



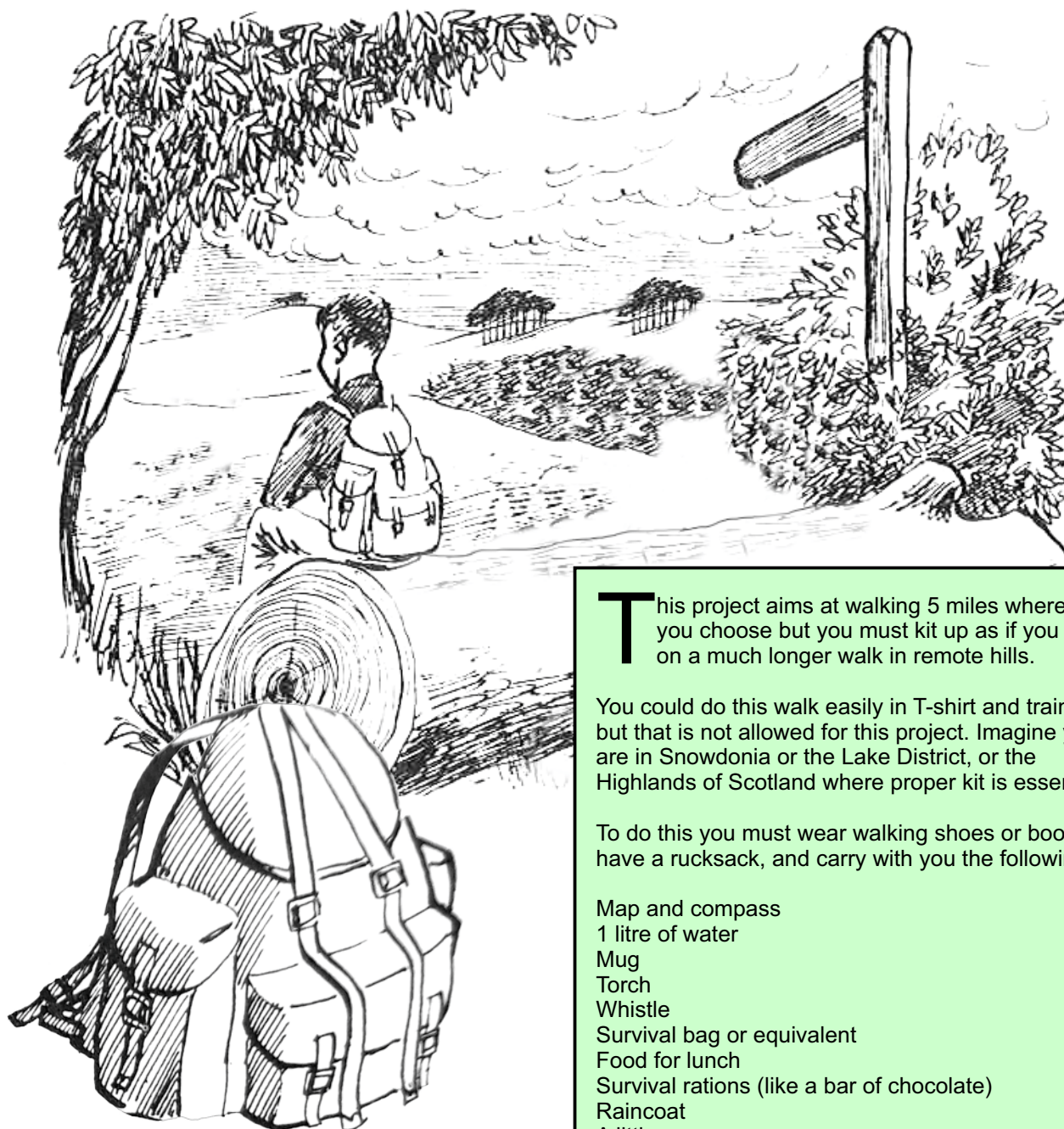
Lock-down  
**Scout**  
Outdoor Achiever

Harpenden, Wheathampstead and Kimpton Scout District

## Activity 14: Out and about

5 Mile Walk

Location: Scout's choice



*Everything to go inside the rucksack*

**T**his project aims at walking 5 miles wherever you choose but you must kit up as if you were on a much longer walk in remote hills.

You could do this walk easily in T-shirt and trainers but that is not allowed for this project. Imagine you are in Snowdonia or the Lake District, or the Highlands of Scotland where proper kit is essential.

To do this you must wear walking shoes or boots; have a rucksack, and carry with you the following:

- Map and compass
- 1 litre of water
- Mug
- Torch
- Whistle
- Survival bag or equivalent
- Food for lunch
- Survival rations (like a bar of chocolate)
- Raincoat
- A little money
- Pen and paper
- A hank of rope (paracord)
- First Aid kit

This will be a weight on your back but such is the reality of walking in the wild places.

It is best if you go in full uniform because just about everybody helps Scouts out along the way.

**Have someone take a picture of you in full kit**

### Covid 19 Discipline

**OBSERVE SOCIAL DISTANCE**

**Beavers/ Cubs:**  
Must be with responsible adult

**Scouts/ Explorers:**  
Parents must be informed.  
Work with a friend.