

5 - 7 Day Hiking Trip Sample Planning Outline

NOTE: Be sure to adhere to Scouts Canada's Camping/Outdoor Activity Guide, www.scouts.ca

Session _____

Research

- find out about the area where the out-trip will occur (topography, weather)
- investigate necessary permits (Tour Permit, camping/hiking application)
- assess the distance to be covered
- inquire about campsite availability
- locate the nearest hospital or communication post
- decide on entrance and exit points and pick-up sites
- investigate alternate routes
- assess the knowledge and experience of each of the participants.

Additional Resources: Internet, maps, park rangers, Scouts from the area

Session _____

In-Depth Planning

- set out a budget
- discuss transportation to and from the adventure
- get permission forms ready
- discuss equipment needed and whether to buy, borrow or rent
- identify the skills and training required.

Session _____

Survival Techniques

- practise map reading and compass skills
- talk about navigation from natural signs
- practise what to do if lost: building emergency shelters, finding food and generating heat
- make an emergency kit.

Additional Resources: Fieldbook for Canadian Scouting, Ch. 10

Session _____

Risk Management

- identify any potential emergencies and discuss appropriate responses
- set out a Plan B for your hiking route
- discuss your action plan or who will take on what role in case of an emergency
- decide on contingency plans for communication
- collect Physical Fitness Forms for all participants
- make an official trip itinerary and share it with people at home
- be sure you have all additional information for a complete Emergency Plan (page 11 in Fieldbook).

Additional Resources: Fieldbook for Canadian Scouting, Ch.2

Session _____

First Aid

Participants **must** have a basic knowledge of:

- the signs, symptoms and treatment of hypothermia, heat exhaustion, dehydration, bites and stings, muscle strains and joint sprains, sun burn
 - the essential items in a first aid kit and an emergency kit
 - burns, cuts and bleeding, broken bones, rescue carries and artificial respiration
- ** groups can also complete a St. John Ambulance course (standard or emergency) as part of their preparation.

Additional Resources: The Fieldbook for Canadian Scouting, Ch.13; St. John Ambulance Wilderness First Aid book

Session _____

Hiking Equipment

- find out about the proper type of hiking boot and how to fit appropriately
- investigate different kinds of backpacks
- identify the right size backpack for your trip and the proper style and fit for each individual
- investigate options in tents and shelters
- discuss the use, maintenance and repair of group equipment.

Additional Resources: Internet; The Fieldbook for Canadian Scouting, Ch 7.

Session _____

Personal Equipment

- discuss the necessary clothing for your trip
- organize sleeping bags, flashlights, and other personal gear
- list all personal hygiene items required
- review how to pack a backpack so it is comfortable and the proper weight
- practice methods of waterproofing gear.

Session _____

The Trip Environment

- discuss the philosophy of A Leave No Trace” camping and hiking
- review campsite selection
- review techniques for washing and the disposal of grey water
- discuss disposal of garbage
- discuss disposal of human waste
- explore options in water purification
- identify wildlife and poisonous plants that you may encounter and discuss how to avoid or deal with them (i.e., raccoons, bears).

Additional Resources: The Fieldbook for Canadian Scouting, Ch.7

Session _____

Cooking

- investigate lightweight stove options and other cooking techniques
- talk about no impact fire building
- practise using stoves or other and try out new recipes
- make up a duty roster for cooking and cleaning

Session _____

Nutrition & Menu Planning

- discuss calories needed for hiking and the types of food that provide energy (Apower snacks)
- talk about major considerations for menu planning (weight, freshness, convenience, price)
- discuss dehydrated foods
- plan a menu
- talk about food packing and storage.

Additional Resources: nutritionist, local athletes, local outfitters, The Fieldbook for Canadian Scouting, Ch.4

Session _____

Physical Training

- be aware of the fitness level of each individual
- introduce exercises to warm up and stretch the necessary muscles (hamstrings, quads, calves)
- establish a four week program to prepare the group for the physical and aerobic challenges of your trip.

Additional Resources: a local gym or personal trainer

Recommended Internet Resources:

- www.gorp.com: for trip ideas, information on gear, books and maps
- www.bpbasecamp.com
- www.melborponsti.com/scouts/ : for recipes
- www.lnt.org : for leave no trace information
- www.camping.sacsingles.com/ : for general information about camping skills
- <http://camping.miningco.com/travel/camping/> : for camping and backpacking information
- <http://www.hikingtips.com>
- www.trailstuff.com : for books on a wide range of subjects

