



THIS BOOK  
WILL HELP YOU  
EARN THIS  
BADGE



THE UK'S BIGGEST OUTDOOR STORES™

# hikes away

ACTIVITY BOOK

*for The Scout Association*



**SCOUTS**

RECOMMENDED  
OUTDOOR RETAILER

# WELCOME

GO Outdoors are very excited to be supporting the **Hikes Away Badge** and we have decided to provide a few activities that we feel give you some extra knowledge so you can go and complete your badge.

There are eight different badges you can collect. Each one marks a certain number of hikes or journeys you will have completed:

**1, 2, 5, 10, 15, 20, 35, and 50**

You must be dressed and equipped for the weather conditions and terrain. Your Leader will also need to make sure you're following the rules in chapter nine of the Policy and Organisation Rules and the Activity Permit Scheme.

AN EXTRA

**10%** off\*

THE DISCOUNT CARD PRICE

Show your neckerchief in store or enter **WEB CODE 10GOSCT** online.

\*Terms & Conditions On personal purchases only. A GO Outdoors Discount Card is required. Discount Cards are available in store and online for just £5 per year. Not to be used in conjunction with Price Match Plus, SALE, clearance, WOW Deals, multi-buys, bundles, or any other offer. Does not include gift cards, Discount Cards or gas hire charges. Subject to availability. Offer can be withdrawn at any time.

## Services for your

### SCOUT GROUP

We can help you prepare for a Hike Away.

#### Buying for your Group?

Our Group Sales Team are on hand to negotiate the best prices and service for you.

- Extra discount available to all Scout Groups on clothing and equipment
- Additional discount for larger orders
- Payments can be made by BACs, cash, card or cheque.

- Kit talks in store or at a more convenient venue
- Helpful videos available online
- Free rucksack and boot fitting service
- Great value clothing, equipment and group kit bundles
- Expedition brochure with all the kit you may need. Free copies available to order by contacting us at [groupsales@goooutdoors.co.uk](mailto:groupsales@goooutdoors.co.uk) or on 0344 387 6767
- **Free delivery on orders over £50**, delivered direct or ready for collection in your nearest store
- **15% off\*** the Discount Card price for all Leaders on personal purchases in store. Show your Adult neckerchief in store or use the web code **15SCTLDR** online



Although we refer to 'Groups' in many places in this resource, the content is equally applicable to Explorer Scout Units and Scout Networks.



## READ THIS!

# THE countryside CODE

### RESPECT OTHER PEOPLE:

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

### PROTECT THE NATURAL ENVIRONMENT:

We all have a responsibility to protect the countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit. When out with your dog make sure it is not a danger or nuisance to farm animals, horses, wildlife or other people.

- leave no trace of your visit and take your litter home
- keep dogs under effective control

### ENJOY THE OUTDOORS:

Even when going out locally, it's best to get the latest information about where and when you can go. For example, your rights to go onto some areas of open access land and coastal land may be restricted in particular places at particular times. Find out as much as you can about where you are going, plan ahead and follow advice and local signs.

- plan ahead and be prepared
- follow advice and local signs

*get started* →

## PICK A RULE FROM THE COUNTRYSIDE CODE

Take a look through the Countryside Code on the opposite page and discuss them with your Leader.

In small groups choose one and make a big sign. You can then put this up in your meeting place so everyone will know what is in the Countryside Code. Make sure you don't all do the same one!

### LEADER IDEA...

Once all the signs are made, put them around your meeting place and go on an imaginary walk around your meeting place and when you come across a sign, get the Beavers to explain it to the rest of the group.

**BEAVERS**

## ACTIVITY

**cubs**

Talk to your Leader about the Countryside Code. Can you think of any examples of where the rules can be used in your local area?

In groups or on your own choose one of the rules and come up with a sign to inform your group. When you have lots of different ones you can put these up in a display in your meeting place.

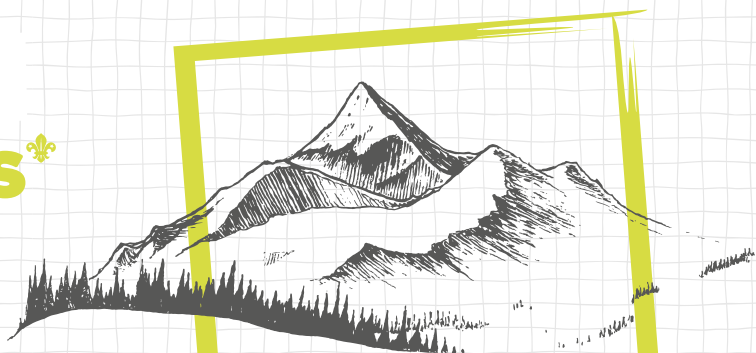
## AND DESIGN A SIGN...

### LEADER IDEA...

Layout a grid on the floor using flour, string or tape depending on where you are. Add in the signs the Cubs have made in random squares. The Cubs can now become pieces on a giant Snakes and Ladders game! As they navigate the board, a good rule, like closing a gate can make them progress up a ladder and a bad rule, like letting a dog off a lead can make them drop down a snake.

## ACTIVITY

# SCOUTS



CREATE A POSTER  
OR MAKE A  
PRESENTATION  
TO EXPLAIN THE  
COUNTRYSIDE CODE

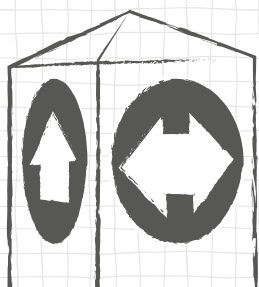
*take  
pictures  
of your  
local  
areas*

Think about how it  
applies in your local  
area; have you been  
on any local footpaths  
where there are gates  
or had to follow  
yellow footpath signs  
across a farmers' field?

Your challenge is to come up with a poster  
for the Countryside Code and present it to  
the rest of your group.  
You can make it as colourful and creative  
as you like...

**USE A LOLLIPOP  
STICK AS A SIGNPOST!**

If you have access to a computer, you could  
make a presentation. Make sure you include  
lots of pictures to make it interesting - you  
could even take these yourselves.



Think about your local area and see  
if there are any popular footpaths  
or public spaces.

Could you do anything in one of these spaces to highlight the  
Countryside Code to others? You could plan a hike around a  
local country park and do a litter pick. If you are a Young Leader  
you could organise an activity for the section you support.  
You could also do this as part of the community elements of  
your top awards. Maybe take them on a short hike and point  
out and discuss different parts of the Countryside Code.

**TRY REVIEWING  
ACCESSIBILITY**



Talk to your  
local council  
and see if there is a  
project you could do  
for your local area based  
around the Countryside  
Code. You could get  
involved with making  
new signs for local parks.

*get  
involved*

## ACTIVITY

# EXPLORERS network

## READ THIS!

# route PLANNING

This is all about getting from Point A to Point B and making sure you know of all the hazards and features along the way. It's also very important to let others know where you are going for safety reasons, so have an emergency plan too. Make sure you have an objective for your route, it could be for a litter pick along a route or a DofE expedition assessment. These are some tools you can use:

### Route Cards

These are available from [The Scout Association website](http://The Scout Association website). Print as many as you need, you will need one per day of your hike. Remember to write in pencil, that way you can make changes easily. [shop.scouts.org.uk/c-94-land-activities.aspx?pagenum=3](http://shop.scouts.org.uk/c-94-land-activities.aspx?pagenum=3)



Routes are split into stages or 'legs'...



.... the more stages, the more accurate your route will be.

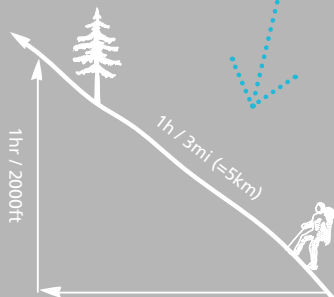
Each stage has its own 6 figure grid reference, the bearing to the next point, the distance to the next point and the height gained. You will also need to add in a description which can include points of reference and any hazards.

Once you have completed your route you need to work out how long it is going to take. This is where **Naismith's Rule** comes in!

## time for some maths

### Naismiths Rule

It is a rule of thumb that lets you calculate how long your route will take including the extra time if you go up a hill. Allow 1 hour for every 3 mi (5 km) forward, plus 1 hour for every 2000 ft (600 m) of ascent. Remember to walk at the pace of the slowest person in your group.



Using a local map, find your house and your meeting place.

Now see if you can find a route between the two. Your Leader can help you with features on the map like rivers and roads.

## ACTIVITY

cubs



**HAVE A GO AT FILLING OUT A ROUTE CARD**

Finish (B)

Using a local map, find your meeting place and a meeting place of a different Cub group in your District.

Find a route between the two and break it down into legs. Ask your Leader to help you take some grid references for each leg of your route. Have a go at filling out a Route Card.

start (A)

BEAVERS

### LEADER IDEA...

Instead of using a local map, use one for a theme park and get the groups to plan routes from ride to ride. If the Cubs are capable, teach them about taking a bearing too!



# ACTIVITY

## SCOUTS

PLAN A ROUTE IN  
YOUR LOCAL AREA  
WITH THE HELP OF  
YOUR LEADER



### ACCESS

Make sure you stick to public rights of way. If you need to stray off the path, make sure you have the land owners' permission.

### USE OF THE LAND

It may be easier to walk up a hill and then follow the contour line around before heading back down. Make sure your route doesn't go up and down hills unnecessarily.

### TIME OF YEAR

In the summer you have longer days, but you also have increased heat, so you may have to slow down if you're carrying lots of gear.

### ESCAPE ROUTES

At various points on your route you may need an escape to safety, this could be because of bad weather or the group's ability to carry on with the hike. Make sure you have an easier alternative route.

### LEADER IDEA...

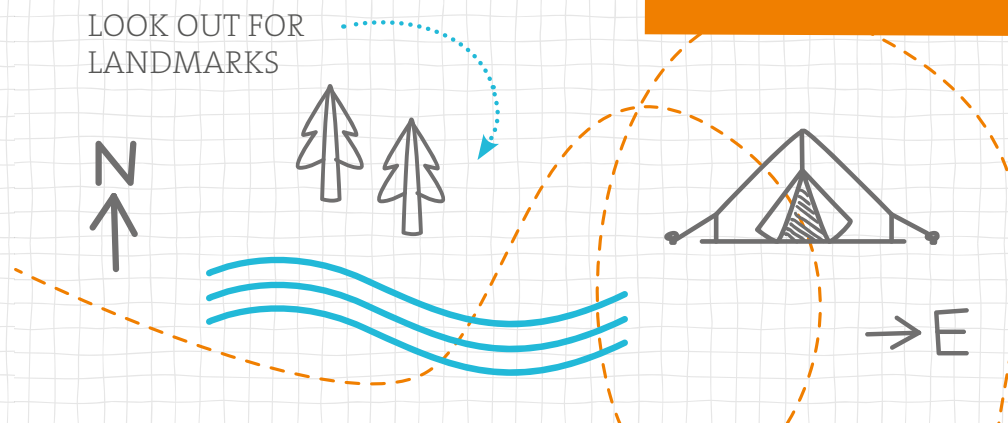
Make sure you plan an accessible route; it could just be through a local village. When you come to walk your planned route, the Scouts can point out all the things on their Route Card such as hazards they may have identified, local landmarks and escape routes.

FEATURE LISTS ARE  
A GOOD WAY OF ROUGHLY  
KNOWING WHERE YOU ARE AT  
ALL TIMES ALONG YOUR ROUTE.  
THEY ARE REALLY USEFUL IF  
YOU BECOME TEMPORARILY  
MISPLACED; YOU CAN BACK  
TRACK ALONG YOUR FEATURE  
LIST UNTIL YOU KNOW  
WHERE YOU ARE AGAIN.

### FEATURE CHECKLIST

Along your route, pick out some features that you should notice from your map. These could be close objects such as crossing a footbridge or travelling along a linear feature such as a wall or railway line. Or they could be far off features, you may have an area of woodland that should be on the right hand side of the direction of travel.

LOOK OUT FOR  
LANDMARKS



# ACTIVITY

## EXPLORERS network

THERE ARE VARIOUS  
METHODS OF  
RECORDING THESE:

- Put some sticky back plastic on the outside of your map case and mark them on here against your map inside. At the end of the walk you can remove this.
- Carry a notebook with the features written down in order. Tick them off as you go by and note down the time too.
- As you get better at doing this, you can do it mentally.

## READ THIS!

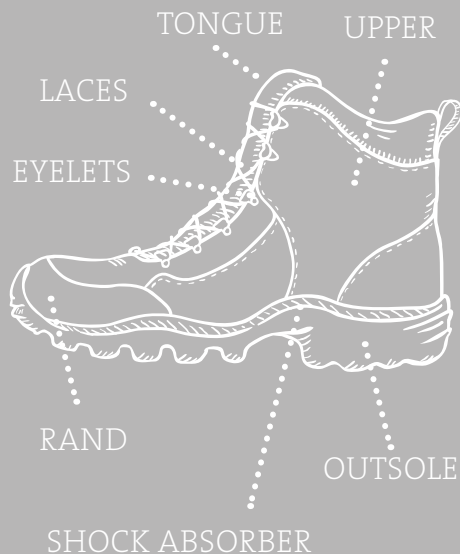
### CHOOSING BOOTS

- Lowland areas - get a lightweight boot. Mountains areas - get something a bit heavier as the fabrics will be thicker and can take more knocks.
- Choose between fabric or a leather boot.
- Do the bend test and the twist test to determine the strength of your boot.

### FITTING

- Try them on and make sure your foot matches the shape of the boot and is comfortable. All boots are made differently so try lots on. Make sure you lace them up with the tongue centred!
- Find a slope and walk up it balancing on your toes, does your heel lift out of the boot? Too much heel lift could mean blisters but a little bit is fine.
- Walk back down the slope and try and push your toes to the front of the boot, do your toes hit the end of the boot? If they don't that's good, if they do...try a smaller size or different boot.
- Walk back up the slope, do you notice a crease on your toes where the boot flexes? If it's painful, try another size or a different boot.
- Make sure you wear the boot indoors for a while to test them, you may notice something different to when you tried them on first time round.

## Footwear GUIDE



### CARE

- Make sure you clean your boots after each use by washing them in water.
- Don't dry your boots too quickly; let them dry naturally. If you need to put newspaper in, don't over fill the boot otherwise it will become misshapen.
- Leather boots need to be waxed if they look dry, this keeps them supple.
- Fabric boots need to be treated every now and again with some sort of waterproofing, like you would do with your jacket.

## ACTIVITY

F	R	D	N	R	O	C	C	V	A
M	B	V	E	U	U	J	I	N	E
B	I	P	K	F	R	K	T	R	U
E	P	D	F	L	A	C	E	S	G
U	L	S	S	J	V	B	H	E	N
O	M	O	H	O	R	Y	T	Y	O
O	U	T	S	O	L	E	N	E	T
V	U	K	S	N	C	E	Y	L	R
N	L	B	H	I	I	K	S	E	A
C	A	X	H	A	Y	V	H	T	N
C	R	E	H	T	A	E	L	S	D

OUTSOLE  
MIDSOLE  
INSOLE  
UPPER  
LACES  
SHOCK

ABSORBER  
EYELETS  
TONGUE  
LEATHER  
SYNTHETIC

RAND  
CUFF

### STORE ACTIVITY...

Interactive kit talk about footwear and boot fitting

SPOT THE  
FOOTWEAR  
RELATED  
WORDS

BEAVERS

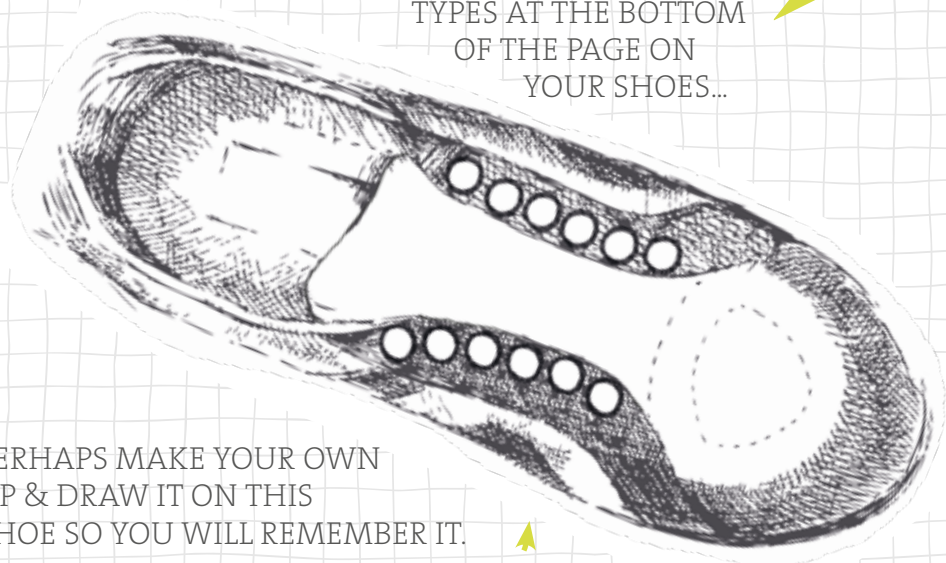
cubs

## ACTIVITY

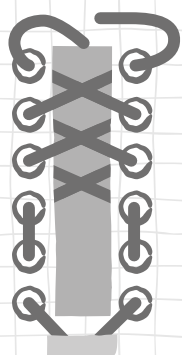
**SCOUTS**  
EXPLORERS  
**network**

### TRY DIFFERENT LACING TECHNIQUES

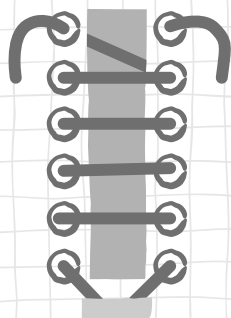
TRY OUT THE DIFFERENT  
TYPES AT THE BOTTOM  
OF THE PAGE ON  
YOUR SHOES...



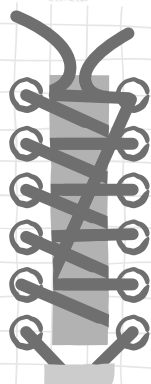
PERHAPS MAKE YOUR OWN  
UP & DRAW IT ON THIS  
SHOE SO YOU WILL REMEMBER IT.



BEST FOR:  
**WIDE FOREFOOT**



BEST FOR:  
**BOOTS FEEL TIGHT**



BEST FOR:  
**TOE PAIN**

## clothing GUIDE

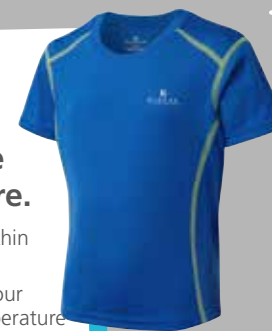
**READ THIS!**

*layer up  
with our  
guide*

### BASE LAYERS:

**Designed to manage moisture and regulate your body temperature.**

- Worn next to the skin, creating a thin layer of warm air against the body
- Helps to wick moisture/sweat vapour from the skin to regulate body temperature
- Ideal on its own for aerobic activity, or warm days
- Avoid using cotton as a baselayer. Cotton soaks up sweat and stays wet, drawing the heat away from your body, leaving you cold.



### OUTER LAYERS: Designed to keep out the elements.

- Protects you against wind and rain
- This layer allows the sweat vapour to pass through and away from the body completely
- This layer is usually a lightweight, packable and breathable waterproof jacket.



### MID LAYERS:

**Designed to insulate.**

- Worn over the baselayer to help trap in body heat
- Further wicks away sweat vapour
- Popular midlayers include fleece, softshell or in extreme cold and wet situations an insulated jacket.
- If you're out walking we'd recommend a thin fleece or midlayer for milder days, and a midweight fleece or midlayer during cold weather
- For resting, or passive exercise (like a trip to the pub, or watching a game) insulated jackets or down jackets are great to use in freezing weather.



ACTIVITY



HELPFUL VIDEO...

A quick 60 second video about choosing a jacket can be found at:  
[gooutdoors.co.uk/duke-of-edinburgh](http://gooutdoors.co.uk/duke-of-edinburgh)

*fleecees are ideal for milder days!*

LOOK AT THE LIST OF ITEMS AND WRITE DOWN WHETHER YOU WOULD TAKE THEM ON A HIKE AWAY & WHY...



ACTIVITY



ITEM:	TAKE	DON'T TAKE:
JEANS	<input type="checkbox"/>	<input type="checkbox"/>
FOOTBALL TOP	<input type="checkbox"/>	<input type="checkbox"/>
BASE LAYER	<input type="checkbox"/>	<input type="checkbox"/>
FLEECE	<input type="checkbox"/>	<input type="checkbox"/>
WALKING TROUSERS	<input type="checkbox"/>	<input type="checkbox"/>
HAT & GLOVES	<input type="checkbox"/>	<input type="checkbox"/>
WATERPROOF JACKET	<input type="checkbox"/>	<input type="checkbox"/>
SCHOOL TROUSERS	<input type="checkbox"/>	<input type="checkbox"/>
BLAZER	<input type="checkbox"/>	<input type="checkbox"/>
TRAINERS	<input type="checkbox"/>	<input type="checkbox"/>
WALKING BOOTS	<input type="checkbox"/>	<input type="checkbox"/>
INSULATED JACKET	<input type="checkbox"/>	<input type="checkbox"/>
WATERPROOF TROUSERS	<input type="checkbox"/>	<input type="checkbox"/>

# ACTIVITY

## SCOUTS



RAINY AND WARM

.....

.....

WHAT WOULD YOU WEAR FOR EACH OF THESE WEATHER CONDITIONS?

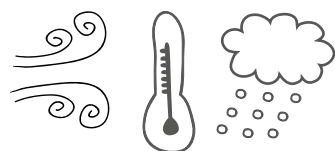
CHOOSE FROM:  
BASE LAYER, MID  
LAYER OR OUTER LAYER



WINDY, COLD AND RAINY

.....

.....

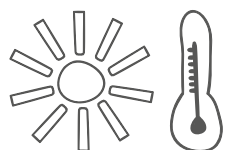


WINDY, FREEZING AND SNOWING

.....

.....

.....

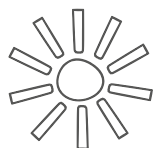


COLD, SUNNY  
AND CALM

.....

.....

.....



DRY, SUNNY  
AND CALM

.....

.....

.....

### LEADER IDEA...

Split the group into smaller teams. Give them a bag of clothing and get them to pick out what they think they might need. You could make this harder by putting in some red herrings like jeans, or by changing the weather conditions. Get them to explain their choices.

### STORE ACTIVITY...

Kit talk on clothing. Try on the different layers and discuss what you would need in different weathers. Pick clothes from a pile and explain why you would wear them. Be careful, there may be some red herrings!

## CARE FOR YOUR CLOTHING

Make sure you clean your garment regularly to keep it working properly. Dirt or oils from your skin can affect the waterproof coating on the fabric.

If your garment is no longer beading water and is wetting out, you need to think about reproofing. You should be doing this every 4-6 months anyway depending on how much use it gets.



BEADING WATER  
LOOKS LIKE THIS

# ACTIVITY

## EXPLORERS

## network

### HOW TO WASH YOUR GARMENT:

1. Wash your garment as per the instructions on the label. Wash them using a non-detergent or a specialised cleaner such as **Nikwax Tech Wash** or **Grangers Performance Wash**.
2. Let your garment dry naturally, hang it up outside or over the bath/shower.



3. If your garment will allow it, tumble dry on a low heat or you can cover the garment with a towel and iron (no steam) on a low heat.

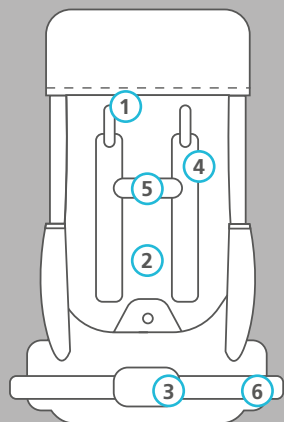
### HOW TO REPROOF YOUR GARMENT:

1. Make sure your garment is clean. (See step 1 above).
2. Wash the garment for a second time with **Nikwax Tx-Direct** or **Grangers Clothing Repel**.
3. Let your garment dry naturally, hang it up outside or over the bath/shower.
4. If your garment will allow it, tumble dry on a low heat or you can cover the garment with a towel and iron (no steam) on a low heat.



## READ THIS!

# rucksack GUIDE



1. Load lifter strap
2. Adjustable back system
3. Lumbar support
4. Shoulder strap
5. Chest strap
6. Hip belt

Any rubbish can go in a sealed bag in the pocket under the lid.

Roll mat can be stowed below the lid.

Place heavier items near the middle to maintain your centre of gravity. Food, cutlery, and cooking equipment.

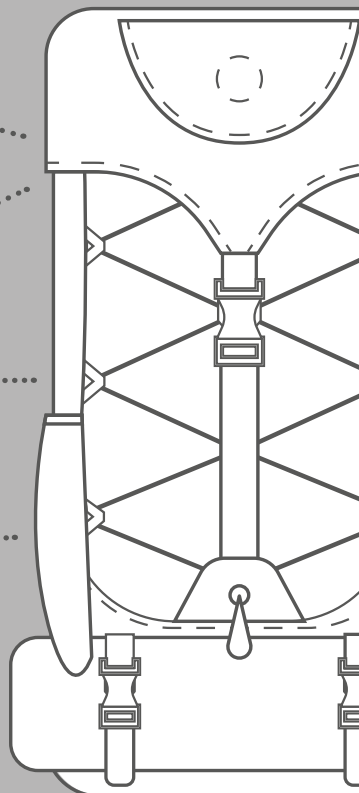
Side pockets can be useful for water bottles and snacks.

Sleeping bag and spare clothes at the bottom.

ALL ITEMS IN YOUR RUCKSACK SHOULD BE WATER PROOFED IN A DRY BAG OR RUBBLE SACK.

Put quick to reach items near the top. Things like waterproofs and a mid layer for rest stops.

Put smaller items in the top. Head torch, 1st aid kit, map and compass.



Tent items can be attached to the bottom of the bag.

## LEADER IDEA...

Make it easier... Give them a packing list. Make it harder... Have a single pile that they have to compete for.



*start*

SPLIT INTO TWO TEAMS.

## RUCKSACK RELAY!

EACH TEAM IS GIVEN A RUCKSACK THEY HAVE TO PACK



**cubs**

## STORE ACTIVITY...

Play this in your own meeting place or in a store!

PUT IDENTICAL PILES OF CLOTHING AND EQUIPMENT ON ONE SIDE OF THE ROOM.

*move quickly!*



*finish*

FASTEST CORRECTLY PACKED BAG WINS

**BEAVERS**



## ACTIVITY

### HELPFUL VIDEO...

A quick 60 second video about fitting a rucksack can be found at:

[gooutdoors.co.uk/  
duke-of-edinburgh](http://gooutdoors.co.uk/duke-of-edinburgh)

## LEARN HOW TO FIT A RUCKSACK

1. Add some weight to your rucksack.
2. Loosen all straps.
3. Adjust the back system to fit you. The waist belt should sit on the hips leaving the shoulder straps to sit comfortably on the shoulders making sure there are no gaps.
4. Use a friend to support the bag and do up the hip belt.
5. Tighten the shoulder straps.
6. Tighten the load adjusters to balance the weight of the bag. Angle should be between 30° and 60°. You can also adjust these on the move if your shoulders feel tired.

## ACTIVITY

## SCOUTS

*get a friend  
to help you*



7. Lastly, do up your chest strap. This can be moved up and down the shoulder straps and should be in line with your armpit.
8. Test the fit by asking a friend to move the waist belt, you should move with it. There should also be no major gaps between the shoulder straps and your body.

## ACTIVITY

### EXPLORERS network

IF YOU ARE LEADING  
A WALK YOU WILL  
NEED TO THINK ABOUT  
CARRYING EXTRA ITEMS  
FOR THE GROUP.

- ☐ Spare map
- ☐ Spare compass
- ☐ Extra food and drink for emergencies
- ☐ Extra warm clothing for emergencies (fleece, hat and gloves)
- ☐ Spare socks
- ☐ Spare boot laces
- ☐ Emergency survival bag (Orange)
- ☐ Extra head torch and batteries
- ☐ Whistle
- ☐ Mobile phone
- ☐ Watch
- ☐ GPS  
(Switched off and in waterproof bag)
- ☐ Group first aid kit
- ☐ Group shelter
- ☐ Gaffa tape
- ☐ Cable ties

get  
packing

## READ THIS!

### food AND HYDRATION

keep your  
energy  
levels up

#### FOOD

- Eat little and often. Even if you take a pack lunch, don't have it all at once in the middle of your hike. This keeps your energy levels constant.
- Avoid purely sugary snacks, include slow to release energy foods such as fruit and nut bars, bananas and trail mix. (See the activity in the Nights Away resource.)
- Remember to take away all of your litter.



#### DRINK

- Drink between 1 - 3 litres of water a day depending on how far you go.
- Take a hot drink on cold days and drink more water on hot days.
- Drink isotonic drinks as well as water on longer hikes this will replace sugars and salts.
- If you need to fill up from a natural water source, make sure you treat it effectively before drinking. (Discuss this with your Leader).





## HIKES AWAY

### KIT LIST:

- ☐ SOCKS
- ☐ BOOTS
- ☐ WALKING TROUSERS
- ☐ WATERPROOF TROUSERS
- ☐ BASE LAYERS
- ☐ MID LAYERS
- ☐ WATERPROOF JACKET
- ☐ HAT
- ☐ GLOVES
- ☐ FIRST AID KIT
- ☐ MAP
- ☐ COMPASS
- ☐ RUCKSACK
- ☐ RUCKSACK LINER
- ☐ WATER BOTTLE
- ☐ EMERGENCY FOOD
- ☐ HEAD TORCH
- ☐ SURVIVAL BAG
- ☐ SUNCREAM

## THE UK'S BIGGEST OUTDOOR STORES

PAY US A VISIT AND MEET OUR EXPERTS FOR HELP AND ADVICE IN ONE OF OUR 61 STORES.



**22** Scunthorpe  
**23** Sheffield  
**24** Hathersage  
**25** Lincoln  
**26** Hull  
**27** Leeds

**MIDLANDS**  
**28** Wolverhampton  
**29** Loughborough  
**30** Derby  
**31** Erdington - Birmingham  
**32** Kidderminster  
**33** Coventry  
**34** Shrewsbury  
**35** Nottingham

**EAST**  
**36** Peterborough  
**37** Norwich  
**38** Bedford

**WALES**  
**39** Swansea  
**40** Cardiff

**SOUTH WEST**  
**41** Gloucester  
**42** Swindon  
**43** Bristol  
**44** Taunton  
**45** Exeter  
**46** Plymouth  
**47** Poole

**SOUTH EAST**  
**48** Milton Keynes  
**49** Oxford  
**50** Southampton  
**51** Basingstoke  
**52** Colindale  
**53** Harlow  
**54** Colchester  
**55** Basildon  
**56** Thurrock  
**57** Canterbury  
**58** Chatham  
**59** Ipswich

OPENS JUNE 2017  
**60** Tonbridge  
 OPENS SEPTEMBER 2017  
**61** Reading  
 OPENS AUTUMN 2017

**NORTHERN IRELAND**  
**1** Newtownabbey

**SCOTLAND**  
**2** Inverness  
**3** Clydebank  
**4** Coatbridge  
**5** Edinburgh

**NORTH WEST**

**6** Penrith  
**7** Blackburn  
**8** Wigan  
**9** Manchester  
**10** Warrington  
**11** Stockport  
**12** Chester  
**13** Liverpool  
**14** Stoke

**NORTH EAST**  
**15** Berwick-upon-Tweed  
**16** Newcastle  
**17** Stockton-on-Tees

**NORTH**  
**18** York  
**19** Pudsey  
**20** Wakefield  
**21** Doncaster