

Practical Hiking

Following on from last issue, here are a few more practical notes on having a good safe hike.

One of the first things you need to know is how to provide accommodation for yourself and your fellow hikers, so learning how to pitch and strike a hike tent is important.

Pitch and strike a tent

As there are many different types of tents they can be pitched in many different ways. When selecting a tent, size, weight, bulk, cost and stability must be taken into consideration.

Siting a tent

When choosing a site for a tent, several factors must be taken into account.

The tent must be at least three metres away from a fire. This will prevent cinders and ash from landing on the tent or fly.

The tent should be pitched on firm ground and not near any waterways. Depressions in the ground should be avoided as water will gather there due to gravity. This also applies to valleys.

If the tent is pitched on a slope, the door should face downhill.

Tents should be pitched in a cleared area, with particular attention paid to overhead clearance. There should be no overhanging branches above the tent, especially dead ones.

Pay special attention to white gums, dead or alive. This is to ensure branches do not fall on the tent and cause damage to the tent or the occupant.

Care of a tent

A tent should be packed in a plastic bag when being carried in a pack.

After using a tent, it must be properly aired to dry. If a tent is packed away moist or dirty, mildew will grow and the tent will rot.

When storing a tent, it should be packed away the same, as it was when it was purchased to ensure all parts of the tent are together for future use. The tent should be kept in a dry place.

Practical training suggestions

1. Prior to the hike, the Patrol Leader should demonstrate and assist the younger Scouts erect a personal tent.

2. With regards to siting and caring of a tent, either explain the requirements, or, if the Scout is confident, test his/her knowledge with questions, keeping the training session positive and informative.

Next comes sustenance whilst on the hike. You will need to know a bit about food and carrying it.

Food

Eating correctly is extremely important on any activity. A constant food supply is needed to sustain the body and prevent health problems. Below is a suggested lightweight menu and food list.

Suggested food list

Breakfast: bacon (approx first 2 days), eggs, instant oats, cereals, crumpets (first 2 days), health bars, fruit packs.

Lunch: dry biscuits (not crumbly types) or Sunfarm rice cakes, spreads, cheese, cabana/salami -non refrigerated types, vegemite, peanut butter, jam, honey (in small plastic containers) fruit (not squashable), carrot/celery wrapped in glad wrap, health bars.

Dinner: Cup-a-soups; commercial instant rice packs, noodles and rice surprise vegetables - potato, peas, etc; pasta and spaghetti sauce - non meat in sachet; foil wrapped potato, instant puddings; fruit snacks; instant custard; dried fruit - apples, apricots etc. Cooked in boiling water.

Drinks: tea, coffee, (bags/sachets/small plastic bottle) tang, Staminade, lemon barley, Sustigen, Milo, chocolate

Scroggin: unsalted/salted nuts, chocolate, dried fruits.

Extras: powdered milk, sugar, foil, salt, pepper

Note

Practice all recipes before the hike. Know measurements before the hike. Watch out for salty commercial products (thirsty) Experiment with interesting recipes. Always carry a small 24-hour emergency food pack:(eg. Cereal, cheese, noodles, health bar, cup-a-soup) Fresh foods cannot be carried beyond first day - do not pack against body or expose them to sun.

Note: In cool weather, fresh meat, or partly cooked/cooked meat can be taken for the first night. Menu choice is personal, depending on the likes and dislikes of the individual, but it is important to have a balanced diet and sufficient food

Packing the food:

Containers: minimise packaging by removing food from unnecessary commercial containers and pack into resealable plastic containers. Cooking directions: should be either cut from

packaging or hand written and placed with the food item.

Food grouping:

- a) daily food placed in separate waterproof bag,
- b) meal groupings, i.e., all breakfasts, lunches, dinners together.
- c) individual meals - each meal is wrapped separately.

Practical Training Suggestions

1. Patrol Leader to display samples of lightweight foods.
2. Demonstrate the best ways of packing hike food into rucksack.
3. Help the Scouts to write out the lightweight hike menu needed for the hike.
4. Arrange to cook the chosen evening two-course meal either on a meeting night (over a gas stove) or other suitable time.
5. Demonstrate the best ways of packaging the food: small plastic containers - vegemite, peanut butter etc. clip lock bags - dry ingredients foil - for cooking no glass containers
6. Make the effort to instruct the new Scouts correctly, and good habits will follow through to all hikes.

Sample hike Menu

	Day 1	Day 2	Day 3
Breakfast:	cereal, muesli bar, tang	cereal, carrot, tang	cereal, muesli bar, tang
Lunch:	dry biscuits, cabana, celery, drink	dry biscuits, spreads, small apple, drink	dry biscuits, cheese wedges, sultanas, drink
Dinner:	cup-a-soup, potato in foil, *meat, carrot and peas, SPC fruit pack, instant pudding, drink	cup-a-soup, 2 minute noodles, Rice Plus, peas and corn, instant custard, stewed fruit, drink	cup-a-soup, 5 minute fried rice, beans and almonds, instant pudding, small banana, drink