



# **Overland Hike**

## **INFORMATION AND RULES FOR LEADERS AND TEAM MEMBERS**

Revision 1 (Jan 2026)

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Thank you for taking the time to train a team for The Overland Hike.

This document explains the rules of the event and provides you with information about the key areas of the event.

The organising team hope your team enjoy the challenge of The Overland Hike.

# The Hike

Sussex Scouts “Overland Hike” is a competition involving teams of 4 young people.

We encourage all Scout Troops and Explorer Scout Units to consider entering a team in order to gain the experience of a two-day competition hike.

Participants will be expected to have the ability to work as a team for the event. Their skills in navigating over and around the Sussex Downs by means of accurate map reading, navigation and endurance will be tested throughout the event.

During the two-day competition over a route of around 25 miles there are approximately 14 check points that will be designed to find out just how much teams know and whether these skills can be put into practice over the weekend.

Teams will be expected to have a wide knowledge of map and compass 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.

The Hike will always be timed around Easter to take advantage of the many variations of weather we can experience e.g. from rain to sub-zero temperatures to very hot sunshine.

The Overland Hike will help young people with a wide part of the Scouting award scheme and The Duke of Edinburgh Award as well.

For more information please refer to “The beginners guide to The Overland Hike and how it fits into your programme” which you can find on [www.overlandhike.com](http://www.overlandhike.com),

All teams accepted for the Overland Hike shall abide by the rules of the competition. If you have any questions regarding the event please feel free to contact the Organisers.

# The Rules

1. The Overland Hike is open to Scouts aged 12-14½ years old, and Explorer Scouts aged 13½ -18 years old. A Scout aged between 13½ and 14½ may enter either competition. Refer to application form for current dates of birth for each section.
2. A team is made up of either 4 Scouts or 4 Explorer Scouts.
3. Teams hike approximately 15 miles on Saturday and 10 miles on Sunday. The Saturday route needs to be completed in 10 hours for the Scout section teams and 9 hours for Explorer Scout teams. The Sunday route must be completed in 7 hours for all teams. Failure to complete the Hike in the times above will lead to the team's withdrawal from the event.
4. Should a team member wish to retire the whole team will be withdrawn from the Hike.
5. Scouts with additional needs are welcome to take part in the Overland Hike. Leaders entering a team with a member who has additional needs must contact the Organisers prior to submitting an application.
6. The Overland Hike does not require teams to run. Teams that are seen running will forego any hike points scored on that section.
7. Teams who arrive at the Start without the kit listed later in this document will not be allowed to start the Hike.
8. Leaders should have no contact with their team once they have completed the kit check. If a team is found to have been in contact with their leader they will be disqualified.
9. Teams must complete the route according to the checkpoint grid references in the order supplied during the Hike. Failure to visit a checkpoint will result in disqualification. Failure to visit a 'Via Point' will mean no hike points are awarded to the team on that section.
10. Should a team miss a checkpoint they may retrace their route at the Organisers' discretion.
11. Teams must only carry the 2 mobile phones listed in the kit list. Carrying additional mobile phones is not permitted.
12. Teams will be issued with an Overland Hike GPS tracker. Teams must not carry any additional tracking devices.
13. A team will be withdrawn from the Hike if the Organisers are concerned for their welfare.
14. Teams are issued with sealed emergency instructions. Should these, along with their emergency phone, be opened the team will be disqualified.

15. In the event of a tie (two teams with the same points) the teams will share the same place in the final result. The subsequent team will be given the next placing plus one (eg two teams who score 500 points and are in joint tenth place. The subsequent team score 495 points and are in twelfth place).
16. Failure to follow the rules of the Hike will lead to disqualification.
17. The Organisers' decision is final.

# Preparation

It is highly recommended that young people take part in practice hikes and overnight camps in the months leading up to the Overland Hike.

It is highly unlikely that a team that has not practiced beforehand with suitable training events, the equipment they will use and together as a team will succeed on the weekend. The whole event is based heavily on team work and the young people's ability to work and communicate well together.

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 and Kit Check

Team numbers, starting time and start location will be emailed to teams two weeks prior to the start date.

Teams will be given a check-in time between 07:30 and 11:30 on day one of the Hike.

Teams should report to the check-in staff once all the team is at the Start, teams will then be called in to the kit check.

One leader per team will be required to accompany each team through the kit check. After teams have completed the kit check, leaders will leave the team. Any contact between teams and leaders after kit check will cause the team to be disqualified.

Teams are expected to be self-sufficient for the duration of the event; water will be available at checkpoints and the overnight campsite.

The only equipment that will be supplied is that required for checkpoint incidents.

Maximum total weight of team kit inclusive of rucksacks is not to exceed:

40kg for Scout teams  
44kg for Explorer teams

All rucksacks will be weighed at the start of the kit check; the total weight will be the teams recorded check in weight; teams are encouraged to weigh their rucksacks prior to entering the start.

At the kit check all equipment will be removed from rucksacks and checked against the following kit lists. This is minimum equipment required. All equipment with the exception of maps, compasses and neckerchiefs should be packed in a rucksack with a waterproof liner.

Teams should arrive wearing the clothes they intend to start the Hike in.

There are a maximum of 40 points available for the Kit Check. Teams will lose points for any missing items from the list when the kit is checked even if replacement items are subsequently found. Points will also be lost for the kit being initially overweight.

No additional points are awarded for teams who are under the maximum weight.



## Personnel Equipment Kit List

Please Tick	Scout Troop		Explorer Unit			
Team Number						
Kit checker's name						
<b>Personal Kit</b>			<b>Scout A</b>	<b>Scout B</b>	<b>Scout C</b>	<b>Scout D</b>
Waterproof lined rucksack						
Waterproof top with taped seams						
Waterproof bottoms with taped seams						
Waterproof Hiking Boots with ankle support						
Long Trousers or Sports Leggings						
Long sleeved top						
Fleece jumper/jacket						
Warm headwear						
Gloves						
Reflective items (on rucksack & person)						
Spare Fleece jumper/jacket						
Spare Socks						
Overland Hiker Information Form in sealed plastic wallet (this will be supplied with Final Instructions)						
Adequate Sleeping bag						
Packed lunch for both days						
Troop or Unit Neckerchief						
Sun Cream						
<b>Prohibited Items</b>						
Fashion leggings, tracksuit bottoms, joggers, denim jeans and shorts.						
Cross Trainers						
Sheath Knife						
GPS Navigational Aids						
Additional mobile phones						
<b>Weight including rucksack</b>						
Total equipment weight						
<b>Total Points</b>						

## First Aid Kits

Please Tick	Scout Troop		Explorer Unit	
Team Number				
Kit checker's name				
<b>FIRST AID KITS</b>			<b>First Aid Kit 1</b>	<b>First Aid Kit 1</b>
<b>Two first aid kits required each containing:</b>				
2 x First aid kits in waterproof, airtight containers				
2 x large sterile dressings (min 18cm x 18cm)				
6 x Assorted Plasters				
1 x pack of blister plasters				
1 x Roll of Micropore Adhesive Tape				
2 x Triangular Bandages				
1 x Roller Bandage				
4 x Antiseptic Wipes				
1 x Pair Surgical Gloves				
2 x Polythene bags for soiled dressings				
1 x Vent Aid				

## Team Equipment Kit List

Team Equipment	Item 1	Item 2
2 x 1:25000 Maps (orange)		
2 x Waterproof map cases		
2 x Compass		
2 x Whistles		
2 x Watches		
2 x Torches		
2 x Survival Bags		
2 x foil survival blankets		
2 x Mobile Phones (fully charged for emergency use)		
2 x 0.25 litre of Emergency Water		
2 x 0.25 litre of Drinking water as a minimum		
Ingredients for a hot drink		
250g boiled sweets or chocolate		
Food for the weekend		
Stove		
Fuel in a metal container and matches		
Cooking container and utensils		
Expedition tentage		
Paper and pen/pencil		
Has permission been given to use mixed gender tentage as shown on the Hiker Information Form?	YES / NO	

Note to kit checkers: Within the rucksack and included in the team weight each team must have 2 separate drinks containers each with a minimum of 250ml of fluids for drinking. If a team wishes to start the hike with more than the minimum amount of fluids for drinking, and the extra drinks is likely to make them exceed the maximum check in weight, these drinks can be kept separate during the kit check, any extra

drinks will be scrutinised to ensure that the amount being carried is reasonable and are only for the purpose of hydration.

The following information is to be read in conjunction with the kit list.

Failure to have all the equipment on the kit list at check-in, or if the situation cannot be resolved to the satisfaction of the Organisers, the team will be withdrawn. There may be additional kit checks throughout the Hike to ensure all equipment is being carried.

## Personal Equipment Kit List

### Rucksack with waterproof liner

Rucksack must be correctly fitted to suit the individual.

Rucksack liner, we recommend the use of either a purpose made liner, rubble bag, canoe bag etc. Bin liners and carrier bags are not generally strong enough or have holes and are not recommended.

A rucksack cover is not a suitable replacement for a rucksack liner.

### Waterproof Tops and Trousers

Must have taped seams and preferably be made of a breathable fabric.

### Walking Boots

Must have rubber soles, ankle support and recognisable tread.

Approach shoes and cross country running shoes with ankle support will not be allowed.

### Trousers

Trousers must be full leg covering waist to ankle, of a scout walking activity trouser style. Sports leggings are acceptable. Fashion leggings, tracksuit bottoms, joggers denim jeans and shorts are not acceptable.

### Warm Headwear

Predominantly man-made fabrics recommended. A buff or baseball cap is not acceptable as warm headwear.

### Fleece Jumper/Jacket

Must be fleece material and not cotton or wool.

### Gloves or Mittens

Predominantly man-made fabrics and full finger cover.

### Reflective items

Must be clearly visible from the front and back at all times and whilst wearing a rucksack. Reflective items are required to ensure team are visible to vehicles should for any reason they are walking near roads.

### Sleeping Bags

Must be adequate for the extremes of weather that a team could face.

# Team Equipment Kit List

## Maps

Check that all the maps being used are the revision specified in the final instructions.

## Map cases

There are no minimum requirements; however we would recommend that map cases are waterproof to give maximum protection to your maps.

## Compasses

All compasses must have a baseplate, roamers are recommended.

## Whistle

One piece plastic whistles are recommended.

## Watches

Must be in working condition.

## Torch with spare bulb

There is a chance that you could be navigating or cooking an evening meal in the dark, ensure your torch is suitable and all batteries are fully charged. LED torches do not require spare diodes/bulbs.

## Survival Bags

Approximate size 90cm x 180cm and must be sealed on three sides.

## Foil Blankets

Must be adult size.

## Mobile phones

For the duration of the Hike, mobile phones will be sealed in plastic bags and if either of the plastic bags is interfered with the team will be disqualified. Phones must be fully charged and the team must know the phone number at check-in. Phones should be labeled with team number, its phone number and pin number.

## Water

Water will be available at the campsite for the preparation of meals/hot drinks, washing up of cooking equipment and personnel hygiene. Water required at the campsite does not need to be carried.

The quantities detailed below are the absolute minimum that a team will be able to start the Hike with.

## Emergency water.

2 separate bottles minimum of 250ml in each bottle. These bottles must be sealed using electrical tape or similar. Teams can be asked to show emergency water at any time during the Hike. This water is to be used should the team need to make a hot drink in an emergency or to deal with any emergency / first aid incidents.

## Drinking water.

At the start of the Hike each team must have a minimum of 2 separate drinks containers each with a minimum of 250ml of fluids for drinking. If a team wishes to start the hike with more than the minimum amount of fluids for drinking, and the extra drinks is likely to make them exceed the maximum check in weight, these drinks can be kept separate during the kit check. The kit check team will scrutinise any extra drinks to ensure that the amount being carried is reasonable and are only for the purpose of hydration.

Water will be available at checkpoints for teams to refill water bottles.

## Stoves

Either gas or liquid fuel stoves can be used, hexamine stoves cannot be used.

Only resealable gas cartridge stoves are to be used.

Liquid fuels must be in metal containers, clearly marked.

There must be sufficient fuel for 2 hot meals (evening meal and breakfast) and an emergency hot drink.

## Cooking equipment

Teams will require all cooking equipment to prepare, cook and eat evening meal and breakfast. There will be no facilities at the camp site for disposal of food packaging, all packages must be “carried out”. The use of disposable plates, bowls and cutlery is discouraged.

## Waterproof matches

Matches must be either specialist waterproof matches or standard matches in a waterproof container. Strikers may be used with gas stoves.

## Tentage

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 and team number

Explorer scout teams will carry all their expedition tents.

Teams must use the tent carried on the Hike at the overnight campsite. Should teams be required to use a second expedition tent at the campsite, both tents must fit into the allocated 5m x 5m area.

## Paper and pen/pencil

Ensure you can write on the paper in any weather conditions.

## General Notes

The best way to test if the equipment is suitable is to use it on practice hikes in various weather conditions.

For any equipment or gear to perform fully to its designed specification it must be properly maintained and looked after. If the kit checkers find any items that they feel have deteriorated to such a state as to now be unsuitable, they will not pass kit check.

The kit checkers will not be familiar with all the products the numerous equipment manufacturers have produced over the years, so please be tolerant if they ask for more details about, or query the suitability of, any items of gear.

In the event of dispute over equipment including fabrics, the manufacturers label will be referred to. If illegible or missing the Organisers' decision is final. Any queries at all about any aspect of kit or equipment can be directed to: [info@overlandhike.com](mailto:info@overlandhike.com)

# Checkpoints / Incidents

Over the two days and 25 miles all teams will journey between check points. There will be around 14 over the two days.

At checkpoints there are incidents that will need to be completed. These will be based around Scouting skills and varied life skills. There are 20 points available for completing the incident at each checkpoint. A few examples from previous years are:

- Orienteering skills
- Communication skills
- Cooking Skills
- Knotting
- Equipment recognition for activities
- Change the nappy on the baby
- Lay the table
- Rope making
- First Aid

All checkpoints will be staffed by Scouters from around Sussex, all being DBS checked before the event. Water and access to first aid is available at all checkpoints.

## Hike Points

There are 20 points available for hiking between each checkpoint. To achieve the maximum 20 point on a section the team will need to walk at an average speed of three miles per hour.

When teams leave the Start they will be issued with a log card to record hike points and times in and out of checkpoints. The log card will also show the time that the team must arrive at the campsite/finish.

Teams must complete the route according to the checkpoint grid references in the order supplied during the Hike. Failure to visit a checkpoint will result in disqualification. Failure to visit a 'Via Point' will mean no hike points are awarded to the team on that section.

## Refreshments

At the half way checkpoint on both days there will be a tuck shop usually with a range of cakes and sweets. These items will need to be purchased by team members so some money will need to be available to team members. There will also be hot drinks available free of charge to all team members.

At the finish point a hot cooked meal will be available for all team members. This is included in the entry fee so please encourage all team members to participate in this meal. It will be a simple hot meal with a pudding and hot or cold drink.



# The Campsite

On arrival at the campsite you will check in and then be allocated a 5m x 5m camping square, into which all of your tentage when pitched must fit.

In accordance with POR, mixed teams tentage is acceptable. Permission for this to take place needs to be given by Parents / Guardians using the Hiker Information Form. Nights Away Passports are not required as this is covered under the Overland Hike.

At Check In you will also be given your start time for the second day if you have managed to complete day one in the allocated time.

If Scout Teams have left their 2<sup>nd</sup> tent at the start, this will be available for collection at the Campsite Check In.

You will be given your pitch number and a member of the Campsite Welfare team will escort you to your allocated pitch. At this time the Campsite First Aid, Toilets, Water and Food Waste Disposal Area will be pointed out.

Consideration should be given to all teams whether getting in late or leaving early on Sunday as there may be teams trying to sleep either when you arrive or are leaving.

The Welfare Personnel will advise the team that they will be judged on Campcraft, Cooking & Inspection. It is the team's responsibility to contact a Cook Judge when they want their food (all food consumed at the campsite) judged. The Cook Judges are identifiable by their clearly marked tabards

Campcraft Judges will start to allocate marks once you have arrived at your pitch. There is no need to approach the Campcraft Judges.

Inspection will take place both at the team's pitch prior to departure and at Check Out.

## Campcraft - 15 points

You will be marked on your camping standard. This will include

- how well you pitch your tent,
- making sure that your tent is facing the right way in the wind,
- making sure you have used all the guy lines,
- making sure everything is stored in your tent or survival bags overnight,
- making sure there is no rubbish left out overnight,
- how well you are working as a team whilst camping.

## Cooking - 35 points

- You will need to get a Cook Judge to mark all the food that you cook and eat at the campsite. The Cook Judges will be around but you must call one over to make sure your cooking is marked.
- The judges will be looking at taste and presentation of your food, the cooking techniques you are using, how safely you are using your stoves and how well you work as a team.

- You will also be marked on whether you are eating what is shown on your Menu.

## Inspection - 20 points

The points for Inspection are awarded for both how the team members and the camping area look when leaving on Sunday morning. You must make sure that there is no litter left on your allocated area and that all team members are wearing the appropriate clothing for the prevailing weather conditions.

With the exception of food waste. Teams are responsible for taking their own rubbish away from the campsite.

## Menu – 30 points

The menu is worth 30 points for your Team.

Teams must hand their menus in at the start and these are then passed to the judges at the campsite where they will be reviewed for the following:

- The menu should include their packed lunch and evening meal for Saturday, breakfast for Sunday and any snacks consumed in this period. You do not need to include your Sunday packed lunch or the meal supplied at the finish.
- The menu should include hot drinks with both dinner and breakfast.
- The food listed in the team's menu should have a total of at least 3600 calories per person. Teams will need to show in their menu how many calories they are consuming. This should include those in their hot drinks and packed lunch.
- The menu should show how the team is covering the main food groups, carbohydrates, proteins, sugar and minerals.
- The food you will be eating will need to be suitable for cooking on a lightweight stove such as a Trangia.
- The food needs to be lightweight. You will need to show that you have taken this into account when planning the menu.
- The menu should show the costings for the food.
- There are no marks awarded for the presentation of the menu, only the content.

It is the team's responsibility to present themselves to the Campsite Check Out on the Sunday morning at the time allocated to them on arrival at the campsite. The teams will be given a new white coloured log card for use on the second day. All teams have a maximum of 7 hours to complete the second day's hike. This 7 hours starts from their allocated departure time. If a team is late to check out they will be expected to wait until an opportunity arises for them to check out but their 7 hours will have already commenced.

Scout Teams may hand in their second tent when checking out on the Sunday morning. This will be transported to the Finish for their collection on arrival.

# Other Information

## First Aid

There is a dedicated first aid team providing cover on the Hike. This includes a paramedic as well as other qualified first aiders who can respond to an incident as required.

## GPS Trackers

All teams are issued with a sealed GPS tracking device prior to leaving the Start. This allows the Organisers to monitor a team's location and the route they have walked at all times. Trackers are to be handed in at the Finish. Should a team lose their tracker they will be liable for the cost of replacement.

## Home Contacts

Teams are required to submit a nominated home contact for the duration of the Hike. This person must be contactable at all times during the Hike. 2 phone numbers will be required. Should a team withdraw the Organisers will contact this person in the first instance. It is the responsibility of the home contact to arrange for the collection of a withdrawn team once informed by the Hike Organisers. The home contact must not be related to a member of the team nor be a leader that is assisting on the Hike in any way.

## Awards and Trophies

All Scouts and Explorer Scouts who successfully complete the Overland Hike will be awarded a certificate and Overland Hike Neckerchief Slide.

### 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.

Overland neckerchiefs will be awarded to the members of the first three Teams in the Scout and Explorer Competitions. Explorer Scouts who have completed 6 Overland Hikes will be awarded a limited-edition neckerchief slide.

### The 'Derrick Payne' Novice Trophy

This will be awarded to the highest placed Scout team where all 4 team members are taking part in the Overland Hike for the first time.

Trophies and Certificates will be presented to teams at approximately 1700 hours on the Sunday of the event. Supporters will be welcome from 1630 hours at the Finish.

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.

## GDPR

As part of the safe and efficient running of the Overland Hike we will collect and store data relating to team members. Further explanation on the use and storage of the data can be found in the notes below:

- The data that is submitted will be held in a database on a secure computer server that is located within the UK.
- The data will be collected by your young person's Scout / Explorer Scout leader using the Overland Hiker Information Form.
- The data submitted may be shared for use in other Scouting activities.
- The data will not be shared outside of Scouting.
- The data stored electronically is the same as the data shared on the 'Overland Hiker Information Form' that parents /guardian must complete for their young person to take part in the Overland Hike.
- The electronic data will be held until the young person reaches the age at which they leave the Explorer Scout section. The retention of data for this time period allows the organisation to ascertain if a young person has competed in the Overland Hike previously and therefore if their team is eligible to compete for the 'Novice Trophy'. The retention of this data also allows for the analysis of the number of Overland Hikes a young person participates in.
- Should a parent/guardian wish their young person's data to be removed from the database after the Hike please email [info@overlandhike.com](mailto:info@overlandhike.com)
- If a parent/guardian wishes to see the data held on their son/daughter please contact [info@overlandhike.com](mailto:info@overlandhike.com)

## Hints To Aid Your Team

- 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 appropriate kit, but do not leave out the necessities.
- Make sure your kit is kept dry; 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.
- Know what is in your First Aid Kit and how to use it. Use your First Aid Kit if necessary.
- You cannot possibly walk 25 miles without practice hikes, so get plenty of training in your boots.
- 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 safely and pitch your tent in the dark.
- Why not gain further knowledge by talking to other Troops or Units 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 parts of the Scout Training and Duke of Edinburgh Awards.

Further information can be found at [www.overlandhike.com](http://www.overlandhike.com)

## How to Enter

1. The Overland Hike is open to teams of 4 Scouts or 4 Explorer Scouts.
2. The Hike is limited to 70 teams. Once all the places have been allocated teams will be placed on a waiting list.
3. Visit [www.overlandhike.com](http://www.overlandhike.com) download the application form.
4. Complete a separate entry form for each team being entered.
5. Entries will not be accepted until a completed Application Form and payment are received.
6. Team start times are allocated in the order that complete applications (forms and payment) are received.
7. The entry fee is payable by BACS (please see Application Form for account details).
8. Refunds will only be given to teams withdrawn prior to the closing dates.
9. All enquiries by email to [info@overlandhike.com](mailto:info@overlandhike.com)

The application form provides additional information on:

- Participant dates of birth
- Bank account details for entry payments
- Closing date for team entries.