

Welcome to #HDSL2023

Welcome to the 2023 Hitchin District Scouts expedition to Lochearnhead in Scotland.

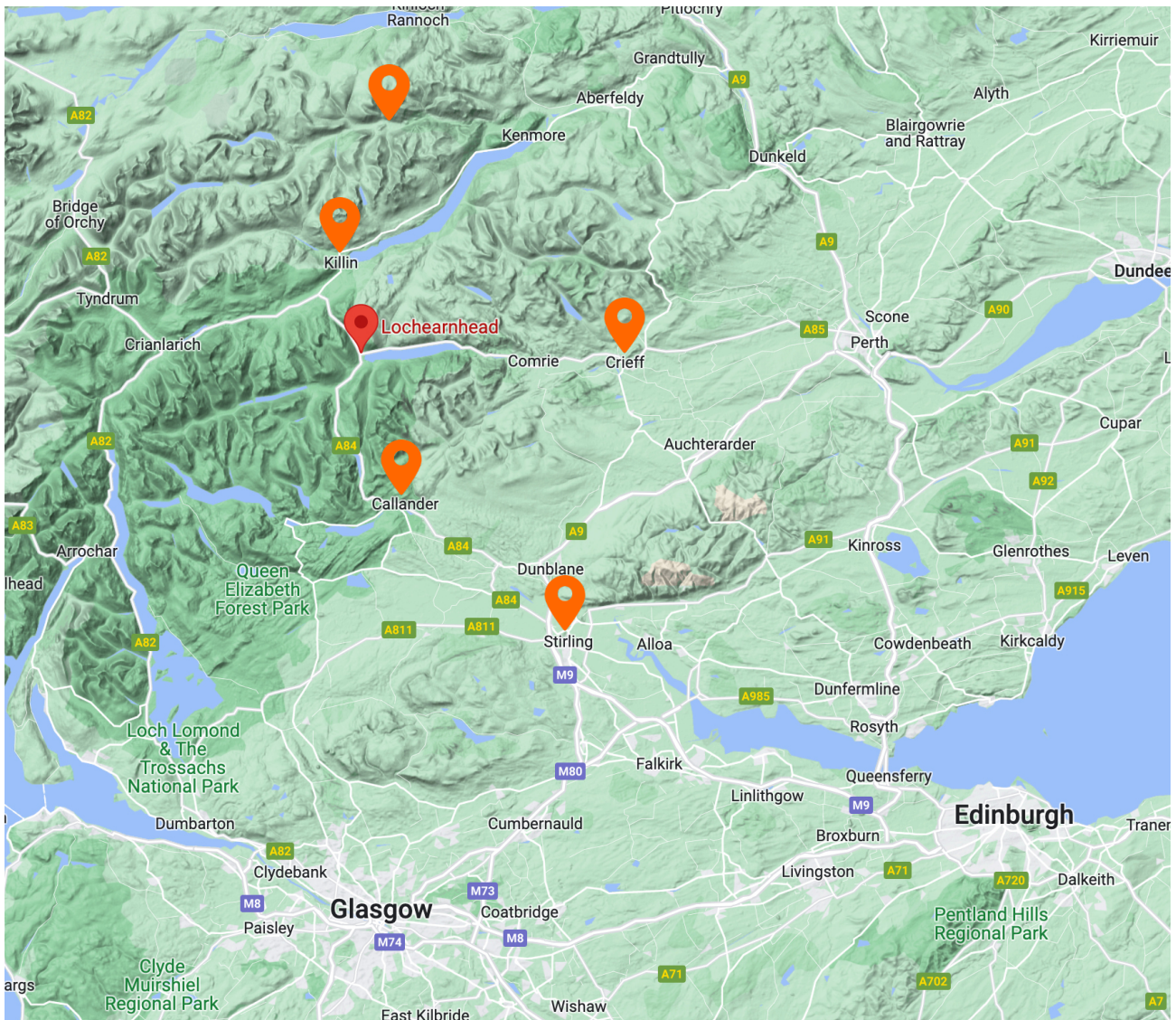
This journal has been designed to provide all the information you need during the two weeks whilst we're away. You can also use this journal to keep your thoughts and feelings about your personal experiences, as well as recording the special memories you make so you can look back on them in the future. Please write your name on the front, read it carefully and keep it safe! Remember to bring it with you!

Where is Lochearnhead?

The Lochearnhead activity centre is a former railway station in the village of Lochearnhead in Perthshire, Scotland. It opened in 1904 as part of the Comrie, St Fillans & Lochearnhead Railway, but closed in 1951. Since 1962, the station has been owned by Hertfordshire Scouts and is used as a Scout centre for youth adventurous activities.

It's approximately 420 miles from Hitchin, based between Loch Lomond and Fort William. It will take roughly 10 hours by coach to get to the station!

Whilst at the station we'll be visiting some other parts of Scotland marked with the orange pins below!



A little bit of history...

The railway at Lochearnhead opened in 1904 as part of the Caledonian Railway which was expanding all around the area to both make life easier for locals and to bring tourists to the area. Bringing the line from St. Fillans to Lochearnhead proved to be expensive, involving the cutting through solid rock and the construction of two large viaducts. With all this hard work the line had a short life closing on 1st October 1951. The track was removed and the Station became holiday accommodation for a short time, after which the buildings and land were allowed to slip into disrepair.



A group from Hitchin at the opening!

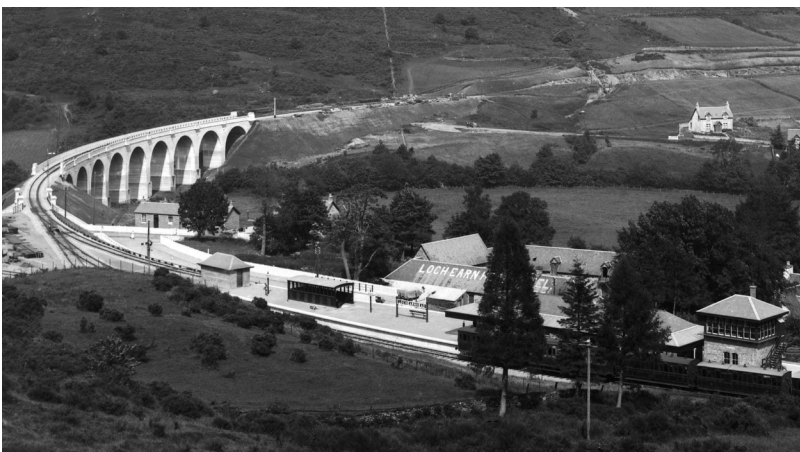
Assistant County Commissioner for Hertfordshire Scouts, Melville Balsillie found the station in early 1961. He was a firm believer in the introduction of young people to the wonders of the hills and mountains, so he had been looking for a base in the area. Even in its state of dereliction he could see the potential of this site, and he set about enthusing others to get their support.

Talks and negotiations began with British Rail, and for a modest ground rent a 21 year lease was signed on 1st April 1962. From April through to August people worked very hard to get the Station ready for its grand opening, this was no mean feat as it was 400 miles from Hertfordshire and a one-way journey could take up to 20 hours.

It was on the 4th August 1962 that the then Chief Scout, Sir Charles MacLean officially opened Lochearnhead Scout Station. In 1977 as the lease was nearing its end negotiations began with British Rail to secure the future of the Station for the next generations of young people. The only way to secure the station was to buy the freehold from BR. In October 1977 they offered to sell for £13,000 providing the deal was concluded by Christmas Day just 3 months later. An appeal was launched and many people worked very hard to raise money, by the deadline the grand amount of £26,000 had been collected.

Just over 60 years since it first opened, the first phase of the newly refurbished Lochearnhead Scout Station reopened on the 9th September 2022. Over 12 months there have been extensive programme of works to update the Station to the latest standards. The main station building has been refurbished throughout, with a modern fully equipped kitchen replacing the old kitchen and pantry, greater insulation and new heating system and the old washroom facilities being converted to individual wet rooms. All bedrooms have been redecorated and the Alpine bunks replaced with conventional bunk beds, heating has been updated, with fan heaters replaced by electric panel heaters with intelligent heating control.

The Lochearnhead necker that we wear is made from the Nicolson tartan. This is the clan tartan of the centre's founder the late Melville Nicolson Balsillie in recognition of his vision and achievement.



THE COUNTDOWN!

Before you get to Lochearnhead, take a read of this journal and then fill out the boxes below!

Why did you sign up to come to Lochearnhead?

What are you most looking forward to?

What are some of the new things you'll be doing you've never done before?

What do you hope to achieve during the expedition? Do you have any goals?

What do you need to remember to pack?

Do you have any questions you want answered?

Ask your family members or friends to write a message of encouragement below!

GENERAL INFORMATION

Help and Assistance

There are approx. 40 leaders on this expedition. We have a mix of male and female leaders, aged between 18 and an awfully lot older! So there is always someone you can come and speak to if you have a problem, a worry or you need help with something. We want to make sure that everyone has the best time on this trip so come and talk to us.

Later in this journal you'll find a 'who's who' page so you can get to know the whole Leader team!

Fire Alarm

There is a full fire alarm system at the station. If you hear the fire alarm please leave what you are doing and move quickly to the fire assembly point in the car park. Do not run.

Station Bell

Whenever you hear the station bell you must come to the platform immediately. The bell will usually be rung at 7.50am each morning for flag break, please come to the area around the flagpole quietly.

Station Masters Office

The Station Masters Office is for Leaders only. You may only enter the office if invited to do so by a Leader. If you need to speak to a Leader, please knock on the door.

Out of Bounds Area

There are other areas of the station that are out of bounds marked with clear signs. Please do not enter these areas.

Medicines

If you need to bring any medications with you please put them in a named bag, with clear dosage instructions, and hand them in to a Leader before you get on the coach.

If you suffer from regular headaches you may like to bring your own painkillers, of your preferred type, with you, which must be handed in as outlined above.

In addition, you may bring a maximum of 4 painkillers e.g. Ibuprofen, in your personal first aid kit for general use if required, when you're out on activities. When you return to camp the medication and dosage taken MUST be written onto your health form.

PLEASE DO NOT TAKE THESE WITHOUT TELLING A LEADER FIRST.

Keeping Healthy

You are responsible for keeping yourself healthy, as healthy Scouts = happy Scouts! You're old enough to not need us to remind you all the time to... Drink plenty of water, try and get as much sleep as possible, shower regularly, clean your teeth and wash your hands. There's lots of hand sanitisers around the station, so make sure you use them especially before you eat.

Mobile Phones

You may bring a mobile phone with you, but please take note of the following:

- Phones must be in a named plastic bag and handed in at the start of the expedition (when you arrive at the station)
- Access to your phone will be limited to 30 minutes after dinner each evening and only in the dining room or on the platform immediately outside. All mobiles will be signed out and in each evening.
- Signal on site is limited depending on your network. There is no Wi-Fi connection available for phone use.
- Charging facilities will be limited. You can bring a charger cable and battery pack.
- You may be asked to take your phone with you on some of our activity days (Killin/Stirling)

Pocket Money

There are few opportunities to spend money at Lochearnhead so you will not need a lot of money. We recommend that £30 is the maximum amount anyone should bring, and that you make use of the security box to keep it safe. Please bring monies in a re-sealable container/wallet/purse in coin or low denomination notes.

On days where money might be useful, we'll open the 'bank' for a period of time in the morning so you can collect your named wallet/purse. Don't lose it! It will be your responsibility to keep it safe and we won't be able to replace anything if it gets lost.

CABINS / BELL TENTS

Cabins / Bell Tents

Cabins or Bell Tents sleep between 4 and 8. You will be told which cabin you are in once you arrive at the station.

- Please keep your cabin/tent clean and tidy at all times
- You may not enter anyone else's cabin/tent
- Make sure all wet kit goes to the drying room
- Please keep your kit in your bag or rucksack and store it under your bed
- Keep boots and waterproofs in the porch area

For the cabin doors, please **DO NOT**:

- tell the code to anyone who is not in your cabin
- lock cabin doors from the inside

Toilets and Showers (Wet Room)

There is a wet room block by your cabins. Each wet room contains a separate lockable shower and toilet. Showering is not an optional extra on this trip! Please keep yourself clean and shower regularly.

You will be allocated an individual wet room for your cabin/tent. Your cabin/tent will be in charge of ensuring it's kept clean and tidy and if anyone messes it up it will only be someone in your tent/cabin. The toilets and showers on the platform by the kitchen are for Leaders only.

If there are any problems with your wet room please speak to a Leader.

Wet Room Rules

1. Keep them clean and tidy! Leave it how you'd like to find it.
2. Do not use another cabin/tent wet room or the wet rooms on the platform.
3. Do not lock the main wet room door. You can lock the shower door and toilet door separately for privacy. If you lock the wet room door you will stop someone from being able to use the toilet when you're in the shower!

MEALS

Breakfast

- The catering team will provide a buffet option of cooked breakfast, cereals, fruit, yoghurt and toast each morning
- Please queue on the platform, outside the dining room straight after flag break. Don't rush - there's plenty for everyone!
- When you have finished eating please take your plate/bowl to the cleaning station. Leave your plate, cutlery and waste in the designated areas
- Then go straight on to making your packed lunch

Packed Lunch

- Everyone must make a packed lunch after breakfast each morning - collect your lunch box from your sleeping accommodation and then on the platform there will be a buffet for you to select your food from
- You can pick two pre-made rolls (with/without butter) or/and pasta, with a selection of snacks and fruit to keep you going!
- If you have a flask and want a hot drink, please ask. Please remember to wash your flask when you return
- Remember to also fill up your water bottle!

Dinner

- There will be an option of two dinners each night, one of which will be vegetarian/vegan
- Please queue on the platform, outside the dining room at 6pm
- In the queue you will be reminded what you have selected for that evening and asked to order your choice for the following evening
- You can choose any seat in the dining room. You may not leave the dining room until dismissed
- You will be told when you can go back up for seconds (if there are any) or the next course
- When you are dismissed please take your plates/bowls to the cleaning station. Leave your plate, cutlery and waste in the designated areas
- There will be one team responsible for helping clear up each night

ACTIVITIES

'Activity Teams'

You will be in one of 6 different activity teams based roughly on age. This is the team you'll be doing the 'general activity days' with.

Alpha
Bravo
Charlie
Delta
Echo
Foxtrot

General Activity Days

You will take part in 6 general activity days, each day you will do one of the following

Sailing
Kayaking
Cycling
Hiking
Bouldering
Mystery 6th Activity



| | | Alpha | Bravo | Charlie | Delta | Echo | Foxtrot |
|-------------|-------|--------------|--------------|--------------|--------------|--------------|--------------|
| Monday 24 | Day A | 6th Activity | Kayaking | Sailing | Bouldering | Cycling | Walking |
| Tuesday 25 | Day B | Walking | Bouldering | 6th Activity | Cycling | Sailing | Kayaking |
| Thursday 27 | Day C | Kayaking | Cycling | Walking | Sailing | 6th Activity | Bouldering |
| Friday 28 | Day D | Bouldering | Sailing | Kayaking | 6th Activity | Walking | Cycling |
| Sunday 30 | Day E | Cycling | 6th activity | Bouldering | Walking | Kayaking | Sailing |
| Monday 31 | Day F | Sailing | Walking | Cycling | Kayaking | Bouldering | 6th Activity |

'Clans'

You will also be in one of 8 different clan teams. These are completely mixed ages. The clan team will be used for some of our evening activities and trips out. There will be an ongoing competition throughout the two weeks.

Evening Activities

After dinner you may be required to do some planning for the next day. There will be evening activities such as games, campfire and film nights.

At dinner you will be told what the activity will be, and where you will need to meet. There may be alternative activities if you don't fancy the main one.

If you'd prefer to get an early night and not take part in the evening activity, that's totally okay. Just let a Leader know before taking yourself off to bed.

Bed Times and Quiet

Groups will be sent to bed by age with the youngest going first, however if you are tired you may go to bed earlier. When you go to bed please be quiet as others may have gone to bed before you. Likewise, if you are awake early in the morning please be quiet and do not disturb others.

Quiet Zone / Spare Time

We will have games and sports equipment for you to use in your spare time. Come and ask at the Station Masters Office.

Scout of the Day

Throughout the trip we'd like to award 'Scout of the Day' during our morning flag break. We'd like nominations from anyone - Young People and Leaders - to anyone - both Young People and Leaders! On the platform there will be a box for you to nominate someone and write a short reason why you'd like to nominate them. You could nominate someone to recognise their exceptional leadership, service, skill development, community impact, teamwork, perseverance, embodiment of Scout values or even just their positive attitude and enthusiasm!



STATION
MASTER



HIKING



CYCLING



SAILING



KAYAKING



BOULDERING



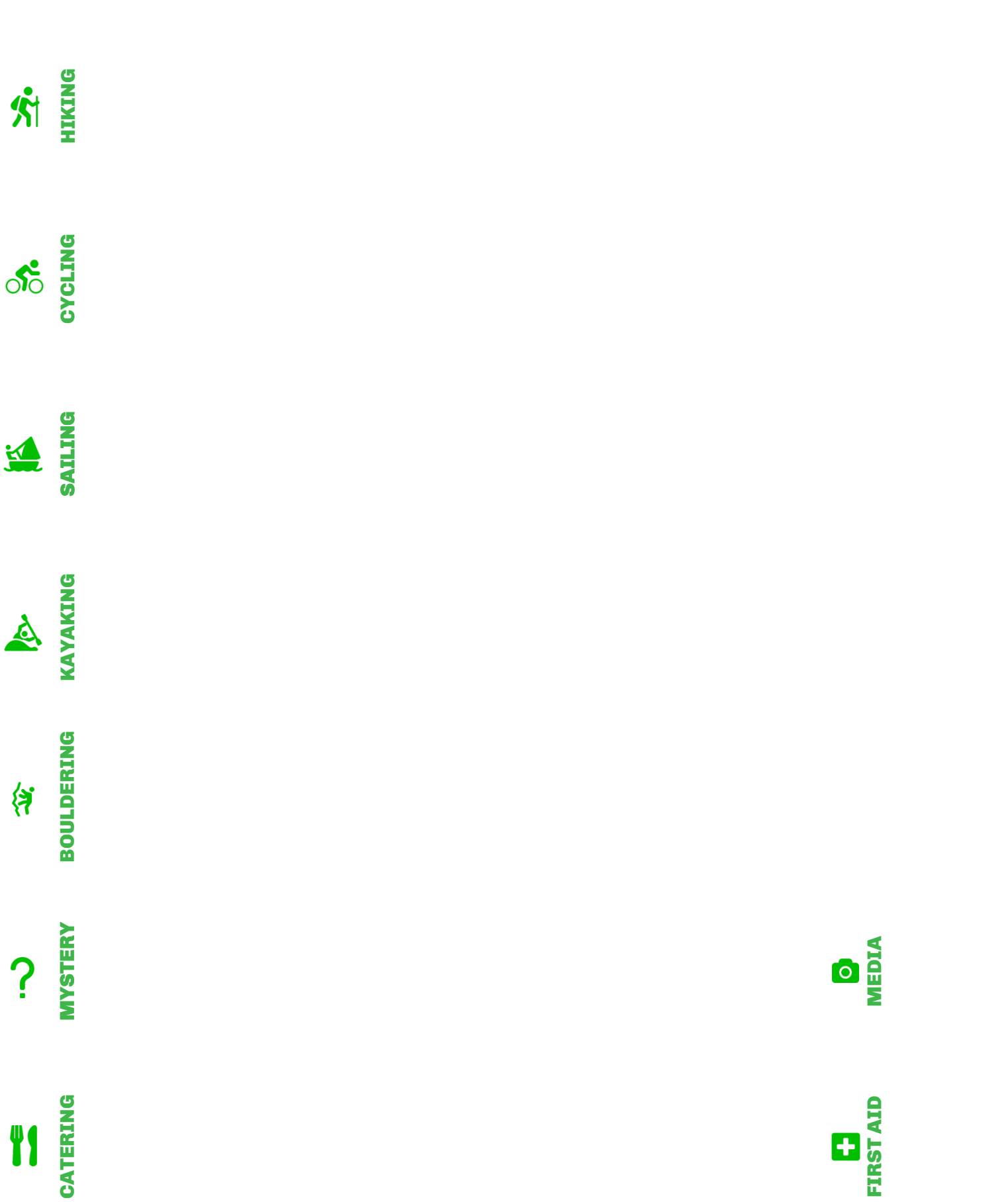
MYSTERY



CATERING

WHO'S WHO?

Meet our volunteer expedition team!



MEDIA



FIRST AID

Q&A

How should we prepare for the unpredictable Scottish weather?

The weather can be beautiful sunshine one moment, and then heavy rain the next. Make sure you always pack appropriate amounts of clothing and waterproofs even if it looks like the weather is going to be amazing. Likewise, always take sun cream with you, even if it's raining! There will be a board on the station with the weather forecast for the day - make sure you take a look when you're queuing up for breakfast.

What happens if I'm missing home / having a bit of a 'blue' day?

It's okay to have a bit of a bad day, and some days you might be missing your home and the people you love - this is totally normal. Step 1 - acknowledge and accept your feelings. Step 2 - talk to someone, this could be a friend or a Leader. Step 3 - remind yourself of why you're here - look back at the answers in the beginning of this booklet. Step 4 - get involved in whatever is going on, keeping busy will help focus the mind! Step 5 - look forwards - what are you doing tomorrow? What are you doing in a few days time? There's lots to be excited about!

Who can I talk to if I need anything?

You can approach any of the Leaders - we're all here to help. There's usually someone on the platform. If you'd prefer to speak to a specific Leader in particular, that's totally okay too.

I'm really tired...

We'll be busy nearly all the time so it's okay to be tired! After dinner there's some individual quiet time so use it to rest. There will also be a quiet area you can use. And it's okay to have an early night if you want!

What if I get lost?

When you arrive at the station you'll be given your lanyard. DO NOT lose this! It will contain a card with your name and any life-threatening conditions, as well as emergency contact information. If you get lost, find the nearest phone or ask someone to borrow their phone to contact the number on the back of this card.

What if I lose my lanyard?

Don't lose it! But if you do, you can ask Sam for a replacement one - for the cost of one chocolate bar purchased in Stirling!

What if there's an emergency during the day?

Notify the nearest Leader. If you need the first aider on call in an emergency, please press the door bell next to the Station Master's office.

What if there's an emergency in the night?

If there's a problem in the night that can't wait until the morning, you can press the door bell next to the Station Master's office which will notify someone who will be on duty.

What if something hurts? Something doesn't look right? I feel ill?

Make sure you're drinking enough and eating enough - this fixes a lot of problems! If you've injured yourself or not feeling right, please let Karen know. She'll be our station first aider and will also issue medication. Don't let something get really bad before speaking up!

What if I really don't like dinner?

Give it a try but let us know as we can sort something. We don't want anyone to go hungry.

Can I help myself to drinks / food?

We'll have lots of food available for breakfast, lunch and dinner, plus a snack when you get back from your activity. There will be a drink and toast/fruit station available throughout the two weeks. You can help yourself but please tidy up afterwards. And please try not to eat 5 slices of toast 10 minutes before your dinner - remember dinner is at 6pm each night! Please do not go in to the kitchen.

Do Scottish kilts have magical powers?

No, Scottish kilts don't have magical powers, but they can work wonders for your swagger and give you an irresistible urge to do spontaneous Highland dances.

Is it true that haggis is actually a rare and elusive creature that only the bravest Scots can catch?

There's lots of new things you'll come across during our expedition!

CODE OF CONDUCT

Welcome to the #HDSL2023 Code of Conduct. We're super excited to go on this awesome adventure together. This code of conduct will help us have a safe, fun, and respectful experience. As Scouts, we believe in being trustworthy, loyal, and respectful. Our actions show who we are and represent our District and the Scouting community. So let's agree to follow these important rules during our expedition:

- 1. Safety First:** Staying safe is the most important thing. We'll listen to our Leaders, follow the safety rules, and tell someone if we see anything dangerous. We want everyone to stay safe and healthy.
- 2. Include and Respect Everyone:** We are all different, and that's cool! We'll treat everyone with kindness and respect, no matter where they come from or what they look like. We won't be mean or bully anyone because that's not how Scouts behave. Be careful with any jokes or 'pranks' - make sure they don't annoy.
- 3. Take Care of our Environment:** Nature is amazing, and we want to keep it that way! We'll be careful not to leave any trash behind and will take care of the places we visit. Let's make sure we don't harm the environment and leave it even better than we found it.
- 4. Be Responsible:** We are responsible for our own actions. We'll bring the right kit, take care of our stuff, and participate actively in all the activities. What we do affects the whole group, so let's make good choices together.
- 5. Be On Time:** Time is important, and we want to make the most of our activities. We'll make sure to be on time for all the scheduled events and gatherings. Punctuality shows respect for others and helps us stay organised. We'll set alarms, plan ahead, and be ready to go when it's time to start. Being on time means we won't miss out on any of the fun!
- 6. Teamwork Rocks:** We're a team, and together we can do amazing things! We'll help each other, work together, and be supportive. If there are problems we'll talk it out and find solutions. Teamwork makes the adventure even more fun!
- 7. Be Honest and Do the Right Thing:** We always tell the truth and act with integrity. Cheating, lying, or taking things without permission is not a Scout. We respect other people's stuff and always ask before using it. Trust is super important, so let's keep it strong.
- 8. Learn and Grow:** The expedition is a time to learn new things and grow as individuals. We'll try our best, be open to new experiences, and have a positive attitude. Feedback helps us get better, and we'll support each other's growth.

Following this Code of Conduct will help us have an amazing summer full of fun, friendship, and adventure. Let's create memories that will last a lifetime!

However, if someone doesn't follow the Code of Conduct, there may be consequences depending on the severity and frequency of their actions. This could include a verbal warning, loss of privileges, time out, or even parent/guardian involvement if the behaviour persists or is severe. In rare and extreme cases where someone repeatedly violates the Code of Conduct or engages in severe misconduct that jeopardises the safety or well-being of themselves or others, they may be sent home. This decision would be made by the expedition leadership, in consultation with the individual's parents or guardians. If this action had to be taken, it will be the responsibility of the parent/guardian to arrange collection of the young person.

By embracing and practicing the principles outlined in this Code of Conduct, we will have an incredible expedition. Each of us plays a vital role in creating a harmonious and enjoyable environment for all. Together, we will forge lifelong friendships, discover new strengths within ourselves, and create unforgettable memories!

Young Person Signature

Parent/Guardian Signature






DAILY TIMETABLE

The timetable below shows you what a typical day at the station will be like, some times may vary.

| | |
|---------|--|
| 7.30am | Wake Up |
| 7.50am | Flag Break |
| 8.00am | Breakfast |
| 9.30am | Activities Begin |
| | |
| 4.00pm | Return from Activity / Afternoon Snack |
| 6.00pm | Dinner |
| 7.00pm | Prep for Tomorrow / Journal Time / Duty Team |
| 7.30pm | Quiet Time / Phone Time |
| 8.00pm | Evening Activity |
| 9.30pm | Bed |
| 10.00pm | Lights Out |

PROGRAMME

| | | |
|----------|--|-----------|
| Fri 21 | Travel to Lochearnhead | DUTY TEAM |
| Sat 22 | Highland Games | Bravo |
| Sun 23 | Clan Activity Day | Delta |
| Mon 24 | Activity Day A | Charlie |
| Tues 25 | Activity Day B | Foxtrot |
| Wed 26 | Stirling Monopoly Run | Echo |
| Thurs 27 | Activity Day C | Alpha |
| Fri 28 | Activity Day D | Delta |
| Sat 29 | White Water Rafting | Bravo |
| Sun 30 | Activity Day E | Echo |
| Mon 31 | Activity Day F | Alpha |
| Tues 1 | Swimming, Sports & Packing for Overnight | Charlie |
| Wed 2 | Overnight Expedition | |
| Thurs 3 | Overnight Expedition | Foxtrot |
| Fri 4 | Final Meal & Packing | Alpha |
| Sat 5 | Travel Home | |

| YOU NEED TO WEAR | | YOU NEED TO PACK | |
|---|--|--|--|
|  HIKING | <ul style="list-style-type: none">□ Long trousers□ T-shirt or long sleeved top – man made fibres□ Fleece or woollen pullover – unless in rucksack□ 2 pairs of socks□ Walking boots | <ul style="list-style-type: none">□ Packed lunch□ Water bottle and / or flask (full!)□ Waterproof jacket□ Waterproof trousers□ Warm hat and gloves□ Sun hat and sun cream□ Spare polyester fleece or jumper (not cotton)□ First Aid Kit, Survival Bag, Whistle, Torch, Emergency Rations | |
|  CYCLING | <ul style="list-style-type: none">□ Long trousers (tracksuit, jogging bottoms or other fairly tight-fitting)□ “Track mitts” (fingerless cycling gloves)□ Usual layers etc. similar to hiking□ Trainers or similar <p><i>For comfort, avoid clothing that will place thick seams between you and the saddle!</i></p> | <ul style="list-style-type: none">□ Packed Lunch□ Water bottle and / or flask (full) – cycling water bottle preferred as it will fit in the bottle cage□ Waterproof jacket□ Spare jumper or fleece□ First Aid Kit, Survival Bag, Whistle, Torch, Emergency Rations□ Sun Cream | |
|  SAILING | <ul style="list-style-type: none">□ Trousers or shorts / leggings, depending on the weather□ T-shirt - long or short sleeved (man-made fibres)□ Lightweight fleece□ Lightweight windproof top (eg cag in a bag)□ Lightweight waterproof (ie windproof!) trousers.□ Old trainers or water activity shoes (No Crocs/ flipflops!)□ Swimsuit may be worn underneath other clothing as listed | <ul style="list-style-type: none">□ Packed Lunch□ Water bottle and / or flask (full)□ Sun hat and sun cream□ Woolly hat□ Total change of clothes□ Waterproof jacket (where this is not to be worn on the water, but may be helpful for warming up onshore, or even against a shower of rain)□ Towel□ Large plastic bag / rubble sack for wet gear□ Glasses strap (if you wear glasses)□ If you have long hair, please be sure to have a hair elastic or two | |
|  KAYAKING | <ul style="list-style-type: none">□ Shorts or trousers depending on the weather□ T-shirt (rash t-shirt optional)□ Swim suit (optional)□ Lightweight waterproof or dry cag (to wear on the water)□ Old trainers (or wet boots if you have them) No Crocs/Flip Flops | <ul style="list-style-type: none">□ Packed Lunch (in 2 plastic bags)□ Water bottle and / or flask (full)□ Waterproof jacket (to NOT wear on the water)□ Waterproof trousers□ Towel□ 1 set of dry clothes in a separate plastic bag/dry bag (t-shirt, jumper & trousers)□ Pair of dry trainers□ Sun cream□ Large plastic bag / rubble sack for wet gear□ Glasses strap (if you wear glasses) | |
|  BOULDERING / MYSTERY | <ul style="list-style-type: none">□ Shorts or trousers depending on the weather□ Long sleeved top□ Fleece or jumper (not cotton) – unless in rucksack□ Walking boots <p>You can wear trainers for the mystery activity</p> | <ul style="list-style-type: none">□ Packed lunch□ Water bottle and / or flask (full!)□ Waterproof jacket□ Waterproof trousers□ Warm hat and gloves□ Sun hat and sun cream□ Spare polyester fleece or jumper (not cotton)□ First Aid Kit, Survival Bag, Whistle, Torch, Emergency Rations | |

For Sailing & Kayaking - you may get wet, hence the need to bring a complete change of clothing, including shoes to walk back to the station in. However please be reassured that we are not *planning* a capsized drill during the Activity Days. You will be provided with a buoyancy aid which **MUST BE WORN AT ALL TIMES** when you are near / on the water. There is no need to bring a wetsuit.

For Hiking - remember that it is usually colder and wetter on top of the mountains than at the station!

Do you have any medication you need to take with you? Make sure your Leader is aware.

BADGE LIST



Adventure Challenge

- Take part in four different adventurous activities. At least two of these activities should be new to you and you should try to do them on at least two separate occasions.
- Show how you have developed your skill and expertise in one of these activities. Show that you know the safety issues involved, and that you can use any equipment needed for the activity safely.
- Learn about any environmental issues caused by your activity. Take steps to reduce any harm to the environment.
- Research other ways you can take part or develop your skills in your chosen activities. Follow up your research with action!



Expedition Challenge

- Take part in either an expedition or an exploration over two days with at least three other Scouts. This should include a night away at a campsite or hostel.
- Take an active part in planning the expedition. Do any training you need and be well prepared.
- During the expedition or exploration:
 - play a full part in the team
 - use a map or other navigation device to keep track of where you are
 - cook and eat at least one hot meal
 - do a task, investigation or exploration as agreed with your leader.
- Produce an individual report or presentation within the three weeks following your expedition. You could present your work as a project, performance, video recording, oral presentation, blog or website.



Teamwork Challenge

- On at least three separate occasions be part of a Scout team where you work together to achieve a goal.
- Give at least three examples of when you've been in different types of teams. Explain your role in those teams.
- Take part in at least three team building activities that you have not tried before. Take an active part in at least four Troop or Patrol Forums. At each forum, express your views on at least one item being discussed.



Team Leader Challenge

- Successfully lead a Scout team at a camp or all day event. You need to:
 - look after the whole Patrol / team
 - help individuals in your team if they need it
 - make sure that your team achieves the goal you have been set
- Help a new Scout to be part of the Troop with an understanding of what is expected of them.
- Help another Scout to develop a Scouting skill.
- Represent the views of other Scouts (for example at a Patrol Leaders' Council or something similar) and report back to them afterwards.



Cyclist

- Use a bicycle that is properly equipped. Keep it in good working order for at least six months.
- Show that you can carry out essential maintenance and repairs.
- Show you understand the Mountain Bike Code of Conduct.
- Show you can control your cycle over different types of terrain.
- Show you're aware of the damage that may be caused to the environment through careless cycling across the countryside.
- Learn the basics of first aid, including the treatment of hypothermia and find out what to do in the case of an accident.
- Gain a working knowledge of map reading. Orientate a map using a compass or conspicuous features. Estimate distances and times taken to travel.
- Plan and carry out an all-day ride of at least 30 kilometres (20 miles).

BADGE LIST



Hikes Away



Hill Walker

- For Scouts, each hike or journey must involve at least four hours of activity and have a purpose, which you will agree with your leader.
- With others, plan at least five one-day journeys of at least 14km in hilly country. At least three of these should be in areas defined as terrain one and be led by a permit holder.
- Using Ordnance Survey maps, complete all the information you need to plan the route for each journey.
- Learn how to summon help in an emergency. Make sure you know what In Touch system will be used.
- Make sure you know the different types of hazards you might come across. There might be water hazards, unstable ground, changeable weather conditions or other dangers.
- Before setting out, list the equipment that should be taken and explain how to use them correctly.
- Complete your planned journeys. Take turns in leading the group for part of each journey. Keep a log of your journeys.
- During the journey, show how you use the map and compass.
- Show you're aware of ways to preserve the natural environment, such as avoiding erosion and conserving wildlife habitats.
- Show that you know the publication Safety on Mountains, published by the British Mountaineering Council.



Paddle Sports

- Identify different types of paddle craft.
- Name three places you could safely go canoeing or kayaking.
- Take part in a warm up activity to prepare you for canoeing or kayaking. You could practice balancing whilst kneeling, getting in and out of a boat or practicing a paddling action.
- Dress properly for your chosen activity. Show you know the importance of buoyancy aids and how to put one on correctly.
- Take part in a taster session that covers:
 - naming equipment used and the parts of the boat
 - getting into and out of a boat safely
 - balancing a boat
 - manoeuvring your boat in different directions, including moving forward.



Paddle Sports

- Identify different types of sailing crafts.
- Name three places you could safely go sailing.
- Take part in a warm up activity to prepare you for a sailing activity. You could try tacking and gybing, hiking out or syncro-jump to cross the boat together in a tack or gybe.
- Dress properly for a sailing activity, showing you know the importance of buoyancy aids and how to put one on correctly.
- Take part in a taster session that covers:
 - being able to name equipment used and parts of the boat
 - getting into and out of a boat safely
 - balancing a boat
 - manoeuvring your boat in different directions, including moving forward.



Sailing Staged

- Launch and recover your dinghy.
- Control the direction and speed of your dinghy to steer around a course.
- Stop your dinghy safely.
- Capsize and get to the shore safely, and recover the dinghy.
- Show you can moor your dinghy.

What did I do today?

How am I feeling?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?



How much did I drink?



Energy Level

SATURDAY 22 JULY

How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



SUNDAY 23 JULY

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How am I feeling?



How much did I drink?



Energy Level



MONDAY 24 JULY

How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



TUESDAY 25 JULY

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How am I feeling?



How much did I drink?



Energy Level



WEDNESDAY 26 JULY

How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



THURSDAY 27 JULY

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How am I feeling?



How much did I drink?



Energy Level



FRIDAY 28 JULY

How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



SATURDAY 29 JULY

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How am I feeling?



How much did I drink?



Energy Level



How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



MONDAY 31 JULY

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How am I feeling?



How much did I drink?



Energy Level



TUESDAY 1 AUGUST

How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



WEDNESDAY 2 AUGUST

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How am I feeling?



How much did I drink?



Energy Level

THURSDAY 3 AUGUST

How am I feeling?

What did I do today?



What was the weather like?



3 of the **best** moments that happened today...

1

2

3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try tomorrow? / What are my goals? / What am I looking forward to?

How much did I drink?



Energy Level



FRIDAY 4 AUGUST

What did I do today?

What was the weather like?



3 of the **best** moments that happened today...

- 1
- 2
- 3

What were my goals for today? Did I achieve them?

Did I do anything new? Would I do it again?

What am I proud of?

What am I thankful for?

What will I try in the future? / What will be my new goals?

How am I feeling?



How much did I drink?



Energy Level



SATURDAY 5 AUGUST

