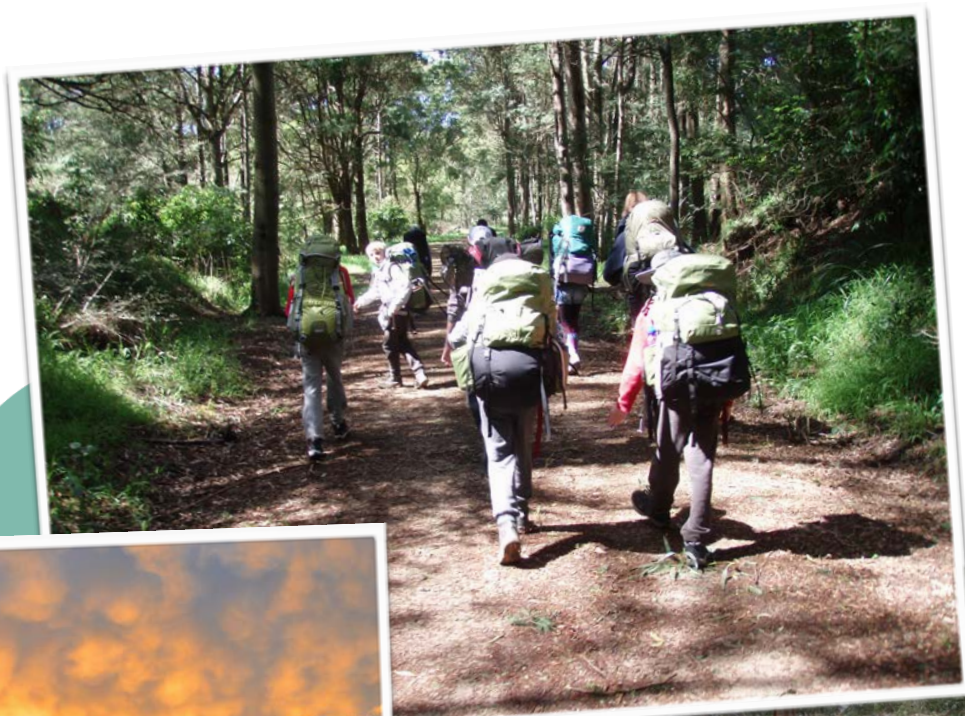


GOW HIKE INFORMATION BOOKLET

5TH/6TH CENTRAL MOORABBIN SCOUT GROUP



2015 GREAT OCEAN WALK CAMP

SEPTEMBER 23RD - 27TH, 2015

5th/6th Central Moorabbin Scout Group has run a 5 day camp during every Term 3 school holidays for over 13 years! We didn't have one in 2014 because we went to Kangaroo Island but this year it's on again. This year we are hiking along the Great Ocean Walk. Depending upon age and badge work level, Scouts hike for two, three or four days.

The last night, Saturday, is spent recovering at the base camp (Bimbi Park Caravan Park). We return home Sunday, stopping at Maccas for lunch en route.

The dates are Wednesday 23rd to Sunday 27th September inclusive (during the first week of school holidays).

This is a 'not to be missed' camp full of adventure and fun!

Costs

Pioneer	- \$115
Explorer	- \$105
Adventurer	- \$95
Venturers	- \$95

Pioneer Hike

A two day, one night hike to Oberon Bay. Pioneer Scouts are



accompanied on the hike by a number leaders/adults to assist the younger Scouts on their first hike.

Pioneer Scouts spend the first few days at Base camp preparing for the hike. No hiking food is required for this level.

A special information evening will be held Tuesday 1st September for Pioneer Scouts and their parents. The session is invaluable to help ensure your Scout is fully prepared.

The information session starts 7:30pm and will finish about 8:30pm. Parents of other first time hikers are welcome and encouraged to also attend.

Explorer 1 Hike

A three day, two night hike covering around 35kms.

Scouts on the Explorer hike are accompanied by leaders/

adults, however less assistance will be offered by the leaders.

However less assistance will be offered by the leaders as these Scouts are encouraged to be more independent while hiking. As part of this Scouts partaking will be involved in planning the hiking route. As well as bring along all the required food for themselves while they are hiking.

Explorer 2 Hike

Very similar to the Explorer 1 hike but is designed for Scouts that have already completed Explorer 1 and are looking for more of a challenge but not yet ready for the Adventurer hike.



Adventurer Hike

A four day, three night hike covering a greater number of kms compared to the lower levels.

These Scouts hike completely independently in a group of approximately 5. Adventurer level Scout must plan all parts of these hike without a leader.

Although these Scouts are hiking independently they are continually monitored by a couple of Venturer aged hikers that follow them.

These Scouts leave for their hike as soon as we arrive at Camp so the planning for them is most important.



Venturer Hike

A four day, three night hike on a route determined by the Venturers.

Spending Money

Sufficient to buy lunch on way home on Sunday (Suggest \$10)

Wednesday Departure

Scouts are expected to have eaten breakfast on Wednesday morning before traveling.

They will also need to bring lunch to eat when we arrive at Cape Otway.

Gear (general)

It is recommended that scouts take two bags, one a rucksack with items for their hike and another day pack containing spare clothes & personal items which will be left in base camp.

Food for the hike will need to be supplied by the scout (Pioneer Scouts need to supply their own scroggin but not meals) Scout are to carry their own medications.

Tents, maps & compasses for the hike will be supplied by the troop. Leaders will be carrying first aid kits.



Gear (hiking)

- Clothes to walk in. Either shorts or track pants/outdoor pants (avoid jeans) plus t-shirt
- Rucksack (Proper framed rucksack required - hire one if scout doesn't have one)
- Water bottle/s (you must be capable of carrying 2 litres of water)
- Toiletries (Tip - carry toothbrush, small amount of toothpaste squirted in plastic bag, no soap)
- Torch (make sure it is small & batteries are new)
- Toilet paper (not whole roll - just enough for hike)
- Sunscreen (small amount)
- Eating utensils (spoon or fork, knife, cup)
- Sleeping bag
- Sleeping mat
- Rain jacket with hood
- Boots (hiking boots preferable, if not runners in good condition - make sure



makes unpacking and repacking your rucksack easier

- Wrap sleeping bag inside a separate garbage bag to ensure it doesn't get wet
- Gaiters can be helpful, especially if walking in shorts – not essential but useful
- Sleeping bag cover stuffed with clothes creates a pillow for the night
- Aim to keep all items carried inside pack – reduces risk of items falling off or getting wet. This also makes the pack easier to carry and more evenly weighted
- Walk could be in sunny conditions so sun hat essential.



Other Things to Bring Along

- Scout scarf and shirt (to be worn on departure)
- A reasonable level of extra clothes ie socks, jeans, underwear, shirts, jumpers as we do not expect to do be doing any washing of clothes.
- Spare shoes are most important
- A dilly bag containing plate, bowl, cutlery & tea towel
- Towel & toiletries
- Spending money

they are well worn in or blisters will be a problem)

- Spare shirt & undies
- Thermal underwear (not essential but handy if available if weather turns cool)
- Spare pair of long trousers/ tracksuit pants
- Socks (allow one pair per day of walk)
- Hat/Beanie
- Jumper (Fleece jumpers are best)
- Emergency kit (containing whistle, matches, length of cord, personal First Aid kit)
- Camera & film (optional)
- Rain jacket should allow scout to walk carrying pack but keeping dry without the scout overheating. Thick parkas are not overly suitable for hiking. A proper waterproof jacket is essential and is one item that can't be compromised on. If waterproof overpants are available, they can be handy to carry.
- Carry some elastoplast or bandaids for blisters
- Take a couple of large garbage bag for inside rucksack to pack all items in - this keeps contents of pack dry if it rains
- Try and carry clothes inside small bag like a sleeping bag cover, do the same for food. It

Hiking Equipment

Start as early as possible to beg, borrow or steal equipment from friends. The Scout Troop will provide stoves and tents, however scouts must provide their own packs, walking shoes/ boots and rain jackets amongst other things.

Packs and jackets can be hired from places such as 'Outsports' 886 Nepean Hwy, Moorabbin (Tel: 9532 5337).

We have always found this store to be extremely helpful and well priced. We highly recommend a visit to them, they have been providing hire gear to Scouts for this hike for many years.

If you wish to purchase equipment, Outsports can help you along other camping stores that are located in the same block of shops on the highway. Also have a look at stores like Anaconda, Rays Outdoors and Aussie Disposals.



Food for Hiking

Keep in mind what food you carry needs to be light enough to carry but sufficient to provide you the nutrition required to keep you going whilst walking. Some ideas for each meal are as follows:

Breakfast: Breakfast bars, Powdered milk & muesli, Biscuits

Lunch: Biscuits, some type of spread, Salami & Muesli Bars

Dinner :Freeze dried food (just add water), Pasta pack meals, Muesli bars, noodles

You also need to plan your meals carefully to ensure you take enough but not too much. Work out what you will eat for each meal, then allow enough as a backup if you get caught out for an extra night (you can never predict Mother Nature)



Food Required

You will need to bring along the following meals/food items

Pioneer:

- Wednesday lunch
- Scroggin
- All other food provide by troop

Explorer:

- Wednesday lunch
- Scroggin
- Thursday hike meals (lunch/dinner)
- Friday hike meals (breakfast/lunch/dinner)
- Saturday hike meals (breakfast/lunch)

Adventurer/Venturer:

- Wednesday hike meals (lunch/dinner)
- Thursday hike meals (breakfast/lunch/dinner)
- Friday hike meals (breakfast/lunch/dinner)

- Saturday hike meals (breakfast/lunch)



Transport

We will need some assistance with transporting the Scouts to and from the Camp. If you can assist please let us know when completing the registration.

Term Three

We have already started training sessions at Scouts and will continue these throughout term 3 to ensure that everyone is fully prepared before the camp.

Registration & Payment

Online registration and camp fees are due by Tuesday 8th via EFT into the Troop bank account.

Payment should be made to the Scout troop via EFT:

BSB: 633 000
A/C: 122780372
Name: 5th/6th Central Moorabbin Scouts
Bank: Bendigo Bank
Transaction Description: 'Surname'TFR15



RECAP OF THE IMPORTANT DETAILS

WHEN:

DEPARTING 7.00AM
WEDNESDAY 23RD
SEPTEMBER
(DROP OFF BY 6.45AM)

RETURNING 5.00PM
SUNDAY 27TH SEPTEMBER

WHERE:

GREAT OCEAN WALK,
OTWAYS NATIONAL PARK

COST:

PIONEER	\$ 115.00
EXPLORER	\$ 105.00
ADVENTURER	\$ 95.00
VENTURERS	\$ 95.00

GEAR:

IT'S IMPORTANT SCOUTS
HAVE THE APPROPRIATE
GEAR TO GET THEM
THROUGH THE HIKE

PLEASE REMEMBER THAT
THE ONLINE
REGISTRATION MUST BE
COMPLETED WITH A YES
OR A NO. SO EVEN IF
YOU'RE NOT ATTENDING
YOU STILL NEED TO
REPLY