7:15	Game while leaders and Duty PL set up bases	Duty APL
7:25	Direct patrols to a base, set rotation direction and time for each base	Leader
#1	Basic Compass - based on Campcraft (P) test 4 a, b, c, and d. <u>Requirements:</u> at least one compass between two scouts, globe of the world (or a basketball will do). Find the mag. variation of the capital of each state and compare with yours.	PL with a leader to back up
#2	Basic Mapping - based on Campcraft (P) test 4e, (E) test 4a, b, c. <u>Requirements:</u> photocopy of a topographic map for each scout to mark features, one or two compass for the base.	PL with a leader to back up
#3	Natures Compasses - based on Campcraft (E) test 4d <u>Requirements:</u> clear starry night sky with Southern Cross visible, difficult with late setting sun in summer, especially with daylight saving time. Use a strong torch or floodlight to simulate the sun for the watch and sun trick. Use a shadow stick at the centre of a circle on the ground to simulate a watch if someone asks, (and they will) "what if I've got a digital watch?"	Leader
#4	GPS - based on Campcraft (E) test 4f <u>Requirements:</u> at least one compass, GPS unit, and topographic map. Discuss advantages and disadvantages of GPS (accuracy, batteries, tree cover etc). Show how date of printing of map affects the GPS set up - change it and see how far you are away from the first reading.	Leader
#5	Topographic map/ Melway based on Campcraft (P) 4 c Explore True North and Magnetic North around hall area. E.g. walk on the true north bearing and magnetic north bearing	PL
8:35	Game	
8:50	Flag down, prayer and close meeting.	

Navigation – Orienteering		
Time	Activity	Run by
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game	Duty APL
7:25	<p>Orienteering - based on Campcraft (A) 4a. <u>Requirements:</u> one compass per patrol, and a map of the area (some councils may have a large scale plan map of the park, or use the street directory, or make your own map.) Have one or more competent PLs at Adventurer level set up an orienteering course in a local park or bush setting, marking 4 to 6 points over a distance of about 1 to 1.5km. Send out 1 patrol at a time at about 10 to 15 minute intervals.</p>	PLs
	Have other activities for the other Patrols to complete while Orienteering is being completed.	
8:35	Game	
8:50	Flag down, prayer and close meeting.	

Navigation - Grid refs, Route Card and Naismith		
Time	Activity	Run by
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game	Duty APL
7:35	Grid Reference - based on Campcraft (P) 4e <u>Requirements:</u> Start with simple GR system such as a local street directory; make up a game with the patrols competing to find a set number of locations (use photocopies or old directories). Move on to the 4 figure, and then demonstrate on a large piece of 'butcher's paper' how to divide the squares into tenths which leads to the 6 figure GR system. Then introduce a similar game to match some map features with Grid references.	Leader
8:00	Game	Duty PL
8:10	Route Card and Naismith's Rule - based on Campcraft (A) 4b <u>Requirements:</u> Maps, compasses, copy of Naismith's Rule, printed sheets (see attached). Adventurer level scouts to prepare a route card for a two day hike. After they have completed the first 3 or 4 points, they can complete the exercise at home and have it checked next week.	Leader
8:10	Revision of previous navigation work, other work or games for Pioneer and Explorer scouts	All APLs
8:35	Game	
8:50	Flag down, prayer and close meeting.	

Navigation – Geocaching		
Time	Activity	Run by
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game.	Duty APL
7:30	Brief refresher on the GPS	Leader
7:35	GPS Treasure Hunt or GEOCACHING <u>Requirements:</u> 1 GPS unit per patrol if possible, or spread the activity over a couple of weeks if only one available. This activity will need to be set up before scouts arrive - hide cards or small objects in a park or open bush setting near the hall, noting the GPS reading for each 'cache'. Allow at least 30-40 minutes.	Leader
	Remainder of the troop to carry on with some other activities, and then swap over as the GPS patrols return.	
8:35	Game	
8:50	Flag down, prayer and close meeting.	

Web sites:

www.geocachingworldwide.com/

www.geocaching.com/faq.asp

(These are only two of many you will find on the web)

RISK ASSESSMENT

The aim of risk assessment is to separate the minor acceptable risks from the major risks, and to provide information to manage the residual risks.

Bushwalking is an inherently risky activity, although not as risky as some adventurous activities. The steps below provide guidance to the completion of a risk assessment.

Step 1

Make a list of all of the risks that you think you will face on the activity. This will be different for every walk you undertake, depending on the nature of the party, the time of year, the area you are walking in, and many other factors.

Step 2

Identify the controls that the Group currently has in place to reduce the risk. Consider how well they work, are the procedures easily met and monitored. It is important to keep consider these points every time 'walk'. Don't rely on 'it worked last time' attitude. This will enable treatment of risk to be improved as it is an ongoing process.

For example, blisters are managed by instruction, use of clean socks and severity of injury is minimised by use of a bandaid.

Step 3

Assess how likely each of these risks are to occur and assign them a level from A-E from Table 1. The likelihood of the event occurring is assessed within the existing controls that you have identified in Step 2.

An example might be that on a hike of 20 kilometres in a day, you expect that it is 'almost certain' that at least one Scout will get blisters, and assign it an "A" likelihood.

Table 1

Level	Descriptor	Description
A	Almost certain	The event is expected to occur in most circumstances
B	Likely	The event will probably occur in most circumstances
C	Possible	The event might occur at some time
D	Unlikely	Not expected to occur.
E	Rare	The event may only occur in exceptional circumstances

Step 4

From Table 2, assess the consequences of an event should it occur (from 1-5), again considering the existing controls that the Group has in place. For example, the consequence of a blister on the foot might be minor, requiring first aid treatment and slowing the party, but are not in themselves life-threatening. Such a situation would be assigned a consequence of 2.

Table 2

Level	Descriptor	Description
1	Insignificant	No injuries, little or no financial loss
2	Minor	First aid treatment, medium financial loss
3	Moderate	Medical treatment required, high financial loss
4	Major	Extensive injuries, major financial loss
5	Catastrophic	Death, huge financial loss

Step 5

Finally, combine your two rankings using table 3. To determine the level of risk remaining the terms minor, moderate, significant, & high refer to the level of risk remaining following consideration of likelihood, consequences and effectiveness of controls already in place.

Table 3

		1	2	3	4	5
		Insignificant	Minor	Moderate	Major	Catastrophic
A	Almost certain	Significant	Significant	High	High	High
B	Likely	Moderate	Significant	Significant	High	High
C	Moderately likely	Low	Moderate	Significant	High	High
D	Unlikely	Low	Low	Moderate	Significant	High
E	Rare	Low	Low	Moderate	Significant	Significant

Step 6

Lastly, look at Table 4, and implement the described action against the level of risk determined.

Our example using blisters would result in 'moderate' risk, meaning that the procedures for managing this risk should be known to all participants prior to commencement of the activity.

Table 4

Low	Manage with routine procedures every party member should intuitively manage this risk without much input from the party leader. Procedures to manage this risk should be transparent and based on common sense
Moderate	Management responsibility must be specified a designated individual (Leader or youth member) must be responsible for managing this risk. Routines for managing this risk should be well understood by those directly affected by it
Significant	Senior management attention needed. Leaders should take note of these risks and specifically account for them in planning the expedition procedures for preventing and managing this risk should be understood by all party members
High	Detailed planning & management by senior staff. The party leader should prepare a specific action plan for dealing with this risk the group should carry sufficient equipment and materials to implement the action plan should the event occur all party members should have a good understanding of the likelihood and consequences of this event occurring, of prevention measures, and of appropriate counter-action in the event of it occurring

The table overleaf gives an assessment of the common risks faced by bushwalking parties, along with some preventative action and possible remedies. Remember that the risks faced by parties will vary from trip to trip.

Risk:	The nature of the risk faced
Circumstance:	Different circumstances under which that risk might be faced, eg: winter vs. summer
Controls:	Examples of controls already in place by Groups to reduce the risk
Likelihood:	The consequences of that event occurring (following consideration of the effectiveness of control, Table 1)
Consequence:	The seriousness of the outcome if the event took place (Table 2)
Result:	The combination of the two previous columns (Table 3)

These three columns are to some extent subjective, and should be assessed in light of the exact nature of the activity being undertaken, the capability of the party, and the terrain and environment.

Prevention:	This column lists some steps you can take to prevent this risk from occurring. It is usually easier and more efficient to prevent something from happening than it is to fix it afterwards.
Remedy:	If the event does occur, here are a couple of things you can do to fix the problem.
Follow-up:	Again, some steps to take if the event does occur, to prevent it re-occurring or to minimise its impact on the party's ability to continue with the activity.

Bites		Bushfire		Blisters		Risk
Tick	Snake	Summer months	Inexperienced walkers	Experienced walkers	Circumstance	
Tuck trousers into socks	Wear gaiters Do not attack snakes	Avoid bushfire-prone areas in summer Carry a small radio and EPIRB	Wear only well-worn boots Do not allow new boots Tape heels with Leucoplast	Wear only well-worn boots Do not allow new boots Tape heels with Leucoplast Wear two pairs of socks	Controls	
E	D	E	A	B-C	Likelihood	
3	4	5	2 - 3	2 - 3	Consequence	
Moderate	Significant	Significant	Significant	Significant	Result	
Remove carefully with tweezers	Apply first aid treatment Call for medical help	Hide in stream/river/culvert Do not run through flames activate EPIRB	Do not prick blister unless absolutely essential Cover with Melolin or other non-stick dressing	Do not prick blister unless absolutely essential Cover with Melolin or other non-stick dressing	Remedy	
Monitor as for wound	Keep victim comfortable and motionless	Make location known to authorities ASAP.	Monitor condition of other walkers' feet. Debrief about how to prevent blisters in future	Monitor condition of other walkers' feet Debrief about how to prevent blisters in future	Follow-up	

Sunburn		Hypothermia	Hyperthermia	Physical Injury		Risk
In snow	Summer months			Minor (wounds)	Major (fracture)	Circumstance
Wear sunscreen	Wear hat, sunscreen, and long sleeves Rest between 12-4pm Avoid treeless areas	Keep gear & clothing dry Keep up food and fluid intake Monitor participants Avoid activities in snow or during extreme cold	Drink plenty of fluids Rest in shade Avoid heat of the day Wear hat and sunscreen Avoid arid areas in summer	Prevent dangerous behaviour	Prevent dangerous behaviour	Controls
B	A	D	D	C	D	Likelihood
3	3	4	4	2	4	Consequence
Significant	High	Significant	Significant	Moderate	Significant	Result
Cool the affected area	Cool the affected area	Stop immediately Seek/erect shelter Warm the patient gently Call for medical help	Loosen tight clothing Give fluids Call for medical help	Apply first aid treatment Call for medical help	Apply first aid treatment Call for medical help	Remedy
Prevent further burning	Prevent further burning	Monitor the patient	Monitor the patient until help arrives	Ensure wound is not infected	Keep victim comfortable & monitor condition	Follow-up

People lost		Lack of water			Risk
Individual member	Whole party	Grassland/desert	Forest/ Woodland	Rainforest	Circumstance
Know where all participants are at all times Appoint a tail-ender while walking Brief participants on staying together	Know own position at all times Be proficient with map and compass	Carry sufficient water for the activity (up to 2 litres per person)	Carry sufficient water for the activity (2 litres per person)	Carry sufficient water for the activity (2 litres per person)	Controls
D	C	C	D	E	Likelihood
4	3	4	3	3	Consequence
Significant	Significant	High	Moderate	Moderate	Result
Initiate search If unsuccessful, seek Police assistance	Stop and think Retrace steps to last known point	Purify water	Purify water	Purify water	Remedy
Ensure they do not become lost again	Ensure you do not become lost again				Follow-up

Equipment breakage				Burns		Gastroenteritis		Risk
Stove	Tent	Pack	Boot	Minor	Major	Food	Contaminated water	Circumstance
Ensure stove is in good condition at start of walk Carry appropriate repair kit. Carry gas jet pricker if gas stove	Ensure tent is in good condition at start of walk Carry pole sleeve	Ensure pack is in good condition at start of walk Carry spare buckles	Ensure boot is in good condition at start of walk Carry gaffer tape Carry camp shoes	Ensure careful use of stoves and fires Carry pot lifters	Ensure careful use of stoves and fires	Cook food thoroughly Carefully wash all utensils	Purify, filter, or boil all water Carry own water	Controls
D	D	D	D	D	E	C	C	Likelihood
3	3	3	4	3	5	3	3	Consequence
Moderate	Moderate	Moderate	Significant	Moderate	Significant	Significant	Significant	Result
If stove is running, douse stove and administer first aid if cause of damage is obvious and you are skilled enough, repair stove as appropriate	Attempt to repair with cloth, gaffer tape, and/or pole sleeve	Attempt to repair with any available materials	Attempt to repair with gaffer tape	Apply first aid treatment	Apply first aid treatment Call for immediate medical help	Apply first aid treatment Re-hydrate the victim Modify diet	Apply first aid treatment Re-hydrate the victim Modify diet	Remedy
Ensure damage does not become worse	Ensure damage does not become worse	Ensure damage does not become worse	Ensure damage does not become worse	Ensure wound is not infected	Consider activating EPIRB	Monitor the victim	Monitor the victim	Follow-up

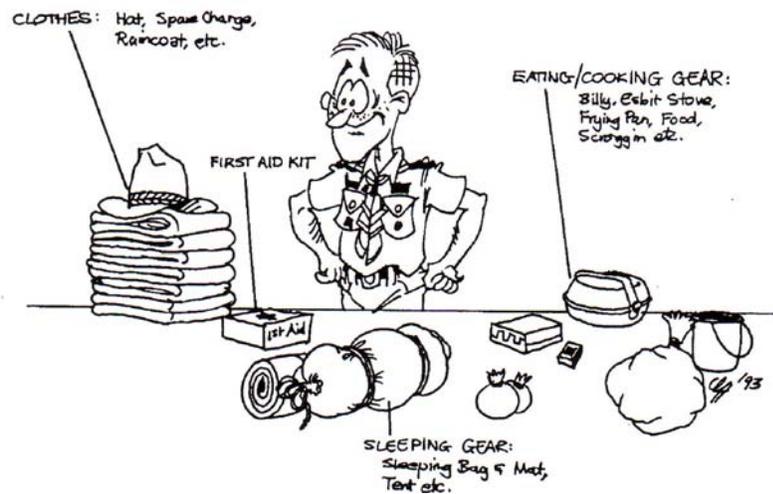
PREPARATION FOR A WEEKEND HIKE

The following 4 programs are offered as a suggestion as to how a troop could prepare itself for a weekend hike. The programs could be spread out over a longer period, broken into a different order and don't have to be consecutive weeks, but should be used as a build up to the weekend as an objective or common goal.

First Aid has not been included in these programs, but was assumed to be covered somewhere else in a troop program.

Safety and Survival could also be included, but one suggestion is to do that part of the training on the practice hike or on the weekend itself. This opens up many possible scenarios for the topic in a real setting and not a hypothetical one.

The practice hike is most important for new scouts that you as leader have not seen hiking before. It is always of benefit to anyone to dust off the boots and gear before a hike, but for those that have not carried a pack before, it is essential that they do something that is relatively easy first. This also applies to more experienced walkers breaking in new gear, especially boots.



Week 1: Preparation for a Weekend Hike		
<i>Time</i>	<i>Activity</i>	<i>Run by</i>
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game (2 PL's to set up check points for orienteering course)	Duty APL
7:40	Introduction to the troop - previously discussed at troop council Highlight the training required (at least one day walk and participation in the next three scout nights), hand out notices to parents. Point out, especially to new scouts, the parts of the award scheme that will be covered, Campcraft 2, 3,4,5,7, and Citizenship 2, 8, 9. Possible opportunity for parts of Environment to be covered on the hike. Opportunity for part or all of proficiency badges to be completed (Bushcraft, Outdoor). Remind scouts re the Walkabout badge; update current levels for each scout.	Leader
7:55	Quick refresher on use of compass	All PL's
8:00	2 patrols to do an orienteering course (at least 1 km) in park near the hall, other two patrols to carry on with instruction in map reading (concentrate on Pioneer and Explorer Campcraft 4)	All PL's
8:15	Patrols swap over.	All PL's
8:30	Relay Game - each scout in turn to run to end of hall and identify a feature on a map as per a card allocated to each scout, (ok for PL's to coach younger scouts.)	Leader
8:40	Game - compass point dominoes.	PL
8:50	Flag down, prayer and close meeting.	

Week 2: Preparation for a Weekend Hike		
<i>Time</i>	<i>Activity</i>	<i>Run by</i>
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game	Duty APL
7:40	Demonstration of at least two types of hike stoves (solid fuel, methylated spirits, and gas); discuss good and bad features of each, including safety and ease of use. Discuss use of campfire, is it allowed where you intend to hike, suitable weather etc.	PL
7:50	Show types of hike food; point out availability (supermarket vs. specialty camping shop), cost, nutritional value, weight, time to cook.	PL, back up with a leader if necessary
8:00	Collect returns from last weeks notice, pair up those going on the hike, ask each pair to bring some typical hike food for next week to cook.	Leader
8:05	Game	Duty PL
8:20	Hand out maps of the proposed hike. Older scouts to prepare a route card and use Naismith's rule. Instruct younger scouts at their level for Campcraft test 4.	Leaders, PLs and APLs.
8:50	Flag down, prayer and close meeting	

Week 3: Preparation for a Weekend Hike		
<i>Time</i>	<i>Activity</i>	<i>Run by</i>
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game	Duty APL
7:40	<p>PL to bring his/her pack ready for a hike and unpack and repack it for the troop. Discuss each item of equipment and clothing; consider the weather, necessity of each item and its weight. Check each of the younger scouts weight and talk about the 1:5 rule (pack=1/5 bodyweight maximum). (Need scales.)</p> <p>Footwear Hand out equipment list Allocate packs from the store to those that don't have their own, advise the newer scouts to "try before they buy". Ask that they all come with fully packed pack for checking next week.</p>	PL with backup from a leader
8:00	Prepare and cook a hike meal	All PL's
8:15	Once the meal is under way, cooking groups to prepare a hike menu and have it checked before the end of the night, then arrange within their groups to buy the ingredients by next week.	
8:30	Eat the food, sharing with other cooking groups to experience different foods, clean up.	All
8:40	Finish menus	
8:50	<p>Flag down, prayer and close meeting.</p> <p>Notice: Day walk on Sunday, about 12 km, easy terrain. Everyone to carry a pack with about 5 - 8 kg, including lunch, water, coat, 1st aid kit.</p>	

Week 4: Preparation for a Weekend Hike		
<i>Time</i>	<i>Activity</i>	<i>Run by</i>
7:00	Flag break	Duty PL
7:10	Inspection	
7:20	Game	Duty APL
7:40	Allocate tents from the store (those that have their own to bring them along). Erect tents, check poles, pegs etc are all present, and then repack.	Leaders
8:00	Game - erect tents blindfolded (simulate erecting tent in the dark after late arrival at campsite.)	Duty PL
8:20	Weigh in for the packs. Check food against the menu organised last week. Check that all essential gear is included, and all non-essential gear is excluded. Allocate split up of tent parts, making sure that the maximum weight is not exceeded (this may mean older scouts, leaders, or parent helpers taking extra tentage, or carrying it by car to the campsite if necessary).	Leaders
8:40	Game	Duty PL
8:50	Flag down, prayer and close meeting. Final message to scouts and parents so that all understand meeting times, and pick up points.	

INDIVIDUAL EQUIPMENT

Below is a list of equipment that should be carried by each individual Scout.

Individual clothing and equipment-mandatory

sleeping bag
sleeping mat/Thermarest (not an inflatable li-lo)
pack/rucksack
walking boots (must be sturdy and well worn-in)
2x water bottles of at least one litre each
tracksuit pants or lightweight trousers (not jeans)
shorts
long-sleeved shirt
T-shirt
2 prs underwear
2 prs thick socks
2 prs thin socks
2 thin/medium-weight jumpers or 1 fleece jacket (not parka)
rain jacket (not a poncho, and not lined)
hat, preferably with a broad brim
warm beanie
emergency kit (see below)
torch and spare set of batteries
whistle
knife/fork/spoon
billy/mess kit/plate
bowl
cup/mug (sturdy plastic)
toilet paper wrapped in plastic

Individual clothing and equipment-optional

balaclava (replaces beanie)
thermal underwear
mittens
waterproof over trousers
compass
handkerchief

Individual emergency/first aid kit

20 Band Aids
1 crepe bandage (white/beige)
1 elasticised roller bandage (pink)
1 triangular bandage with safety pin
1 wound dressing
notebook and pencil
assorted Band Aids
50 matches in a waterproof container
insect repellent
sunscreen
blister treatment kit

PARTY EQUIPMENT

Party equipment must be shared equally amongst members, taking into account each Scout's varying ability to carry weight. Equipment which would be shared amongst a Patrol (or a smaller grouping of the Troop) must be sufficient to cater for all of its members. In addition, there is some equipment (in particular the group first aid kit) which should be carried by a Leader.

Patrol equipment

tent
groundsheet
pocket knife with tin opener
sunscreen
stove with fuel
billy
billy grips/pot holder
trowel/small shovel

Leader equipment

EPIRB/distress beacon
mobile phone

Party emergency/first aid kit

30 assorted Band Aids
3 crepe bandages (white/beige)
2 elasticised roller bandages (pink)
2 triangular bandages with safety pins
3 assorted wound dressing (small, medium, large)
non-stick dressing (eg: Melolin)
cotton wool
Leukoplast adhesive tape
Chux pad or similar
eye pad
scissors
tweezers
notebook and pencil
50 matches in a waterproof container
insect repellent
sunscreen
blister treatment kit
first aid manual

FOOD

Breakfast

Any cereal may be taken, but some may be squashed. With their individual boxes, Kelloggs Variety packs do not suffer from this problem, and are good for those who don't want to cook in the mornings. Remember to take milk, powdered or condensed. Most people will want two packets for breakfast. Oats are also warming and nutritious (more so than cereal). They are light (60g per person per morning) and do not need to be kept unsquashed. Toast may prove difficult to cook, while (if you have a frypan) pancakes can be time-consuming but fun.

Lunch

Traditional sandwiches will get squashed very easily. Rolls, with their harder crust and different shape, keep better. Do not butter them at home- the margarine will melt and soak into the bread, making it greasy and dry. Mountain or pita breads are tougher than ordinary bread and can be rolled up for transport. If crackers and crispbreads can be kept safely, they can be eaten with the same kinds of things as pita breads, as well as spreads like peanut butter and Vegemite. In particular, Vitaweeet crackers seem to be quite durable if left in the box, even after a week. If you're happy to cook at lunchtime, tomato-flavoured Maggi Two Minute Noodles can be combined with a foil pouch of tuna with vegetables, combining light weight and low volume with something kids will hopefully eat.

Dinner

There is a huge variety of things you could take. For the first night, even pre-cooked sausages may be carried and reheated in a fire. Maggi lasagne and cannelloni packets are relatively heavy, but can be cooked easily, just by boiling them in water. The servings are, however, on the small side, and may need something else to go with them. While they are extremely light, freeze-dried meals are too expensive except for the most unusual cases. They also may not suit everyone's tastes, but can be improved with the addition of rice, Surprise Peas, or flavouring mixes to liven them up. If taken, save freeze-dried food for the last days of a long hike. Continental packets meals can form the base of a meal with the inclusion of other things like bacon, salami, or vegetables.

Dessert may consist of powdered custard, a Mars Bar, or a number of biscuits. You might even take some rice, powdered milk, and sugar, and have rice with milk and sugar. Do not under any circumstances take yoghurt-like substances in a plastic tub- it will leak and cover your pack, causing it to smell. Anything similar is also probably best left alone. However, remember that whatever you take for dinner must be cooked in some kind of pot or pan. For example, it is useless taking sausages if you don't take a frying pan or mess kit.

Drinks

In the morning, coffee is always a good way to wake up. An alternative is hot chocolate; there are very few situations which cannot be improved with the addition of a hot drink. For Vitamin C, Tang (powdered orange juice) may be taken. While relatively expensive, Tang and Staminade provide a good source of energy and electrolytes. Mixed together (three parts Tang to two parts Staminade), they make Stang. Vitafresh is a cheaper alternative, available in more flavours (including a colour-free raspberry which claims not to make children hyperactive). Continental Cup-a-Soups are good, though expensive for large numbers of Scouts, and are sometimes a bit salty if insufficient water is added.

Snacks

For morning and afternoon tea, Le Snak packets can be useful. Various dried fruit leathers are available in different flavours, but they are not very filling; at 20 grams, there's not really enough in most of them. They can also be expensive. Probably the best snack is Kraft processed cheese, found in a blue packet, cut into 60g blocks and wrapped in Alfoil. These will keep for a long time, and provide useful energy. For general snacks along the track, get one SnapLock bag for each day, and fill it with between 100 and 130 grams of dried fruit, salted peanuts, boiled sweets, M & Ms, and cooking chocolate. Minties are also good. This mixture provides a quick morale-boost when required, for example when climbing. Fun-size Mars Bars are often popular, and you can also have fun melting chocolate, crushed nuts, sultanas, and pieces of crushed boiled lollies in a saucepan and using moulds to form them into bite-sized pieces.

Menu ideas

	Food	Serving size	Comments
Breakfast 1	muesli	75gm/person	
	powdered condensed milk or	2 dessert spoons per person	to go with muesli
	tea/coffee	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
Breakfast 2	pancakes	one small bottle of pancake mix between 2-3 people	
	maple syrup	2 dessert spoons per person	
	jam	2 dessert spoons per person	
	margarine	1 dessert spoon per person	pack in secure container
	tea/coffee	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
Breakfast 3	rosti (shredded potato; similar to a hash brown)		Available from some supermarkets- fry with margarine
	tea/coffee	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
Breakfast 4	Nutrigrain	100gm per person	
	dried fruit mix	25gm per person	ensures fruit intake
	powdered condensed milk or	2 dessert spoons per person	
	tea/coffee	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
Breakfast/Lunch 5	crackers with bacon	6 Vitawheat crackers (2"x4") per person 6 rashers of rindless packaged bacon per person	cook bacon before departure and wrap in cloth inside an airtight bag
	tea/coffee	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	

Lunch 1	mountain or pita bread	2 breads per person	pack in airtight container- will go mouldy quickly
	toppings for bread, including: cooked bacon salami cheese lettuce capsicum dried tomatoes fresh tomatoes hommus	Each pita bread needs: 2-3 pieces of salami or bacon and 2 pieces of cheese and 1 piece of lettuce, or ¼ capsicum, or ¼ tomato, and 3 sun-dried tomato pieces (optional)	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
	dried fruit		
Lunch 2	Salada crackers with margarine	6 large crackers per person 1 dessert spoon of margarine	
	Toppings can include: Vegemite peanut butter tinned tuna cheese salami	1 dessert spoon of Vegemite or peanut butter; 2 slices of salami per cracker; 1 80gm pouch of tuna for 2-3 people 2 slices of cheese per cracker	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
	Two Fruits containers	1 small container per person	pack <u>very</u> securely to avoid leakage, perhaps in a lunchbox inside a plastic bag
Lunch 3	Pre-packed salad rolls		Pack rolls to suit each individual at home; usually suitable for the first day only
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
	muesli bar	1 per person	
Dinner 1	Continental savoury tomato and onion pasta meal	1 small packet	Follow instructions on Continental packet- feeds 2-3 persons
	Surprise peas and corn	50gm	
	tuna	150-250gm tin or several small tins or pouches	
	tea/coffee/hot chocolate/Milo	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	

	Vitafresh/Tang	2 dessert spoons, 1 cup water	
	Milo or Quik with powdered or condensed milk	2 tsp Milo/Quik, 4 tsp powered milk per person	
	packet of biscuits (Tim Tams are good)	serves 2-3	
Dinner 2	pre-cooked sausages	2-3 per person	cook at home and freeze; wrap well; fry on stove or cook in foil over fire
	Deb potato	50 gm per person	Not to everyone's taste, but very light
	surprise peas/carrots/beans	50 gm per person	
	tea/coffee/hot chocolate/Milo	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
	pudding	1 per 2-3-4 people	buy one in a plastic container, not a tin
	Milo or Quik with powdered or condensed milk	2 tsp Milo/Quik, 4 tsp powered milk per person	
Dinner 3	Two minute noodles or pasta with Deb potato + bacon + cheese + dried tomato	100gm Deb potato per person 1 packet two minute noodles per person 3 rashers bacon per person 25gm cheese per person	Cook Deb potato. Crush two minute needles into 2-3cm pieces, cook, and drain. Chop bacon finely and cook. Mix together and reheat. Sprinkle chopped cheese over the top.
	tea/coffee/hot chocolate/Milo	1 tsp coffee or one tea bag, 2 tsp sugar, 2 tsp powered milk per person	
	Vitafresh/Tang	2 dessert spoons, 1 cup water	
	Milo or Quik with powdered or condensed milk	2 tsp Milo/Quik, 4 tsp powered milk per person	

Individual emergency/first aid kit				
1 crepe bandage (white/beige)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 elasticised roller bandage (pink)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 safety pins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
notebook and pencil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
assorted Band Aids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 triangular bandage with safety pin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50 matches in a waterproof container	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
insect repellent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
blister treatment kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Optional clothing and equipment				
balaclava (replaces beanie)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
thermal underwear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
mittens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
waterproof overtrousers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
handkerchief	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
compass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patrol equipment				
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
groundsheet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
pocket knife with tin opener	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stove with fuel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
billy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
billy grips/holders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
trowel/small shovel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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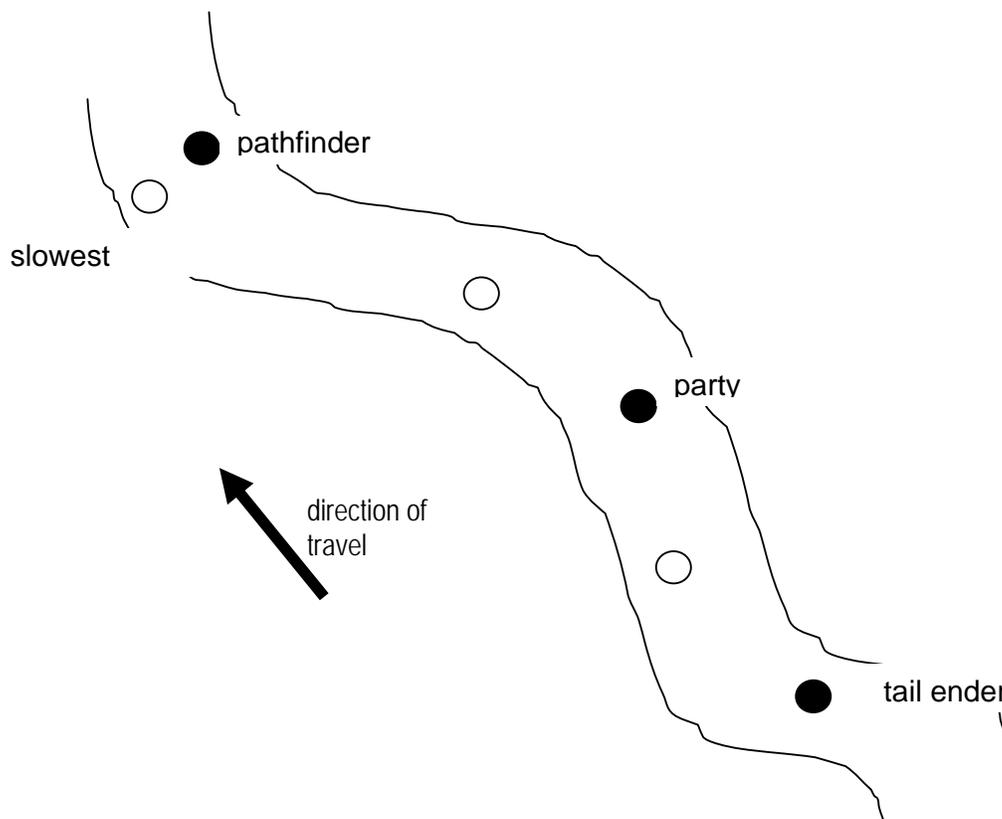
MANAGING A GROUP

On the track

Because people always warm up as they start walking, it's often a good idea to schedule a jumper removal stop about fifteen minutes after you start walking in the morning. People often tend to underestimate how warm they'll get once they start moving.

It is often useful, particularly with a large and/or inexperienced group, to appoint a more experienced walker as a pathfinder or scout to walk at the front of the party in company with the slowest walker, and another as a tail-ender to walk at the rear (see diagram below). Make sure that all participants know to walk behind the pathfinder and in front of the tail-ender; this will help keep the party members in a confined group. It can sometimes be useful to use scarves to identify these people. For example, the pathfinder might wear a red scarf, the tail-ender might wear a green scarf, and the first-aider might wear a blue scarf. This is especially useful if walking with a party made up of a variety of different Groups or formations.

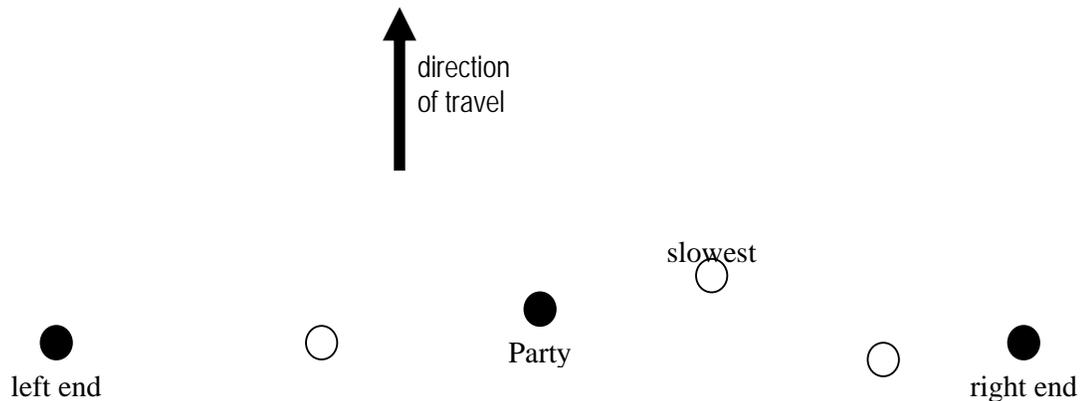
Having party members pair up helps stop party members from becoming lost. Also, it should be clearly understood that if any party member has to step off the track for any reason, they must leave their pack or an item of clothing on the track. This way, the tail-ender will stop when they reach that point and the party member will not fall behind the party and potentially become lost. If the party reaches a track intersection or fork, the whole party should wait as a group until the last person has caught up, so that everyone knows which way to go.



Off the track

When walking through difficult terrain, it may be helpful to have more than one person navigating. This is especially the case if counting the number of paces is being used as a measure of distance, as it averages out the differences between peoples' estimates.

When walking cross country, especially through fragile or sensitive areas, walk line abreast (see diagram) with the leader in the middle. Instead of having a pathfinder and a tail-ender, consider having an experienced walker at each end of the party to stop party members veering off into the distance. Note that the slowest walker can still set the pace.



In camp

Just as party members should pair up on the track to stop anyone from becoming lost, pairs or groups of three can also be useful for cooking and for tent arrangements. Many bushwalking stoves and hike tents are of a size appropriate for three younger people, so this makes good sense. Three youth members is also a good number to enhance their enjoyment of the outdoors, whereas pairs may be a bit limiting and four won't fit in most tents.

BUSHWALKING

If Scout training is to give full value to the youth members, leaders have to learn to stand back. This applies particularly to bushwalking. By the time Scouts get to their Adventurer Hike, they should be planning and implementing the activity with limited direct involvement by leaders. For a lot of leaders and parents, the idea of letting Scouts go bush on their own for 3 days is not acceptable. However, there are ways to maintain safety cover without walking with the Scouts. Here are some suggestions:

Use every way you can to teach the confident use of map and compass. Scouts must be able to recognise the features which are marked on the map. Basic compass skills like back bearings and correcting for magnetic deviation must be done correctly every time. This takes time and training, both in the Scout Hall and in the bush. If the Scouts can't demonstrate their competence, you can't let them go out bush without you.

When you're confident, tell the parents how much their children have learned, and sell the idea of reduced direct adult involvement as Scouts gain skills.

Teach the Scouts never to trust manmade features on a map. They can all change, sometimes very quickly. Roads, tracks, dams, buildings, power lines; plantations, etc, can all appear and disappear in the time since the map was prepared. Rely as much as possible on natural features.

At every track junction or feature along the way, train the Scouts to STOP, ORIENT THE MAP, AND APPLY THE COMMON SENSE RULE - DOES THIS ALL FEEL RIGHT AND MAKE SENSE.

If it doesn't feel right and make sense, train them to take a break, have some scroggin and a drink, and think back to the last point where they were sure of their position. If they went the wrong way from there, what were the possible errors?

Do any of them make sense? Make sure they know what to do in this situation - and your instructions may vary according to the terrain, weather and capability of the group. When walking, make sure the PL stays at the back of the Patrol. It's the only position which allows the PL to see everything and everyone. Let the APL go up front, with the map and clear instructions to stop at every junction and feature.

Train everybody to carry as little gear as practicable. They'll enjoy it more and travel faster. Tired Scouts who are behind time can make serious mistakes in navigation.

Start to stand back well before the Adventurer Hike. Allow the PLs and APLs to lead day and overnight hikes while leaders stay in the background. Sure - you're watching like a hawk, without being too obvious about it, and checking all kinds of things along the way, but you've got two ears, two eyes, and one mouth, and if they're used in that ratio your Scouts will become a lot more self-reliant, a lot faster.

Train, train, and retrain the PLs and APLs. Take them out for a day walk, so you can check their ability to lead and navigate. If they get it wrong, keep quiet for a while. By the time they realise there's something wrong, or you finally have to tell them, they will have to move very fast to get to the finish on time. That sort of lesson isn't quickly forgotten.

Train the Scouts to get out of bed in the morning and get moving. They can have a bludge in the evening when they're safely in camp.

Aim to be in camp by about 4 pm. If Scouts have been on the track for 6 or 7 hours they will have done well. If there are problems, there will be some daylight in reserve. If they get in on time, there will be enough daylight to get the tents pitched and dinner at least started.

TRACK NOTES

The table below contains a selection of walks of varying difficulty. Be aware that the 'Suitability' column is a subjective measure only.

Area	Type	Route	Sites	Maps	Suitability	Access
Brisbane Ranges	O/N W/E	Boar Gully-Little River-Anakie Gorge	Little River campground	S+R Brookes Brisbane Ranges map	Adventurer Scouts Discovery Award Venturers Venturer Award Venturers	Requires car shuffle from Boar Gully to Anakie Gorge
Cathedral Ranges	Day walk	Cook's Mill-Jawbone Peak- return	N/A	Cathedral Ranges 1:25,000 Outdoor Leisure map	Pioneer/ Explorer day walk Some steepish walking	90 minutes by car from Melbourne; requires car shuffle
Cathedral Ranges	O/N W/E	Sugarloaf Saddle-Ned's Gully	The Farmacyard (0388458614)	as above	Venturer Award Rovers requires basic rock climbing	Car shuffle between Sugarloaf Saddle and Ned's Gully
Gilwell Park	Day walk		Kirth Kiln	1:25,000 Vic Map	Cub-Scouts Pioneer Scouts	
Lal Lal	Day walk	Lal Lal kiln circuit	N/A	1:25,000 Vic Map: Lal Lal 7722-4-3	Scouts Venturers	90 minutes by car from Melbourne
Mt Baw Baw	Day walk	Village circuit	N/A	1:25,000 Vic Map: Mount Baw Baw 8122-2-4	Pioneer / Explorer Scouts	Three hours by car from Melbourne via Baw Baw Village
Mt Disappointment	O/N W/E	various	various	1:25,000 Vic Map	Scouts	
Otway Ranges	O/N W/E	various	various	Otway & the Shipwreck Coast 1:50,000 Outdoor Leisure map	Scouts Venturers Rovers	
Otway	Day walk	She oak	N/A	Otway & the	Scouts	20 minutes

Ranges		Picnic Area- Erskine Falls-return		Shipwreck Coast 1:50,000 Outdoor Leisure map		from Lorne
Werribee Gorge	Day walk		N/A	1:25,000 Vic Map	Scouts	90 minutes from Melbourne by car via Western Highway
Wilson's Promontory	Overnight long weekend	Telegraph Saddle- Sealer's Cove- Refuge Cove- Little Waterloo Bay- Telegraph Saddle	Sealer's Cove- Little Waterloo Bay	Wilson's Promontory 1:50,000 Outdoor Leisure Map	Adventurer- level Scouts Discovery Award Venturers Venturer Award Venturers	Three hours by car from Melbourne via Tidal River
Wilson's Promontory	Day walk	Tidal River- Growler Creek- return	N/A	Wilson's Promontory 1:50,000 Outdoor Leisure Map	Cubs Pioneer Scouts	Three hours by car from Melbourne via Tidal River

For further and up to date information on the Bushwalking activities check our web site at www.scoutbushwalkers.com

SAMPLE HIKE LOGBOOK

Date	Location	Leader/ participant	Type	Difficulty	# of nights	# of days	No hikers	Kms	Section	Weather	Notes
9-10 August 2003	Baw Baw Plateau	L	ON	H	1	2	4	10	SB		Walk with LHS & FME; Village Trail > Baragwanath Flat > snow camping > return
2-Sep 2003	Lake Mountain	L	Day	E	0	1	2	8	F		Day walk on snowshoes at Lake Mountain with LKS in overcast weather
17-Sep 2003	Lake Mountain	L	Day	E	0	1	2	8	F		Day walk on snowshoes at Lake Mountain with LKS in poor weather
Decem ber 9- 15	Western Arthur Ranges, Tasmania	P	ON	VH	6	7	5, 2	40 (appr ox)	F	Varia ble; 2 days very warm , 2 days poor, 2 days fair. Rain most days.	Very hard walk; Scott's Peak Dam > Strike Creek > Lake Rosanne. Attempted traverse of ranges to Promontory Lake, but beaten back by heavy weather. Returned to Lake Rosanne and returned home via same route.
Februa ry 28- 29	Baw Baw Plateau	L	ON	ME	1	1	3	10	F	fine and warm	Walk from Baw Baw Village to Mt St Gwinear via Baw Baw summit; camp overnight and return

CHECKLIST OF THINGS TO DO BEFORE YOU GO

Well before the trip

- Has any necessary training happened prior to the activity?
- Are participants aware of the physical fitness requirements of the activity?
- Is the skill level of participants appropriate for this location?
- Do participants have sufficient relevant experience for this activity at this location?
- Do the participants have any substantial limitations?
- Are there a sufficient number of participants for the activity to proceed safely?
- Is there a warranted Leader present who is responsible for Youth Welfare?
- Are your Scout Association qualifications current? (This requires an Activity Intention Form)
- If provided by an outside organisation or provider, are they appropriately qualified? (This requires a Special Activity Permission Form)
- Who is the issuing authority for qualifications?
- Is the certificate level appropriate for the level of activity?
- Is the certificate current and does not expire during the activity?
- Is the activity leader responsible for the activity planning and leading?
- Do you have the correct number of activity leaders present for the Activity?

One month before

- Is an appropriate level 2 first aider available?
- Is there an alternate activity plan in case of accident, emergency, inclement weather, etc?
- What is the accessibility of the site?
- Do you have permission from land owners/managers?
- Is it appropriate for the activity?
- Has local knowledge and advice been sought?

Two weeks before

- Are both physical and emotional Health catered for?
- Have any other relevant authorities (police, park rangers, Ski Patrol, etc) been notified?
- Do you have an evacuation plan prepared (including when, how, transport, egress points)?
- Is there a communications plan? Do you have adequate operational radios and/or phones with phone numbers distributed?
- Is transport available?

One week before

- Have all participants, youth members, Section Leaders, and parents been briefed at least a week prior to the activity? Information should include:
 - purpose of the activity,
 - dates/times,
 - costs,
 - safety rules,
 - personal equipment/clothing,
 - food/meals,
 - hygiene,
 - use of specialised equipment,
 - conservation and environment concerns,
 - consideration of Award Scheme requirements,
 - site discussion.

- Is an appropriate First Aid Kit available?
- Do participants meet the physical fitness requirements of the activity?
- Have appropriate forms (Activity Intention Forms, Special Activity Permission Form) been filled in?
- Is equipment suitable and appropriate for this activity?
- Has the equipment's condition been checked recently?
- Are users familiar with the correct use of the equipment?

Two days before

- Have Health Forms for each participant been completed?
- Is information on emergency services (police, ambulance, hospital, and medical services) at hand?
- Have weather forecasts been checked?

One day before

- Have weather forecasts been checked?

RESOURCE PEOPLE/ORGANISATIONS

Scout Bushwalkers
Vic walk- the Federation of Victorian Walking Clubs
Bushwalkers Search & Rescue
Sport & Recreation Victoria
Map suppliers
Gear suppliers
Information Victoria
Bureau of Meteorology
AUSSAR
Parks Victoria
Dept of Sustainability & Environment
CFA/SES
Local walking clubs

EXTENSION ACTIVITIES

Orienteering at speed

Most of us are familiar with orienteering: determining the location of a set of grid coordinates and navigating there cross-country by following a compass bearing to a marker. **Rogaining** (invented by three Rovers called Roger, Graham, and Neil) involves competitive orienteering on the run. There are usually a number of checkpoints, with easy ones having few points and distant or difficult-to-find checkpoints having the most. Competitors have to find the most points they can within a time limit; whoever gets the most points, while still being back within the time limit, wins. This is really good for making sure cross-country navigation skills are up to scratch and that you can think under pressure. There's a rogaining association in Victoria (<http://members.ozemail.com.au/~vramemb/vra.htm>) and in most other States, and they have regular competitions open to the public.

Buried treasure

Aaaaargh! Stand by to repel boarders! This activity lends itself to a pirate theme, or I'll sleep in Davey Jones' locker, me hearties.... Probably the newest outdoor activity is called **geocaching**. This high-tech adventure has you running around with a global positioning system (GPS) unit trying to find treasure chests left in specific places by other walkers. To play, you need a GPS unit, which you can hire from www.scoutbushwalkers.com. You then program the GPS with the co-ordinates of *caches* left by game organisers or other walkers. A number of web sites, (including <http://geocaching.com.au/> and <http://www.brillig.com/geocaching/australia.shtml>) publish the co-ordinates. Once programmed, you then let the GPS guide you to the cache. One tip: make sure the GPS is set to the same co-ordinate system as the web site; otherwise you could end up 20,000 leagues out of position! When you find the treasure, you must remove one item from the treasure chest, and replace it with another item (obviously, this means you need to carry a few small items, such as pieces of eight or gold doubloons, which you can do without but which are valuable enough to make a decent prize for someone else). Credit must also go to the US military, who have spent several billion dollars of taxpayers' money developing a navigation system so we can spend our Saturday afternoons pretending to be high-tech pirates- thanks, guys! Now, where's that parrot?

You really should get out more...

Look, we admit that this one's pretty dodgy, and frankly we don't see the attraction. Nevertheless, a high-tech relative of geocaching, the game of **confluence hunting** involves taking yourself to the intersection of lines of latitude and longitude, using a GPS unit to navigate, and then taking a photograph of the surroundings and of the GPS unit's display to prove you went there. When you get home, you post the photos and a tale of your daring exploits on a web site (for example, www.confluence.org) so that the entire world can see just how much time you have on your hands. For example, the intersection of 38 degrees south and 145 degrees east is about 2.5 kilometres off Rickett's Point, Beaumaris; some guy went there one afternoon in a boat, with his dog, and photographed his GPS reading: 145.000, -38.000. Fascinating stuff, but wait- it gets better. Not being content with visiting the world's 13,230 land-based *primary confluences*, where whole degrees of latitude and longitude intersect, pretty soon some people started looking for *secondary confluences*. What are they? You guessed it; they're where lines of latitude and longitude intersect in the ocean. There are 40,001 of them in the world. You too can be the first to visit the chilly intersection of 63° south, 149° east. (See? I told you this was a dodgy activity. Haven't some people got anything better to do!?)

I'm walkin' on snow- yeah, yeah- and don't it feel good!?

I love *snowshoeing*, but when I tell people I'm going for a walk in the snow with snowshoes they often ask, "You mean, with tennis rackets on your feet?" Clearly, these ill-informed dolts don't realise that modern snowshoes are made of ABS plastic honeycomb and aircraft-grade aluminium, which makes over-snow travel almost easier than walking down Bourke Street (and if you don't believe me, you obviously haven't walked down Bourke St lately). Snowshoeing has a number of advantages over skiing:

- snowshoes require almost no skill to use; just strap them on and walk, even with a heavy overnight pack,
- although travel is slower downhill or on the flat than with skis, snowshoes more than make up for this with their climbing performance. Also, the time spent lying on the snow after you've fallen over on your skis is cut to almost nil, so the overall speed of travel is probably a bit quicker, especially for inexperienced parties,
- with snowshoes, you can traverse much rougher terrain- fallen logs, low branches, very narrow trails, and scrub protruding from the snow- than you can on skis, and
- you can hire them for the same price or less than skis at most mountains.

Needless to say, alpine activities do involve an element of risk not present in other activities; it is necessary in Victoria to hold a ski touring qualification before taking Cubs, Scouts, or Venturers to the snow beyond the resort boundary.

LEADER TRAINING AND ACCREDITATION

The Scout Bushwalking Support Team has a primary role of training and encouraging leaders in all sections to develop their skills in the leadership of bushwalking parties. We run two courses designed to assist Section Leaders develop this area.

Hike Leadership Skills course

The course consists of a theory day and a practical weekend walk. The theory days covers things such as:

- Risk management
- Navigation theory
- Route planning
- Food and water requirements
- Clothing and equipment
- Weather
- Minimal impact bushwalking

The weekend walk takes place in a State Forest, usually near Melbourne or a large regional centre. Section Leaders take turns in various roles within the party, and the weekend covers:

- Party leadership
- Practical navigation
- Searching for lost party members
- Campcraft
- Cooking
- Pack management

Advanced Hike Leadership Skills course

This course is open to Venturers, Rovers and Leaders wanting to extend their knowledge and skills to a more advanced level. It focuses on advanced practical skills in Alpine and remote areas, but with a flexible syllabus which caters to the needs and interests of the participants. There is a theory day, which covers issues including:

- advanced navigation theory
- food and equipment for extended journeys
- technology in bushwalking
- dealing with challenging terrain and environments, and
- search and rescue

There is also a one-day navigation practice where the party heads out to an orienteering course to hone navigation skills. The practical weekend walk in conducting at an alpine resort in winter, using snowshoes for mobility. It covers, depending on the participants' interests, things such as

- navigation and route-finding in poor visibility
- party management
- shelter construction
- snow skills
- GPS
- The needs of participants

FURTHER READING

This list is not exhaustive, but covers the main titles in Australian bushwalking. In particular, Bushwalking and Ski Touring Leadership is *the* essential reference for bushwalking. Much of the information is applicable to ski touring, other rucksack activities, and adventurous activities in general.

Bushwalking and Mountaincraft Training Advisory Board. Bushwalking and Ski Touring Leadership (2nd ed)

BMTAB, Melbourne, 1994

(1978 edition known as Bushwalking and Mountaincraft Leadership.) This is the handbook for the Bushwalking & Mountaincraft Leadership Certificate course, and should be considered absolutely essential reading for anyone serious about adventurous activities.

Dunleavy, Maurice. Stay Alive: a handbook on survival (3rd ed)

AGPS, Canberra, 1981.

A pocket-sized handbook primarily on survival, but with some information on general bushcraft skills.

NZ Mountain Safety Council. Bushcraft

New Zealand Mountain Safety Council, Wellington, 1984.

In some ways this is a New Zealand version of Bushwalking and Ski Touring Leadership.

Paddy Pallin. Paddy Pallin's Bushwalking and Camping: the handbook of outdoor adventure in Australia (various eds)

Paddy Pallin Ltd, Sydney, 1995. *Much-revised, this pocket-sized book covers similar ground to Bushwalking and Ski Touring Leadership.*

Scout Association of Australia. Campcraft (WASP Target Series 2)

Scout Association of Australia, Sydney, 1979.

Scout Association of Australia. Fieldbook for Australian Scouting (revised ed)

Scout Association of Australia, Sydney, 1996.

All Scout Groups should have this publication: see section on bushcraft.

Scout Association of Australia. Scout Record Book

Scout Association of Australia, Sydney, 2003.

Sport & Recreation Victoria. Snow Safe (8th ed)
Department of Sport & Recreation, Melbourne, 1999.

Free from the Department of Sport & Recreation and many ski and snow organisations

St John's Ambulance Australia. Australian Remote Area First Aid

St John's Ambulance Australia, Canberra, 2000
1991 edition known as Survival! Remote area first aid. Deals with first aid in remote and inaccessible areas.