

## PREVIOUS WINNERS

1968	20th Brighton	1986	4th Uckfield
1969	2nd Brighton	1987	4th Uckfield
1970	44th Brighton	1988	1st Walberton & Slindon
1971	31st Brighton	1989	29th Brighton
1972	15th Brighton	1990	4th Uckfield
1973	15th Brighton	1991	1st Walberton & Slindon
1974	31st Brighton	1992	1st Walberton & Slindon
1975	4th/8th Hove	1993	1st Jarvis Brook
1976	1st Copthorne	1994	6th Seaford
1977	1st Southwick	1995	6th Seaford
1978	30th Brighton	1996	7th Burgess Hill
1979	1st Blackboys & Framfield	1997	6th Seaford
1980	1st Crowborough	1998	9th Seaford
1981	1st Lewes	1999	9th Seaford
1982	1st Ditchling	2000	31st Brighton
1983	29th Brighton	2001	No Event - Foot & Mouth
1984	4th Uckfield	2002	4th Uckfield
1985	4th Uckfield		

### SCOUT COMPETITION

2003	31st Brighton
2004	1st St Leonards Forest
2005	4th Uckfield (Phoenix)
2006	1st Crowborough (Southon)
2007	14th Brighton
2008	4th Uckfield (Alpha) A
2009	1st Crowborough (Southon) B
2010	1st Battle/9th Bexhill
2011	6th Seaford
2012	1st Shoreham B
2013	1st Crowborough (Southon)
2014	1st Roffey A
2015	1st Crowborough (Southon) A

### EXPLORER COMPETITION

2003	Patchdene Brighton
2004	Vanguard Seahaven
2005	Mallory Ashdown
2006	Mallory A Ashdown
2007	Mallory Ashdown
2008	Hove & Portslade B
2009	Hastings
2010	Hove & Portslade A
2011	272 Explorer A Ashdown
2012	Inferno Southdown
2013	Glacier A Mid Sussex
2014	Vanguard A Seahaven
2015	3 Deans ESU

### THANKS GO TO OUR SPONSORS

CAFFYNS



FUSION



Sussex Scouts

PLEASE READ CAREFULLY  
FOR CHANGES TO RULES



PLEASE READ CAREFULLY  
FOR CHANGES TO RULES

## THE ULTIMATE CHALLENGE



19/20 MARCH 2016

**A TWO DAY HIKE COMPETITION  
for Scout Troops and Explorer Scout Units**

## INFORMATION AND RULE BOOK

**TO BE READ THOROUGHLY BY  
LEADERS AND ALL TEAM MEMBERS**

**For more information go to:  
[www.overlandhike.com](http://www.overlandhike.com)**

East Sussex Scout Council - Charity Registration No 291136

## **HINTS TO AID YOUR TEAM**

There are always Scout Troops and Explorer Units who ask “what is the Overland Hike?”. Below we have tried to answer as many points as possible.

**WHAT** It is a Competition open to Scouts and Explorer Scouts with a maximum of 70 teams consisting of four scouts, always producing an exhilarating competition.

For all four members of the team, the Hike is a high standard initiative test in Scouting and General Knowledge, together with a testing of hiking ability.

During the two day Competition over a route of about 25 miles there are approximately 14 checkpoints designed to find out just what the teams know and whether they can put it into practice.

**WHERE** The Overland Hike is negotiated over the Sussex Downs and the route used is always kept a secret until the day of the event.

**HOW** A very wide knowledge of map and compass is required to negotiate the route with particular emphasis on National Grid References (NGR) and compass bearings.

Naturally, being a two-day Hike, everything required for the weekend has to be carried by rucksack with a maximum team kit weight limit of 40 kgs for Scout teams, and 44 kgs for Explorer teams including rucksacks. Nothing at all will be supplied except for the equipment necessary for checkpoint incidents. Should any one member of the team have to withdraw for any reason, the whole team will be withdrawn.

**WHEN** We always try to keep the Competition to around Easter so as to take advantage of the many variations of weather, e.g. from rain and sub-zero temperatures to very hot sunshine.

**NB** Encouragement is given to troops and units to enter a team in order to gain experience of a two day competition hike. All teams accepted for the Overland Hike shall abide by the rules of the Competition. If you have any queries at all please contact the Organisers.

- A good knowledge of map references and bearings is an absolute necessity.
- Do not carry tinned or bulky foods as these are rather heavy. Spend a lot of time on your menu and ingredients.
- Use lightweight kit, but do not leave out the necessities.
- Make sure your kit is kept waterproof; place your kit in a large waterproof liner inside your rucksack.
- Keep yourself dry and warm, EXPOSURE can set in very easily, as many teams have found out.
- A good, tough, waterproof pair of boots with ankle supports will keep your feet in good condition. Wet feet blister very easily.
- Use your First Aid Kit if necessary.
- You cannot possibly walk 25 miles without practice hikes, so get plenty of training in your boots.
- For further sound advice consult your training award booklets.
- Make sure your food is high in protein and carbohydrates - and that your team members like the food that you are cooking!
- Make sure you can navigate, cook and pitch your tent in the dark.
- Why not gain further knowledge by talking to other Troops that have entered before.
- To help each other, why not train as a District or with other local Troops and Units.
- If you undertake the training for the Overland Hike but are not selected for the Competition you can still qualify for certain parts of the Scout Training and Duke of Edinburgh Awards.

***ALSO LOOK AT [WWW.OVERLANDHIKE.COM](http://WWW.OVERLANDHIKE.COM) FOR FURTHER HELP***

Pennants will be awarded to the members of the first three Teams in each Competition. All Scouts who successfully complete the Hike will receive a Certificate and a Neckerchief Slide.

**Trophies and Certificates** will be presented to Teams at approximately 1700 hours on 20 March 2016. Supporters will be welcome from 1630 hours at the Finish, where refreshments will be available.

**Note:** At Leaders' discretion, taking part in the Overland Hike will qualify for certain parts of the Scout Training and Duke of Edinburgh Awards. Leaders are encouraged to use these Awards to reward participation.

### **EMERGENCY HOME CONTACTS**

This person must be at home at all times using a land line **AND BE AWARE OF THEIR RESPONSIBILITIES** and should not be a parent/guardian of any scout taking part nor a leader involved in the event.

**Please see Scout HQ fact sheet FS120075 on the responsibilities of Home Contacts.**

### **APPLICATION**

**ENTRY FORMS MUST BE POSTED USING A LARGE LETTER POSTAGE STAMP**, together with the appropriate fees and three 1st class stamped addressed **A5 (210mm x 150mm)** envelopes only.

The closing date for entries is **28 February 2016** (refunds will not be made after this date) and should be sent to:-

D R Payne, 5 Cuckmere Way, Brighton, BN1 8GA together with CHEQUES made payable to "Overland Hike".

### **ELECTRONIC ENTRIES WILL NOT BE ACCEPTED.**

Entries received without either fees, 3 stamped addressed envelopes or application form, will not be accepted.

**ENTRIES WITH INCORRECT POSTAGE WILL NOT BE DELIVERED BY THE POST OFFICE.**

All enquiries to Derrick Payne, **01273 506930** between **1800** and **1900** hours or e-mail **info@overlandhike.com**

The Organisers will not allow ill equipped Teams to take part in the Competition. Failure to comply with the rules will lead to automatic disqualification. If you are unsure of anything please contact the Organisers.

**THE ORGANISERS DECISION IS FINAL.**

## **COMPETITION RULES**

### **ENTRY**

The Scout Competition is open to teams of **FOUR** Scouts, born between **1 October 2001 and 1 April 2004 (12 - 14½ year olds)** with a minimum total age of 48 years. (Leaders must ensure that all Scouts are physically capable of undertaking this competition.)

The Explorer Scout Competition is open to teams of **FOUR** Scouts, born between **1 April 1998 and 1 October 2002 (13½ - 18 year olds)**.

SCOUTS AGED BETWEEN 13½ AND 14½ ARE ELIGIBLE TO ENTER EITHER COMPETITIONS

*Troops and Units are encouraged to join with other Troops/Units to make a team for entry to the Competition.*

The inclusion of Scouts with special needs is welcome but we ask leaders to discuss this with the Organisers before applying.

When the entry is received a receipt for the application will be sent. Team numbers and starting times will be issued with final instructions two weeks before the Competition together with the 1:25,000 maps required. Notice of the start and finishing points will also be advised at this time.

### **FEE**

The entry fee is **£35.00** per team, and is payable on application. **Refunds will not be given if teams are withdrawn after the closing date.**

### **MINIMUM EQUIPMENT**

**EACH TEAM** whether in the Scout or Explorer Scout Competition will be responsible for providing their own equipment, (which is listed below) and which must be carried in waterproof lined rucksacks, to a maximum weight of 40kg per Scout team or 44kg per Explorer Scout team. **FAILURE TO ARRIVE PREPARED WILL DELAY TEAMS' START TIMES.**

MIXED GENDER TEAMS MUST HAVE SEPARATE TENTS

**SCOUT TEAMS** are required to carry one expedition tent suitable for use by the whole team in an emergency. If a second expedition tent is required it will be transported to the campsite. **All tents must be labelled with the Troop name.**

Teams must use the emergency tent carried on the Hike at the overnight campsite. Should teams require to use a 2nd expedition tent at the campsite, both tents must fit into the allocated 5m x 5m area.

**EXPLORER SCOUT TEAMS** will carry all their expedition tents.

## MINIMUM EQUIPMENT

All teams are required to carry food, a minimum of 2 x 0.25litre of drinking water for the weekend (which can be replenished at checkpoints), stoves (**liquid fuel, if used, should be carried in a metal container clearly marked "FUEL"**) waterproof matches, 2 survival bags, 2 foil survival blankets, cooking container and utensils, two sets of appropriate 1:25,000 maps in two waterproof map cases, two compasses, two whistles, two torches, two watches, paper and pen/pencil. Two mobile phones, fully charged, for emergency use only.

Two first aid kits to be contained in waterproof, airtight containers and consisting of: 2 large sterile dressings (18cm x 18cm) , 6 assorted plasters, 1 pack of blister plasters, 1 roll of micro pore adhesive tape, 2 triangular bandages, 1 roller bandage, 4 antiseptic wipes, 1 pair surgical gloves, 2 polythene bags for soiled dressings, 1 vent aid,.

An additional 2 x 0.25 litre of water plus ingredients for a hot drink and 250g of boiled sweets or chocolate for the whole team to only be used in an emergency.

EACH TEAM MEMBER must wear uniform neckerchief, suitable long trousers, **waterproofed hiking boots with ankle support**, gloves, suitable warm headwear, long sleeved top, fleece jumper/jacket and high visibility reflective items which must be clearly visible at all times. Sun cream should be used to prevent sun or wind burn. **Not acceptable** are denim jeans, shorts, formal Scout uniform, sheath knives or walking shoes.

EACH TEAM MEMBER is required to carry in their rucksack (which must have a reflective patch clearly visible at all times and have a waterproof liner), an adequate sleeping bag, substantial waterproof tops and bottoms **with taped seams**, spare fleece jumper/jacket, spare socks, and sufficient food for walking on both days. (3600 calories per person per day)

**Any personal medication must be carried and its location known to all team members. A completed Overland Hiker Information form** (in a sealed plastic wallet) detailing any specific medical condition relative to themselves must be carried on their person. **The Overland Hiker Information form will be provided with the Final Instructions.**

**Not acceptable** are CB radios, GPS navigation aids or additional mobile phones.

## HIKE

Teams will hike approximately 15 miles on the first day and 10 miles on the second day, maximum points being awarded to Teams averaging 3 mph. Running is not permitted. **NB Teams may experience walking in the dark.**

To qualify for the second stage of the Competition, Scout teams must complete within 10 hours from the starting time and Explorer Scout teams must complete the first day within 9 hours. The second day must be completed within 7 hours .

The route is unknown to all competitors and will be negotiated by National Grid Reference (NGR) and compass bearings. All teams are expected to know and use the Country and Highway Codes.

## FIRST AID

**Teams should be prepared to use their own First Aid Kit if necessary.**

First Aid cover will be available throughout the weekend. **Team members must be aware of all medical conditions relating to their team.**

## PREPARATION

**IT IS STRONGLY RECOMMENDED THAT PRACTICE HIKE ARE UNDERTAKEN.**

Teams must prepare carefully for the Competition, paying special attention to their choice of footwear, waterproof clothing, food and weight limits. Ensure that sleeping bags are warm enough. Remember - rucksacks are not waterproof and will need a liner. All team members **MUST** be aware of the correct use of the Scout Emergency Card and **have read** the Overland Hints and Tips sheet.

## THE START

**A Leader will be required to accompany their teams through the Kit Check.**

Teams will report at their allocated time between **07.30 and 11.30 hours** on 19 March 2016 for the Kit Check. Each Team will hand in at the start a menu of food for the Competition with ingredients, **calorific values (3,600 per person per day)** and costs which will be judged for suitability for the Competition. Marks will NOT be awarded for the presentation of the menu (also look at [www.overlandhike.com](http://www.overlandhike.com)). **Each Team member will hand in a completed copy of the Overland Hiker Information form.**

Both mobile phones will be sealed in bubble bags and if either of the bubble bags is interfered with the team will be disqualified.

## INCIDENTS

These will be staged at check-points en route and are designed to test practical Scouting skills, teamwork and initiative. Points will also be awarded for the manner in which the incidents are carried out. Saluting is not required at checkpoints. **There will be no courtesy checkpoint.**

## REFRESHMENTS

Drinks, in addition to a Tuck Shop selling confectionery, will be available for all Teams at the half-way point of each day's hike. A light meal will be provided on completion of the Hike. Water will be available at each checkpoint.

## OVERNIGHT

Over Saturday night, all Teams will camp at a given site, where water and latrines will be provided. The evening meal on Saturday and breakfast on Sunday will be carried by the Team. Points will be awarded for choice of menu and cooking. Hot meals and drinks will be expected. Points will also be awarded for Team Campcraft.

## AWARDS

SCOUT COMPETITION - First Team - The Overland Trophy, to be held for 1 year.  
EXPLORER SCOUT COMPETITION - First Team - The Overland Explorer Trophy, to be held for 1 year.