



HUME REGION ACTIVITIES TEAM



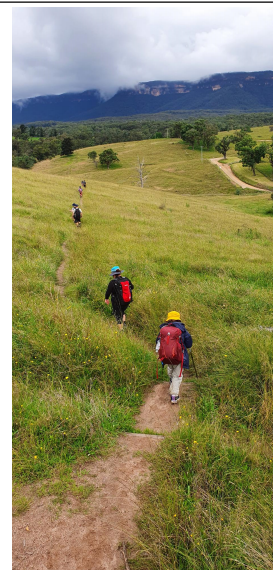
Invitation “Stage 3 Old Ford Reserve Induction Overnight Hike” Saturday 5th – Sunday 6th November 2022

This will be the second of its kind for Hume Region Scouts and is the way that the Activities team is moving into to create Hikes for the less experienced.

This event is an induction hike for these working on their Stage 3 Camping and Bushwalking under the Scouts NSW Youth Program (YP). Its been designed to show a few different aspects of Hiking and some skill training and demos.

As its based on Stage 3 there is a few requirements under YP and also safety.

- Youth are required to be 10yrs and older.
- Must have min of 2 night under canvas
- Cook own dinner on a hiking cooker. assistance will be given if required.
- Must have completed a hikes that total over 10km
- Have the ability to walk 10km in one day.
- Walking sticks for anyone under 5.1 in height, due to some step height



As this is an induction hike its has been set up totally different to a normal over night hike due to the location and experiences we want to share with the youth. The event is split up over both day with different elements on each day while we walk part of the Six Foot Track starting from Old Ford Reserve in the Megalong Valley.

Your gear will need to be packed two different ways, so please ensure you pack according to the requirements. We will be hiking on Saturday with only a small back pack with Saturdays day time food. As this event is to learn about hiking, the rest of your gear needs to be in a hiking pack, which will be used on the Sunday. Please don't bring any electronic devices. Toilet block is at the camp site.

Small back pack with :

Saturday's Lunch
Saturday's snacks
Water for the Hike 1.5-2lts

Rain coat
Hat
Sunscreen

Small first aid kit
Layered clothing
Walking sticks

Hiking Pack with :

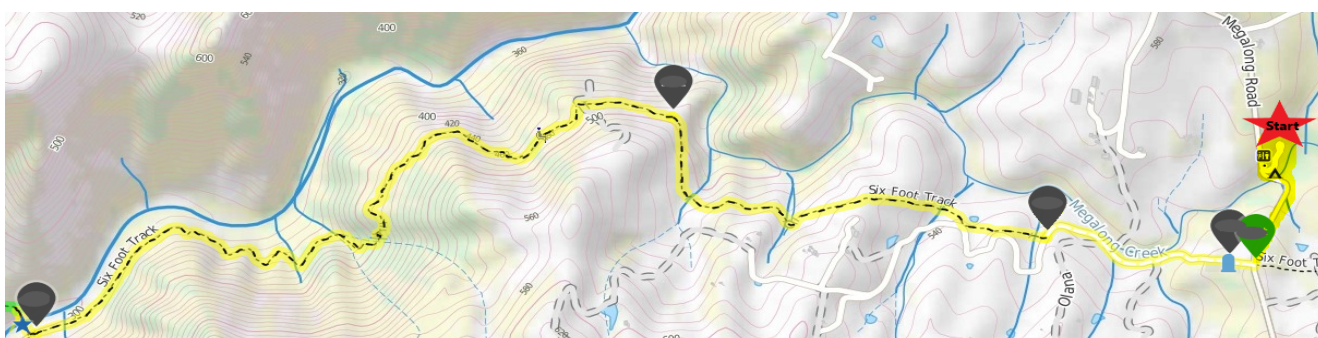
Saturday Dinner
Sunday Water 1.5-2lts
Sunday breakfast and snacks

Sleeping bag & bed mat
Clothing for sleeping and Sunday
Extra socks – If rain predicted

Cooking Gear
Eating gear
Hygiene products

Tent – prefer no sharing but if parents are ok, please follow the NSW Health & Scout NSW tent guidelines.

Small tarp - 1.1 x 1.7m Tarpaulin from Bunning \$2.70 is perfect.





Day 1 Saturday

We will be walking up and down for approximately 600m elevation with a few plateauing out to the equivalent of a fire trail. We will be stopping a few things on the steps to break up the descent.

Walking sticks for anyone under 5.2 in height, due to some rock steps height. Many steps are like this. Walking sticks can be purchase from many locations such as Kmart, BCF, Anaconda or any camping store. Prices starting from \$8 to \$200 each stick. Anyone who wishes to use walking sticks can bring them. Just practice using them before attending.

We will have a few Leaders example so handy hints, demo on different cookers and just everyone sharing some experiences and stories.

Day 2 Sunday

Once up and breakfast has been eaten, we will pack down the tents and place all gear on the tarp ready for the packing demo. You will learn the best way to pack a hiking pack to ensure your back is supported and your carrying the wieght correctly. Tarps can be used under the tent on the Saturday for extra comfort.

Once everyone is packed up correctly we will be going for a hike carrying the hiking packs and then returning to Old Ford Reseve as it's the parent collection area.



Drop off and pick up is Old Ford Reserve.

Saturday 26th 10am

Sunday 27th 12pm



