



Hillwalking stage1

	Date: _____ Lodge: _____ Beaver Name: _____							
<p><b>I can pack my rucksack for a day hike.</b>          Scouts should indicate in list form:</p> <ul style="list-style-type: none"> <li>• the items of clothing they need to bring with them for a hillwalking activity</li> <li>• the necessary equipment to pack and why you need each thing</li> <li>• Where to place soft items.</li> <li>• Where to place heavy items.</li> <li>• Where to place foodstuffs.</li> <li>• What is meant by 'first in, last out'.</li> <li>• What wet weather equipment to bring.</li> </ul>								
<p><b>I know what to wear and what extras I need to bring on a hike</b>          A Scout needs to show an awareness of:</p> <ul style="list-style-type: none"> <li>• the hiking environment and display an understanding of how the weather can change very quickly.</li> <li>• What items to wear that will be warm.</li> <li>• What items to wear if it gets wet.</li> <li>• What spare clothes to bring in case I get wet.</li> <li>• What items not to wear.</li> </ul>								
<p><b>I know what food to bring on a hike</b>          The Scout needs to be aware of:</p> <ul style="list-style-type: none"> <li>• the need for sustaining and energy boosting food types and suggest items they would include in a daily ration for a hiking activity.</li> <li>• What would you bring for lunch.</li> <li>• What would you bring for snacks.</li> <li>• How would you carry a hot drink</li> </ul>								
<p><b>I can read a simple map</b>          The Scout should be able to:</p> <ul style="list-style-type: none"> <li>• read a simply drawn map of the general surrounds (Scout Hall, Park, etc)</li> <li>• hold the map the correct way (orientate the map)</li> <li>• follow a simple route around the map</li> </ul>								
<p><b>I can point out and name the features of a map</b></p> <ul style="list-style-type: none"> <li>• This should be demonstrated in an outdoor situation, in a practical way with reference to what is seen and a map</li> </ul>								

Hillwalking stage1

	Date: _____ Lodge: _____	Beaver Name: _____						
<p><b>I know how to behave safely while hiking</b>          Hiking in wild and mountainous terrain presents a number of difficulties.</p> <ul style="list-style-type: none"> <li>• The Scout should be able to recognize the dangers that might present themselves and offer safety conscious solutions/ rules or procedures.</li> <li>• They must also display and awareness as a team member and how their behaviour can affect others.</li> <li>• How to walk carefully over rough ground.</li> <li>• How to keep up with others.</li> <li>• Be aware of others and don't mess with equipment</li> <li>• Follow instructions of the hike leader.</li> </ul>								
<p><b>I can be responsible for myself while we are hiking</b>          The Scout should show</p> <ul style="list-style-type: none"> <li>• understanding of his position as a member of a team</li> <li>• awareness of the possible dangers or difficulties</li> <li>• how they can ensure a safe adventure for all in the team</li> </ul>								
<p><b>I can recognise the main distress signals.</b></p> <ul style="list-style-type: none"> <li>• when presented to them.</li> </ul>								
<p><b>I know about the Buddy system</b>          The Scout should be able to:</p> <ul style="list-style-type: none"> <li>• talk about the buddy system</li> <li>• explain how and why it is used when on the hills.</li> </ul>								
<p><b>I understand why I should follow directions from an instructor.</b></p> <ul style="list-style-type: none"> <li>• The Scout should know about the importance of listening to the instructor</li> <li>• they should be aware of what to do and the dangers of doing things that they don't fully understand.</li> </ul>								
<p><b>I have attended at least two hikes.</b></p> <ul style="list-style-type: none"> <li>• 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</li> </ul>								