



GWS Region 6 Baden Powell Place, Winston Hills NSW 2153

Dear Parents and Carers,

Cub Scouts (age 10+) can participate in selected region bushwalking activities as of January 2020.

Q&A

Can Cubs participate without an accompanying leader from their scout group?

Yes they will be under the care of the activity leader. An activity leader is a specialised leader who holds external qualifications as either a guide or instructor.

Will they be under direct adult supervision.

Yes they will. However there may be times when the activity leader deems it appropriate to let the Cubs walk with the Scouts a short distance in front or behind the adults. Cubs can play within the campground boundary with their buddy.

Do they need a buddy (another Cub) from their scout group?

If possible yes, however if they don't we can buddy them up with other Cubs or younger Scouts on arrival.

Do they need any previous walking experience?

Not really, we are starting with easier walks. Plans are flexible so we can adjust to suit.

What happens if they feel homesick?

Generally we don't see many cases, we have fairly active days and this keeps everyone occupied. Activity leaders regularly check participants are hydrated and comfortable. Many campgrounds don't have a lot of space so tents are fairly close, which helps to reduce the feeling of isolation. We would try some strategies to comfort/distract them before we contact parents. Many campgrounds have road access which provides the option of early collection.

What time do they go to bed?

Due to the physical aspect of hiking many kids request an early night after they have eaten. We encourage the kids to cook together and then enjoy their meal and conversation. Cubs would generally be in bed by 9 pm. Scouts and Venturers can stay up later however often prefer to head for the comfort of their sleeping bags. The activity leader checks Cubs are warm, dry and comfortable before they go to bed.

What happens if they feel sick or need help during the night?

Cubs need to wake their buddy and then together get up, put their shoes on and wake the activity leader. The activity leader wakes another adult and then calls for assistance from two younger Scouts of the same gender who can if necessary accompany the Cubs into toileting areas. The activity leader won't return to bed until the Cubs are feeling better and comfortable in their beds.

What equipment do they need access to: can be second hand or borrowed

40 to 50 L hiking pack with adjustable straps, seasonal sleeping bag, small tent (can be shared), mat (optional) 2 L water, 1 change of clothes (t shirt, shorts and underwear + socks, swimmers/boardshorts), toiletries (toothbrush, toothpaste, antibacterial wipes, tissues) rain jacket, wide brim or surf hat, sports sunscreen, food for meals and healthy snacks, plastic bowl or plate, cutlery, chux cloth, head torch, spare batteries, spare garbage bags, opal card, spending money.

What they don't need:

First aid kit, blister pads, cookware, mini spatula, water filter, stove and fuel, toilet paper (Activity leader, older Scouts and or Venturers to carry shared equipment)

What is a safe pack weight for this age:

15 to 20 per cent of their total bodyweight

Sample menu will be provided closer to the activity.

Ref:

Parents and Carers Q&A Version 1 Issued by Tristan Flores Region Leader Bushwalking on 03 Jan 2020