

Hike Introduction

RULE 1: A Scout packs for himself/herself and is solely responsible for what he/she does or doesn't take.

RULE 2: If you don't need it don't take it. If you take it and don't use it don't take it next time (except First Aid Kit).

RULE 3: The full pack should not exceed 25% of body weight.

Naismith's Rule

Light easy going - 5 km per hour.

Easy going - 3 km per hour.

Heavy going - 1½ km per hour.

Thick bush, heavy going - ½ km per hour.

Climbing 500m add 1 hour.

Descending 1000m add 1 hour.

For every hour after 5 hours add 1 hour (for fatigue).

(1/3 reduction for fit experienced walkers).