



Hoadley Hide 2024

Hiking Skills Preparation



Venturer Leaders are to go through this list with their Venturers before Hoadley Hide to ensure the patrol is prepared with the correct equipment and basic skills knowledge as outlined below

KEY ASSESSMENT AREAS

- Rogaining
 - Maximum score is weighted to be worth equivalent to half a day of stunts
- Meal Assessment - 'My Galley Rules'
 - Menu - maximum score of 10 points, scored at check-in
 - 3 Course Meal - maximum score of 30 Points
 - Total maximum score of 40 points
 - Each course will be assessed on Nutrition, Presentation and Creativity
- Saturday Stunts
 - Patrols Scored in 4 Areas Leadership, Planning, Attitude, Attainment
 - Maximum score at a Stunt is 40 points
- Saturday Walk points
 - Score 50 points per Walk Point visited
 - Walk points can be re-visited on Sunday
- Saturday Night Activity
 - Maximum score for the Night Activity is 80 Points
- Sunday Stunts
 - Patrols Scored in 4 Areas Leadership, Planning, Attitude, Attainment
 - Maximum score at a Stunt is 40 points
- Sunday Walk points
 - 50 points per Walk Point visited
 - Walk points can be re-visited on Sunday

BUSHWALKING

- Keep patrol together; walk at the pace of the slowest members.
- Make sure all Patrol members agree on goals, eg. competitive or laid back.
- Keep an eye on the person behind you. Navigators stop regularly so the rest of the patrol can catch up.
- Time management, walking speed of patrol and distance to be travelled.
- In an emergency call 000 and the Hoadley Hide Emergency Hotline - 0447 281 828.
- Water availability. How many litres to carry per day for conditions (1-2L, water available at VOC & stunts)
- Leave no Trace Principles, leave nothing but footprints, take nothing but pictures.
- Be prepared for seasonal weather conditions, **must have a good raincoat.**

MENU PREPARATION

- Menu Plan to be printed and handed in at check-in on Thursday.
- Food should be nutritious (include protein, carbohydrates, and vegetables).
- Consider portion size & impact of activity levels on appetite.
- Minimal impact techniques and correct disposal of rubbish.
- Consider cross contamination and allergies.
- Hygiene eg. Hand sanitizer, water-based wipes, dishwashing.



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FIRST AID & FOOT CARE

- Understand principles of First Aid
- Action Plan: DRSABCD
- Treatment of major bleeding
- Treatment of hypothermia/hyperthermia
- First aid kit contents and use of materials
- Importance of foot care – cleaning, blister prevention & treatment

MAPS, COMPASS AND NAVIGATION

- Compass bearings
- Grid references; eastings and northings
- Contour lines and common map symbols
- Cross country navigation methods
- Naismith's rule

CAMPCRAFT & KNOTS

- Reef knot – simple binding knot to secure rope around object
- Bowline – make fixed size loop in rope
- Sheet bend – joins two ropes of different diameters
- Clove hitch – two half-hitches
- Timber hitch – secure length of rope around cylindrical object
- Lashings - Square, round, diamond, figure 8 etc.

GEAR AND PACKS

- Tent setup
 - Site selection. i.e. needs to be level, clear of debris, not watercourse, not a puddle, away from ant hills, not under large branches
 - Lay out, peg out, poles, fly, check pegs; using pegs, angle away from tent
 - Care for tent, fly and poles during and after event
- Equipment
 - see the Equipment List Document for specific Packing List for Hoadley Hide
 - Ensure Shared gear such as tents or stoves is distributed amongst members.
- Demonstrate how to pack equipment in hike pack, don't have items hanging on the outside
- Appropriateness of Footwear

If you have any questions or concerns please email hoadleyhide@scoutsvictoria.com.au