

# COUNTY CAMP...

PRELIMINARY INFORMATION



## CESC 2008 Saturday activities

### **To all Explorer Scout Leaders,**

Will you please ensure that your Explorer Scouts have the right kit for their allocated activities. If they do not, they may not be allowed to participate.

If you have any questions please ask.

#### **Kit List**

For all off-site activities a drink and a few nibbles would be a good idea. All activity leaders will have all the appropriate first aid and safety equipment but it would be useful to take a personal first aid kit. For full day activities take a packed lunch.

#### **Off-site climbing Single Pitch**

A set of waterproofs and a spare warm sweater. For the feet, walking boots or sensible trainers will be fine ("sensible" means not thick waffle soles with a big floppy tongue and laces that aren't tied up properly!). If you have any personal climbing gear feel free to bring it.

#### **Off-site climbing Multi Pitch**

Multi-pitch climbing is a full day activity and will most likely take place on a mountain crag. No prior experience of multi-pitch climbing is required but this is not an activity suitable for novice climbers; you must have experience of seconding single pitch climbs; it is essential that you can safely belay a leader and be able to remove leader placed protection. It is also highly desirable that you have some hill walking experience.

Personal kit requirements are the same as those for a days fellwalking, you must carry wind/waterproofs and a spare warm top, hat and gloves. Remember that if the weather turns cold and wet half way up the climb, it is unlikely that you will be able to put overtrousers on, so you need to be wearing trousers which will continue to offer some protection when wet; tracksuit bottoms would be fine, cotton or denim jeans are not suitable.

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Walking or mountaineering boots with a reasonably stiff sole should be worn on the feet (you'd look silly wearing them anywhere else!); these will be fine for climbing in, as the routes will not be hard, and they are much safer in descent than rock shoes; trainers are totally unsuitable.

You will also need a proper rucksack of around 30 litre capacity to carry your spare clothes, food, drink and your share of the climbing equipment. Remember that, just like when you are out for a mountain walk, you should really carry a whistle, compass, map, small first aid kit, bivi bag and spare food.

Please take note of these kit requirements and don't be surprised if your leader refuses to let you take part in the multi-pitch climbing activity if you are not suitably equipped.

### **Watersports**

You will be getting wet so a swimming costume and some clothes you don't mind getting soaking wet. Try and avoid heavy cotton sweat shirts / jogging pants / jeans etc. Take a waterproof / windproof to use on the water. If you have a wet suit – bring it. Take a towel and complete change of clothes to the boat house with you, remember to take some old trainers or other suitable footwear to wear in the water. Take a flask with a hot drink.

### **Ghyll scrambling**

You will be getting seriously wet so wear clothes that you don't mind getting wet but as with the watersports avoid heavy cotton sweat shirts / jogging pants / jeans etc. Take a waterproof with you and wear your walking boots. Take a towel and complete change of clothes with you.

### **Mountain walking/ Geo-caching / scrambling**

This is a full day activity so take a packed lunch and a drink. You will also need a spare sweater, a full set of waterproofs, a bivvi bag and hat scarf and gloves. Avoid wearing jeans. If you have them bring maps of the Lake District and your compass.

### **Caving**

This is a full day activity so take a packed lunch and a drink. You almost certainly will be getting wet and mucky so take a towel and complete change of clothes with you. For the actual caving you should be supplied with a caving suit. You may want to wear something under this such as a T-Shirt or thin (base layer) garments. Avoid heavy cotton sweat shirts / jogging pants / jeans etc. Wellies are a good idea for your feet but old walking boots would be OK. Wellies can be hired for about a quid local to the caves (Bernies Café)

### **Mountain Biking**

A half day activity. Take a light weight waterproof with you some warm clothes and a pair of trainers. You should also take some spare trainers and clothes in case things get a little muddy.

### **Go Ape!/High Ropes**

A half day activity. Take some warm clothes and waterproofs, but most importantly don't forget your head for heights.

### **All other activities go prepared for a day outside around Great Tower**