

Night Hike & Navigation



The Crean Award:

Discovery:

Patrol/Troop Activity
Skills

Terra Nova:

Task/Role in Patrol
New Skill
Patrol Activity
Skills

Endurance:

Develop Teamwork
Patrol activity
Skills

Polar:

Patrol/Troop Activity
Skills

SPICES

Physical
Intellectual
Character
Spiritual

Adventure Skills

Backwoods Stage 4
Hillwalking Stages 2,3,4,5

The Activity:

Objective:

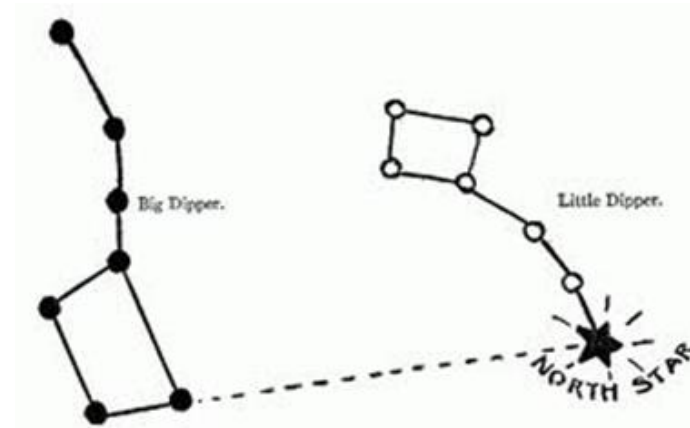
This challenge aims to get you and your Patrol out on Night Hikes doing Night Navigation.

Activity Type:

Patrol Meeting
Troop Meeting

Roles:

Activity Leader
Navigators
First Aider



SCOUTS

Plan... "Night Hike"



Introduction

This resource aims to prepare you and your Patrol for a night hike and navigation trip in darkness.

It is important to be confident using all equipment needed for a night hike and you should ensure you practice your navigation skills before heading on a night expedition.

What equipment is needed

- Compass and Map
- Torch
- Route Card
- First Aid Kit
- Hiking gear and warm clothing
- Phone/Walkie-talkie
- High-Vis jackets if you will be on the roads

What you need to know

- How to use a compass
- How to read a map
- How to fill out a route card
- Nasmith's Rule
- How to navigate using the stars



Plan... "Night Hike & Navigation"



Venue & Route

Night hike can be a fun, but challenging activity. It is essential that you think carefully about the group and the experiences of your patrol members.



If you are not used to night walking and navigation start off easy, maybe sticking to paths or roads. When you have built up more experience, try a contained area, such as a forest, and then a night hike on the hills, but this is only for groups which are very experienced and have the higher stages of their hillwalking adventure skills.

Waymarked Trails:

There are way marked trails found throughout Ireland, such as the Wicklow Way or the Burren Way. These routes are well laid out with signposts at junctions and maps and guidebooks available. You can pick a certain section to walk. This is a very good way of getting used to night navigation as you can use your map, but then refer to the markers, if required. It is also an ideal of introducing new scouts to the activity.

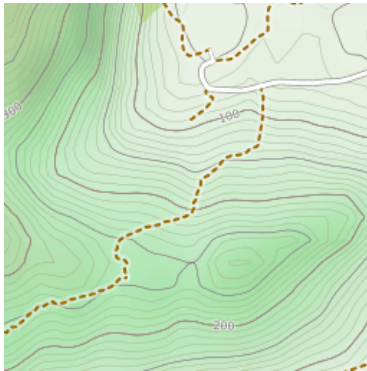


Plan... "Night Hike & Navigation"



Incident Trail:

Another night hike format is an incident trail. Several patrols can participate by following a common route, but along that way there are challenges to be complete. These can be scout skills bases, such as you come across an 'accident' and must help people, or you need to build a simple bridge to cross a river. You can also have some other bases, such as scavenger hunts or team games.

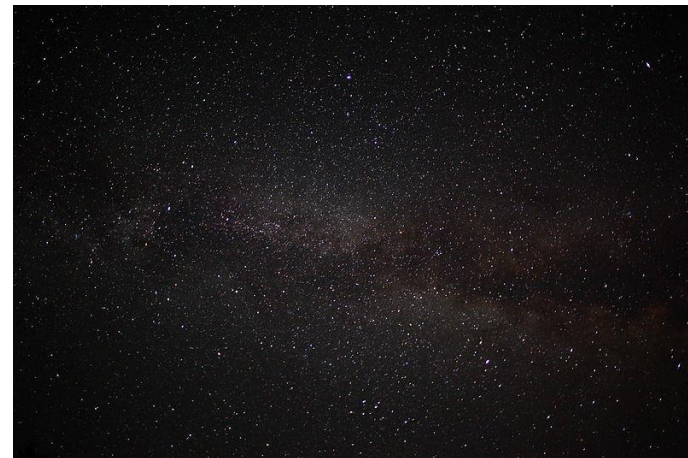


You could run it as an inter-patrol challenge with each patrol having to complete the route and tasks in a set amount of time. You could end with a campfire.

Bringing in the Spiritual!

A night hike is a really good opportunity add a spiritual element to your programme. A clear night sky can be a beautiful scene that serves as the backdrop to a reflection or even a short Scout's Own.

Maybe look up some quotes or poems about stars or the night sky. Gather everyone around in silence, read aloud some of the quotes or poem and have people, remaining silent, stare up at the sky. Try to maintain an atmosphere of reflection for a few minutes.



"Always aim for the Moon, even if you miss, you'll land among the stars." - W. Clement Stone

Do... "Night Hike & Navigation"



1: Final Preparations

On the night, make sure you have all the equipment required and if it is a patrol hike that the Scouter knows the route you are taking and you are contactable.



2: Gathering

Have a prearranged meeting and collection point if it is a stand-alone activity. Do a gear check to ensure that each scout has come prepared.



3: On the Route

Continually check that you are following your route, at night things can seem much further away or known markers can be obscure. Also, if you are delayed inform your Scouters or those collecting you.

4: Finish

Organise a special event at the end, a campfire is a great way to warm up and tell stories about the hike.



Review... "Night Hike & Night Navigation"



Covering SPICES

Social

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

Physical

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

Intellectual

- Achieving Goals
- New Ideas
- Learn from Decisions
- Team Member

Character

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

Emotional

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

Spiritual

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs

Review... "Night Hike & Night Navigation"



Covering Adventure

Skills

Camping

Stage 1

Stage 2

Stage 3

Stage 4

Hillwalking

Stage 1

Stage 2

Stage 3

Stage 4

Backwoods

Stage 1

Stage 2

Stage 3

Stage 4

Emergencies

Stage 1

Stage 2

Stage 3

Stage 4

Patrol Review

What will we do next?

?

