



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 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/rules or procedures. They must also display an 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 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 main 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 can be responsible for myself while we are hiking.

The Scout should show an understanding of his/her position as a member of a team be aware of the possible dangers or difficulties and how they can ensure a safe adventure for all in the Team.

I can recognise the main distress signals.

The Scout should be able to recognize 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 and 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 so that they are 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. These activities should be firmly based in wild countryside or hillwalking and include crossing open countryside as well as forest path or park walking.