**Hillwalking stage 1**

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**I can pack my rucksack for a day hike.**
Scouts should indicate in list form:

- the items of clothing they need to bring with them for a hillwalking activity
- the necessary equipment to pack and why you need each thing
- Where to place soft items.
- Where to place heavy items.
- Where to place foodstuffs.
- What is meant by ‘first in, last out’.
- What wet weather equipment to bring.

**I know what to wear and what extras I need to bring on a hike**
A Scout needs to show an awareness of:

- the hiking environment and display an understanding of how the weather can change very quickly.
- What items to wear that will be warm.
- What items to wear if it gets wet.
- What spare clothes to bring in case I get wet.
- What items not to wear.

**I know what food to bring on a hike**
The Scout needs to be aware of:

- the need for sustaining and energy boosting food types and suggest items they would include in a daily ration for a hiking activity.
- What would you bring for lunch.
- What would you bring for snacks.
- How would you carry a hot drink

**I can read a simple map**
The Scout should be able to:

- read a simply drawn map of the general surrounds (Scout Hall, Park, etc)
- hold the map the correct way (orientate the map)
- follow a simple route around the map

**I can point out and name the features of a map**

- This should be demonstrated in an outdoor situation, in a practical way with reference to what is seen and a map
I know how to behave safely while hiking
Hiking in wild and mountainous terrain presents a number of difficulties.
- The Scout should be able to recognize the dangers that might present themselves and offer safety conscious solutions/rule or procedures.
- They must also display and awareness as a team member and how their behaviour can affect others.
- How to walk carefully over rough ground.
- How to keep up with others.
- Be aware of others and don’t mess with equipment
- Follow instructions of the hike leader.

I can be responsible for myself while we are hiking
The Scout should show
- understanding of his position as a member of a team
- awareness of the possible dangers or difficulties
- how they can ensure a safe adventure for all in the team

I can recognise the main distress signals.
- when presented to them.

I know about the Buddy system
The Scout should be able to:
- talk about the buddy system
- explain how and why it is used when on the hills.

I understand why I should follow directions from an instructor.
- The Scout should know about the importance of listening to the instructor
- they should be aware of what to do and the dangers of doing things that they don’t fully understand.

I have attended at least two hikes.
- The Scout should have attended at least two hikes, firmly based in wild countryside or hillwalking and include crossing open countryside as well as forest path or park walking.