

Your guide to Cheshire Hike 2023

1-2 April 2023



Emergency Number - 01565 337 878

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A quick introduction

Cheshire Hike is a challenging yet rewarding, two day expedition completed in parties of 2- 5 people, open to Scouts, Guides, Explorers and Senior Section.

We have three age categories, based on how old you are on the Saturday of Cheshire Hike:

Pathfinder

At least 10½ years of age, but not 12.5½ yet – on 1st April 2023.

Approximate Distances:

Saturday: 19km
Sunday: 11km

Pathfinder Plus

At least 12½ years of age, but not 14 yet – on 1st April 2023.

Approximate Distances:

Saturday: 25km
Sunday: 15km

Explorer

At least 13½ years of age, but not 18 yet, and must be an Explorer or Ranger – on 1st April 2023.

Approximate Distances:

Saturday: 30-40km
Sunday: 20km



County Commissioner's foreword

Cheshire Hike is one of the premiere activities in our calendar. Four team sizes, three age groups, two days, one basecamp.

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.

Cheshire Hike 2023 will be a special event so enjoy the experience, and to all participants – Good luck, enjoy the weekend and be proud because you are doing something very special.

– Dave Hopley, County Commissioner



What to expect on Saturday



Saturday Morning

Arrive at your designated start and check-in. Have your bag weighed. Plot your route. Enjoy day one of the hike!

Saturday Afternoon

Arrive at Basecamp and check-in. Depending on the weather, you'll be greeted with either an ice lolly or something warm. Set up camp and tuck in to your evening meal. Plot tomorrow's route. Enjoy the evening entertainment!



What to expect on Sunday



Sunday Morning

Prepare some breakfast. Strike camp. Have your route checked. Enjoy day two of the hike!

Sunday Afternoon

Arrive at the Finish and check-in!
Collect your award. Drop off your pack. Enjoy a movie!
Attend the awards ceremony!



The start

Please arrive ready for the start time you are given. Ensure you have all of the members of your team as well as all equipment suggested on the kit list.

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/22lb. All remaining kit should be packed in a daypack to carry, which must be under 6kg/13lb.



Pathfinder Plus and Explorer

All kit must be packed into the rucksacks being carried by the team.

Once completed, you will receive your map! You will need to plot the route for the day before a marshall will confirm you are ready.

Parents will be able to stay and wait to wave you off on the hike, but will need to wait outside the building. We will be selling fresh coffee and bacon sandwiches while they wait.



Kit List

Scan the QR to starting planning what kit you'll need, and which of you are carrying...



The checkpoints (CPs)

Along the route, there will be checkpoints. This is your opportunity to fill up your water bottle, have small bite to eat or adjust your boots. The staff at the checkpoints are all there for your wellbeing so if you have any issues, let them know. Try not to spend too much time at each checkpoint or you'll lose your rhythm and start to get cold.

You can expect to see a checkpoint, between 45 mins and 2 hours apart, depending on the route and stage of the hike. The estimated time to next checkpoint will be shown as you leave the current one.

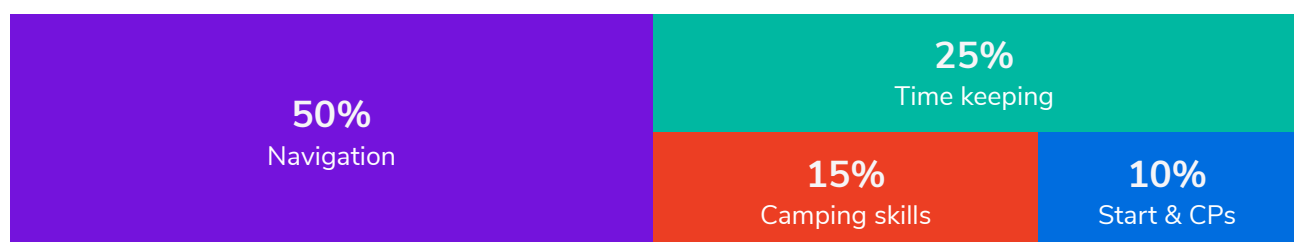
You must arrive at a checkpoint as a complete team. Check in at the desk to let them know you've arrived and give them the Observation Boards (OBs) you have found along the way. OB's are worth 50% of your score.

Do anything you need to do; like top up your water, go to the loo or have a bite to eat.

Before you set off, make sure everyone in your team is ready. Help each other with putting your packs on; then and only then go to the desk to check out.

Scoring

The scores for Cheshire Hike will be split between four categories:



50% for navigation

Navigation will be measured by teams recording OBs around the route. OBs will be clearly visible as long as teams are on the correct route. All OBs will be the same point value. There will be 6 OBs between the start and first checkpoint and 3 OBs between all other checkpoints (including the Basecamp and Finish). There will be bonus points for collecting all the OBs on all stages.

25% for time keeping

Points will be awarded for arriving at each checkpoint (including Basecamp and Finish) on time. Points will also be awarded for completing the overall hike on time.

10% for start & checkpoints

There will be points available for having the correct equipment and having the safe weight at the start. There will be points available for showing teamwork when arriving at Checkpoints and along the route.

15% for camping skills

The points awarded at Basecamp will be split between camping skills (setting up and striking camp), food suitability and preparation, activities at basecamp.



Basecamp (BC)

Your home for the night; this is where you'll pitch your tent, prepare your evening meal and enjoy the evening entertainment!

When you arrive into Basecamp, you will check-in and be greeted by our friendly Basecamp team. After setting up your tent and eating your evening meal sit back, relax and enjoy the cinema and/or silent disco under the stars!



The finish

Having packed up base, you will soon be on your way to the finish! Remember to take all your belongings and rubbish with you.

When you arrive, a team of friendly marshalls will be available to guide you to the check in desk and present you with your certificate.

Having changed into your uniform shirt and sandals, you can take a rest by giving your rucksack to the hike staff to be looked after.



Chill with your new friends and tuck in to some tasty food while watching a film! When all the teams have arrived, you'll be ushered into the presentation ceremony. Your parents and leaders will be eagerly waiting to cheer you on. Its fair yo say, they will be incredibly proud of you!

There will of course be a presentation of trophies with the opportunity to win:

- Your District Trophy for your age category
- The County Trophy for your age category
- Hats & Headdress competition
- The Brian Kershaw award

It's important to remember whether you receive a trophy or not; everyone who takes part in the hike should be proud! When it's all over, it'll be time to head home for a shower and some sleep!



What will I need to wear?

What your wear is important. Here's a guide! 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 wick moisture away from your skin. Cotton clothing isn't generally suitable for outdoor activities.



Waterproof jacket



Mid layer and base layers



Insulating layer



Quick-dry trousers



Waterproof trousers



Gaiters



Hiking socks and boots



Underwear & socks



Sun/rain & insulating hats



Sunglasses & necker



Buff & gloves



Evening footwear

Why do we wear synthetic fabrics?

Always choose wickable 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 the layering system?

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 actuality 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!

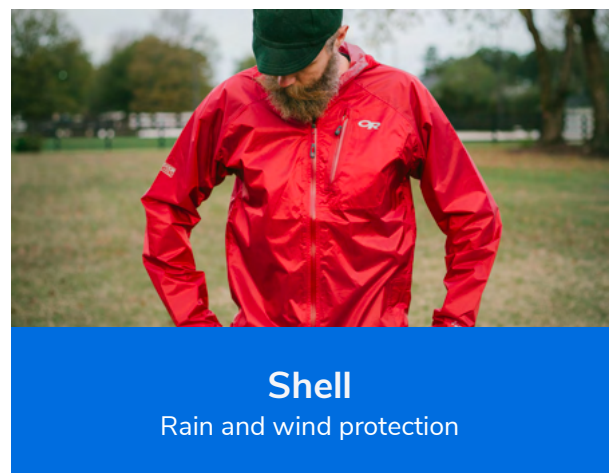
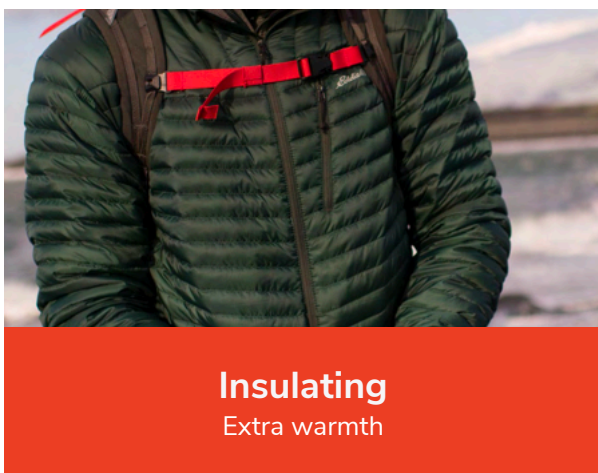
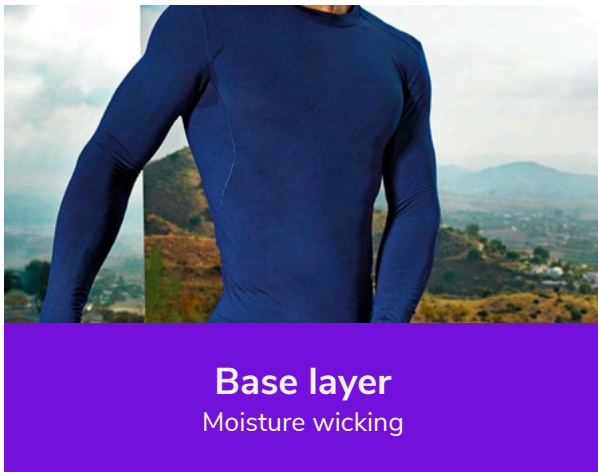


At its most basic level, the layering system will consist of three layers, including:

1. Baselayer helps to regulate your body temperature and wick away moisture from your skin.

2. Midlayer used to trap the warmth your body generates. Depending on the weather this can be a fleece, a softshell or even a down jacket.

3. Outer layers usually this is 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. Ideally go for high up napoleon pockets that you can fit a map into and access above the waist belt of your rucksack. Trousers should ideally have zips up the side to aid putting them on and taking them off, especially over muddy boots.

Caring for your waterproofs

It's important to regularly wash your waterproofs as dirt and oils can make them less waterproof. Never wash with standard detergents or washing powders as this blocks the pores and damages the hydrophobic coating causing your waterproofs to "wet-out". If you can see dark patches appearing on your waterproofs, then they're wetting out. A mild soap or Tech Wash and re-proofer will help retain the hydrophobic and breathability of your jacket/trousers.



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 these types of liner are moisture wicking which makes your feet less sweaty. Dry skin is less prone to blistering.

Walking boots

The Cheshire Hike unsurprisingly takes place on foot, so getting the right walking boots and having them fitted for you will make a big difference to your journey. 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, and check there is a deep tread for grip.
3. Think about how often you'll use your boots and spend money appropriate to that use.
4. You need to get your boots well before your expedition as you will need to wear them in to reduce rubbing and improve comfort.



Ankle support

Support on un-even ground

Gutters

Helps to prevent water ingress into the boots

Rubber rand

Protects the toe of the boot

Gore-tex membrane

Keeps the boot waterproof yet breathable

Vibram sole

Provides grip and braking on slopes and uneven terrain



What kit will I need?

For a two day expedition 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. We'll supply you a 1:25000 scale map at the start!



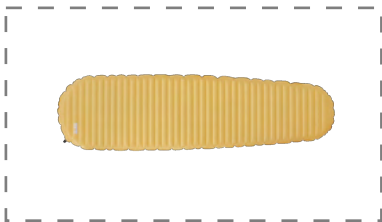
Lightweight tent



Stove, fuel & spork



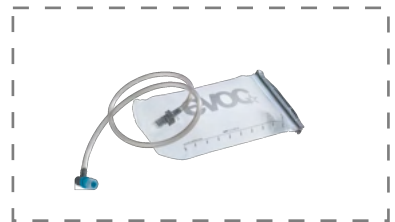
Sleeping bag and liner



Thermarest or bed roll



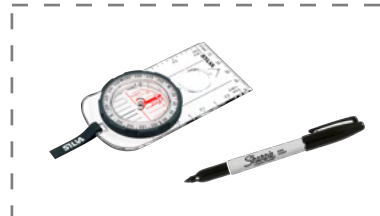
Small microfibre towel



Water container



First aid kit & suncream



Compass and fine marker



Pack with waist support



Rucksack liner / dry bags



Watch and whistle



Spare clothing

Rucksacks

Your rucksack will be carrying everything you need throughout your whole expedition, 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 pack that is appropriate to your height. This gives a better load transfer from the back and shoulders to the hip area.

Tip 1

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

Tip 2

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

Tip 3

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

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 and possibly even a rain cover.

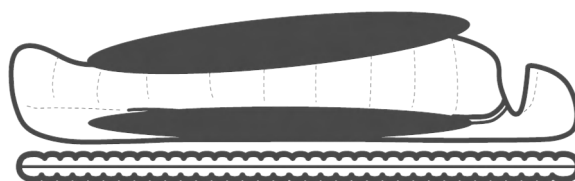
Advice

1. Look out for a load transferring, adjustable back system and ensure your rucksack is fitted to you.
2. Make sure your pack 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 or strong rubble sack to keep everything dry.
4. Carry no more than 25% of your body weight at all times.
5. Try out packing your rucksack before your expedition. This allows you to check you have everything and it will fit in the rucksack properly.

Sleeping systems

A good nights sleep is essential to any adventure! Look for a good 3 season sleeping bag and pair it with a sleeping bag liner and comfortable warm pad. The liner can be used to increase the temperature of your sleeping bag as well as help keep it clean!

The variety of bags available is huge so do your homework. You may prefer a quilt and good quality pad with a warm 'R rating' which will help you save on weight/bulk. Often overlooked, a sleeping pad or Thermarest style mat is essential to insulating you from the cold ground thus keeping you warm. This is because when you lie on on your bag, there is little to no 'loft' on the underside of the bag.



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 bag you need. A four season may add unnecessary weight but using a two season in April may not keep you warm.
3. Think about how tall you are. A 3/4 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 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.
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 much should it all weigh?

If you are going to be carrying all this kit on your back, then it matters how much it weighs. Be smart about what you bring with you and leave any non essentials at home. Each section has a maximum weight limit but if you pack correctly then it shouldn't really matter at all.



Recap for 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/22lb. All remaining kit should be packed in a daypack to carry, which must be under 6kg/13lb.

Recap for Pathfinder Plus and Explorer

All kit must be packed into the rucksacks being carried by the team.

Your team will 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 on the Official Kit List (downloadable from the Cheshire Hike website), and carry under the weight limits above. There will be points available for having the correct equipment.

- 1.5kg - 2.0kg - Rucksack
- 1.0kg - 3.0 kg - Tent per team
- 1.0kg - Sleeping bag
- 1.0kg - Food & snacks
- 0.5kg - 0.5l water
- 0.5kg - Waterproof coat
- 0.4kg - Stove system
- 0.4kg - Insulated jacket
- 0.4kg - Therm-a-rest
- 0.34kg - Sandals
- 0.3kg - Waterproof trousers
- 0.24kg - First aid kit
- 0.2kg - Hydration bladder
- 0.15kg - Gas
- 0.036kg - Compass
- 0.088kg - Head torch
- 0.011kg - Whistle
- 0.001kg - Spork



How will I fit it all in?

If you are a Pathfinder Plus or Explorer, you'll carry all your kit to Basecamp in a rucksack. Here's how to pack.

- Start by packing lighter items at the bottom, and heavier items towards the top, closer to your back. This will help you balance the pack.
- Everything you may need in the middle of the day e.g. waterproofs, first aid etc should be at the top of pack.
- After packing bulky items neatly stuff items like coat, tent fly, spare layer etc into the space around the rest of your kit to fill empty spaces.
- Look for a pack which supports a hydration bladder or has an accessible pocket or pouch on the outside of the pack to store a water bottle. This will save you from having to keep taking your pack off every time you need a drink.
- Any spare clothing should be packed in a roll-top dry bag. This will keep it dry but also makes stuff easy to find.

How to skivvy roll

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

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



2. 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.



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



4. 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.



5. 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.



Useful apps for the hike

Mobile phones are useful items of equipment on the Hike. Here's some useful apps you might come in handy. Don't forget to follow **Cheshire Hike** on Instagram and Twitter! However if you need assistance, you must always phone control on the number provided to you at the start.



OS Maps



OS Locate



Seek



Star Walk



Instagram



Twitter



what3words



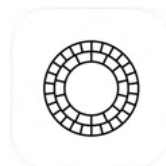
Fat Map



First Aid



Picture This



VSCO



Lumyer

What will I eat?

Here's a guide of what you could eat on the hike. 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.

Lunch

- Cheese and ham wraps
- Crisps
- Chocolate bar
- Tangerine and apple



Evening

- Cous cous in a ziploc
- Soup mix
- Chorizo and cheese
- Dessert and hot drink



Breakfast

- Porridge and dried fruits
- Nutella wrap
- Banana
- Tea and hot chocolate



Snacks

- Protein/energy bar
- Dried fruit and nut mix



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. Nuts and foods with plenty of fatty oil are good. Dried fruits are nutritious as well as full of intrinsic sugars but take up very little weight.

Pathfinder

Suggested calories
per day: 1300kcal

Pathfinder Plus

Suggested calories
per day: 1500kcal

Explorer

Suggested calories
per day: 2600kcal



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 though as there will be plenty of opportunity at the checkpoints along the way to top up your bottle!



How will I cook?

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

Tip 1

Save on washing up & the need for a bowl. Cook a boil in the bag or pack a dehydrated meal & pour boiling H₂O into a zip loc.

Tip 2

Save on weight. Avoid "wet" or moisture rich foods. Make things a little more exciting by adding some chopped up chorizo.

Tip 3

Once cooked, keep your meal warm. Place your zip loc bag inside of your warm hat. Be careful not to spill anything!

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.

Do consider the use of a CO Alarm as an added precaution.

You can't see it, taste it or smell it and without adequate ventilation it can kill quickly with no warning.

Go to scouts.org.uk/safety for more detailed information about the safe use of equipment.



What training should I be doing?

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

December

Brave the cold and start walking! Try and fit in a couple of day hikes in at the weekends with your partners. Spend an evening practicing plotting grid references, putting up the tent and camp overnight in the back garden.

January

Increase the weight you are carrying. Try and fit in at least two, 2 day hikes in different types of terrain. Practice some micro-navigation.



February

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

March

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!



Top tips for training

Here's some extra bits and pieces you can easily do to supplement your training:

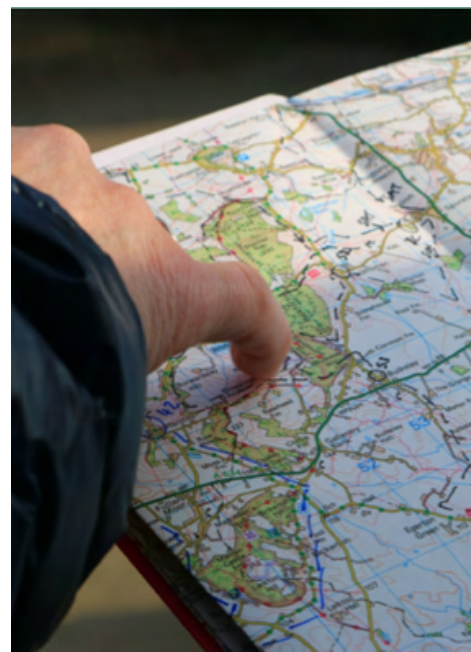
- Walk to and from school everyday
- Try navigating in the dark
- Practice navigating and map reading on car journeys
- Try cooking a meal at home
- Do a route plan for everywhere you go
- Play OS map symbol bingo
- Participate in a sport
- Participate in orienteering
- Pack your own rucksack for the practices
- Join in with your Group or District training

What's a grid reference?

Grid references define locations in maps using coordinates. The blue grid lines on maps define the coordinate system, and are numbered to provide a unique reference to each location. They are useful as they will allow you to easily describe either where you are or where you want to be! You will need to understand how to plot a grid reference for the hike so you can plan your route.

Step one

To demonstrate, we will do a grid reference for Cornhill Farm. First, locate the vertical gridlines going from left to right on the map. Then locate the horizontal gridlines from the



bottom to the top of the map. This will give you a four figure grid reference 61 61.

Step two

To make a six figure reference, imagine dividing the grid square in to a smaller 10 x 10 grid. Read the horizontal numbers first, from left to right. This will give you the third digit of your 6 figure reference 619.

Step three

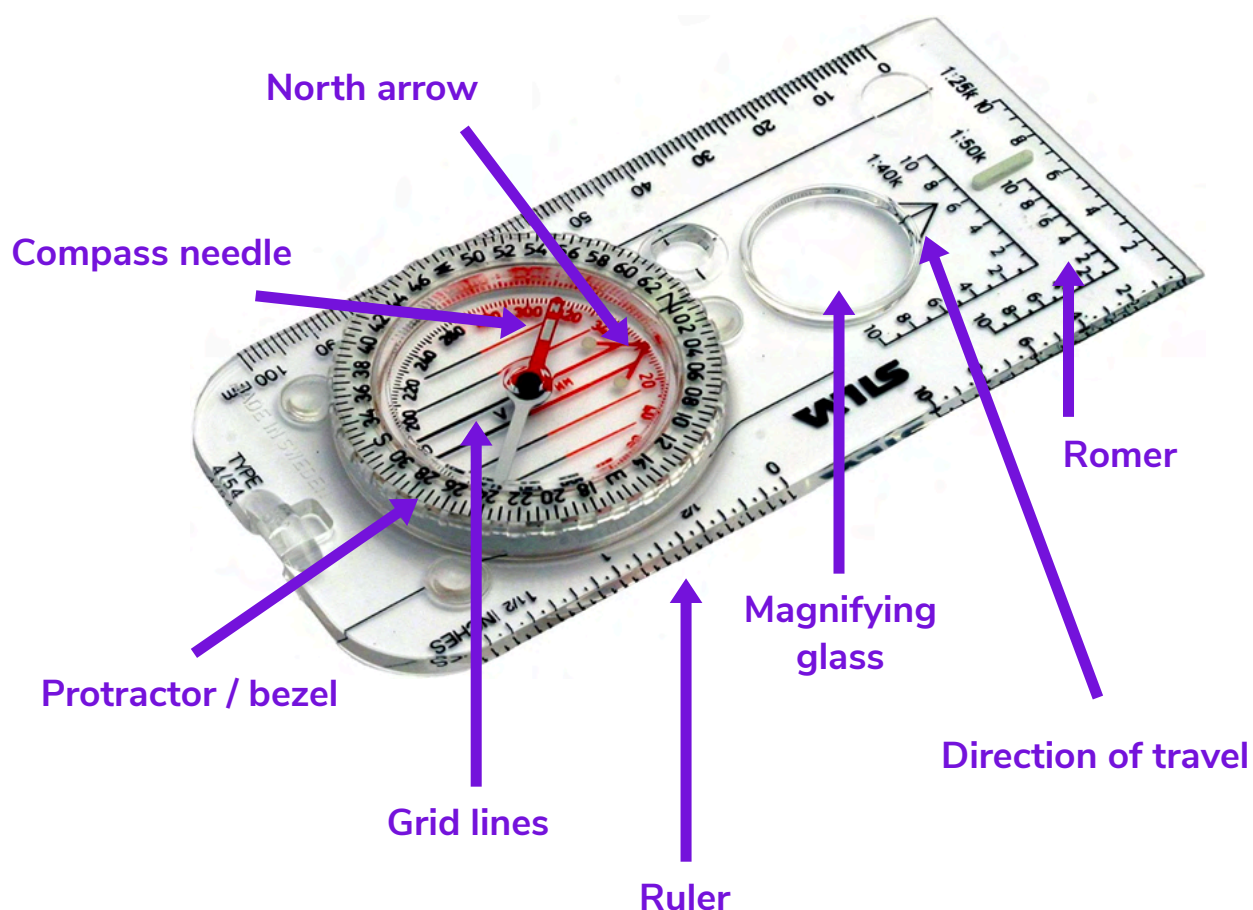
Then count vertically from the bottom upwards. When you find your POI, you will have found the sixth digit of your 6 figure reference 614. Et voila! You have a six figure grid reference for Cornhill Farm of 619 614.



How do I use a compass?

A Compass helps inform you which direction to orientate your map. It is also a useful tool if you were to get lost and you needed to relocate yourself. You can use three landmarks visible on the map or real life to 'triangulate' your position using a method called resection.

To take a grid bearing, point the direction of travel in the direction you want to go. Turn the bezel until the north arrow is parallel with the light blue gridlines on the map. To take a magnetic bearing, point the direction of travel in the direction of the landmark you want to take a bearing of. Turn the bezel until the red part of the compass needle is in the red part of the north arrow.



Navigation techniques

Tick lists

Along the route, have a checklist in your mind of what you should pass along the way. You should always be thinking one or two steps ahead. When you pass something you can tick it off and be more confident you're going the right way.

Catching features

These are features that you can use to know whether you've actually missed, or overshot your intended target. E.g. boundary wall or a stream. You should try to identify these as part of your planning.

Aiming off

This method work by deliberately aiming to either side of the target in order not to miss it. This is useful.

Attack points

An attack point is a ground feature that is unique to the area you are in. It is something on the map that should be easy to find, and that you can aim for as well as confident that you won't miss it. You can use attack points to break your route up into legs.

Handrails

These are features that run parallel with your route. A stream, road, boundary that you can keep to one side of you.

**Aiming off
requires a
bearing**

**Hand-railing
requires a
parallel feature**

**Catching features
requires a
boundary**

**Pacing helps
to estimate
distance**

How far have we gone?

Naismith's rule was developed by William Naismith in 1892 as a basic rule of thumb that can be used to calculate the time it will take to walk from point A to B. The formula has been adapted a little since then and considers the distance to walk, the altitude changed and the speed that you will walk at.

Naismith's Rule first makes a calculation based on distance over time. E.g. if your walking at 4km/h for 4 km (or four grid squares) it will take you one hour. Not rocket science!

For every 100m of ascent (going up hill) it will take an extra 10 minutes.

Depending on how much weight you are carrying and the type of terrain you are on, your speed may vary. Here's a handy table to help calculate how long it will take depending on the speed at which you are travelling and the how much you have gone uphill.

	5km/h	4km/h	3km/h	2km/h
100m	1.25	1.5	2	3
200m	2.5	3	4	6
300m	3.75	4.5	6	9
400m	5	6	8	12
500m	6	7.5	10	15
600m	7.5	9	12	18
700m	8.25	10.5	14	21
800m	10	12	16	24
900m	11	13.5	18	27
1000m / 1km	12	15	20	30



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):

- Your name
- Your location (use the OS Locate or What3Words App for a coordinate) as well as a description
- The nature of the incident
- Who is with you

If you are speaking to the emergency services let them know you are taking part in Cheshire Hike.

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 assistance, contact Hike control on **01565 337 878**. If you need to, there is no shame in using the tools at hand including your phone to relocate yourself.



Awards

Hike Certificate

Presented to everyone who takes part in Cheshire Hike.

Bronze Hike Certificate

Presented to everyone who finishes Cheshire Hike.

Silver Hike Certificate

Presented to those who complete both days unassisted within the time allowed, but miss 1, 2 or 3 checkpoints during the weekend.

Gold Hike Certificate

Presented to those who complete both days unassisted, visit all checkpoints on both days, and display good camping skills.

Brian Kershaw

Presented to Scouts and Explorers who have completed all three sections (Pathfinder, Pathfinder Plus and Explorer).



Hats & Headdresses

If you like dressing up, there will also be a competition for the best hat or head dress. The winner of each age category will be decided by media team. We love seeing all the wacky hats and costumes teams bring every year and its time to recognise the effort teams go to, to put a smile on people's faces.



Hike Necker

Everyone who completes the hike will receive a limited edition hike necker. Ask any of previous year's participants and they will tell you, collecting them becomes addictive! As per previous years, the colours of this will be kept a surprise!





CHESHIRE HIKE
TEAM No. 162 A/B
IN AN EMERGENCY RING 07502 740 008
LOST RING 07900 852323
scouts

LOST RING 07900 852323
scouts

Uniform badges

I'm a Scout

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.



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.



I'm an Explorer

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



