

## OVERLAND HIKE : HINTS AND TIPS

**PLEASE READ THIS VERY CAREFULLY & PUT IT IN A SAFE PLACE - YOU MAY NEED IT ON THE HIKE**

**ENSURE TEAM NUMBERS ARE ON DISPLAY AT ALL TIMES**

### **TO AVOID LOSING POINTS**

1. ALL team Leaders must wear the team number at all times during the Hike, and they must be returned at the Finish.
2. Scoutlike behaviour is expected at all times.
3. To add to the enjoyment of the Hike, teams are requested NOT to discuss their experiences until after they have finished.
4. An average of 3 mph between check points will gain full points.
5. Make sure your control card is completed by the staff at each Check Point.
6. Make sure your control card is stamped by the staff at each Via Point.
7. To remain in the competition for the second stage of the Hike, your team must complete the first day's Hike within the time shown on your log card and the second day's Hike must be completed within the time shown on your log card. Those teams that complete the first day's Hike (but are out of time) may, at the discretion of the Organisers, be able to walk on the second day - but are withdrawn from the competition.
8. If a team is forced to drop out they must follow the Emergency Instructions and can take no further part in the competition.
9. Avoid crossing private property and use footpaths and bridleways at all times. Teams should keep to footpaths and not cross areas of open land even if they are shown on the map as "open access areas".  
**Be aware of trip hazards when crossing uneven ground.**  
  
You must OBSERVE THE COUNTRY CODE and HIGHWAY CODE at all times.
10. Should any one member of the team drop out, the whole team must withdraw from the Hike.
11. **HIGH VISIBILITY REFLECTIVE ITEMS MUST BE WORN BY ALL MEMBERS OF THE TEAM AT ALL TIMES.**

12. Your Emergency Envelopes will be checked during the Hike and if they are found to have been opened your Team will be disqualified.

### **IF YOU GET LOST**

- (a) If lost - or in doubt - stop, stay together, keep calm.
- (b) Carefully work out from your map your approximate position and map reference.
- (c) Work out a plan before committing yourself to an action.
- (d) Consider whether to stop where you are or to continue. If the latter, decide in which direction you ought to go and then TRUST YOUR COMPASS.
- (e) If you decide to stop where you are, accept the fact that you are probably "out for the night". and follow the Emergency Instructions. SWITCH ON YOUR MOBILE PHONE.
- (f) Find some shelter from the wind, put your tent up, cook your meal and make yourselves comfortable.
- (g) At FIRST LIGHT get up, make a hot drink and go for help if you haven't already been located by the search party.
- (h) If conditions are still bad and you decide to stay where you are, give the International Distress Signal of six blasts on your whistle followed by a minute pause to help the rescue parties find you. MAKE SURE YOUR MOBILE PHONE IS STILL WORKING.

### **IN THE EVENT OF AN ACCIDENT OR ILLNESS**

- (i) Carry out any immediate FIRST AID that is necessary.
- (ii) Find some natural shelter, or put your tent up, get a hot drink and make yourselves comfortable.
- (iii) Warm drinks should be given to conscious people suffering with exhaustion or exposure.
- (iv) Follow the Emergency Instructions. Switch on your mobile phones, one of which should be left with the casualty. Send two of your team for help.

## **I M P O R T A N T**

Should you become lost and decide to make camp for the night you **MUST**

- secure your reflective items to the **outside** of your tent.
- check you have switched on your mobile phone.