



## **1<sup>st</sup> Carlingford Scouts Group: Scouts Troop “Bartoo”**

### **Outdoor Adventure Skills – Bushwalking – Stage 3 Folio**

#### **Name of the Scout:**

#### **Knowledge;**

1. Describe how you can help a Stage 1 Scout to pack their backpack for a bushwalk. (Size of the backpack, Item need to be in the backpack, weight distribution and waterproofing)
2. Describe how and where to get the latest weather forecast for the area you will be bushwalking in.
3. Give an example of a balanced menu for a day bushwalk.
  - Breakfast (1 x example)
  - Lunch (2 x example)
  - Snacks
  - Water (how many liters)



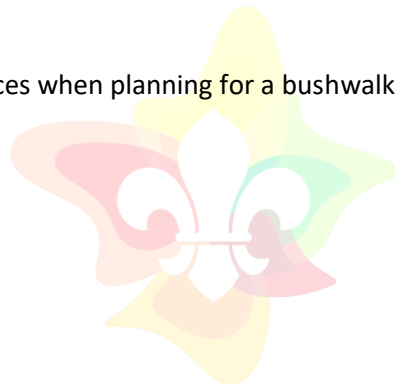
4. list places where you can and cannot bushwalk.

Places can bushwalk	Places cannot bushwalk

5. Describe different ways of keeping a group together while bushwalking.

6. List bushwalking best practices when planning for a bushwalking journey.

- 1.
- 2.
- 3.
- 4.
- 5.



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7. Describe how you can responsible for your safety and how you can aware of the surroundings.

8. Describe how to avoid becoming lost, and what to do if you get lost.

9. Describe how to treat cuts and minor bleeding. Write the steps.

10. What is the importance of the buddy system and list other ways to stay safe.



11. List the features you can identify on a topographic map.

- 1.
- 2.
- 3.
- 4.
- 5.

12. List recent one bushwalking activity you have attended excluding this one.

Date	Name of the walk	How long? Km

### Practice

- ☐ I have run a small Navigational activity for my fellow Scouts with the support of my Leaders.
- ☐ I can use different types of maps to help me throughout different activities. List the different types of maps/uses

- 1.
- 2.
- 3.

- ☐ I have attended a day bushwalk at this stage of at least six hours duration.
- ☐ I have given a presentation to my Patrol or my Unit Council about one of the bushwalks I went on during Stage 3.
- ☐ I have discussed the top five things I have learnt throughout Stages 1–3 of Bushwalking. List them here

- 1.
- 2.
- 3.
- 4.
- 5.

Verifier Name:

**Udaya Wijesinghe**

Guide Bushwalking (Tracked, Difficult Tracked, Extremely Difficult Tracked and Untracked)

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Signature:

Date: