Boots on.
Backpacks ready.
Adventure awaits.

This is Cheshire Hike 2026.

cheshirehike.org.uk/take-part

#CheshireHike

Scouts
Cheshire

Your official guide our 2026 event, written by the organisers.

Cheshire Hike has seen Scouts, Explorers, Guides and Rangers walk between 30km and 60km in just two days for 58 years. The 2026 event will take place between **26th-27th September**, and will see 850 Scouts and Guides within three age categories will walk these distances in a weekend, camping at basecamp overnight.

Fancy getting involved?

As a young person, take part in one of the most renowned and historic events run by Cheshire Scouts.

Over a weekend, in a team of two, three, four or five friends, navigate a route that is only revealed when you start. Carry your kit, and camp over at a basecamp full of activity. Take part in a finishing ceremony, be awarded with a Cheshire Hike necker, certificate and badges, and for those that have achieved the highest scores, earn an exclusive trophy.

As a volunteer, join the teams that run our start locations, on-route checkpoints, basecamp, and finish ceremony. Be there to help our young people achieve great things and shine bright.

An introduction.

Cheshire Hike is a challenging yet rewarding, two day expedition completed in teams of 2-5 people, open to Scouts, Explorers, Guides and Rangers between the ages of 10½ and 17.

We have three age categories, based on how old you are on Saturday 26th September 2026.

Age category	Hiker age	Kit weight limit
Pathfinder (30km)	At least 10½ years of age, but not 12½ yet.	Day pack: 6kg + a transported rucksack: 10kg
Pathfinder Plus (40km)	At least 12½ years of age, but still in Scouts or Guides.	Rucksack: 8kg
Explorer (50-60km)	At least 13½ years of age, and an Explorer or Ranger.	Rucksack: 10kg

Age category	Total distance	Saturday distance	Sunday distance
Pathfinder (30km)	30km	TBC	TBC
Pathfinder Plus (40km)	40km	TBC	TBC
Explorer (50-60km)	50-60km	TBC	TBC

“Cheshire Hike is one of the most historic and renowned events in our calendar.

“It sees Scouts, Explorers, Guides and Rangers hiking through the Cheshire countryside, navigating their way. It requires preparation, organisation, teamwork, resilience and personal determination to get to the end.

“This is an event that truly delivers **#SkillsForLife** and every participant should be very proud to say they have taken part. For some it’s the pride in saying they have taken part in multiple Cheshire Hikes!

"To the Leaders who support their young people with training and encouragement, thank you, because without you, it would be impossible to give this many young people a challenge or adventure of this magnitude.

“To the volunteers who help us organise and run the hike, you are all amazing, because without you, Cheshire Hike simply would not happen.

“To all participants, good luck, enjoy the weekend and be proud because you are doing something very special.”

Dave Hopley, County Lead Volunteer

How does it work?

Cheshire Hike is a two-day event - a Saturday and a Sunday - and has three routes, with distances of 30km, 40km and 50-60km.

As a young person, you'll walk one of these three depending on your age.

You'll be in a team of two, three, four or five friends. These teams can be mixed genders, however all of the young people in a team must be within the same age category - you cannot move up or down an age category.

For the youngest age category, you won't carry all of your kit - we'll transport the heavy stuff for you - and for the other age categories, all of your kit will need to be carried by your team, unless pre-agreed by Cheshire Hike Organisers and only on medical or special needs grounds.

If you're an Explorer Scout or Ranger you'll be walking our Explorer route, and have the option of walking one or two additional 5km route sections on the Saturday if you wish. Walking either of these will gain you additional points towards your score, and if you walk both you'll earn the 60km badge.

We're holding the Cheshire Hike onboarding day on Sunday 20th September. You'll need to attend this as a full team. After a safety briefing, we'll supply you a 1:25000 scale map which will cover the area you'll be walking in. You'll be given coordinates to plot as a team, before our volunteers check it's correct. We'll keep your map safe for you, and it'll be waiting at your Cheshire Hike start location for you.

You begin your adventure from your start location on Saturday 26th September. Along your journey you'll be met with checkpoints, with

volunteers with a smile who are able to check your map with you, and give your access to water and toilets before you continue.

Overnight, you'll camp at the same basecamp as everyone taking part, where you'll be met with activities, a silent disco, outdoor cinema and some extra hot food if you'd like it. **Please note that this is <u>not</u> a replacement for the food you must bring with you.**

We'll send you a **Start Pack** two weeks before the event, which will give you a **Team Number,** which you'll need to remember (and we'd recommend putting on your kit). You'll also be given the location for your start, a time you'll be starting, and details about the finish location. Everyone has the same finish, but there are multiple start points (and multiple start points within the same age category), so please make sure you make sure you arrive at the correct one.

The checkpoint and basecamp locations are only revealed when you plot your map. Please don't share this information unless you need to, as keeping these locations to ourselves is very important to the safety of the event.

We'd love you to invite your family and friends to our finish ceremony to see you wearing your Cheshire Hike necker and be awarded your certificate with an award and badges. For those that have achieved the highest scores in each age category within each Scout District, there will be a trophy awarded on stage.

The event is run from a central Hike Control. Our organisers use technology and radios to track the location and safety of every individual.

We have a number of vehicles who are controlled by Hike Control (Field Control, Transport, First Aid, Route Marshalls), and you may see these around - they're all marked up with Cheshire Hike branding for safety.

You'll also likely see our Media Team with cameras and drones - make sure you give them a smile, so your family and friends can see how you're doing live on social media. You may even be in the video shown at the finish ceremony!

Alongside, we have over 250+ amazing volunteers along our routes to make sure our young people safe, smiling, and have help if they need it.

Everyone that volunteers for Cheshire Hike will have Cheshire Hike ID. This is a lanyard around their neck with a badge showing their name and their role. Feel free to ask to see this if you're not sure if someone is part of the team. They'll likely be wearing Cheshire Hike or Scouts branded clothing, with a red and white Cheshire Hike volunteer necker too.

Cheshire Hike is a challenge, however is one of the most rewarding events you can take part in within Scouts, and from the organisers, we wish you the best of luck.

Booking onto Cheshire Hike.

We have three age categories, based on how old you are on Saturday 26th September 2026.

Teams consist of two, three, four or five young people, all who must be within the same age category - you cannot move up or down an age category.

Age category	Hiker age	Kit weight limit
Pathfinder (30km)	At least 10½ years of age, but not 12½ yet.	Day pack: 6kg + a transported rucksack: 10kg
Pathfinder Plus (40km)	At least 12½ years of age, but still in Scouts or Guides.	Rucksack: 8kg
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Bookings will close once our maximum event capacity is reached.

The process of securing places for the event is:

1. Bookings open at 10am on **Saturday 25th April**. From the Cheshire Hike website, choose Book Now, and register your Group. Please then add all Young People that you expect will take part. Young people can be removed at any point. If you're an approved leader you will be able to log in straight away and register your Young People. If you're not already an

approved leader, once you have been approved you will receive an email allowing you to log in.

2. Parents/carers of the young people will receive a link to complete their personal information.
3. Once the event is full at 850 participants – which we expect it to be very quickly – self-service bookings will close and a waiting list will be launched on the Cheshire Hike website which will be operated on a first-served-first-come basis.
4. Payment of £30 per young person will need to be made prior to **Friday 17th July**, twelve weeks after bookings opening. Any places not paid for by this date will be released to the waiting list the following day. Should a young person be unable to take part and they have already been paid for, payment can be reallocated to another young person. No refunds are available.
5. Leaders place hikers into teams, which can be amended up until **Friday 11th September**. After this date, hikers can withdraw if they can no longer take part, and teams can merge if required, however no new hikers can be registered.
6. We'll send out a Start Pack two weeks before the event to both parents and leaders, with a team number, start location and time, and details about the finish location.

A waiting list system will be released via the Booking page on the Cheshire Hike website once the event is full, allowing hikers to take advantage of any places that do become available from those that can no longer take part in the event.

What kit will I need?

For a two day expedition like Cheshire Hike you'll need some specialist equipment for navigating, cooking and sleeping. If you don't have the kit already, most Groups or Districts will be able to lend it to you.

If you're a Pathfinder, you'll carry a backpack containing your day equipment and we'll transport your heavy kit to basecamp for you. If you're a Pathfinder Plus or Explorer, you'll carry your kit.

There are kit weight limits for each section, which must be followed. Be smart about what you bring with you and leave any non-essentials at home. If you follow our kit list, this is easily achievable.

The official kit list

We have an official kit list, which outlines items our organisers recommend you have with you, and items that you **must have with you in bold**.

At the start location, your team will each have their rucksacks weighed, and then asked if you have all the items required. To be able to start Cheshire Hike, you will need to show everything in bold below, and carry under the weight limit above. Please note you may be sent home otherwise. There are points available for having the correct equipment.

Pathfinder
Your sleeping bag, bed roll, tent(s), cooker, gas or fuel, evening meal and breakfast must be packed in a single rucksack per hiker, clearly marked with your team number. This rucksack must be easy for us to transport to

basecamp for you, and weigh no more than 10kg. All remaining kit should be packed in a daypack to carry, which must be under 6kg.

Pathfinder Plus & Explorer
All kit must be packed into the rucksacks being carried by the team.

Download the official kit list »

Rucksacks

Your rucksack will be carrying everything you need throughout your weekend, and you'll be carrying it on your back for hours at a time.

Modern rucksacks are made from lightweight fabric, with lots of padding and pockets. For a Cheshire Hike, you'll want a pack with a capacity of at least 40 litres. Get a rucksack with a strong waist strap and wide well-padded shoulder straps.

A lot of modern rucksacks come with an adjustable back system that tailor the fit to your back. It is really important that you look for a rucksack that is appropriate to your height. This gives a better load transfer from the back and shoulders to the hip area.

Before you buy:

1. Rucksacks are measured by their litre capacity (internally and expansion), e.g. 60:70 means a total capacity of 70 litres.
2. Don't go too big. Get the right size rucksack for your age category.

3. Some rucksacks are designed for women and smaller men, with narrow shoulder straps and back.
4. Most rucksacks aren't completely waterproof, so it is recommended to use dry bags inside, or some come with a pull-out rain cover.

Advice:

1. Look out for a load transferring, adjustable back system and ensure your rucksack is fitted to you.
2. Make sure your backpack transfers the weight of your kit to your hips and not on your shoulders, by always using the waist strap.
3. Line your rucksack with a rucksack liner to keep everything dry.
4. Try out packing your rucksack well before the event. This allows you to check you have everything and it will fit in the rucksack properly.

"Keep things like gloves, hats and sunglasses accessible in the top pocket."

"Try the rucksack on in the shop and ask the sales assistant to help you properly fit it."

"Help your teammates out by lifting each other's packs onto one another's backs."

Sleeping

A good nights sleep is essential to any adventure! Look for a good three-season sleeping bag and pair it with a sleeping bag liner and comfortable warm pad to put underneath to keep you warm. The liner can be used to increase the temperature of your sleeping bag as well as help keep it clean.

Before you buy:

1. A mummy-shaped sleeping bag helps keep the warm air close to your body, especially your feet and head.
2. Be sure of what sleeping bag you need. A four-season may add unnecessary weight but using a two-season in October may not keep you warm.
3. Think about how tall you are. A ¾ length mat might save on weight/bulk.
4. Use a mat designed for outdoor use. Yoga/roll mats don't have the same durability, comfort or insulation.
5. If you know you need a good night's sleep to be motivated the next day, a good quality mat is a wise investment.

Advice:

1. Invest in a sleeping bag designed for the outdoors with a compression stuff sack to reduce size.
2. Always pack your sleeping bag in a waterproof bag to keep it dry - it's not an option to sleep in a wet one!
3. Synthetic sleeping bags cost less, but are bulkier and heavier than down, but retain better heat insulation when wet.
4. Down offers the best insulation, is lighter, easily compressed and very warm but more expensive than synthetic, and must be kept dry.

How will I fit it all in?

1. Start by packing lighter items at the bottom, and heavier items towards the top, closer to your back. This will help you balance the rucksack.
2. Everything you may need in the middle of the day e.g. waterproofs, first aid, etc. should be at the top of pack.
3. After packing bulky items neatly, stuff items like coats into the space around the rest of your kit to fill empty spaces.
4. Look for a rucksack which supports a hydration bladder or has an accessible pocket or pouch on the outside of the rucksack to store a water bottle. You don't want to have to take your rucksack off every time you need a drink.
5. Any spare clothing should be packed in a roll-top dry bag. This will keep it dry but also makes stuff easy to find.

Perfected by the Marines, the skivvy roll is one of the most efficient packing techniques out there. Combining all your essentials (socks, underwear, shirt, and - with a little practice - some shorts) into a compact, bag-ready burrito...

First, take your shirt, and lay it flat on the ground. Then, take your underwear and shorts, fold them in half, and place them right below the collar of the shirt - this will make it easier to roll up.

Next, fold your shirt right above the shoulder and then layer the second sleeve in the exact same way. If you want your shirt to stay wrinkle-free when you unroll it, be sure to take your time on this step.

Then, grab a pair of socks and cross them toe to heel right over the sleeves of your now folded shirt.

Once in place, take the collar of the shirt and begin to tightly roll the shirt to the bottom. The tighter you roll, the less space you will create.
When you are happy with your roll, you should have the two ends of the socks sticking out on either side. Take one of these ends and slide it over the roll. It should cover at least half of your shirt bundle. With the remaining sock end, repeat the step to completely cover the shirt. Ta'dah - you now have the coolest and most compact way to pack for your adventure.

What will I need to wear?

What your wear is incredibly important. Take into account personal preferences and apply common sense based on your own experiences. It's advisable to wear thin synthetic or wool layers that keep moisture away from your skin. Cotton clothing isn't generally suitable for outdoor activities.

Why do we wear synthetic fabrics?
Always choose wicking fabrics over cotton. Cotton holds moisture and takes a long time to dry. If moisture is held next to the skin, it is unpleasant and

can contribute to a drop in body temperature as well as weigh you down. Synthetic fabrics however dry quickly and draw moisture away from your skin keeping you warmer and more comfortable.

What is layering?

Layering breathable clothing can help you to keep warm, dry and comfortable through varying conditions, allowing you to add or remove layers depending on how you feel and the conditions you're in. All the items should be lightweight and packable, and should fit inside your rucksack easily. It's easy to think that when the temperature drops, wearing the thickest clothing possible is the best idea, when in reality most climbers, runners, cyclists and hill walkers can all benefit from some variation of a layered clothing system. Carrying extra layers in your rucksack can help to keep you safe - the weather may be mild when you set off on your walk, but the temperature can and will take a sudden drop, and conditions can change in an instant.

At its most basic level, layering consists of three layers, including:

Baselayers help to regulate your body temperature and keep away moisture from your skin. **Midlayers** are used to trap the warmth your body generates. Depending on the weather this can be a fleece, a softshell, or even a down jacket. **Outer layers** are usually a protective layer. For example, a waterproof jacket in the rain, or a windproof or down jacket in the cold/dry.

Wet wet wet...

Choose a decent waterproof jacket and trousers to ensure you are comfortable on the hike, in any weather. Key features to look out for in a waterproof are breathability, weight, whether it has an adjustable hood, as well as plenty of pockets. Trousers should ideally have zips up the side of

the base, to aid putting them on and taking them off, especially over muddy boots.

Socks

Good walking socks can be the key to an enjoyable expedition and help to avoid blisters. The best walking sock for you depends on the type of footwear you'll be wearing. For thick leather boots, more protection around the toe of the sock offers warmth and padding.

For a lighter weight boot, a lighter weight walking sock may be an option. Look for walking socks that have padded areas that act as a cushion on key zones of your feet which are prone to get tired or sore.

We thoroughly recommend wearing a merino or synthetic liner sock to help prevent blisters. The material of theses types of liner are moisture wicking which makes your feet less sweaty. Dry skin is less prone to blistering.

Walking boots

As Cheshire Hike takes place on foot, getting the right walking boots and having them fitted for you will be the key to success. Feet come in all shapes and sizes, so different boots may suit different kinds of feet. When choosing your walking boots, you'll find a huge range of different fabrics, styles and soles.

Leather boots are soft, durable and waterproof and highly abrasion resistant, making them long lasting. Importantly they are more breathable reducing the moisture in your shoes which can really help with blisters. Fabric boots are lighter, cheaper and a good option if your feet are still growing.

Before you buy:

1. Try on boots while wearing expedition socks and walk around in them.
2. The boots must have ankle support to protect you while walking with a heavy rucksack.
3. Check there is a deep tread for grip.
4. Think about how often you'll use your boots and spend money appropriate to that use.
5. You need to get your boots well before your expedition as you will need to wear them in - without this, you may find they aren't comfortable or rub you, potentially causing blisters.

What will I eat?

You will need calorie dense, nutritious, but light weight meals that don't take up much space in your pack and are quick to cook. Below are some ideas which will cover all of the above - try and find something similar to suit you:

Lunch
Cheese and ham wraps
Crisps
Chocolate bars
Tangerines and apples

Evening
Pasta and sauce, or spaghetti
or
From a good outdoor shop, you can buy pre-made meals that heat up by boiling them in their bag over a stove - perfect for this type of expedition - you can choose from stew, curry, pasta, chilli, and much more
and
Dessert and hot drink

Breakfast
Porridge
Nutella wrap
Banana
or
Again, you can buy pre-made breakfasts that heat up by boiling them in their bag over a stove - there are even all day breakfasts
and
Tea or hot chocolate

Snacks - you'll need lots of these

Protein/energy bar

Dried fruit and nut mix

Chocolate bars

Sugary sweets

How many calories do I need?

It's essential that you replace the calories you have burnt during Saturday daytime to prepare yourself for the following day. How many calories you need will depend on your age, metabolism, distance you are travelling and how much weight you have on your back. Try and avoid eating too many sugary items as your body burns through these much more quickly, fatty and protein rich foods are best.

Pathfinder
Suggested calories per day: 1,300kcal+

Pathfinder Plus
Suggested calories per day: 1,500kcal+

Explorer
Suggested calories per day: 2,600kcal+

Don’t forget to hydrate!

As well as replacing lost calories, it is **just as important** to drink plenty of water during the hike - even if the weather isn’t very warm. There’s no need to carry more than about half a litre, as there will be plenty of opportunity at the checkpoints along the way to top up your bottle.

Keep reminding others in your team to eat and drink plenty - it’s the most common reason our First Aid teams are deployed.

How will I cook?

There's lots of different methods of cooking a nutritious meal while hiking. We'd recommend using a gas stove due to their reliability and ease of use. You might try a self heated meal. Methylated spirits are discouraged, and if used, ensure fuel is stored in correct fuel container. Paraffin tablets and petrol stoves are prohibited on Cheshire Hike.

Carbon Monoxide (CO) is a highly poisonous gas which can be produced by your cooking equipment. Don't cook in small, poorly ventilated spaces or in areas where people sleep. Basecamp has dedicated cooking areas which you must use.

Be ready to onboard...

The Sunday before Cheshire Hike - Sunday 20th September - all hikers and parents meet for Onboarding.

This is our chance to show you your route, give you time to plot your map carefully before having it checked by our volunteers, and for both young people and parents to listen to a safety briefing ahead of the event. You'll leave your map with us, and it'll be waiting for you at your start location the following week.

And then, ready, set...

On the Saturday of Cheshire Hike, please arrive 15 minutes before the **Start Time** on your **Start Pack**. Every team has a different start time, so make sure you check your Start Sheet carefully. Ensure you have all of the members of your team as well as all equipment on the kit list.

You'll be met by a team of volunteers who will check you in, weigh your kit and make sure you have what you need, and they'll have the map you plotted at your onboarding waiting for you. Once you're ready, it's onto the first checkpoint!

Please ask the family or friends that dropped you off to stay outside the start until you set off, just in case you need something from them, or can't start for any reason. Depending on start location, there may be fresh coffee and

bacon sandwiches on offer while they wait. Once you leave the start, they cannot stay with you.

Your health and safety are paramount. Remember - you need to **drink lots of water constantly**, and **don't let yourself get hungry**.

...go! And onto the checkpoints...

Along the route there will be multiple checkpoints. This is your opportunity to fill up your water bottle, go to the toilet, have a bite to eat, and adjust your boots. The volunteers at the checkpoints are all there for you, so if you have any issues, let them know. Try not to spend to too much time at each checkpoint though - you'll loose your rhythm and start to get cold.

You can expect to see a checkpoint every 45 mins to 2 hours, depending on the route, your hiking speed, and which stage of the hike you are at.

You must arrive at a checkpoint as a complete team, and when you check-in, our volunteers will ask for your Team Number, so make sure you know it.

Between each checkpoint are Observation Boards, nicknamed "OBs". These are Cheshire Hike branded A4 signs with a three-digit number on them. Write each of these numbers down as you go, and when you arrive at a checkpoint, tell the volunteer at check-in those that you found. OBs are worth around 50% of your overall score, and they tell you you're on the right track, so they're incredibly important.

Before you set off again, make sure everyone in your team is ready. Help each other with putting your rucksacks back on, and then check-out with the volunteers.

If you're on a roll, you may want to check-in and check-out in the same conversation and simply carry on - just let our volunteers know.

...until you arrive at basecamp.

Basecamp is your home for the night. This location has been designed and then set up for you by a large team of volunteers. They'll be expecting you, and will ask for your Team Number when you arrive.

You'll pitch your tent, prepare your evening meal, and then you can enjoy a silent disco, a cinema under the stars, and some hot food will be prepared as an extra to the food you've eaten already. **This is <u>not</u> a replacement for the food you must bring with you.**

At basecamp you'll be given a Start Time for the Sunday. This is calculated using a complex formula based on your performance on the Saturday, ensuring you have enough time to get to the finish before the ceremony, but you don't need to wake up too early. It's incredibly important that you leave at this time, however our volunteers won't let you leave early. Make sure you find your Start Time out and remember it.

On Sunday you'll wake up to a lot of activity as everyone prepares for their second day. You'll need to get up, cook some breakfast, pack everything up, and head to the volunteers to check-out at your Start Time. You'll walk a smaller distance than Saturday, and will visit less checkpoints. You'll feel the

excitement of nearing the end of the event as you walk the final leg into the finish.

And you've made it to the finish!

When you arrive at the finish location (which is usually a school or similar), you'll meet with even more of our volunteers, who will greet you with your Cheshire Hike 2026 necker. You'll tell them your Team Number, any OBs you've seen as you walked in, and you'll drop off your rucksack with our team. They'll keep this safe for later.

Pop your Scout or Guide uniform on with your brand new necker ready for the ceremony, and kick off your hiking boots and put some comfy shoes on. You'll head inside to chill out, and our team will keep you entertained whilst Hike Control track all of our team into the finish.

The finish ceremony

You'll follow everyone that has taken part into the ceremony as your family, friends and leaders give you a huge round of applause - everyone will be incredibly proud of what you have achieved in just two days.

Neckers, certificates and badges

Everyone that takes part will gain a Cheshire Hike necker and certificate, and if you completed the route you will be given a badge which shows the km you have walked. You can collect these - see if you can earn all four!

Our neckers are a different colour every year - you have the chance to collect up to seven during your time as a Scout or Guide if you take part each year!

Bronze, silver and gold awards

On your certificate you can gain an award - a bronze, silver or a gold. As long as you get to the finish without needing to withdraw from the event, you'll get an award.

Bronze is achieved by everyone who finishes Cheshire Hike.

Silver is achieved by hikers who complete the hike without our Field Control or Transport teams needing to give you a lift back on track, or to another location on the route, however Field Control or Hike Control did intervene to keep you on track.

Gold is achieved by hikers who complete the hike without Field Control or Hike Control needing to help, no checkpoints are missed, and great camping skills are shown.

Trophies

For the highest scoring teams, there are trophies up for grabs. You will be surprised at how many trophies are won by teams that have never entered Cheshire Hike before!

You can win a trophy for being the highest scoring team in your age category in your District.

There is also a trophy for the highest scoring team in your age category in the County.

The Brian Kershaw Award

Cheshire Hike was established in 1964. Its founder was Brian Kershaw, who organised the hike for twenty-five years before his passing in 1990.

The specially designed 'Brian Kershaw Black & Gold Woggle' is for those who have completed every age category of Cheshire Hike. This makes it an exclusive award for Scouts and Guides who have covered the three progressive route distances of 30kms, 40kms and 50-60kms.

Hats and headdresses

If you like dressing up, there will also be a prize for the best hats or head dresses for a team in each age category. The winner will be decided by media team. We love seeing all the wacky hats every year, and this prize recognises the effort the teams make to put a smile on people's faces.

How do I score points?

Points are awarded across the entire weekend. Below is a list of how you can earn points, which are added to your overall score as you go:

Navigation
Around 50% of your overall score is calculated based on how well you navigate. By following your route perfectly and by being observant, you'll find OBs on your route, and by writing the numbers on each OB down and giving them to volunteers as you check-in to checkpoints, our Hike Control team will know whether you've followed the correct route.

Time keeping
Our organisers have walked the route before you. Hike Control will award points for arriving at each checkpoint (and basecamp and the finish) on time. Cheshire Hike isn't a race - points are awarded for consistency not speed.

Start
There are points available for having the correct equipment when you arrive, and for your kit being within the weight limit provided.

Basecamp
There are points available for those who camp and cook well at basecamp.

What training should I be doing?

It's essential that you and your teammates do the necessary preparation for Cheshire Hike. Getting your body used to walking walking long distances and carrying weight, understanding how you safely use a gas stove, practice navigating, learning how to put your your tent, and getting used to your team mates' company are all part of the run up to the event. Try and get out every other weekend from December onwards.

Up to and including May

It's time to get outside and start walking! Try and fit in a couple of day hikes in at the weekends. Spend an evening practicing plotting grid references, putting up the tent - maybe even camp overnight in the back garden.

June

Increase the weight you are carrying. Try and fit in at least two, two-day hikes in different types of terrain.

July

Increase the amount of weight again. Try and do some walking every weekend. Try out some different foods with your team. Ask your parents to drop you somewhere, and navigate your way home!

August & September

Try and do two practice runs of the Hike with full weight. A few days before the Hike, pack your bag and weigh it, empty it and pack it again. Avoid walking the weekend before the event - you don't want to start with any blisters!

What do I do in an emergency?

Don’t panic!

First things first, make sure that you are and any one else are safe and in no immediate danger. If there is a casualty and there is no help available, administer first aid. Shout for help if you need to. As soon as you or someone else is able, contact Hike Control on **01565 337 878**. If the situation is life threatening, call 999 and then Hike Control.

If possible make sure you have the following information to hand (if it helps write it down first):

1. Your name
2. Your location (use the What3Words app if you can, as well as a description)
3. The nature of the incident
4. Who is with you

If you are speaking to the emergency services let them know you are taking part in Cheshire Hike - they know about our event.

What do I do if we're lost?

Don’t panic. Take a deep breath, look around you. Think about what you can see and what you have passed to get there. How long has it been since the last check point? If you need to, use the tools at hand including your phone to relocate yourself. If you need assistance, contact Hike control on **01565 337 878**.

what3words

Download the What3Words app before you start. If you get lost, you only need to tell us three words and we'll find you.

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Can I earn uniform badges?

For Scouts

What badges will the hike and training help me to achieve?

Adventure Challenge

Counts as one of your four activities. Develop your skill and expertise. Show that you know the safety issues involved, and that you can use any equipment needed for the activity safely.

Outdoor Challenge

Counts as one of your four camper nights. With others, pitch and strike your tent. Set up a suitable stove and use it to prepare, cook and serve a meal safely. Show how to pack a rucksack correctly. Understand the three points of the Countryside Code. Show what action you can take to follow the code. Respect the environment you are in and, at the end of the camp, leave the site as you found it.

Teamwork Challenge

Counts as one of your three occasions you were part of a Scout team, where you work together to achieve a goal.

Personal Challenge

Counts as one of your two challenges if agreed with a leader.

Expedition Challenge

Take part in either an expedition over two days with at least three other Scouts. Take an active part in planning the expedition. Do any training you need and be well prepared. Training should include: planning a route, including rest and meal stops. Being able to work out how long it should take you to travel that route. choosing suitable equipment for an expedition. You might consider tents, stoves, rucksacks, walking equipment, emergency equipment, first aid kit, wet weather gear, appropriate food and a camera. navigation and using things like maps and timetables for your expedition. knowing what to do in an emergency.

<u>During the expedition or exploration:</u>

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.

For Explorers

What badges will the hike and training help me to achieve?

Chief Scout's Platinum: 2 day 1 night expedition, 1 night away

Chief Scout's Diamond: 1 night away

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Scouts
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