

ADVENTURER HIKE PLAN

NAME:	Scout 1	TROOP:	1 st Bullsbrook		
LOCATION:	Yanchep National Park				
MAP NAME(S):	Wild About Walking	SCALE:	1:100000	DATE:	2002
FROM (D/M/Y)	7 September 2007	TO (D/M/Y)	9 September 2007		
ASSESSOR:	Leader 1	PHONE No.	9371 0008 (0410 008 008)		

TEAM MEMBERS:

(Minimum party of 5 at all times)

Name	Phone No.	Address	Award Level	Age
Scout 1	9371 0001	1 Somewhere, Bullsbrook	Blue	13
Scout 2	9371 0002	2 Somewhere, Bullsbrook	Blue	13
Scout 3	9371 0003	3 Somewhere, Bullsbrook	Red	12
Scout 4	9371 0004	4 Somewhere, Bullsbrook	Blue	14
Scout 5	9371 0005	5 Somewhere, Bullsbrook	Green	14

TRANSPORTATION:

To Start Point:

Name	Phone No.
Mr Scout 1 Parent	9371 0001
Mrs Scout 3 Parent	9371 0003

From Finish Point:

Name	Phone No.
Mrs Scout 2 Parent	9371 0002
Mrs Scout 5 Parent	9371 0005

PROPOSED HIKE PLAN:

Give details of planned route, types of terrain to be traversed, all activities and tasks en route, proposed meal and camp locations with estimated times at each location and to each checkpoint.

7 September		
19:00	0km	Meet at Yanchep NP Lake McNess carpark
19:15	0km	Head for Shapcotts on the Ghost House Trail
21:30	6km	Shapcotts campsite
22:30	6km	Bed & lights out
8 September		
07:00	6km	Get up
07:30	6km	Breakfast
08:00	6km	Leave campsite and head east along the Coastal Plains Trail
09:00	9km	Arrive Wanneroo Road
10:30	13km	Arrive at Swamp Road
	13km	Break
11:00	13km	End of break
12:30	16km	Lunch at the 'lookout point'
13:00	16km	Leave lookout point
15:00	20km	Arrive Ridges Campsite
17:00	20km	Dinner
22:00	20km	Bed & lights out
9:September		
07:30	20km	Get up
08:00	20km	Breakfast
09:00	20km	Leave campsite – follow Cockatoo Trail along Hadrill Road
10:30	27km	Arrive Wanneroo Road
11:00	28km	Arrive Lake McNess carpark
12:00	28km	Lunch
13:00	28km	Pickup

CHECK POINTS: (where you can be found at specific times)

	Reference	Date	Optimistic Time	Pessimistic Time
Starting Point:	Yanchep NP	7 September	19:00	
Check Point 1	Ghost House	7 September	21:00	22:00
Check Point 2	Wanneroo Road	8 September	08:30	09:30
Check Point 3	Swamp Road	8 September	10:00	11:00
Check Point 4	Lookout	8 September	11:00	13:00
Check Point 5	Ridges	8 September	14:00	16:00
Check Point 6				
Finish Point	Yanchep NP	9 September	11:00	12:00

On your copy of map plot the expedition route.

Indicate the boundaries of the expedition area in red, the planned route in blue, checkpoints in green and evacuation routes in orange.

PROPOSED MENU:

Day 1	Supper	Tea & biscuits
Day 2	Breakfast	Sausage, bacon, beans, coffee
	Lunch	Tuna, Mars bar
	Dinner	Spaghetti bolognaise, tinned fruit, tea
	Supper	Tea & biscuits
Day 3	Breakfast	Muesli bars (2),
	Lunch	Tuna, Mars bar

Water to be carried

ltr/person and topped up at

EQUIPMENT LIST:**Personal Equipment:**

Rucksack (75l), sleeping bag, ground mat, clothes (shirt, fleece, 2 pairs of socks, underwear), waterproof clothing, compass, map, plate, mug, knife/fork/spoon, towel (hitec), torch, matches, toilet paper, personal First Aid kit, snacks (fruit & nut)

Shared Equipment:

GPS, cooker (gas), pans (hiking set), 2 man tent

GPS for compass validation YES

FIRST AID EQUIPMENT:

Detail items to be carried as First Aid equipment.

Plasters, Paracetamol, triangular bandage, crepe bandage, space blanket, Stingose, Fixumol, Burn gel, safety pins, tape, sterile water

EMERGENCY EQUIPMENT:

Waterproof matches, compass, waterproof coat, headgear, torch, space blanket, whistle, simple first aid kit, map, food and water for an extra day.

OTHER SAFETY EQUIPMENT:

VHF radio, mobile phone (CDMA)

ACTION IF LOST:

Backtrack to where others last seen.

If fail to meet rest of party wait for 1 hour (making a lot of noise).

If still not found:

Friday head south to Yanchep Beach Road.

Saturday (before crossing Wanneroo Road) head east to Wanneroo Road.

Saturday (after crossing Wanneroo Road) and Sunday – head west to Wanneroo Road.

Wait at Yanchep Beach Road or Wanneroo Road for a known person (or Police/Ranger) to come.

EVACUATION PLAN: (where you will head to in emergency, e.g. bushfire)

Exit No.	Grid Ref.	Description
1		Yanchep Beach Road (see map)
2		Wanneroo Road (see map)
3		
4		

COMMUNICATION EQUIPMENT WITH PARTY:

User Name	Mobile Phone No.	Type (3G, 4G, etc.)	Provider (Telstra, etc)
Scout 1	0708 001 001	CDMA	Telstra
Scout 2	0711 002 002	GSM	Virgin

Radio Type	Priority Channels
VHF - handheld	7

SCHEDULED CONTACT TIMES: (when you will try to contact your backup)

Time	Name	Phone/radio	Phone No.
7 September 21:00	Leader 1	Phone	9371 0008
8 September 09:00	Leader 1	Phone	9371 0008
8 September 12:00	Leader 1	Phone	9371 0008
8 September 17:00	Leader 1	Phone	9371 0008
9 September 09:00	Leader 1	Phone	9371 0008
9 September 12:00	Leader 1	Phone	9371 0008

EMERGENCY CONTACT DETAILS:

Contact	Phone No	Address
General (assessor)	9371 0008	8 Somewhere, Bullsbrook
Police	000	
Hospital	000	Joondalup
CALM	9561 1004	Yanchep NP

The time at which Police are to be informed of non-return is

15:00 9 September 2007

APPROVALS RECEIVED TO ENTER PROPERTY:

(Park Rangers/Property Owners)

Name	Phone No.	Park/Property Location
Yanchep NP	9561 1004	

ASSESSOR'S PRE-JOURNEY CHECKLIST

Item	Competent
Compass	Yes
Direction finding (without compass)	Yes
Map reading	Yes
GPS	Yes
Action if lost	Yes
Radio procedure	Yes
First Aid	Yes
Equipment	Yes

AUTHORISATION CHECKLIST:

Action	Signature	Date
A1 completed	Leader 1	1 August 07
A1 approved	Leader 1	1 August 07
A3 completed	Leader 1	10 August 07
A3 returned signed by parents	Leader 1	16 August 07
Journey Authorised by assessor	Leader 1	22 August 07