

Cub Scout and Scouts bushwalking development days

We have planned a series of bushwalking development days specifically for Cub Scouts and Scouts starting in July. We encourage youth to come and try the July days as a taster. After the July days, there are further days mapped through to OAS 5, we can continue if demand exists. We would love to support a class over the next 12 months. Our aim is to keep costs to a minimum, nothing fancy and no frills.

This is the first time we have designed days mapped from OAS 1 onwards. Cubs and Scouts who have already completed the foundation stages may choose to attend to refresh, consolidate and or teach others.

The days usually include some theory in the morning and afternoon, with focus on practical skills during the day. Each day includes a practice bushwalk with the youth rotating roles and responsibilities.

We may need to add online meetings, face to face theory or practice days to suit the individual participants.

Locations are generally accessible using public transport apart from the Yarramalong end. We may request assistance with carpooling or if needed arrange a maxi taxi/transfer from the nearest railway station. If availability or access changes we can change the locations. More details are available on scout event.

Kind regards, Tristan

24th April 2025

Adult Support

We are reaching out to scout groups with youth members attending, adult leaders, fellowship and adult helpers are warmly welcome and would be greatly received on the adult support team. It's ok if you can't walk however if you are attending as a driver, first aider or admin you would need to pair up with another adult helper on the day.

Please note: all adults staying on site need to register on scout event and be a registered helper with Scouts NSW.

Thank you, Tristan

24th April 2025

GWSR Scouts		
OAS Bushwalking Development Days 2025		
Proposed Date	Learning & Teaching Focus	Proposed Location
6 & 13 Jul (Sun x 2)	OAS 1 & 2	Winston Hills
28 Sept, 5 Oct (Sun x 2)	OAS 1, 2 & 3	Brooklyn
13 & 14 Dec (Sat & Sun) O/N	OAS 3 + (introducing 4)	Bundeena–Maianbar
11 Jan (Sun)	OAS 3 & 4	Otford
17 & 18 Jan (Sat & Sun) O/N	OAS 3 & 4	Otford
10, 11 & 12 Apr (Fri, Sat & Sun) O/N	OAS 4 + (introducing 5)	Somersby/Yarramalong

Day 1 Sunday 6 th July 2025			
8:45 am	Arrival & welcome	Rotary Hut, Bundeena Scout Camp, park offsite if possible	A

		Toilets, site layout, name badges	
9 am	Essential items, packing	<p>15 mins</p> <p>Catalogue for adventure retailer, cut and past into seasons</p> <p>Rank the items in your pack from most essential to least essential compare with other participants</p> <p>Justify what you would not leave home without</p>	T (post it notes)
9:15 am	Clothing	<p>15 min prepare 4 seasonal outfits</p> <p>A mixed bag of clothes will be provided</p>	J
9:30 am	Balanced and healthy menu, nutrition,	<p>30 mins</p> <p>Why we need to eat well.</p> <p>What is a nutritious and balanced meal.</p> <p>Use a dehydrator to prepare seasonal fruit slices for next weekend. Oranges, apples, apricots and strawberries etc.</p>	T
10 am	Where can I go for a bushwalk, how to tread lightly (refer to sensitive plants endangered species near tracks) NPWS markers	15 mins	J
10:15 am	<p>Buddy system</p> <p>How to avoid become lost</p> <p>What to do if you become lost,</p> <p>Keeping groups together,</p> <p>My role in an emergency</p> <p>Risks on the route (creek crossing, dogs, glass, toxic plants, contaminated water, syringes)</p>	15 mins	J
11am	Hand out a simplified route as scouts to mark waypoints on their map, indicate water, toilets,	Try to simplify less than 10 waypoints if possible	T

	evacuation points, refuge point		
11 am	15 minute break for toilet, refill water, secure gear inside, apply sunscreen		
11:15 am	Safety briefing Depart on bushwalk (Loop)		
	Discuss road safety bushwalking etiquette, pace, communication	Take turns leading, change at each waypoint Run as two or three patrols with a couple of minutes in between	A
30 mins	Lunch break		
3:30 pm	Return from walk & 15 min break		
3:45 pm	Review bushwalks	I can say what I enjoyed, what I learnt, what I improved How can I improve my experience (enjoy, safe, learn, challenge) Seek feedback and collaboration with peers	J
4:00 pm	Responding to emergencies		
4:15 – 4:45 pm	Scenario 1 & 2 as rotation		
4:45 pm – 5 pm	Pack up & Talk about any homework to do before next Sunday		

Day 2 Sunday 13 th July 2025			
8:45 am	Arrival & welcome	Rotary Hut, Bundeena Scout Camp, park offsite if possible Toilets, site layout, name badges	
9 am	Weather		J
9:30 am	Leave no trace for kids	https://lnt.org/why/7-principles/ Check for understanding display LNT 7 pictures one at a time and participants to write down what they remember Complete Scouts Australia	J

		Minimum Impact Plan for today' s bushwalk	
10 am	15 min break prepare for bushwalk Toilet/Water/Sunscreen		
10:15 am	Safety briefing Depart on bushwalk (Loop)	Lunch in Toongabbie Participants can visit shop to buy cold drinks or refreshments	
	Discuss bushwalking etiquette, speed/timing, pedestrian safety, hazards, effective communication		A
3:30 pm	Return from walk & 15 min break		
3:45 pm	Review bushwalks		
4:00 pm	Orienteering course or game already set up (possibly on the Sat)		
4:30 pm	Video & Next Steps How to see you in the Sept school holidays	Adventures on the Great North Walk	
4:45 pm	Pack up		

Day 3 Sunday 18 th September 2025			
8:45 am	Arrival & welcome	Hawkesbury River Station Toilets, site layout, name badges	
9 am	Walk to Upper McKell Park	Provide participants a simplified route plan and map	
9:15 am	Welcome		
9:30 am	Different types of maps and features on maps		
10 am	Provide first aid	Use gloves, wash hands Clean a wound Apply pressure Apply a bandage	
10:15 am	Prepare for walk		
10:30 am	Safety briefing & risk assessment	Introducing how we assess risks	
11 am	Depart on walk	Walk to Brooklyn Dam and up firetrail to viewpoint ascend Hobo Hill, dam access road, down powerline walking track	

Approx. 1 pm	Lunch break		
4:30 pm	Return to Hawkesbury River Station	Train to Sydney at 4:55 pm	

Day 4 Sunday 5 th October 2025			
8:45 am	Arrival	Hawkesbury River Station Toilets, site layout, name badges	
9 am	Welcome	Provide participants a simplified route plan and map	
9:15 am	Safety briefing Roles for today Depart on walk	Proceed via toilets and taps to top up	
Discussion points during the day	Following a bearing Contour lines and elevation Ascending and descending Sun protection and hydration Loose rocks Personal hygiene and toileting Route distance	Walk towards dam, turn off on branch track up to the summit	
Approx. 1 pm	Lunch break		
4:30 pm	Return to Hawkesbury River Station	Train to Sydney @ 4:55 pm	

Outdoor Adventure Skills – Bushwalking – Stage 1

Plan		
I can help pack a backpack for a day walk	Learning what to bring and how to pack	Clothing, Food & Equipment
I can dress myself for a day walk	Decide which clothes to wear based on season and conditions	
I can list what food to bring on a day bushwalk	Plan my own menu and prepare food	
I know why it is important to stick to trails when outdoors	Tread lightly and leave no trace	Minimum Environmental Impact
I know why to stop when I get lost in the bush	Stay safe if I become separated	Safety & Emergencies
I can explain the buddy system	Understand and use the buddy system	

I can put together a small personal first aid kit for our bushwalk	Assemble my own personal first aid kit	
Do		
I can identify the four main cardinal points of the compass	Know the compass points and degrees (game)	Navigation
I can identify the main parts of the compass	Know the components of a field compass	
I have attended at least one bushwalk of at least one hour's duration at this stage	Complete 1 hour bushwalk	Bushwalking Techniques & Logbook
I can demonstrate behaving safely while bushwalking	Demonstrate safe practice	Safety & Emergencies
Review		
I can talk about what I enjoyed or learnt from going on a bushwalk	Conversation including what I enjoyed and what I learnt	Personal Development

Outdoor Adventure Skills – Bushwalking – Stage 2

Plan		
I can explain what clothing I should wear whilst bushwalking	I understand types of clothing used for hiking (light weight, seasonal, cost cooling, comfort, warmth, protection).	Clothing, Food and Equipment
I have explained what impact I can have on local vegetation when bushwalking	I can tread lightly and leave no trace	Minimum Environmental Impact
I have discussed the appropriate action I should take in the case of an accident or emergency	I understand the importance of remaining calm, I am learning the DRSABCD action plan I can listen carefully for instructions and from my patrol leader	Safety and Emergencies
I can discuss what safety precautions I should take before going out for a bushwalk	I can prepare for conditions, I am learning about risks we may encounter	
I know when and how to contact the emergency services in an emergency	I can understand my role in an emergency, I am learning about the DRSABCD action plan	

Do		
I can draw or list all of the essential equipment to bring on a bushwalk	I can prepare a packing list and weight items, I understand what safe weight means	Equipment
I can use a compass to find basic directions	I can orientate myself in the landscape using compass directions I can orientate a map to my surroundings	Navigation
I can protect myself when exposed to the sun while outdoors	Wear sun safe clothing + sunscreen + sunglasses (consider air flow/body cooling) Consider shade and exposure on my route Consider the time of day (high noon/peak temp)	Safety & Emergencies
I have attended at least two short bushwalks at this stage	I have participated in 2 bushwalks	Bushwalking Techniques & Logbook
I can show where and when I am allowed to go , before I start bushwalking	I understand land access rights and minimal environment impact	Access and Environmental
I have bushwalked a total distance of at least 10km	I have recorded 10 km in my logbook	Bushwalking Techniques & Logbook
Review		
I have talked about what I enjoyed , learnt , or improved upon from at least two bushwalks	I can say what I enjoyed, what I learnt, what I improved (2 stars and 1 wish)	Personal Development
I can suggest what I would do differently on a future bushwalk to enjoy it more, to be safer, to learn new things, or to be more challenging	How can I improve my experience (enjoy, safe, learn, challenge)	
I have reviewed my list or picture of essential equipment with my Patrol and Leaders	Seek feedback and collaboration with peers	

Outdoor Adventure Skills – Bushwalking – Stage 3

Plan		
I can help a Stage 1 Scout to pack their backpack for a bushwalk	Teach packing (items, distribution, weight, adjust pack straps)	Clothing, Food & Equipment

I know how and where to get the latest weather forecast for the area I will be bushwalking in	Understand how to read/interpret weather forecasts Where to access, reliable sources	Weather
I can help plan a balanced menu for bushwalking	Balanced, healthy, nutritious snacks and meals	Clothing, Food & Equipment
I can list places where I can and cannot bushwalk	Public access, reduce environmental impact Walking in single file, formation or fan out	Access Rights, Safety & Environmental Impact
I can talk about different ways of keeping a group together while bushwalking	Promote teamwork, develop proactive approach. Examples include numbering off, front person stops calls out to back	Safety Procedures
Do		
I have considered bushwalking etiquette when planning for a journey	Google Bushwalkers Code NPA website What is etiquette The country code, The bushwalkers code Respect, Privacy, Courtesy, Safety	Courtesy & Bushwalkers Code
I can be responsible for my safety and aware of my surroundings	Pack sitting safety, safe weight, sun safe, hydrated, regular food, listening to instructions, walking pace and spacing, observing landmarks, look forward and back, listening to instructions from the lead walker, regulate pace based on conditions, communicate risks to people in front and behind, positive mindset, team building	Navigation Skills
I have run a small Navigational activity for my fellow Scouts with the support of my Leaders	Plan, set up, run and review an orienteering course or navigation game	
I can use different types of maps to help me throughout different activities	Topographic, orthophoto, google maps, sketch maps, NPWS signs and interpretive displays	
I have attended a day bushwalk at this stage of at least six hours duration	Completed full day bushwalk	Bushwalking Techniques & Logbook

I have attended at least two bushwalking activities at this stage	Complete 2 bushwalks	
I know how to avoid becoming lost, and I know what to do if I get lost	Team communications, work in close range, account for everyone at regular intervals and junctions, confirm the plan for the next section. Use high vis vest in dense veg, carry a whistle	Safety Procedures
I know how to treat cuts and minor bleeding	Maintain hygiene, wear gloves, use saline solution or water, cleaning wounds with gaze, non-stick dressing, apply pressure	Provide First Aid
I can teach the importance of the buddy system and other ways to stay safe to a Scout in Stage 1	Teach the buddy system	Safety Procedures
I can identify the features of a topographical map	Locate features on map using key/legend, scale, magnetic variation, grid coordinates, shading, symbols add landmarks + handrails	Navigation Skills
Review		
I have given a presentation to my Patrol or my Unit Council about one of the bushwalks I went on during Stage 3	Make a presentation about your bushwalk	Personal Development
I have discussed the top five things I have learnt throughout Stages 1–3 of Bushwalking	Discuss my learning	

Outdoor Adventure Skills – Bushwalking – Stage 4

Plan		
I can read a trip itinerary for a proposed bushwalk and understand what I am required to plan for & what my role is.		
I know how to select equipment and protective clothing including footwear according to expected weather conditions.		
I always ensure pack weight is appropriate to my body weight and level of fitness.		

I always ensure my equipment weight is distributed throughout my pack so my centre of gravity is balanced while bushwalking.		
I am aware of a range of communication devices and can choose appropriate communications equipment for the location I am in.		
I can work with others to prepare a menu and food list for a weekend bushwalk.		
I can identify natural navigational aids .		
Do		
I have, throughout the planning stage, become more familiar and confident with taking a bearing , including accounting for magnetic variation.		
I can apply ascending techniques and descending techniques on slopes.		
I know how to adopt appropriate posture when lifting and carrying a backpack.		
I can demonstrate the approach to hazards safely and minimise risks to self and group where possible.		
I have taken part in and logged a two-day bushwalk at this Stage.		
Review		
I can identify improvements I can make in planning and leading future bushwalking trips.		
I have checked bushwalking equipment for damage and discussed if it needs to be repaired or replaced .		
I have reviewed and reflected on the bushwalking I have completed so far, and considered where these walks fit in the Australian Walking Track Grading System .		

Outdoor Adventure Skills – Bushwalking – Stage 5

Plan		
I know how to identify food and water requirements for multi-day bushwalks.		

I know how to purify water for drinking.		
I can assist stage 3 Scouts to select appropriate footwear for various bushwalks.		
I can minimise damage to the environment while bushwalking.		
I can with the support from my Patrol and Leaders develop a risk management plan for a two-night bushwalk.		
I can identify possible hazards associated with bushwalking and procedures to minimise risks and I know how to take actions to minimise these risks .		
I can plan a overnight or weekend bushwalk including selecting an appropriate location using a topographical map and understand Naismith' s rule .		
I can properly select the clothing required for bushwalking, based on the seasonal requirements such as layering of clothing and protective clothing,		
I have with assistance appropriately briefed all members of a bushwalking party and support people about our journey.		
I have investigated the cultural, environmental and historical significance of the areas in which I am planning activities.		
I know how to access information on local weather forecasts, fire and environmental conditions before setting out on a journey.		
Do		
I have successfully completed* a Provide First Aid (including CPR) course from a recognised provider.		
I can find directions without a compass .		
I can use a map and compass to find my position on the ground.		

I can navigate a variation to our intended route using a map and compass.		
I can be an active member of my team while bushwalking.		
I can bushwalk rough terrain safely , using appropriate gear as required.		
I can look after group safety and morale on a bushwalk.		
I can use a minimum of 3 communication devices to send a message .		
I have taken part in and logged two bushwalking activities at this stage, at least one of which is a two-night bushwalk that I have led without Leaders attending.		
Review		
I have given a presentation to our Sectional Council or Unit on the journey that I have led, highlighting the successes, the learnings, and the areas for improvement.		
I can reflect on the journey that I led and what I learnt about myself in the experience.		
I have identified cultural, historical or environmental impacts in the activities I have been a part of, and have identified ways to lessen these impacts.		