

ANNUAL HIKE

SEPTEMBER 26TH-30TH, 2018 - WILSONS PROM

5TH/6TH CENTRAL MOORABBIN SCOUT GROUP

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KING GEORGE VI RESERVE
EAST BOUNDARY ROAD, EAST BENTLEIGH

FUN | CHALLENGING | ADVENTUROUS | INCLUSIVE

**5TH/6TH
CENTRAL
MOORABBIN
SCOUT
GROUP**

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SEPTEMBER 26TH-30TH @ WILSONS PROM NATIONAL PARK

5th/6th Central Moorabbin Scout Group has run a 5 day camp during most Term 3 school holidays for over 15 years! This year we are hiking along around Wilsons Promontory. Depending upon age and Outdoor Adventure Skills level, Scouts hike for two, three or four days.

The last night, Saturday, is spent recovering at the base camp at Tidal River. We return home Sunday, stopping at Maccas for lunch en route. The dates are Wednesday 26th to Sunday 30th September inclusive (during the first week of school holidays).

This is a 'not to be missed' camp full of adventure and fun! Scouts, Venturers and Rovers all invited Please read this booklet carefully, it includes lots of important information about all the things you need to know.



COSTS

Costs are based on the number of nights you hike:

- 1 night hike, 3 days in camp \$100
- 2 night hike, 2 nights in camp \$90
- 3 night hike 1 night in camp \$80

The camp fee covers everything except hike food for the 2 and 3 night hikes (more

information about food is contained further into this booklet.

1 NIGHT HIKE

A two day, one night hike to Oberon Bay for beginner hikers, typical Scouts working on Stage 3 Bushwalking (ages around 11/12)

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

Scouts on the 1 night spend the first few days at Base camp preparing for the hike. No hiking food is required for this level.

2 NIGHT HIKE

A three day, two night hike covering around 35kms, typical Scouts working on Stage 4 Bushwalking (ages around 12/13)

Scouts on the 2 night 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.

2 NIGHT HIKE (ADVANCED GROUP)

Very similar to the 2 night hike but is designed for Scouts that have already completed a 2 night hike previously and are looking for more of a challenge but not yet ready for the 3 night hike.

We'll help the Scouts workout which hike is best for them during the planning.

3 NIGHT HIKE

A four day, three night hike covering a greater number of kms.

These Scouts hike completely independently in a group of approximately 5. At this level the 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.

This hike fulfills the requirements for Adventurous Journey part of achieving the Australian Scout Medallion

VENTURERS/ROVERS

Venturers and Rovers have the opportunity to plan and organise their own 3 night hike or assist with the other 1/2/3 night hikes.



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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 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 (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 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

- 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

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:

One night hike:
Wednesday lunch, scroggin. All other food provide by troop

Two night hikes:
Wednesday lunch, scroggin, Thursday hike meals (lunch/dinner, Friday hike meals (breakfast/lunch/dinner) and Saturday hike meals (breakfast/lunch)

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Three night hikes:

Wednesday hike meals (lunch/dinner), Thursday hike meals (breakfast/lunch/dinner), Friday hike meals (breakfast/lunch/dinner) and 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 3

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.

All Scouts will complete parts of their Bushwalking Outdoor Adventure Skills during the training sessions and the hike, we'll also cover some Camping and Bushcraft requirements. Remember those going

to the Jamboree must have their Stage 3 in all the core OAS areas (Bushwalking, Bushcraft and Camping.

GEAR REMINDER

It's really important that all Scout that attend have the right gear for the hike, the wrong gear will result in a poor hiking experience, if in doubt bring the gear along to Scouts and we can check it for you. Hiking gear from Outsports is a

great option rather than buying it, their hike equipment is high quality and they will ensure it is fitted correctly.





REGISTRATION

Registrations are now open on our website
www.moorabbinscoutgroup.net

COSTS

- 1 night hike, 3 days in camp \$100
- 2 night hike, 2 nights in camp \$90
- 3 night hike 1 night in camp \$80

PAYMENT

Via EFT or Credit card - details on the registration form.

WHEN

Wednesday 26th September 7.30am - Sunday 30th September 4.00pm

WHERE

Wilsons Promontory National Park. Drop off and pick up from our scout hall;
King George VI Reserve, East Boundary Road.



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