

## Scout Hike Planning

### Introduction

Scout hikes should be chosen to be 'easy going'. Look at Naismith's Rule – if you are going to 'bush bash' for any distance you will run out of time! There is no merit in doing an endurance march which will only put the Scouts off doing other hikes. Go for something that is easy but challenging. For young Scouts just carrying a full pack for the duration of the hike is probably challenging enough for older Scouts adding a hill or two will increase the challenge. Rather than design your own hike go on one that has already been planned – such as the Bibbulmun Track. These are designed for enjoyment, usually have shelter and water available, are along tracks (easy going) and are sign posted (safety). Don't go straight for a Green Cord Hike do some warm up hikes first – a Red Cord and a Blue Cord Hike perhaps. Use these to loosen up muscles and to check out your equipment. Don't leave more than 2 or 3 weeks between the warm up hike and the Green Cord Hike.

### Naismith's Rule

Light easy going - 5 km per hour.  
Easy going - 3 km per hour.  
Heavy going - 1½ km per hour.  
Thick bush, heavy going - ½ km per hour.  
Climbing 500m add 1 hour.  
Descending 1000m add 1 hour.  
For every hour after 5 hours add 1 hour (for fatigue).  
(1/3 reduction for fit experienced walkers).

### Scout Rules

RULE 1. A Scout packs for himself/herself and is solely responsible for what he/she does or doesn't take.  
RULE 2: NEVER let mother's pack.  
RULE 3: If you don't need it don't take it but if you take it and don't use it (except First Aid Kit) don't take it next time.

### How Long

Most journeys will need planning around the Award Scheme.  
RED - Plan and go on a hike for at least one day on tracked terrain in a familiar area.  
BLUE - Plan and go on a hike of at least 24 hours and 15 kilometres in unfamiliar area.  
GREEN - Plan and undertake a hike of at least 30 km into unfamiliar terrain requiring two nights out-of-doors.  
Pack and carry all appropriate gear and equipment, including food, water, tents etc.

### Where To Go

There is a lot of information 'out there'.  
NOTE: DEC = Dept of Environment and Conservation is the new name for CALM = Dept of Conservation And Land Management, – they are the same thing.

### **Long Distance Tracks:**

Bibbulmun Track – 960km from Kalamunda to Albany.  
Coastal Plain Trail – 55km from Bullsbrook to Yanchep.  
Cape to Cape Track - 135km track from Cape Naturaliste (nr Dunsborough) to Cape Leeuwin (nr Port Augusta).

### **Websites:**

[www.walkgps.com](http://www.walkgps.com) - some good tracks but be careful many are off track and not really suitable for Scouts.  
[www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)  
[www.capetocapetrack.com.au](http://www.capetocapetrack.com.au)  
[www.perthtrails.com.au](http://www.perthtrails.com.au) - some good day hikes around Perth.  
[www.naturebase.net](http://www.naturebase.net) - Tracks and Trails (DEC website)

### **Books:**

Swan Valley and Perth Hills Trails Discovery Guide (published by Eastern Metropolitan Regional Council)  
Family Walks in Perth Outdoors (published by DEC)  
More Family Walks in Perth Outdoors (published by DEC)  
A Guide to the Bibbulmun Track Northern Half (published by DEC)  
A Guide to the Bibbulmun Track Southern Half (published by DEC)

### **National Parks:**

Walyunga NP – 5 good trails from 1 to 10km.  
John Forrest NP – includes the 15km Eagle View Trail.  
Yanchep NP – Several good trails including the 10km Ghost House Trail.

## **Maps:**

Bibbulmun Track Series (published by DEC)  
Land Management Series (published by DEC)  
DOLA Maps (published by DOLA)  
Wild About Walking (published by DEC)

Most of the above publications can be obtained from Perth Map Centre, 900 Hay Street, Perth or, from DEC outlets in National Parks

## **Planning**

- Availability of leaders.
- Date for hike.
- Location of hike – within 50km is reasonable, but closer is better.
- Check ‘availability of hike’ – has there been a bushfire through there recently?
- How to get there
  - Car pooling. Petrol money and entrance money, if appropriate, should be shared.
  - Shuttles – on a linear hike it might be sensible to leave cars at each end. But be very careful there are a lot of break ins to unattended vehicles so it’s better to have someone drop off and pick up (so don’t have the hike more than 60km away!)
- Where to start – has to be easily recognizable. A major car park is best.
- What time the hike starts.
- Where to finish – again should be easily recognizable. Easiest to finish where the hike starts.
- What time for pickup. Allow an hour beyond what you think.
- Prepare maps – scan and print maps for everyone. Add
  - Safety instructions
    - If lost go back to where you last saw somebody.
    - If you can’t find your way back STAY WHERE YOU ARE.
    - If you haven’t seen anyone for 2 hours follow the safety direction.
    - If you reach a tarmac road (the usual destination of the safety direction) wait there for someone you know (or the police) to pick you up. Don’t get in a car with strangers if they stop ask them to contact the police.
  - Safety locations and phone numbers:
    - DEC office – most times you’ll be walking in DEC areas.
    - Hospital – hope you never need it
    - Ranger
    - Police
    - Ambulance
    - Group Leader
    - District Commissioner
- Mobile coverage – coverage is different for G3, CDMA and GSM. GSM does have the advantage of the 112 number (112 will use ANY GSM network not just the one you pay for and connect to the local emergency service) on the other hand G3 & CDMA have better coverage in the bush. Useful for emergencies and to call parents if there’s a major change in finishing time. Check at <http://www.telstra.com.au/mobile/networks/coverage/maps.cfm> for Telstra coverage.
- Approvals – from National Park wardens and/or property owners.
- A1 and A3 forms.
- Where to get water.

## **Safety**

First Aid training.

Evacuation plan.

Compass, waterproof matches, torch, space blanket, extra water and food, whistle, map, First Aid Kit.

Forecast <http://www.bom.gov.au/weather/wa/forecasts.shtml>

Notification of Intent form for DEC Managed tracks

[http://www.naturebase.net/component/option.com\\_docman/task.doc\\_download/gid.760/](http://www.naturebase.net/component/option.com_docman/task.doc_download/gid.760/)

A3 form signed by parents.

## **Nice to Have**

GPS (Global Positioning System).

Satellite phone.

EPIRB (Emergency Position Indicating Radio Beacon) - if you are going to be a long way from civilization.

Handheld vhf radio (walkie-talkie).

Backup vehicle.