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HIKE INTO HISTORY

14+ HIKE

INFORMATION BOOKLET

18 - 20 MAY 2018



GIRL GUIDES  
AUSTRALIA  
VICTORIA

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## IMPORTANT INFORMATION



### WHAT?

HIKE INTO HISTORY is a weekend camp for Guides aged 14-17 and Leaders who would like to spend the weekend hiking with friends old and new.

The hike is at an intermediate level and is for Guides wanting to increase their hiking skills. Hikers will be carrying tranguias, sleeping gear, and tents to the overnight campsite.

### WHEN?

From 6.30 pm Friday 18 May to 3.00 pm Sunday 20 May 2018

### WHERE?

#### **Big Pats Creek to Ada Tree, Yarra State Forrest**

Situated within the beautiful high country near the town of Warburton, about 35 minutes from Lilydale or about 1½ hours' drive east of Melbourne.

Meet at Big Pats Creek Recreation Area Car Park, Big Pats Creek Road. This is the location for both pick up and drop off.

### COST?

Campsite, food, and administration:

**\$65 Youth**

**\$20 Leaders**

Optional transport fee for youth members:

\$25 (from Lilydale train station to hike site and back)



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# REGISTRATIONS



## ONLINE REGISTRATIONS

Register online at [www.guidesvic.org.au/category/events/current-victorian-events/](http://www.guidesvic.org.au/category/events/current-victorian-events/)

Places are strictly limited. Get in quick to secure your place!

Registrations close on Monday 7 May, unless sold out prior.

## CANCELLATION POLICY

If the event is cancelled by Girl Guide Victoria, a full refund will be given.

If you withdraw from the event at least one month prior to closing date for registrations, a 90% refund will be given.

If you withdraw from the event less than one month before the closing date for registrations, a 50% refund will be given.

If you withdraw from the event after the closing date for the registrations, no refund will be given.

You may apply for special consideration in exceptional circumstances. Such requests should be addressed to the Events Manager at Girl Guides Victoria.

## CONTACT DETAILS

Enquiries regarding registration and payment for the event:

Katie Possingham [support@guidesvic.org.au](mailto:support@guidesvic.org.au)

Enquiries regarding event plans, late arrival or early departure or health matters:

Cat Anderson [adventure@guidesvic.org.au](mailto:adventure@guidesvic.org.au) OR Donna Hallam (LIC) [dhallam@inet.net.au](mailto:dhallam@inet.net.au)



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## HIKING

Hiking can be a physically demanding activity that requires carrying weight while walking in beautiful areas. Depending on the terrain, there could be steep hills both up and down. The Yarra State Forest is a fantastic place for people who have not hiked much before, but also offers some challenges for the more experienced. *If you have any questions in relation to the appropriateness of the hike for you feel free to email Cat Anderson to discuss your options.*

The hike is aimed at an intermediate hiking level. All gear will be carried on the hike, and the terrain is considered a Grade 3 (medium).

The hike Leader in Charge has Girl Guide Australia bush camping qualifications and Assistant Leader in Charge holds current Girl Guide Australia camping expedition qualifications. They will be able to help fit and adjust hiking packs to ensure a comfortable and balanced fit of your hiking packs.

## EQUIPMENT

Check out the kit list below for the equipment required for the weekend. Take into consideration the weight of the items you will be packing.

If you do not have access to a hike pack, one can be hired for the weekend for \$10. Please let us know ahead of time if you require one, and bring \$10 cash to the event.

If you do not have access to another item of equipment on the kit list please contact us as soon as possible, so we can assist you to hire or borrow items.

If you own a light 2-person hike-tent and/or Trangia please bring it along.





## CONDITIONS OF ATTENDANCE

All participants must be a current member of Girl Guides Victoria and be registered for the event. Any youth member aged 14-17 years can attend and Guides do not need their Unit Leader to attend in order for them to come to the hike.

We aim for all participants to have a happy and safe time on the hike. To ensure we meet this aim, in registering for the hike, all participants agree to abide by the rules set out in this booklet. Disciplinary measures will be carried out at the discretion of the organising committee and in the event of extreme breaches, participants will be sent home at the expense of their parent/guardian.

## CONTACT DURING CAMP

If you require urgent emergency contact with the hikers, please **call 0408 302 853** to get a message passed on. Please only use this number in an emergency. Direct contact with the hikers may be difficult on some days.

## WEATHER PLANS

The hike is an all-outdoor camping experience with little shelter at the overnight campsites. If the weather is unbearable or puts any hikers at risk, we will implement our contingency plans. In such an event, all emergency contacts for each hiker will be contacted. Please ensure the emergency numbers supplied during the online registration process are correct and will be answered during the weekend.

That said, we won't be letting a little rain stop us from hiking – so don't be tempted to forget your good quality waterproof coat (with hood) and sturdy footwear!





## ARRIVAL AND DEPARTURE

Camp will begin with arrival from 6.30 pm on Friday 18 May, and will close at 3.00 pm on Sunday 20 May. If you expect to arrive at camp later than 9.00 pm on the Friday, or leave before 3.00 pm on the Sunday, please let us know in advance.

## TRAVEL

Participants who have not selected the transport option will need to make their own way to and from the event.

**Transport option:** There is a Metro Train to Lilydale Station. Participants can select to be picked up Friday and dropped back Sunday to Lilydale Station by selecting the transport option during registration for an extra \$20.

## FOOD

All food will be supplied for the weekend (Friday supper to Sunday lunch). Participants should arrive having had dinner on Friday night. Please provide any dietary requirements upon registration. If you have any questions or would like to supply additional information, please contact us.

## SLEEPING ARRANGEMENTS

Participants will need to bring lightweight sleeping gear (see kit list for details). You may request to share a tent with a friend. If you are the only member of your Unit attending you will be paired up with another Guide. Leaders and Guides will be in separate sleeping tents.







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# HIKE COURTESY

## MOBILE PHONE/TECHNOLOGY/VALUABLES

We like to think that Guides will have no need for mobile phones or other technology during the hike, but we accept that many girls won't agree – especially as, for many, their mobile phone is their camera. Please consider the below.

- Guides are encouraged to take this opportunity to have a true camping experience and disconnect from cyberspace during camp activities.
- We will be camping at non-powered campsites. There will be no opportunity to recharge devices.
- We will be travelling to areas with no (or patchy) mobile phone coverage.
- Leaders may confiscate technology and other valuables if these are seen to be used inappropriately or unsafely.
- Girl Guides Victoria holds **no responsibility** is taken for lost or damaged items, or the publication of photos taken by participants on the hike.

## EXPECTATIONS

As with all Girl Guide events, we expect that you will live the Guide Promise and Law throughout the hike. This includes while working as a member of a team, helping out with camp chores, and at all other times throughout the hike.

We expect that everyone will:

- Challenge themselves to try new things
- Take responsibility for themselves and their possessions
- Treat other people, their possessions and emotions with care and consideration
- Remain with the group and within the boundaries of each walking track or campsite
- Respect each other and the environment

All Girl Guides Victoria events are non-smoking events, and alcohol or other illicit substances are strictly not permitted.





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# PROGRAM



## FRIDAY

Friday night will be spent setting up tents and getting to know everyone, along with a little preparation for our adventures the following day.

## SATURDAY

### **Hiking**

The morning will be spent learning and reviewing some essential skills, including map reading and correct back packing, before heading off on the walking track.


We will stop for lunch in a scenic area before hiking to a new campsite and set up camp for the night. Saturday night we will have a campfire sing-a-long and marshmallow toasting.

## SUNDAY


### **Hiking**

After a good night's sleep, we'll have some breakfast, pack up camp, and then set off for a short day hike. We will stop for lunch in a scenic area before hiking to the end. Transport has been arranged to take us from the end of the track back to our starting point.

We will say goodbye to all our amazing hikers, and those who have selected transport options will be driven to Lilydale Station.



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# KIT LIST

<i>Item</i>	<i>Notes</i>
<b>Hiking pack</b>	A leader can help fit it properly
<b>Pack liner</b>	Store-bought liner or garbage bag is fine
<b>Warm light-weight sleeping bag</b>	Waterproofed in a garbage bag
<b>Light-weight foam mat</b>	E.g. Thermarest or similar
<b>Pillow case</b>	You won't need a pillow as the case can be filled with clothes
<b>Clothing</b>	
<b>1 X long pants</b>	Not jeans; track pants are a good idea
<b>1 X set of thermals</b>	
<b>2 X light-weight shorts</b>	Wearing thermals or leggings underneath helps stop leeches
<b>2 X t-shirts</b>	
<b>1 X long sleeved shirt</b>	
<b>3 X thick socks &amp; 3 X thin socks</b>	Wool if possible
<b>Underwear</b>	Enough for each day plus a spare set
<b>Tracksuit to sleep in</b>	Will double up as an extra set of clothes if needed
<b>2 X wool/fleece jumper</b>	
<b>Hat and beanie</b>	
<b>Rain coat with hood</b>	Must cover bottom
<b>1 X pair of hiking boots/good runners</b>	Please don't wear new shoes; shoes must have good ankle support
<b>1 X pair of shoes for around the camp</b>	Can be canvas; Volleys are good
<b>Other</b>	
<b>Dilly bag Sit upon</b>	Plate, cup, bowl, cutlery, tea towel, matches, hand sanitiser
<b>Torch and spare batteries</b>	Head torches are useful, but not needed if you haven't one
<b>Sunscreen &amp; insect repellent</b>	
<b>Toiletries</b>	Toothbrush, toothpaste, hair brush, deodorant,
<b>Small trowel</b>	
<b>Roll of toilet paper</b>	Inside a water proof bag
<b>First aid kit</b>	<b>First aid kit:</b> blister first aid, space blanket, roll
<b>Medication and health form</b>	bandage, lip balm, triangle bandage, band aids,
<b>2 X 1L water bottles</b>	safety pins, hanky, salt in a small container
<b>Camera</b>	Optional

Your hike pack should not weigh more than  $\frac{1}{4}$  of your body weight. Try to keep it under  $\frac{1}{4}$  and think about what you are packing. "Will I be warm/cool enough if I had these clothes with me?" Remember that socks are almost as important as the shoes you wear on your feet. We will discuss blister prevention in more detail at camp.