



Hereford and Worcester Scout County Mountain Walking Weekend



**The weekend of 22nd to 24th September 2017
Snowdonia, North Wales**

A mountain walking weekend in Snowdonia open to Scouts and Explorer Scouts with their Leaders.

Who is the weekend for?

The event is open to all Scouts or Explorer Scouts but they must be accompanied by their own leader(s). The weekend is pitched at those who have at least some experience of hiking and / or hill walking.

Time and Dates

The weekend will run from the evening of Friday 22nd to Sunday 24th September. Please note that on both Saturday and Sunday a full day of walking is planned so return time on the Sunday will not be until mid-evening at the best given the length of journey home.

Food and Accommodation.

The weekend is based out of the Old School Lodge Activity Base in Snowdonia which is owned by Wallasey & West Wirral Scouts.

Sleeping is in bunks with mattresses and pillows provided but you will need to bring your own sleeping bags. You will need to provide your own towels and some indoor foot wear would be good to help keep the place clean.

All food for the weekend is provided for in the price from Saturday morning breakfast to packed lunch on the Sunday.

Plates, bowl etc are provided at the hostel but participants will need their own sandwich box and drinks bottle for their packed lunches. See the full kit list below.

Programme

Two days of hill walking is planned in various groups to suit differing abilities.

Equipment

You must come with all the kit as per the attached list.

Cost and Transport

Cost for all attending is £45.00 to cover accommodation and food plus an additional amount for transport.

Enquiries and bookings

All bookings and enquires to your own troop/unit Leader.

Kit list for individual walkers

Clothes to walk in:

**Base layer
Mid layer fleece top
Waterproof jacket
Insulated jacket if waterproof jacket very thin.
Walking/activity, quick-drying trousers (not jeans)
Boots with ankle support and good tread.
**Thick socks, (possibly two pairs)
Waterproof over-trousers
Warm/waterproof hat
Gloves (possibly two pairs, thin inner and waterproof outer)

Useful optional extras:
Light, windproof jacket
Gaiters
Buff

** You will need to double up these items so you have some to wear each day

Stuff to carry when walking:

30/40 litre day rucksack
Expedition / podsac liners or similar for rucksack
Sandwich box/bag for packed lunch
Emergency rations
Water Bottle which needs to be a minimum of 1 litre capacity (+flask for hot drink if wanted)
Headtorch
Compass
Personal first aid kit
Survival bag, bivvy bag
Whistle
Watch
Spare warm clothes

Kit for back at base: -

Sleeping Bag
Night attire
Wash kit
Towel
Changes of Clothes - you could get wet on both days out on the hills
Lightweight footwear to wear in the hostel etc
Trainers or shoes for general wear

And again please don't forget-

Sandwich box/bag to put your packed lunch in and a water bottle of at least 1 litre capacity