



Overland Training Expedition: 5th – 6th March 2011

As you will all be aware from the Overland training booklet, the training on 5th and 6th March takes the form of a two-day mini-expedition, of which the second day will be the Ashdown Hike competition (separate information about that has already been issued). Overlanders should aim to do both days, but additional Scouts will join in for the competition on day 2.

The purpose of the expedition is to simulate, as closely as possible, the hiking and camping conditions of the Overland Hike itself, so that those taking part are as prepared as they can be for the real thing. A secondary purpose, particularly for the older Scouts involved, is to provide a 'taster' for the Bronze Duke of Edinburgh Award expeditions that lie ahead when they move on to Explorers.

Where and When

The expedition starts outside the church in Cliffe High Street, Lewes (OS Explorer Sheet 122 "Brighton and Lewes", at grid reference TQ 421 102). **Scout** teams need to assemble in nearby car parks in sufficient time to check their kit (see below) and then walk through to the High Street at the following times: Crowborough teams: 8:15am; Groombridge team: 8:30am; Uckfield teams: 8:45 am. All **Explorer** teams need to do the same by the following times: Avery: 9am; Ardingly 9:15am; 272s 9:30am and Tullis: 9:45am. **Please note you need to arrive in the car parks well before these times, but don't clog up the High Street until you are needed!**

Before moving from the car parks to the start, all teams need to make sure that they have everything they need for both days of the expedition (see kit list attached). **This will be the responsibility of the Troop / Unit Leaders.** Unlike in previous years there will not be a full kit check at the start. Instead, this will be checked at one or more checkpoints along the route, with points being deducted for any items on the Kit List which are missing.

The finish for all teams on Day 1 is at the Buxted Scouts HQ (OS Explorer Sheet 135 (Ashdown Forest), grid reference TQ 497 232). This is also where the teams will be camping overnight.

For all teams, the route is 26.6km in length on the first day and 16.8km on the second day*. All of the checkpoints and at least some of the via points will be staffed by leaders from Ashdown District. At each checkpoint, the teams will have an incident to complete and will then be given the grid references for the next one, exactly in the way that is done on the Overland itself.

The evening will be spent pitching their tents, cooking their expedition food, clearing up and completing a project of some kind (to be announced when they arrive). This again is exactly what they will have to do on the night of the Overland itself. At least two of the leaders will stay overnight at the camp site.

On the Sunday morning the teams have to cook their own breakfasts, strike camp and then take part in the Ashdown Hike competition. For Scout teams, this will in most cases involve dividing up into different teams, including some 'non-Overlanders'. For Explorers the teams can remain unchanged. Explorer teams will need to take all of their tents and equipment with them. Scout teams can leave their tents behind (this won't be the case on the Overland, but we are being kind to them as there is still a few weeks of training to go!)

Planning

Both for this event and for the Overland itself, teams will need to plan their menus and purchase the food in advance, making sure that this is suitable for the expedition (i.e. as lightweight as possible but substantial), and making sure that each member of the team actually enjoys the food that they are taking with them and knows how to cook it on lightweight stoves. This means doing some practice cooking on your troop / unit nights in advance of the expedition. Leaders will be able to advise you on the kinds of expedition meals that are available and may be able to purchase the food on your behalf in order to obtain discounts. Scouts and Explorers therefore need to talk to their leaders ASAP!

Cost

Thanks to the generosity of Buxted Scout Group, there is no camping fee this year. The only costs will therefore be those associated with the expedition food. This will need to be decided by individual leaders.

* This is slightly more ambitious than the Overland itself, which is 40km in total (24km on day 1 and 16km on day 2),.



Training Expedition Kit List

(taken from the official Overland Rules 2011, with some additional hints and tips in italics)

PLEASE NOTE: The details are very precise, and changes from last year are shown in red: Make sure you follow the requirements exactly or you will lose marks

Each team will be responsible for providing their own equipment, as listed below, which must be carried in waterproof lined rucksacks, to a **maximum weight of 40kg per team** (this is the total weight limit, including personal and team equipment and one expedition tent, suitable (*large enough*) for use by the whole team in an emergency (*for the avoidance of doubt, a 2-man tent will not be big enough*). A second expedition tent, if required (e.g. for mixed teams), will be transported to the campsite for you and will not form part of the weight allowance, but you must hand this in at the start).

For Explorers, the weight limit is 44Kg per team (but this must include all tentage).

The minimum TEAM requirements are:

Tents with groundsheets (flysheets only are not acceptable) (mixed gender teams must have separate tents);

Food and 2 x 0.25 litres of water for the weekend (for a cooked evening meal and a cooked breakfast, each with a hot drink, for all team members)

A menu, detailing the evening meal and breakfast choices for each member of the team (to be handed in at the start)

An additional 2 x 0.25 litres 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;

Stove(s) (liquid fuel, if used, should be carried in a metal container); together with Cooking container(s), utensils **and matches**;

Two survival bags;

Two foil survival blankets ← (NEW ADDITION THIS YEAR)

Two sets of appropriate 1:25,000 maps in two waterproof map cases; (*each set must comprise OS sheets 122 and 123 and 135*)

Two compasses, two whistles, two torches, two watches, paper and pen/pencil (each person in the team should have a pencil and paper)

Two mobile phones, fully charged, for emergency use only (these must be in credit, switched off and sealed in a waterproof bag),

Two first aid kits, to be contained in waterproof, airtight containers, each kit 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 of surgical gloves
- 2 polythene bags for soiled dressings
- 1 vent aid
- 5 x 20p coins

(ALL of the above things, except for the torches, watches and the mobile phones, will be provided by your troop or unit – do NOT bring your own additional items of anything else that is on this list! Watches need to have alarm functions – you will not be able to use the mobile phones for this purpose)

EACH TEAM MEMBER must wear: (*items in italics are not part of the official kit list but are still needed*)

- Troop or Unit neckerchief (scarf)
- long trousers,
- waterproofed hiking boots with ankle support (must be clean with freshly applied Nikwax or similar),
- *two pairs of socks (wool or cotton, not synthetic) or one pair of special double layer socks designed to prevent blisters*
- gloves,
- suitable warm headwear,
- long sleeved top (shirt or jumper),
- *additional layers of thin t-shirts beneath your long sleeved top (depending on weather forecast)*
- fleece **jumper or jacket** (preferably zipped)
- high visibility reflective items which must be clearly visible at all times (*provided by your troop*)
- sun cream should be used, as necessary, to prevent sun-burn
(*in practice, each team should also carry a small tube of high factor (e.g. 50) sun cream, suitable for use by all*)

NOT acceptable are: denim jeans, shorts, formal Scout uniform (except scarves), sheath knives, waterproofs without taped seams, CB Radios, GPS navigation aids or additional mobile phones

EACH TEAM MEMBER must carry in their waterproof-lined rucksack (which must have a reflective patch clearly visible at all times):

- an adequate sleeping bag
- substantial waterproof tops & bottoms (i.e. cagoule & overtrousers) with taped seams (flimsy garments without taped seams will NOT do)
- spare fleece jumper or jacket (warm, but as lightweight as possible)
- spare socks
- packed lunches for both days (but note our suggested weight limit for these -1kg in total, including a drinks bottle)
- water-filled drinks bottle (plastic, with screw top). Some of the water can be tipped out if necessary to reduce weight, but can then be refilled at checkpoints)
- a plastic mug, and a metal fork & spoon (plates and bowls are NOT needed, as lightweight paper or foil ones will be supplied by your leader)

EACH TEAM MEMBER must carry on their person:

- An ID card (in a sealed plastic wallet) detailing any specific medical condition relative to themselves (*note, on the Overland itself this will be replaced by an Overland Hiker Information Form, to be issued with the final instructions*)

Additional items that you might wish to take are:

- A simple, Swiss Army type penknife (no more than two are needed per team, and NO complex knives or multi-tools)
- Money (*in case you pass a sweet shop on the first day*) (*On the Overland itself there will be a tuck shop half way round!*).
- A lightweight foam sleeping mat

PLEASE NOTE THAT YOU DO NOT NEED TO TAKE: Pyjamas, spare trousers, teddy bears, spare batteries, cartons of milk, extra sweets, or anything else that is not specifically on the list above. Priority must be to take essential items and keep the weight down.