



53rd St Barnabas Scout Group

Hikers Notes

All Hiking equipment must be functional and lightweight. Many items, either worn or carried, are directly concerned with comfort and ultimately with safety in the event of a serious deterioration of conditions. Deep concern over footwear, waterproofs, and spare clothing may seem unnecessary in normal Cyprus weather. But in the event of a storm or extreme temperatures then good equipment will prevent a serious accident or exposure.

Hiking/camping kit list:

1. **Whistle:** This should be loud enough to hear over a distance
2. **Torch:** A lightweight, medium sized hand torch with spare bulbs and batteries
3. **First aid kit:** This should be made up by the Scout and should fit into a standard pencil case *
4. **Emergency rations:** Bring more than you'll need of high energy value food. You never know you might get stuck (or lost).
5. **Waterproof:** Should cover at least three quarters of the body. It should be lightweight, wind proof and waterproof.
6. **Water bottle:** Strong enough to withstand knocks and falls with a secure lid which prevents leakages. Plastic disposable water bottles are NOT acceptable.
7. **Sleeping bag:** Carefully checked for warmth and compactness. Packed into a bag making it waterproof.
8. **Footwear:** Boots, a strong hiking boot is ideal. It should have a moulded rubber or composite sole with a good tread. Look for broad fitting, good heel, strong and flexible sole with good support to ankles. Trainers are popular when walking along tracks. Boots **MUST STILL BE CARRIED** when trainers are worn. Both must not show signs of wear and tear.
9. **Clothing and extra clothing:** Proper clothing is essential for keeping warm, dry, and comfortable in the winter. Wearing multiple layers is ideal, it keeps you warm and allows you to take layers off or put them back on so you always have enough to be warm, but not so much that you sweat and overheat. Modern polyester or merino wool fleece is the best: It is warm, lightweight, retains much of its warmth when wet, and dries quickly. One quick rule for clothing fabrics: **NO COTTON!** This includes sweat shirts, sweat pants, blue jeans, socks, boxers, briefs, t-shirts, etc. Cotton takes an extremely long time to dry, does not wick moisture away from the body but keeps it next to the skin, and when it is wet or damp from sweat it doesn't provide you with any warmth, thus endangering you just when you need the warmth. Bring extra clothes, particularly socks, so that you can change out of wet clothing.
10. **THE SOCK COMMANDMENTS:**
 - a. Thou shall never wear cotton socks for hiking. They absorb sweat quickly and are very slow to dry. Soggy, sweaty feet = **BLISTERS**.
 - b. Thou shall wear only socks made of wool or synthetic fibers ... or a blend of both. They will dry quickly, wick sweat away from your feet and keep your feet more comfortable on the trail.
 - c. Thou shall wear socks that fit. Make sure your socks fit snugly. If they're too big, they'll bunch up inside your boots or shoes and be uncomfortable and might cause blisters.
 - d. Thou shall always pack three pairs of socks. That way, you have a pair to hike in, an extra pair for hiking when the other gets wet, and a clean, dry pair for sleeping.
 - e. Thou shall not wear sport socks, below the ankle socks are **NOT** allowed.
11. **Sun protection:** Always wear a hat/cap and apply sunscreen as often as it's needed. A must for Cyprus sun.
12. **Backpacks:** Large and strong enough to carry your equipment and to withstand rugged terrain and of course comfortable to wear.



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Do not bring

1. Any electrical or electronic devices (cameras, mobile phones, personal head phones, games etc) besides flashlights and watches
2. Pocket knives
3. Family heirlooms
4. Anything that might tempt one to disregard the Scout Law

Hikers Briefing Notes

ALWAYS:

1. Act sensibly at all times, use common sense and be polite to all people you meet.
2. Learn to share the path with other hikers.
3. Drink plenty of water.
4. Cover up against the Sun, Rain or Cold.
5. Use plastic bags for litter.
6. Remember and obey the Countryside Code
7. Always stick together when hiking. Walking as a group must be at the pace of the slowest member. Maintain an even, steady pace, that everyone in your patrol can maintain.
8. Adapt your walking style to the type of terrain and help struggling members.
9. Always report any problems or incidents to the Check Point Controller.
10. Use your map and don't follow other teams.

NEVER:

1. Visit coffee shops, taverns, shops unless in emergency.
2. Separate from your team.
3. Blow your whistle unless in an emergency
4. Lose your control cards.
5. Ignore injuries, example blisters.

COUNTRYSIDE CODE:

- Do not vandalize natural features
- Do not light fire except in barbeque areas and campsites.
- Do not walk/cycle outside designated paths/trails
- Do not pollute water
- Do not litter
- Do not destroy vegetation, wildlife and their living environment
- Do not feed/play with wild or stray animals
- Do not excavate or disturb soil
- Protect countryside and preserve natural landscapes
- Respect other people and keep the noise down
- Respect villagers and do not damage private properties, crops and livestock.



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Personal First-Aid Kit

Here are the basics for your kit:

- Selection of plasters
- Two 3-by-3-inch sterile gauze pads
- One small roll of adhesive tape
- One 3-by-6-inch piece of moleskin (blister plasters)
- One small bar of soap or travel-size bottle of hand sanitizer
- One small tube of antibiotic ointment
- One pair of blunt nose scissors
- One pair of non-latex disposable gloves
- Insect repellent
- A waterproof pouch or tin to put everything in
- Pair of tweezers.

Respect, Protect and Enjoy!



Remember you are a Scout

Happy Hiking