

Beavers reaching for The SUMMIT



beaver scouts





Introduction

This pack is designed to encourage more beaver scouts to experience the magnificent activity of hillwalking in some of the most beautiful areas in the world, showcasing the natural beauty of Ireland.

The hillwalking that beaver scouts will be engaged in will be age and ability appropriate. The walks will be short (no more than 10 km) , in mountainous areas walking along a forest track or path.

This pack will give guidelines on the basic skills that are needed. It is not intended as a definitive document but rather as a beginners guide or as a handy reference.

Many of the learning objectives will be covered across all of the SPICES as well as touching on the hillwalking adventure skills level 1 and 2.

This is a flexible programme and can be adapted to local needs or to the wishes of the log chew or to be adaptable to the experience of group.

For the purposes of this pack it is based on an eight week programme cycle including two outdoor activities.

This pack was compiled by the previous Programme Commissioner for Beaver Scouts – Stephen Halpin and his team.

I would like to extend my thanks for the work done in creating this resource.

Karen Free
Programme Commissioner
Beaver Scouts
(2013 – 2016)

Beaver Scouts On The Hills – Pack Outline

Section 1 – Be Prepared – Plan

- Equipment - boots , rain gear, backpack.
- What type of clothes to wear and avoid.
- Basic map reading
- Basic compass – games
- Basic Route cards
- Basic first aid
- Food – What type of food
- Escape routes

Section 2 – Out and About – Do

- Complete route card – Template
- Each beaver scout must take a bearing.
- Hike Leader – Different beaver scouts to take charge of the hike
- Start a hike log book – Template to be included.
- Complete a hike to a mountain peak.
- Observe all the principles of Leave No Trace.

Section 3 – Memories – Review

- Take a picture of your lodge on the mountain peak
- Send in with a copy of your route card
- review the route card – timings correct – route if different – break times – different terrain
- Did you learn anything new
- How would you improve the next time.

Section 4 – Sample Meeting Plans

- Meeting plans
- Activity Plans
- Route Card

SECTION 1

Be Prepared – Plan

Equipment - backpack, boots and rain gear.

What type of clothes to wear and avoid.

Basic map reading

Basic compass – games

Basic Route cards

Basic first aid

Food – What type of food

Escape routes

Equipment

Firstly, we need something to carry our stuff in,

1. A plastic bag carrying your lunch and drink will cut your hands before lunch. At some stage it will more than likely rip and cause your lunch to roll around the hills. (Leaving you hungry or eating food covered with dirt).
2. A holdall bag with small straps, this will carry everything you need but is awkward to carry and you will need your hands free for balance.
3. A small rug sac style bag with two strong straps, double stitched at the seams. A few pockets are good for putting essential items close to hand. A water proof cover is also a good idea as it will keep everything dry.

Secondly, what equipment do I need for a hike, bearing in mind that you will be walking on forest tracks and well worn trails the equipment list is very basic. (And not too heavy).

1. Spare socks * 2
2. Small personal first aid kit (plasters etc)
3. Rain gear (top and bottoms)
4. hat and gloves
5. Bivi bag (makes a great dry seat)
6. Lunch
7. Flask (hot Water)
8. Water (in a refillable bottle)

Lastly, some important ways to look after your kit.

1. Your backpack is not a seat
2. Have your name and group number on your bag
3. Always use the two straps when walking (better balance)
4. Pull the straps tightly so that the bag is not hitting off your legs or backside.

Boots

Good boots are expensive and beavers feet grow very quickly , even allowing for growth , a beaver scout would be doing well to get 6 months out of a pair of boots.

It would be great if everyone had boots , (Wellington's boots are not appropriate), they are not designed to for long walks.

Some points to bear in mind when buying boots . When trying on boots wear two pairs of light socks or one thick pair. Make sure the boots support the ankle. It will take a little time to break in the boots and it is good practice to wear the boots around the house for a few hours at a time until you get used to them. Aldi , Lidl and Dunnes Stores often do special deals on children's boots.

Boots are better as they give better support over rough ground, they are more waterproof than runners, the soles are made to reduce slipping on wet stones etc.

Rain Gear

Perhaps the best piece of kit that you will need when hillwalking in Ireland. Rain gear is essential , both jacket and bottoms. If you just have a rain top your trousers will become soaked very quickly with the water running down from the jacket. Most of the Rain Gear can be folded very small and fits into the side pocket of the day bag where it is available for use.

Tip : Rain gear can be bought a size bigger so that you can wear jumpers underneath it.

What type of clothes to Wear AND What not to Wear ?

Having the right clothes will make your trip more enjoyable and comfortable. We do this by what we call LAYERING.

Layer 1 Next to skin – You need to wick away sweat quickly. If you have thermal tops this is best worn here, light T shirts / vests can be worn. Try not to wear cotton clothing on this layer (they hold sweat)

Layer 2 Middle layer – This is the layer you can put on / take off as you walk / stop, get hot / cool down. Two light layers are better than one heavy layer. Light fleece jumper or light woollen jumpers are examples. When you stop for a rest or snack you can put on extra layer to keep warm

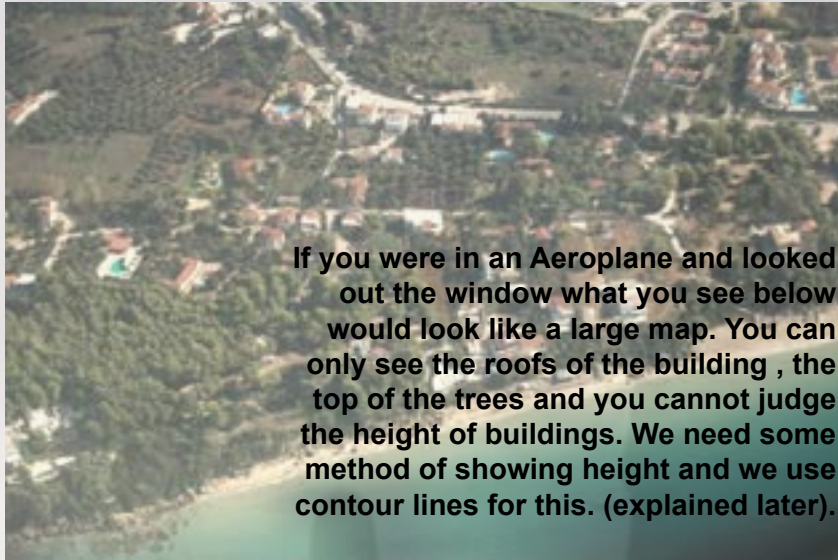
Layer 3 Outer layer - Waterproof jacket(with hood) and overtrousers are essential. They keep out rain and you can also use them in windy conditions. When you stop for a rest or snack you can put on to keep warm.

Other items to bring

- Map
- Compass
- Small First Aid kit
- Food
- Emergency Food: Mars Bar , snickers etc. (Also can be enjoyed on the journey home)

SUITABLE	SUSPECT you'll survive	NOT SUITABLE even dangerous
Wool Socks	Polyester socks	
Light Thermal t-shirts	Football t-shirts	Cotten t-shirts
Light jumpers , Fleeeces, hoodies		Very Heavy Jumpers
Trekking trousers, Tracksuit bottoms		Jeans
Hiking Boots	Runners (bring a spare pair)	Wellies
Rain gear		

What is a Map ?



You need to be able to hold a map in your hands so it needs to be drawn much smaller than it really is. This is called drawn to scale. The maps that we normally use for hillwalking is the discovery series and the scale for these maps is 1 : 50000.

This means that for every 1 cm on the map it represents 50,000 cm.

1cm : 50000 cm

1cm : 500 m

500m = ½ kilometer

2cm : 1 kilometer



A map is drawn on a grid to help to locate your position easier.

In the national grid, Ireland is described as a square 500 km by 500 km. This is further divided into 25 *100km squares, each of which are given a letter. Have a look below and see if you can find the missing letter.

Using a grid reference to find your location.

A grid reference is usually given by a letter and six letters.

1. Choose a recognizable feature, such as a mountain top. Discovery Series 56 - Lugnaquilla
2. The letter is taken from the large grid. Locate the 00 00 grid lines and the letter for the section of the map will be printed in blue and large in size. Letter T identified.
3. To find the eastings , a 3 digit number, the point is located somewhere in the grid 03. (numbers going along the bottom of map)
4. Divide the square into tenths , the mountain top is about 1/5 in and 2 is the third digit for the eastings.
5. So far our grid reference point is T 032 – we still need to find the Northing
6. To find the Northing , a 3 digit number, the point is located somewhere in the grid 91. (numbers going up along the side of map)
7. Divide the square into tenths , the mountain top is about 4/5 up and 8 is the third digit for the eastings.
8. We now have our grid reference point to the nearest 100 meters. T 032 918



Some people have trouble remembering which number is first so a simple way to remember is :

Go in the door (bottom line first) before Going up the stairs(give the side numbers)

The Key To Understanding Maps symbols

Maps can be drawn to represent a variety of information. This information might include things such as roads, tourist attractions, and campgrounds, or they might represent the latest weather patterns.

Maps include specific symbols, icons and small pictures to show the location of particular things, such as post offices, picnic tables, golf courses and more.

Symbols are explained in the legend of your map.



Who do you think would most need to look for symbols to show where youth hostels, parking facilities and scenic view points etc. are to be found?

There are lots of different symbols that appear on Ordnance Survey maps. These include

- symbols for tourists (hostels, picnic tables)
- symbols for services (post office, phone box)
- symbols for sports (golf, sailing...)

While symbols don't tell you about the shape of the land or how to get from A to B, they help to give some idea of what you'll find when you get there.

Aligning a Map

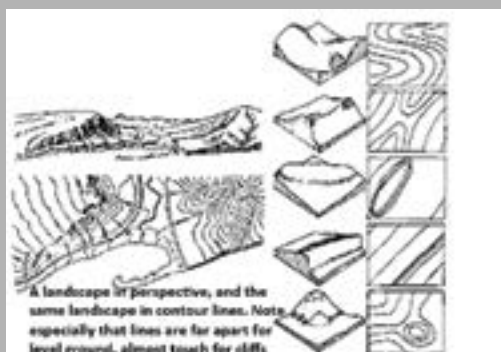
In order to read a map correctly you must first align the map. This is done by moving the map around until the map and the landscape correspond. This is usually done by selecting a landmark or feature, finding that landmark or feature on the map, then aligning the map so that when you look at the map and then at the landmark there is an imaginary line drawn between the two points. When your map is correctly aligned

you will be able to identify other features from map to ground. The mountain peak on your left or the stream junction on your right. If this exercise is done correctly by aligning your map with two or three features rather than just one you can now travel by using the map alone provided you establish correctly where you are standing in relation to these features. As each feature or new feature appears on the trail identify it on the map and reestablish your position.



Contours

Contours are the method used to convey the shape of the terrain you are crossing. They are created by an imaginary line along which every point is the same distance above sea level. These lines are drawn at 10 metre intervals and allow us to see a representation of the shape of a hill or mountain. By looking at



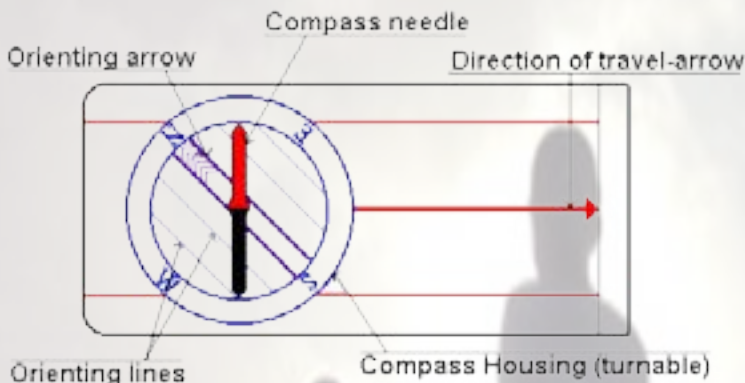
your map you can determine whether the mountain has a steep slope (contour lines close together) or a gentle slope (contour lines spread apart). Contour lines are never or rarely circular in shape, because they are plotting a set ground level they allow us to see the gentle curves of a mountain as well as deep gullies. Practice on the ground with your map will provide you with hands on experience, and over a period of time you will get to know what variations of contour lines mean and what they translate to in reality on the ground.

How to use a compass

The first thing you need to learn, are the directions.
North, South, East and West

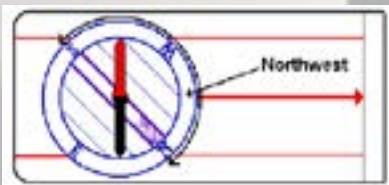


You see this red and black arrow? We call it the compass needle.
Well, on some compasses it might be red and white for instance,
but the point is, the red part of it is always pointing towards the earth's



magnetic north pole. Got that? That's basically what you need to know. It's as simple as that.
But if you don't want to go north, but a different direction? Hang on and I'll tell you.

You've got this turnable thing on your compass. We call it the Compass housing. On the edge of the compass housing, you will probably have a scale. From 0 to 360 . Those are the degrees. And you should have the letters N, S, W and E for North, South, West and East.



Suppose you want to go northwest. What you do, is that you find out where on the compass housing northwest is. Then you turn the compass housing so that northwest on the housing comes exactly there where the large direction of travel-arrow meets the housing.



Hold the compass in your hand. And you'll have to hold it quite flat, so that the compass needle can turn. Then turn yourself, your hand, the entire compass, just make sure the compass housing doesn't turn, and turn it until the compass needle is aligned with the lines inside the compass housing.

Now, time to be careful!. It is extremely important that the red, north part of the compass needle points at north in the compass housing. If south points at north, you would walk off in the exact opposite direction of what you want! And it's a very common mistake among beginners. So always take a second look to make sure you did it right!

A second problem might be local magnetic attractions. If you are carrying something of iron or something like that, it might disturb the arrow. Even a staple in your map might be a problem. Make sure there is nothing of the sort around.

When you are sure you've got it right, walk off in the direction the direction of travel-arrow is pointing. Pick some feature and walk towards it , a tree is good(it's not going to move, another group of hill walkers is not good). Recheck the bearing often.

You shouldn't stare down on the compass but walk towards a fixed feature.



In summary when using a Silva compass we use The Silva System Easy as 1-2-3

1



Place your compass on the area map with the Base Plate edge connecting where you are with where you want to go.

2



Set the compass heading by turning the compass Dial until the "N" aligns with Magnetic North (MN) on the map.

3



Remove the compass from the map and hold it level in front of you with the Direction of Travel Arrow pointing straight ahead. Turn your body until the red end of the Needle is directly over the Orienting Arrow, pointing to the "N" on the dial. The Direction of Travel Arrow now points precisely to your destination. Look up, sight on a landmark and walk to it. Repeat this procedure until you reach your destination.

Route cards/planners

Route cards are a device we use to plan our adventures across rough countryside. The route card/planner tells us essential information about our purposed route, number in the party, etc. The card also serves as a safety device as we should leave a copy of the route card with a responsible person who is not taking part in the hike or trip. If an emergency arises then this person can advise the rescue services of your route and aid your rescue. In preparing a route card we break up our journey into convenient sections or 'legs'. Each leg is then treated separately to calculate distances, bearings etc.

Filling out a route card

Each point of reference on the route card is identified with a grid reference. So you will be travelling from grid reference to grid reference rather than from the edge of the forest to the river. Grid references give us precise position on the map whereas the edge of the forest is open to interpretation.

The direction of travel between two points is determined by a compass bearing. These bearing are obtained from your map (don't forget to add on magnetic variation). The next steps are to determine what distances you will travel between points and the height gained and calculate the total time for each leg of your journey.

You will also need to add in such things as - stopping to admire the scenery, and rest time. A general rule is to allow 15 mins per hour. This 15 mins maybe spread over a number of legs. In arriving at your total time you should also add in time for lunch or meals as required.

You should take note of the actual time that it takes to complete each section and put this figure down on your card. This information will be useful if you decide to do the route again at a later stage. It is also useful in determining your accuracy, which will improve with practice.

A route card may not be necessary when hiking with beaver scouts as you will be sticking to well used tracks and forest trails but it is a great skill to learn so that the beaver scouts will have safe adventures on their scouting journey.



First aid

Basic first aid includes the following areas:

- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters, foreign bodies in the eye, nose and ear;
- The recognition of more serious conditions, sprain, dislocations and broken limbs;
- When it's time to call the emergency services,

Some issues that you may encounter when hiking, we hope you don't but you may as well "Be Prepared":

Bee stings

The sting of a bee is different from a wasp sting as the bee leaves the stinger, with the venom sac attached, sticking in the victim.

What are the symptoms?

Generally there is immediate pain and swelling. There are some people who have severe allergic reactions characterised by difficult breathing, hives, itching and swelling over the body. The redness and swelling can often cover a large area of skin that can last up to 48 hours. These large reactions do not necessarily mean it is an allergic reaction. If there are multiple stings or stings near the mouth - the situation can get serious. If the person has had a previous sting and has developed an allergy he may suffer from breathing difficulties, shock, faintness, shallow rapid pulse and sweating. This reaction is known as anaphylactic shock and you should go to the doctor immediately.

What can/should be done

Remove the stinger as soon as possible by scraping it horizontally. This can easily be done with a credit card or fingernail. Do not pull it out with the fingers, as this will squeeze the venom out of the sac and into the body.

When to get immediate attention

- If there is any trouble breathing
- If the beaver scout becomes light-headed or faints
- If hives (red splotches) develop around the sting or in other areas of the body
- If the beaver scout develops swelling about the lips, eyes or tongue

Wasp Stings

Treat as above but stings are alkali - therefore treat with a mild acid. Take a sachet of vinegar in your first aid kit.

Choking

Usually occurs if there is a foreign object stuck at the back of the throat, blocking the windpipe. This is often inadequately chewed food or, in the case of children, accidentally swallowed objects.

If you think that someone is choking, ask them to talk. Genuine choking will prevent this, and they will usually only be able to signal to you with their hands, either grasping or pointing to their throat.

They will certainly need your help. The best way to treat a choking subject is to use a method described by Heimlich - an abdominal thrust:

- Ask the person to cough, but don't waste time.
- Give up to five sharp slaps between the shoulder blades with the flat of your hand.
- If choking persists:
- Stand behind the person who is choking, place your arms around their waist, and bend them forward.
- Clench your fist and place it right above the person's belly button.
- Place your other hand on top, then thrust both hands backwards and upwards into the stomach with a hard movement.
- Repeat this with alternating back slaps until the object which is stuck is expelled from their mouth.
- You can also perform this manoeuvre on yourself by placing a clenched fist above your belly button with the other hand on top, and thrusting your fist hard into your stomach.

Blisters

These are fluid-filled bumps on the skin. Many different things may cause blisters. Some of the major causes are burns, reactions to insect bites, chronic rubbing or trauma to the skin. Blisters are usually filled with sterile fluid.

What are the symptoms?

Most blisters cause no pain unless they rupture, exposing tender skin underneath. The itching often associated with these skin lesions is usually not really from the blisters themselves, but from the irritated skin immediately surrounding the blister.

What can/should be done

- Do not break open the blister - this can lead to a skin infection. Once the blister opens on its own, put antibiotic ointment on it until it is healed.
- If it is practical, try to protect the blister with an adhesive bandage.
- If it is a friction blister (eg boots rubbing) use plaster or the like BEFORE the blister bursts
- If you are prone, harden the skin with surgical spirit before you set out or use sellotape to cover the area

Cuts

All people will get cuts and scrapes from time to time. When there's a large scrape or abrasion, pouring blood can look ominous when there's very little in actual blood loss. Out walking, it will be as a result of a fall on rocks or barbed wire.

What can/should be done

- Apply pressure with a clean cloth to stop bleeding.
- For scrapes, rinse the area with clean water and then wash with soap and water
- For cuts, simply rinsing with water is usually enough for adequate cleaning.
- Cover the area with an antibiotic ointment and then apply a sterile dressing.
- To get the edges of a cut to meet, apply an adhesive bandage.
- Do not apply antiseptic liquids such as iodine or alcohol, as these tend to irritate the wound and cause a lot of discomfort
- Keep the area clean and dry.
- Once a scab has formed, a bandage is generally not needed.

When to get immediate attention

- If bleeding doesn't stop within ten minutes of applying pressure to the wound
- If the cut is deep and it looks as if stitches may be required
- If it is a puncture wound, particularly when the hands or feet are involved
- If there is any numbness around the scrape or cut
- If the cut was caused by a dirty object - a tetanus booster shot may be required
- If you are concerned that there may be dirt, glass or any other object trapped within the cut or abrasion

Preventing food poisoning

Simple tips for avoiding food poisoning

Wash hands thoroughly before preparing foods, and again before eating

Keep your cooking area clean

Keep insects and animals away from your food at all times

Make sure all hot food is cooked thoroughly and served piping hot rather than merely warm

For drinking, brushing your teeth, preparing food or cooking, use:

- water from sealed bottles; carbonated is safer than still water as it's less likely to have been filled from the tap

- freshly boiled and cooled water

- water sterilised with purification tablets

Only eat fruits that can be peeled

Avoid food exposed to the sun or to flies

Escape Routes

It is always a good idea to be aware that if you need to get off the trail for some emergency that you should have a plan in place. The routes that beaver scouts will be walking should have very simple escape routes, ie – a half way point on a looped walk – if something happens before that point return the way you came.

If you have passed the halfway point continue on the trail. Some locations will have built in escape routes , use them if appropriate. Do not divert off the track following a compass bearing to the car park .

Section 2 Out and About – Do

Complete route card – Template

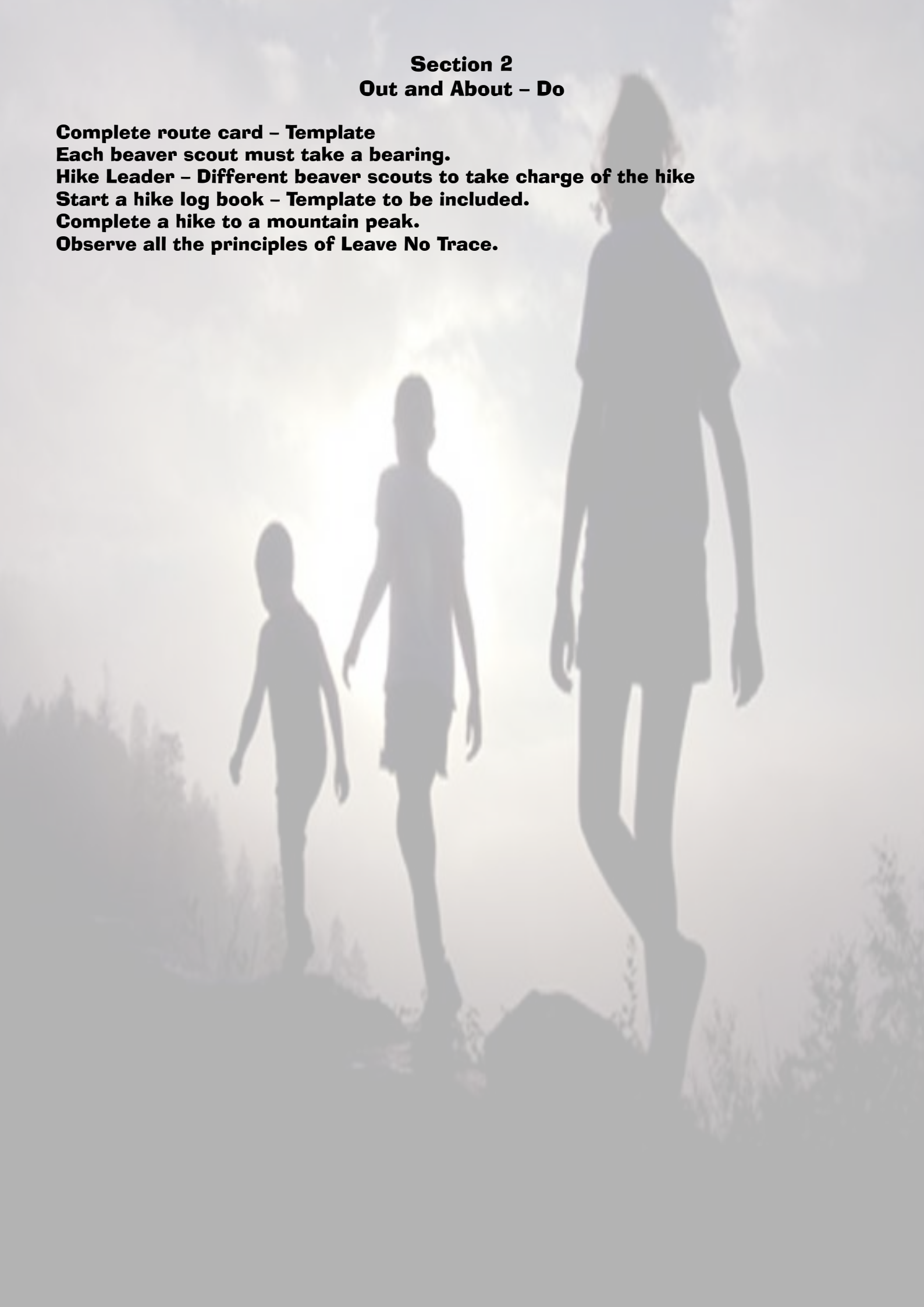
Each beaver scout must take a bearing.

Hike Leader – Different beaver scouts to take charge of the hike

Start a hike log book – Template to be included.

Complete a hike to a mountain peak.

Observe all the principles of Leave No Trace.



ROUTE CARD



MAP NO.: _____

SCALE OF MAP: _____

DATE OF ACTIVITY: ___ / ___ / 20___

TIME OF DEPARTURE: _____

ESTIMATED TIME OF RETURN: _____

TOTAL NO. IN GROUP: _____

LEADER NAME: _____

CONTACT PHONE NUMBER: _____

WEATHER: _____

LOCATION	GRID REF	GRID REF	ACTION	DISTANCE	HEIGHT	TIME	BEARING

REVIEW
HIGHLIGHTS
NATURE
TIMINGS
WEATHER

Notes:

LOGBOOK

WHY KEEP A LOGBOOK

To give an accurate record of the activity as you and your lodge seen it, so that anyone else reading it should be able to follow how you planned & walked your hike.

To give an interesting report of the events, for the information and enjoyment of all who read it, and in particular for the Beaver Scouts who went on the activity to keep as a souvenir.

A collection of the logs of the activities that you have been on makes a good record of your Scouting, which you will be glad to have later on.

EQUIPMENT FOR LOGBOOK KEEPING

- Compass
- Map of the area
- Transparent plastic map case, to protect map
- Pens
- Writing Pencil
- Coloring Pencils
- Pencil sharpener
- Ruler
- Rubber

You will need something in which to carry your logbook equipment while you are out and about, because you need the equipment constantly (a log book should not be written by one person it should be enjoyed by all over the course of the day), and therefore you cannot shut it up in your rucksack.

What should go in a logbook?

Introduction

The Event

- Outline of Programme / Timetable
- Daily Weather Report-Pick set times of each day to report on. For example 10am, 12pm and 2pm.
- What animal life did you encounter
- Description of the Activity
- When did they do it ?
- Funny Moments

Photos can be added in on the back afterwards.

LOG BOOK

Hike Number		Date	
Area		Map	
Number in Party		Leader	
Weather			
Campsite Location		Other Accommodation	
Distance	Time	Height Gain	
Route Notes			
Other Observations			

Please Draw a sketch map of the route on the back

Sketch Map of Route





The Seven Principles of Leave No Trace



Practice a Leave No Trace ethic:

Make it hard for others to see or hear you and LEAVE NO TRACE of your visit.



Overview Plan

WEEK 1	What is a map – Orientate a map – map symbols – make a simple map
WEEK 2	Introduction to compass – compass game
WEEK 3	Food on a hike – First Aid on a hike
WEEK 4	Pack a Back pack – What to wear – Equipment

Activity

Short local nature hike lasting about 5 hours .

1000 – Start at den

1010 – Check equipment and explain route and rules.

1025 – start hike .

1130 – review map and compass

1230 – Lunch (review food choices)

1300 – resume hike

1430 – Finish hike , check first aid kit (reconstruct injuries)

1300 – Review clothing choices

WEEK 5	Leave no Trace – Review Activity 1
WEEK 6	Route Planning – hike details
WEEK 7	Route Card – Review Compass
WEEK 8	Weather forecast – decision time (safe to go)

Activity

Hike in a mountainous area following paths and tracks to take in a mountain peak.

0930 – Meet at den – check equipment – review route card

0945 – depart for car park

1030 – start hike

1230 – Lunch

1300 – hike

1400 – reach summit – picture of lodge on summit

1500 – finish hike – check accuracy of route card

1515 – depart for den

1600 – home

At your next meeting the group should review the hike and the last few meeting nights.

Some questions that you could ask ,

Could we have done more outside?

DID WE HAVE FUN?

How could you improve ?

Did we learn anything new ? What ?

Did we do what we set out to do?

What's Next ?

Everybody likes to have their achievements recognised.

You have done the hard work - now all you need is to have that hard work recognised for each of the beaver scouts who participated.

We are currently sourcing the Beaver Chew Woggles – see image below. We will send you details of the cost of these woggles and how you can purchase them for your beaver scouts (subject to confirmation), as soon as possible.

Information to be supplied to the Programme Team for publication on Facebook and in the Inside Out Magazine: - please email beaverscouts@scouts.ie

1. Completed hike log. (we will add all the distances up and see how many times beaver scouts walked around Ireland.)
2. Photo of beaver scouts on top of a mountain. (jpegs please – better quality for reproduction)
3. Completed route cards (these will be be uploaded onto website for sharing with other colonies).

We look forward to hearing from you and your colonies.

The National Programme Team for Beaver Scouts

Application Form

