

## EMERGENCY PROCEDURE

### MEDICAL EMERGENCIES:

1. Administer first aid
2. Check you know where you are
3. Call emergency services for life threatening issues or serious injury
4. Call the control number
5. Make sure you can be easily spotted - use a survival bag to attract attention

### LOST OR OTHER ISSUE:

1. Can you see any landmarks? (e.g. Sutton radio mast / Bosley Cloud)  
Take a compass bearing to the landmark
2. Try to work out where you are. What can you see?  
Are there any nearby farms?  
Walk to the road and look for farm names. Ask the farmer!
3. Consider if you can retrace your steps to the last checkpoint or to a roadside.
4. Call control if you are lost and have not been able to resolve it.  
Do what control asks, and **don't move unless instructed to do so!**

### CALLING CONTROL

Firstly, don't panic! When you get through...

State your team number, name, problem and location if known.

**Listen carefully and repeat any instructions given... Take notes.**

**Keep your phone on so we can call you back.**

#### NEVER:

- Call home to say you are lost. This creates panic and slows our progress in finding you. **Always use the control number.**
- Move unless you are told to do so by control

**Hike Control Number:**



## GUIDE TO LIGHTWEIGHT WALKING AND THE MACC HIKE

Macclesfield and Congleton District  
2019 edition



Parents and Hikers should read  
this book well in advance of  
the Safety Briefing and Hike.

YOU NEED THIS BOOK AT THE SAFETY BRIEFING  
AND ALSO AT THE START OF THE MACCHIKE

NO REPLACEMENTS WILL BE ISSUED

NAME: \_\_\_\_\_

This booklet was collated using a variety of sources and using personal knowledge built up over a number of years through Scouting.

It started out as a guide for the Chief Scouts Challenge Expedition in Hinckley, Leicestershire in 1998. The main elements of that event went on to form the basis of the "MacCHike" which first ran in Macclesfield District in 2005.

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## MACC HIKE SAFETY BRIEFING

Important: All entrants **must** attend the safety briefing or they will not be permitted to take part in the event.

**Parents required in last 30 mins only, but welcome to stay and listen to the whole session. No refunds for non-attendance.**

**Details of the safety briefing will be sent before the event**

### What to bring to the safety briefing

- This book!
- **Fine** permanent marker pen
- Mobile phone number if you intend to carry one on the Macchike weekend and have not already provided the number
- A copy of your menu for the weekend
- Your health form (This may have been requested in advance)

### What to expect...

Description of the emergency procedure for the weekend

A chance to ask questions and meet the leaders running the hike

You will be issued with a team number

You will be asked to plot the first day's route

There is a lot to cover in 2 hours, so please keep focused!.

## Information for Parents

Dear Parent

The MacCHike can seem a daunting step for parents and scouts who have not attempted such an event before. Reading through this booklet together will answer many of your questions and help you understand how the event is organised to provide a safe and adventurous experience.

Over the course of the event we will be monitoring and tracking up to 50 teams of Scouts as they complete the hike. At key points along the route, the Scouts will report in to staffed checkpoints where their condition will be assessed by our checkpoint volunteers, along with participant's understanding of the next section of the route. In addition we have "chase teams" who follow behind the last teams out and also are used to follow any teams that need additional support.

To maintain security on the hike, it is essential that no lifts are offered to scouts on the event. Lifts will only be given by route marshalls or the event minibus.

It is not unusual for teams to get a bit lost when walking. The routes have been walked by leaders and the route has been assessed for likely places where navigation will be difficult. It is usual that if a team becomes unable to find their way that route marshalls can locate them quickly and get them back on track or provide further assistance. The route marshalls are never far away from the teams, and making small navigation mistakes is part of the learning experience.

For this reason, we stress that any lost team contacts control directly for support and does not phone home. Phoning home may create unnecessary panic and additional phone calls that delay our ability to locate and support the teams. If you do get a phone call from a team, please re-assure them and ask them to contact the control number issued to them directly. This is a dedicated number that they should keep trying until they speak to someone. If you do have a concern, please call the organiser directly and leave a message with a number to call back on, or better still, send a text. Using this number will leave the control number free for the teams to use if necessary. Our priority will be communicating with the team so there may be a delay in returning your call.

MacCHike is a well planned, safe scouting event. Your assistance with the above helps to keep it that way. Thank you for your support.

We also have over 60 volunteers staffing the event each year, again we thank them for their time on your behalf. We always welcome new volunteers so get in touch if you would like to join the adventure!

## AFTER THE HIKE...

Take time to reflect on your experience. Make some notes in your booklet and then keep it so you can look back next year when you take part again!

What did I enjoy most about the hike?

What went well for us as a team?

What would I do differently next time?

What skills do I need to improve for next time?

Does any equipment need repairing or replacing?

Have I returned all equipment I have borrowed in a clean and tidy state?

**Well done, we hope to see you next year!**

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## MENU PLAN

Use this page to plan your menu. Don't forget to practice cooking your food with your team-mate before the hike, so you know how to cook it, how much water and fuel you need, and most importantly to see if you like it!

FOOD TYPES TO AVOID: (Check if your team-mate has allergies!)

SNACKS FOR WALKING

SATURDAY LUNCH

SATURDAY EVENING

SUNDAY BREAKFAST

SUNDAY LUNCH

## READY TO HIKE? TEST YOUR KNOWLEDGE!

In event of a 1<sup>st</sup> aid emergency, what should you do first?

In the event of an emergency who should you contact?

What information should you give to control when calling?

What things shouldn't a mobile phone be used for on the hike?

Do you have to visit every checkpoint on the hike? Why?

Where is the best place to stop for a lunch break?

What is an OB sign for?

What clues to your location can you make a note of as you walk along?

What are the rules for walking along a road?

How should you cross a field that has animals in it?

What 3 things should you wear and keep visible at all times?

On the campsite, what things lose the most number of points for teams?

Where should you not wash your pots?

How long before you leave site on Sunday should you plan to get up?

What essential equipment should you take?

## Chapter 1: Map Reading, plotting and navigation

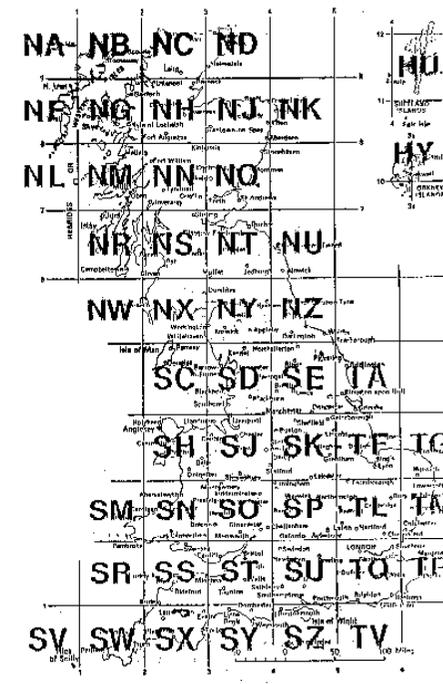
### Grid References

#### Some background info:

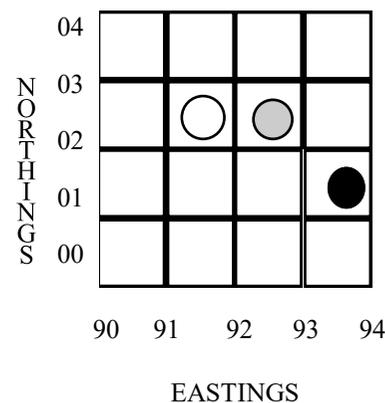
The mainland of the UK has been divided up into squares to form something called the "National Grid". Each square measures 100km by 100km, and has been given a two letter code. The first letter indicates if the square is in the north or south. The second letter is assigned in order, starting from the top left, working down to the bottom right.

1Km = 1000 metres.

Each of these squares can then be divided up into small squares measuring 1km by 1km. These are the squares seen on O/S maps used in walking.



### Essential skill: working out grid references

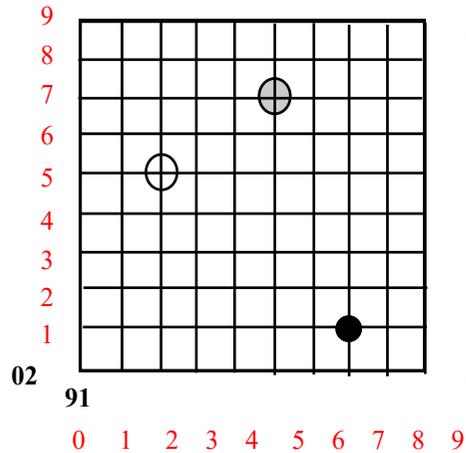


Each 1km square is referred to by co-ordinates in its bottom left hand corner. The EASTINGS are read first, followed by the NORTHINGS.

So, the WHITE dot is in square 9102.

Write down the 4 figure references for the yellow and grey dots.

BLACK =  
GREY =



Finally, each of these 1km squares can be divided into 100 squares, providing more accurate position references.

For example, we know the WHITE dot is in square **9102**. If we “zoom” in and look more closely by dividing the square into smaller squares, we can see that the dot is positioned in the square on Easting 2 and Northing 5.

The 6 figure reference for the red dot becomes **912 025**.

Practice working out 6 figure grid references by writing the references for the following dots:

GREY =

BLACK =

## Map Scales

Maps come in different scales, giving differing amounts of definition depending on which scale map you look at.

A 1:50,000 scale means that 1cm on the map corresponds to 500 metres on the ground (2cm = 1km). This scale is used for Cheshire Hike, and is therefore also the standard for MaccHike.

A 1:25000 scale means that 1cm on the map corresponds to 250 metres on the ground (4cm = 1km). These have much more detail including fences and field boundaries, making them the most useful map for hiking.

Compare the 2 map squares given here. Which is what scale?



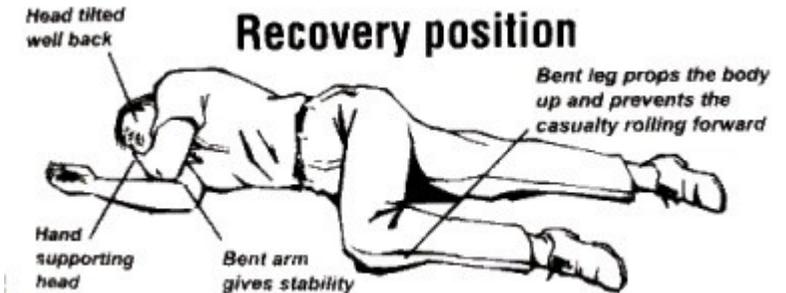
## Recovery Position

If the victim is breathing and in no need of chest compressions and CPR, the victim should be placed in the recovery position.

The recovery position helps keep the victim's airway open. To put the victim in the recovery position grab the victim's leg and shoulder and roll him or her towards you.

Continue to roll the victim until he is on his side.

Adjust the top leg so that both the hip and knee are bent at right angles. Gently tilt the head back to keep the airway open. Keep the person warm until medical help is obtained. If breathing or circulation stops at any time, roll the person back on to his or her back and begin CPR.



## Hypothermia

Hypothermia develops when the body temperature falls below 35°C (95°F). The effects vary depending on the speed of the onset and the level to which the body temperature falls. Moderate hypothermia can usually be completely reversed.

There may be:

- Shivering and pale, cold, dry skin.
- Disorientation, apathy or irrational behaviour; occasionally belligerence.
- Impaired consciousness or lethargy.
- Slow and shallow breathing.
- Slow and weakening pulse.

Severe hypothermia – when the core body temperature falls below 30°C (86°F) – is often, but not always fatal. However, no matter how low the body temperature is, it is always worth persisting with life-saving procedures until a doctor arrives to assess the casualty.

### Hypothermia - Treatment

For a casualty who has been brought in from outside, immediately replace wet clothing with warm, dry garments.

Put the casualty in a bed and ensure that they are well covered. Give them warm drinks (you have a stove in your pack, use it!) or high energy foods such as chocolate to help rewarm them.

Never put the casualty in front of a direct source of heat e.g. a fire.

**If you suspect anyone is suffering from Hypothermia, contact control.**

#### ROADS AND PATHS Not necessarily rights of way

|               |   |              |                 |
|---------------|---|--------------|-----------------|
| M1 or A6(M)   | Motorway  | Service Area | Junction Number |
| A35           | Dual carriageway                                |              |                 |
| A31(T) or A35 | Trunk or Main road                              |              |                 |
| B3074         | Secondary road                                  |              |                 |
|               | Narrow road with passing places                 |              |                 |
|               | Road under construction                         |              |                 |
|               | Road generally more than 4 m wide               |              |                 |
|               | Road generally less than 4 m wide               |              |                 |
|               | Other road, drive or track, fenced and unfenced |              |                 |
|               | Gradient: steeper than 20% (1 in 5)             |              |                 |
|               | 14% (1 in 7) to 20% (1 in 5)                    |              |                 |
| Ferry         | (V) Vehicle; (P) Passenger                      |              |                 |
|               | Path  |              |                 |

#### RAILWAYS

|  |   |                |
|--|---|----------------|
|  | Multiple track                          | Standard gauge |
|  | Single track                            |                |
|  | Narrow gauge                            |                |
|  | Light Rapid Transit System with station |                |
|  | Road over, road under; level crossing   |                |
|  | Cutting; tunnel; embankment             |                |
|  | Station, open to passengers; siding     |                |

#### PUBLIC RIGHTS OF WAY Not shown on maps of Scotland

|  |                            |
|--|----------------------------|
|  | Footpath                   |
|  | Bridleway                  |
|  | Byway open to all traffic  |
|  | Road used as a public path |

The representation on this map of any other road, track or path is no evidence of the existence of a right of way

#### OTHER PUBLIC ACCESS

Other routes with public access  
The exact nature of the rights on these routes and the existence of any restrictions may be checked with the local highway authority. Alignments are based on the best information available.

|  |  |
|--|--|
|  | National Trail / Long Distance Route; Recreational route |
|  | Permitted footpath                                       |
|  | Permitted bridleway                                      |

See note below

Footpaths and bridleways along which landowners have permitted public use but which are not rights of way. The agreement may be withdrawn.

Off road cycle routes

#### BOUNDARIES

|  |  |
|--|--|
|  | National   |
|  | County   |
|  | Constituency (Const), Electoral Region (ER) or Burgh Const                                 |
|  | Civil Parish (CP) or Community (C)   |
|  | Unitary Authority (UA), Metropolitan District (Met Dist), London Borough (L.B) or District |
|  | National Park  |

#### ARCHAEOLOGICAL AND HISTORICAL INFORMATION

|        |                            |
|--------|----------------------------|
|        | Site of antiquity          |
| 1066   | Site of battle (with date) |
| VILLA  | Roman                      |
| Castle | Non-Roman                  |
|        | Visible earthwork          |

#### NB. Due to changes in specification there are differences on some sheets

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## Explorer Map symbols

#### GENERAL FEATURES

|  |   |  |  |
|--|---|--|--|
|  | Gravel pit  |  | Triangulation pillar                         |
|  | Sand pit  |  | Mast   |
|  | Other pit or quarry                                       |  | Windmill, with or without sails              |
|  | Landfill site or slag heap                                |  | Wind pump; wind generator                    |
|  | Current or former Place of worship                        |  | Electricity transmission line                |
|  | Place of worship with lower spire, minaret, or dome       |  | Slopes                                       |
|  | Building; important building                              |  | BP Boundary post                             |
|  | Glasshouse  |  | BS Boundary stone                            |
|  | Youth hostel  |  | CH Chubhouse                                 |
|  | Burkhouse/camping barn/other hostel (selected areas only) |  | FB Footbridge                                |
|  | Bus or coach station                                      |  | MP; MS Milepost; milestone                   |
|  | Lighthouse; disused lighthouse; Beacon                    |  | Mon Monument                                 |
|  |   |  | PO Post office                               |
|  |   |  | Pol Sta Police station } selected areas only |
|  |   |  | Sch School                                   |
|  |   |  | TH Town Hall                                 |
|  |   |  | NTL Normal tidal limit                       |
|  |   |  | W; Spr Well; spring                          |

#### HEIGHTS AND NATURAL FEATURES

|     |                      |
|-----|----------------------|
| 52  | Ground survey height |
| 284 | Air survey height    |

Surface heights are to the nearest metre above mean sea level. Heights shown close to a triangulation pillar refer to the ground level height at the pillar and not necessarily at the summit

Vertical face/cliff

Loose rock Boulders Outcrop Scree

|  |                        |  |     |
|--|------------------------|--|-----|
|  | Water                  |  | Mud |
|  | Sand; sand and shingle |  |     |

#### VEGETATION

Vegetation limits are defined by positioning of symbols

|  |                                   |
|--|-----------------------------------|
|  | Coniferous trees                  |
|  | Non-coniferous trees              |
|  | Coppice                           |
|  | Orchard                           |
|  | Scrub                             |
|  | Bracken, heath or rough grassland |
|  | Marsh, reeds or salttings         |

#### ACCESS LAND

|  |                               |  |   |  |  |
|--|-------------------------------|--|---|--|--|
|  | Access land boundary and tint |  | DANGER AREA   |  | MANAGED ACCESS   |
|  | Access land in wooded area    |  | Firing and test ranges in the area. Danger! Observe warning notices |  | Access permitted within managed controls, for example, local byelaws |
|  | Access information point      |  |   |  |  |

Portrayal of access land on this map is intended as a guide to land which is normally available for access on foot, for example access land created under the Countryside and Rights of Way Act 2000, and land managed by the National Trust, Forestry Commission and Woodland Trust. Access for other activities may also exist. Some restrictions may apply; some land will be excluded from open access rights. The depiction of rights of access does not imply or express any warranty as to its accuracy or completeness. Observe local signs and follow the Countryside Code.

#### TOURIST AND LEISURE INFORMATION

|  |                                    |  |  |
|--|------------------------------------|--|--|
|  | Building of historic interest      |  | Nature reserve   |
|  | Cadw (Welsh heritage)              |  | National Trust property                                |
|  | Camp site                          |  | Other tourist feature                                  |
|  | Caravan site                       |  | Parking  |
|  | Camping and caravan site           |  | P&R Park and ride, all year / seasonal                 |
|  | Castle / fort                      |  | Picnic site  |
|  | Cathedral / Abbey                  |  | Preserved railway                                      |
|  | Country park                       |  | Public Convenience                                     |
|  | Cycle trail                        |  | Public houses  |
|  | English Heritage property          |  | Recreation / leisure / sports centre                   |
|  | Fishing                            |  | Slipway  |
|  | Forestry Commission visitor centre |  | Telephone (public / motoring organisation / emergency) |
|  | Garden / arboretum                 |  | Theme / pleasure park                                  |
|  | Golf course or links               |  | Viewpoint  |
|  | Information centre                 |  | Visitor centre   |
|  | Information centre, seasonal       |  | National Park Information Point                        |
|  | Horse riding                       |  | Walks / trails   |
|  | Museum                             |  | Water activities                                       |

# Map Symbols (1:50,000)

### ROADS AND PATHS

**Not necessarily rights of way**

- Junction number
- Service area
- M1
- Elevated
- Motorway (dual carriageway)
- Motorway under construction
- Unfenced
- A 470 (T)
- Dual carriageway
- A 493
- Main road
- Main road under construction
- Secondary road
- B 4518
- Bridge
- B 885
- Narrow road with passing places
- Road generally more than 4 m wide
- Road generally less than 4 m wide
- Other road, drive or track
- Path
- Gradient: steeper than 20% (1 in 5)
- 14% to 20% (1 in 7 to 1 in 5)
- Gates
- Road Tunnel
- Ferry P
- Ferry V
- Ferry (passenger)
- Ferry (vehicle)

### RAILWAYS

- Track multiple or single
- Freight line, siding or tramway
- Track narrow gauge
- (a) principal
- (b) closed to passengers
- Station
- Level crossing
- Embankment
- Cutting
- Bridges, Footbridge
- Tunnel
- Viaduct

### PUBLIC RIGHTS OF WAY

- Footpath
- Bridleway
- Road used as public path
- Byway open to all traffic

Public rights of way shown on this map have been taken from local authority definitive maps and later amendments. The map includes changes notified to Ordnance Survey by (date). The symbols show the defined route so far as the scale of mapping will allow. Rights of way are not shown on maps of Scotland.

Rights of way are liable to change and may not be clearly defined on the ground. Please check with the relevant local authority for the latest information.

The representation on this map of any other road, track or path is no evidence of the existence of a right of way.

### OTHER PUBLIC ACCESS

- National Trail, Long Distance Route, selected Recreational Paths
- National/Regional Cycle Network
- Surfaced cycle route
- National Cycle Network number
- Regional Cycle Network number

### WATER FEATURES

- Marsh or salting
- Lake
- Canal, lock and towpath
- Canal (dry)
- Aqueduct
- Footbridge
- Normal tidal limit
- Lighthouse (in use and disused)
- Beacon
- Slopes
- Cliff
- Flat rock
- Low water mark
- High water mark
- Mud
- Sand
- Dunes
- Shingle

### GENERAL FEATURES

- Buildings
- Public buildings (selected)
- Quarry
- Spoil heap, refuse tip or dump
- Coniferous wood
- Non-coniferous wood
- Mixed wood
- Orchard
- Park or ornamental grounds
- Electricity transmission line (with pylons spaced conventionally)
- Pipe line (arrow indicates direction of flow)
- Radio or TV mast
- Places of worship (with tower, with spire, minaret or dome, without such additions)
- Chimney or tower
- Glasshouse
- Graticule intersection at 5' intervals
- Helipoint
- Triangulation pillar
- Windmill with or without sails
- Windpump/Wind generator

### ABBREVIATIONS

- P Post office
- PH Public house
- MS Milestone
- MP Milepost
- CH Clubhouse
- PC Public convenience (in rural areas)
- TH Town Hall, Guildhall or equivalent
- CG Coastguard

### ANTIQUITIES

- Site of monument
- Stone monument
- VILLA Roman
- Non-Roman
- Battlefield (with date)
- Visible earthwork

Information provided by the Royal Commissions on Historical Monuments for England and Ancient and Historical Monuments for Scotland and Wales

### BOUNDARIES

- National Park or Forest Park
- Forestry Commission access land
- National Trust - always open
- National Trust - limited access, observe local signs
- National Trust for Scotland
- National
- County, Unitary Authority, Metropolitan District or London Borough
- District

### TOURIST INFORMATION

- Information centre, all year/seasonal
- Selected places of tourist interest
- Viewpoint
- Parking
- Youth hostel
- Golf course or links
- Bus or coach station
- Picnic site
- Camp site
- Caravan site
- Public telephone
- Motoring organisation telephone
- Public convenience (in rural areas)

## Objects in wounds - Treatment

- Leave the object in place.
- Apply firm pressure on either side of the object.
- Raise and support the wounded limb or part. Lay the casualty down to treat for shock.
- Gently cover the wound and object with a sterile dressing.
- Build up padding around the object until the padding is higher than the object, then bandage over the object without pressing on it.
- Depending on the severity of the bleeding, dial 999 for an ambulance and then call control

## Heat Exhaustion—Recognition and treatment

Heat exhaustion is caused by a loss of salt and water from the body, usually through excessive sweating. Recognition features may include:

- Headache.
- Dizziness and confusion.
- Loss of appetite.
- Nausea.
- Sweating with pale clammy skin.
- Cramps in the arms, legs and the abdominal wall.
- Rapid, weakening pulse.
- Rapid, shallow breathing.

Your aims are to replace any lost body fluids and salt; to cool the casualty down, if necessary, and to obtain medical help.

- Help the casualty to a cool place.
- Get them to lie down with their legs raised.
- Give them plenty of water.
- Call control.
- Monitor and record any vital signs – the level of response, the pulse and breathing rate.

## Sprains—Treatment

### R.I.C.E

|         |  |
|---------|--|
| REST    | the injured limb by not putting any weight on it       |
| ICE     | cool the sprain: use cold running water                |
| COMFORT | bandage the limb using a crepe bandage, and support it |
| ELEVATE | raise the limb to minimise swelling                    |

If you are able to move to the nearest road, do so, and call control. If you are in doubt, ring control without moving.

### Minor cuts, scratches and grazes - Treatment

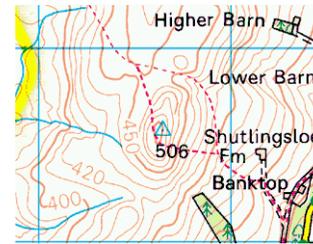
- Wash and dry your own hands.
- Cover any cuts on your own hands and put on disposable gloves.
- Clean the cut, if dirty, under running water. Pat dry with a sterile dressing or clean lint-free material. If possible, raise affected area above the heart.
- Cover the cut completely with a sterile dressing or plaster.
- Inform the next checkpoint of the treatment

### Severe bleeding - Treatment

- Put on disposable gloves.
- Apply direct pressure to the wound with a pad (e.g. a clean cloth) or fingers until a sterile dressing is available.
- Raise and support the injured limb. Take particular care if you suspect a bone has been broken.
- Lay the casualty down to treat for shock.
- Bandage the pad or dressing firmly to control bleeding, but not so tightly that it stops the circulation to fingers or toes. If bleeding seeps through first bandage, cover with a second bandage. If bleeding continues to seep through bandage, remove it and reapply.
- Dial 999 for an ambulance, then inform control

## Contour Lines

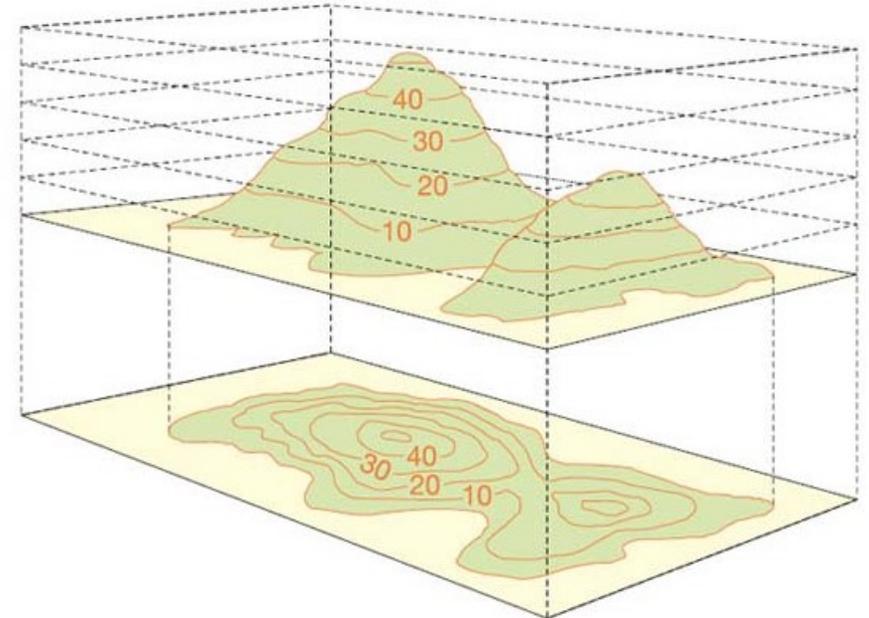
Contour lines are the brown lines shown on the map.



A contour line represents a particular height above a fixed point (sea level) in metres. Every point on that contour line is at the same height above sea level.

On an Ordnance Survey Landranger 1:50 000 map, the contours are spaced at 10 metre intervals. Only a few contours are actually marked with a number.

The closer the lines are together, the steeper the hill is.



Practice understanding contour lines... take a map to somewhere hilly and see if you can spot how the contour lines mark out the shape of the hills you can see.

Or...

Go to somewhere high up and see if you can draw your own map with contour lines and other symbols you have learned. Use the correct colours!

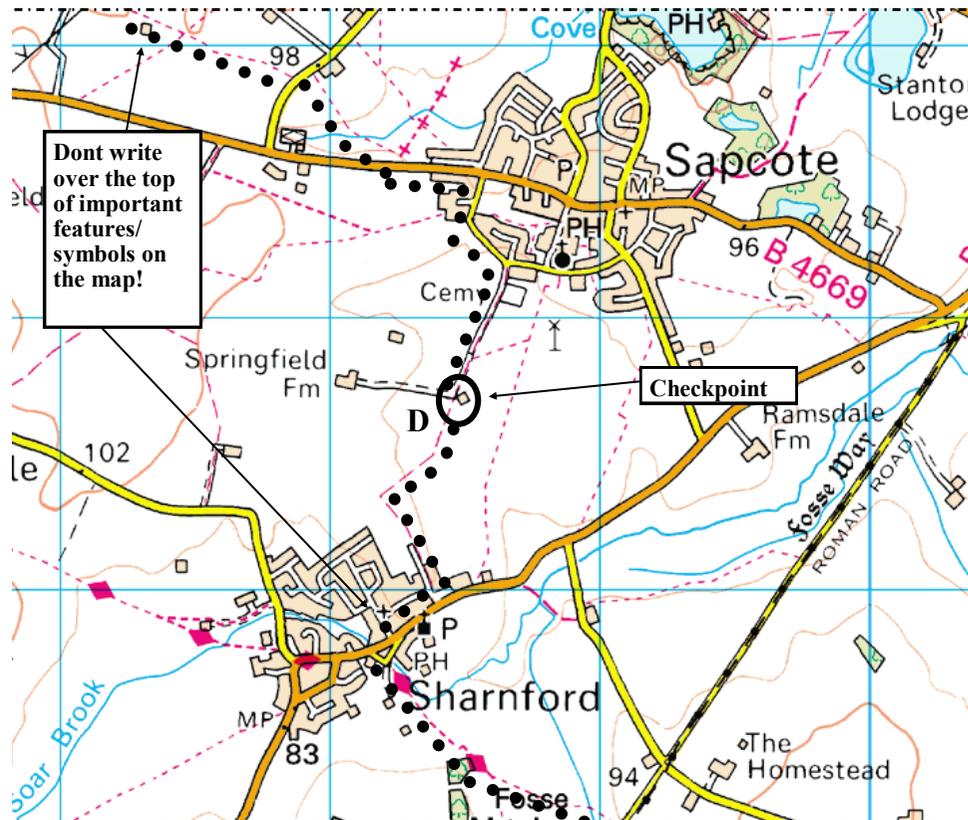
## Hike Maps—plotting your route

You are provided with a laminated map for use on the MacHike. You are issued with a clean map for the second day, during the overnight camp.

Plot your route onto the map using a **fine line permanent marker pen**. Do this carefully as it is hard to rub out mistakes.

**Plot the route as a series of dots**, making sure you do not obscure any key map symbols. Using a fine marker pen gets much better results than a thick, chunky one.

**Circle Checkpoints on the map.** Make a note of the checkpoint reference next to it (eg: C or 21)



## Cardio-pulmonary Resuscitation (CPR)

This is used where a casualty is not breathing.  
e.g. Heart Attack, drowning

- If you have someone with you, send them to **dial** for an ambulance **immediately**.
- If you are **alone dial 999** for an ambulance immediately and then return to help the casualty.

### Give 30 chest compressions

- Place heel of your hand in the centre of the chest.
- Place other hand on top and interlock fingers.
- Keeping your arms straight and your fingers off the chest, press down by 4-5cms. then release the pressure, keeping your hands in place.
- Repeat the compressions 30 times, at a rate of 100 per minute.

### Give 2 rescue breaths.

- Ensure the airway is open.
- Pinch nose firmly closed.
- Take a deep breath and seal your lips around the casualty's mouth.
- Blow into the mouth until the chest rises.
- Remove your mouth and allow the chest to fall.
- Repeat once more.

**Continue resuscitation**, 30 compressions to 2 Rescue Breaths.

### Do not stop unless:

- Emergency help arrives and takes over.
- The casualty breathes normally or
- You become so exhausted that you cannot carry on.

## First Aid Basics

**The following guidance is intended as a memory jogger only. Get your Scout Leader to run some first aid sessions and buy a first aid manual to read before the hike.**

District have resussis-annies available to practice CPR and there are many contacts in the area who can run first aid sessions for you.

**ALWAYS CHECK FOR DANGER FIRST**

**NEVER PUT YOURSELF IN DANGER**

**CALL FOR HELP**

**If you take medication, make sure it can be easily accessed and that your teammate knows about it.**

## Map Care

Always protect your map by using a map case or see through wallet.

Carry a spare map in case it gets damaged.

Avoid writing on an original ordnance survey map - use a copy (supplied on MaccHike and Cheshire Hike)

Never stand or kneel on a map.

## Compass Bearings

The most popular brand of compass is the Silva, pictured below. A good compass will have clear markings on the dial in 2 degree intervals, and will have no air bubbles inside the dial. It should settle quickly when rotated.



- Direction pointer
- Alignment markings
- Magnifying glass to aid map reading
- Edge with mm markings
- Dial, marked in 2 degree intervals
- Orienting arrow
- Red** needle always points North

Being able to use a compass is essential when undertaking an expedition. There are many skills involved including setting a map, and taking a bearing on the map. **Practice these at your troop meetings and on your practice hikes!**

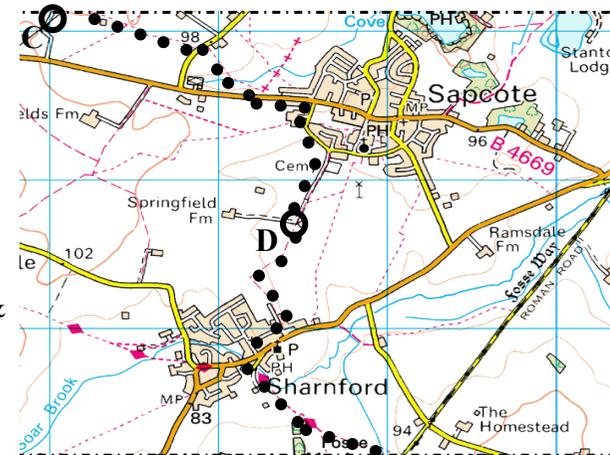
### Setting a map

The top of a map is always the most northern point on it. "Setting" a map ensures that the top of the map does indeed face north on the ground.

- Firstly, rotate the dial so that the N lines up with the central alignment marker.
- Secondly, place the compass on the map so that the orientation arrow points to the top of the map, and the alignment markers line up with the north-south gridlines on the map.
- Finally, rotate the map, keeping the compass in position, until the red "north" needle lines up with the orientation arrow.

## Example of how Control tracks you!

| Team | Time C | Time D |
|------|--------|--------|
| 101  | 12:33  | 13:04  |
| 102  | 12:55  | 13:32  |
| 103  | 12:42  | 13:15  |
| 104  | 12:58  |        |
| 105  | 13:30  |        |



In this example, teams 104 & 105 are known to have left checkpoint C, on route to checkpoint D.

The average time for the teams from C to D is 30 minutes, so team 105 is expected to arrive at D at around 2pm.

**NEVER stop for a lunch break between checkpoints.** Sitting down for a long break between checkpoints could lead control to become concerned you are lost and sent out a marshal or chase team without really needing to. **If you need to take a break, do it at a checkpoint.**

In the event of a team not being seen for more than 1 hour late for a checkpoint, the marshals will focus on locating the team. In the event of a team not being seen for more than 3 hours, the police are called by the hike organiser to assist with search and rescue.

## How you can stay safe:

Read and carry a copy of the incident procedure. It's on the back page of this booklet. **Don't phone home or go home!**

Walk single file on main roads, no more than 2 abreast on quieter roads  
Don't use personal stereos etc. Please DON'T take them.

Avoid approaching strangers, and don't accept lifts from anyone other than hike marshals. If you get lost, look around you for land marks / farm names etc then call the control number on the back of your ID badge

Stay in your team, and look after each other! Wear your neckerchief and team number for identification.

## Chapter 4: Dealing with Emergencies

### How we keep you safe:

#### Hike Control

Also referred to as “Control”, this is the central command centre for the hike. From the time the first team leaves the start, to the time the last team arrives at the campsite, and from the moment the first team leaves the campsite to the moment the last team reaches the finish line, this team are responsible for keeping track of all the teams.

The control team keep track by talking to Checkpoints, Hike Marshals and Chase teams and recording each team’s arrival time at each checkpoint along the route.

The control team also take any emergency calls from teams.

#### Checkpoints:

Along the route you are asked to visit a number of checkpoints. When you arrive, your arrival and departure times are recorded. This information is collected regularly by hike control to keep a track of teams.

**Hike Marshals (also known as Foxtrots):** Each route has a hike marshal who will drive around keeping an eye out for “strays and wanders”. If we see you, we will offer some guidance.

**Chase Teams:** Teams of specially briefed Explorer Scouts will walk sections of the route to check for lost teams. We may also ask them to help teams that need additional support.

**Minibus:** If a team is very slow, we may use transport to move them along the route to restart at a later checkpoint. Where it is likely that you won’t reach camp in time to pitch in the light, we may transport you to the site. We try to avoid this, and any use of transport should not be seen as a “failure” - it’s just a way of getting you back on track if you have made some mistakes earlier on in the day. **In the past, teams that have made mistakes on the first day have learnt from them on the second day.**

**Basecamp Team:** The basecamp leader is responsible for you while you are at the campsite. There is a team, which includes explorer scouts, who will give you advice and feedback.

Once you are proficient at setting a map to north, and are familiar with the parts of the compass, you are ready for the next stage.

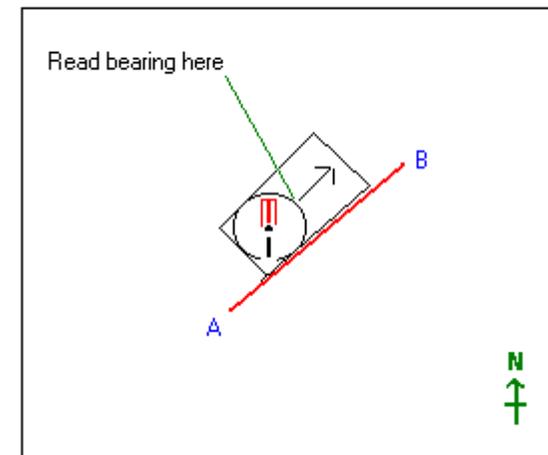
*Ask your Scout Leader to sign here to confirm that you know how to set a map to magnetic north.*

#### Taking a compass bearing on the map

A compass bearing taken from a map can be used when walking to show which direction to walk in.

To take a bearing to get from point A to point B:-

- Set the map to north
- Imagine a straight line between A and B. Put the long edge of the compass along this straight line
- Turn the dial so that the red orienting arrow is directly under the red needle that points north
- Lift the compass from the map and read off the number at the top of the dial (in line with the central alignment marking). This is the magnetic bearing.



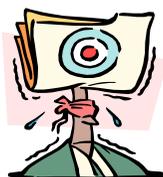
Practice taking compass bearings in your troop!

## Using a compass bearing on the ground

Once you have mastered how to take a compass bearing from a map, you can use this essential skill on the ground. To get to point B when you arrive at point A :-

- Set the compass to read the bearing taken from the map
- Hold the compass directly in front of you, and turn around until the red north needle sits inside the red orienting arrow - just like it was when you took the bearing from the map.
- The direction pointer (the centre alignment line) points in the direction you need to go to get to point B

At this point you have 2 options. **Avoid the temptation to start walking and hold the compass in front of you - you are sure to miss the target! You will naturally veer off, especially when going downhill.**



**Option 1:** Follow the direction pointer with your eye and find a landmark directly ahead of you on the line of travel. Walk to the landmark and repeat until you reach the destination. Make sure you pick a landmark that won't move - trees make good markers, cows do not!

**Option 2:** If visibility is poor, send a patrol member off in front and line them up with the direction pointer on the compass. Ask them to stand still until you reach them. Repeat until you arrive at your target.

Of course it is unlikely that you will hit your target directly, so make sure you study the map well and learn what the area around your target might look like. Being able to relate what is on the map to what is on the ground takes practice, but is an essential skill when walking in adventurous terrain.



Easy eh? Well it's not all that simple - life never is! Find out on the next page why things get more complicated...

## Cooking your food: Cleaning up

Cleaning up after eating is an important part of camp safety.

- Wash any pots and cutlery to avoid food poisoning
- Put all equipment away
- Pick up any litter
- Check that everything is in place for the next meal.

## Plotting your next days walking

When you have eaten, your next task will be to plot the route for the following day. Grid references will be supplied and you should plot the route in the same way as was done for the Saturday route. One of the organisers will check your route and sign to say that it is plotted correctly.

**Don't leave it too late to plot your route - map reading is very hard to do when you are tired from a day of walking!**

## Illness

After a strenuous day of exercise, it is quite normal to feel exhausted. Symptoms include lack of energy and lack of concentration. Avoid common symptoms by resting, having plenty to eat and drinking water.

**Always report any illness to the organisers.**



## Turning in, and getting up

Don't stay up late - you will need your sleep ready for the next day. **Teams on the hike that turn in early are generally more successful.**

Before going to bed, check your tent is well pitched, equipment is stored safely and that no clothing is left outside. When you take your boots off, make sure they are inside your porch, and make sure you close the doors.



Allow plenty of time to get up the following morning. Your Sunday start time will be allocated during Saturday evening, and we recommend allowing **1 and a half hours** before that time to get up, cook breakfast, wash and pack your kit up.

Before walking on Sunday, you will be given a final map check, a litter check and a health assessment. Anyone who is ill, or has not eaten sufficiently may be withdrawn from the event for their own safety.

## Cooking your food: Stoves

Many styles of stove can be used for lightweight walking.

The most popular style is the "Trangia". These consist of one or two pans, a burner, a wind shield and a base - all nestled together into a compact package. The burner runs on methylated spirits.



**Meths should be carried in a "Sigg" fuel bottle** (usually red) for safety. Never carry the meths in a plastic bottle as this will expand when the liquid shakes, resulting in a very flammable, smelly set of clothes in your rucksack.

**Tip:** Meths is harder to light if it is cold. Don't leave your Sigg fuel bottle outside overnight - put it somewhere safe. Wrap a towel or jumper around it to keep it insulated.



**It's difficult to tell if meths is lit.** Never try to add more fuel to the burner until it is out and has cooled. Use the adjustable heat regulator in a closed position to put out your burner. Leave it to cool before re-filling or putting the screw cap on. This avoids melting the rubber O ring. **If you practice cooking your meal in advance, you should know how much meths you need to cook it.**

The base of the Trangia can be rotated to block the wind, or to allow more air in to the burner to produce more heat.

Many teams prefer to use Camping Gaz stoves. Always use the type with a screw fir canister - the old type that puncture the canister are not allowed in Scouting.

**Always make sure your stove and pan is stable** - especially if using gas stoves that are high off the ground.

Remember that the campsite may be windy; you may need a lightweight non-flammable wind shield to make sure the heat goes where it should.

**Other stoves are available** - please avoid petrol or paraffin based stoves as these can be unpredictable. Solid fuel stoves are ok, but think about how you will shield them from the wind.

**PRACTICE cooking the food you will take with you.**

This will help you to know how much fuel to put in the burner, how much water to use, and how long it will take to cook. Double check you know what ingredients you need!



**Magnetic variation (This could come up on an incident base, and should also be applied when using compass bearings)**

Nothing is ever straight forward, and navigation is no exception. So far you have learnt how to take bearings with a compass, which points to magnetic north. Magnetic north, however, is different to the true north pole, which in turn is different to the north given at the top of a map.



The difference between grid north and true north is negligible. The difference between grid north and magnetic north is much bigger and must be taken account of. But why is there a difference?

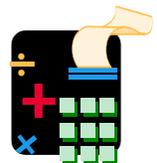


The world is made up of tectonic plates, that are gradually moving, hence the reason that the true north pole moves slightly (by about 1/2 a degree every 3 years). Magnetic north does not change.

Every map produced by Ordnance Survey contains details of the difference between the north poles relevant to that sheet. This also allows for shifts in magnetic north caused by mineral and metal deposits in the ground. Look out for a statement such as "Magnetic north is estimated at 5° west of grid north for 1993 decreasing by about 1/2 a degree every 3 years"

**To calculate the variation**, work out how many sets of 3 years have passed since the stated year and the current year e.g. 2 x 3 years between 1993 and 1999. Multiply this by 0.5 and subtract the total from the stated variation. So in the above example...

In 1999, the magnetic variation for this map was 4 degrees west of grid north.



### Using Magnetic Variation

To take account of the variation when using bearings taken from a map (the magnetic bearing) on the ground (the grid), subtract the variation from the bearing e.g. 20 degrees becomes 16 degrees.

**FROM MAG TO GRID, GET RID!**

If you use your compass to take a bearing on the ground to help you to pinpoint your position on the map, the variation needs to be added to the ground bearing (the grid) to give the correct magnetic bearing.

**FROM GRID TO MAG, ... ADD!**

## Extra things to look out for on the hike:

An **OB point (Observation sign)** tells you that you are on the correct path, or gives you a clue if the route is not clear. If you see one, write down its reference number to score points on the Cheshire hike.

**Checkpoints** have leaders at them - your time of arrival will be recorded, your condition assessed and the information relayed to control. Water and first aid is available at checkpoints, so don't be afraid to ask.

Remember to always be polite at a checkpoint - approach quietly and leave quietly, remembering to say thank you as you go!

At some checkpoints, you may have a little task to complete - a great chance to show how you and your walking partner can work together as a team.

## CARRY A NOTEBOOK WITH YOU

Make a note of things that you see along the way that help to work out where you are if you get lost.

For the route on the previous page, the route might read like this...

Passed under pylons. Building on right. Crossroads of footpaths.  
Crossed road opposite Stanton Fields Farm.  
Crossed fields behind garden centre.  
Walked along road, past traffic calming islands.  
Turned Right into Park Road  
Turned Right at crossroads into Springfield Lane  
Passed Cemetery  
Arrived at checkpoint D

You will notice that not everything you wrote down is on the map, but they may give us a clue if you need to call in for help.



## Chapter 3: The overnight stay

### Arrival at the campsite:

When you arrive, the first thing you should do is **report in to the basecamp staff**. They will tell you where to pitch your tent - listen carefully to avoid having to move it again later. Girl Scout and Guide Teams are pitched slightly away from the Boys, generally closer to the toilets.

Once you have pitched your tents, you should **consider getting dry and warm**. Treat any minor injuries. If you have blisters, avoid the temptation to pop them as this will just make them sore. Avoid taking your boots off as your feet will swell up and you will struggle to put them back on again. Wait until your tent is pitched!

**Share duties between you and your teammate** - once can fetch water while the other sets up the stove. You can agree this before you get to the campsite!

**ALWAYS KEEP YOUR AREA ON THE SITE TIDY AND FREE FROM LITTER!**

### Pitching your tent:

Make sure you have practiced pitching your tent in advance, as this is the time to find out if you have any parts missing, check for leaks and learn how to put the tent up quickly.

**A well practiced team will be able to pitch their tent in around 5 minutes.**



Make sure you are 2 metres away from any other tents.

If it's raining hard you need to protect the inner of the tent from getting wet. If it's windy, keep hold of peg / pole / tent bags. Store your tent bag inside the porch so you know where it is in the morning.

Once pitched, make sure the canvas is taught, pegged well and that people won't trip over if they walk past the tent. Get your kit bag inside as soon as you can if its raining.

Check that nothing is left outside or is sticking out—e.g. Groundsheets, boots; especially at night

## Food for the journey:

Think carefully about the food you are taking.



**Snacks:** Dried fruit and nuts, cereal bars, and malt loaf will provide slow burning energy.

Chocolate and sugary sweets will give you a quick burning energy fix.

**Lunch:** Sandwiches, cake, crisps, a piece of fruit. Consider using your stove to make a soup or cuppa. **ONLY stop at a checkpoint or somewhere visible for lunch - we may be looking for you!**

**Drinks:** Fruit juices, water. NOT Fizzy drinks as they will give you “stitch”!

**Dinner:** Dehydrated foods weigh very little and can give a substantial meal. Look for something with a high carbohydrate content and that can be cooked in one pot. Look for high calories. Pot noodles etc have very little calories in them and they won't give you the energy you need

- Make sure it is something both people in your team like so you only have to cook once.
- Make sure you take all ingredients needed to cook e.g. cooking fat.
- If you use boil in the bag, save the water for washing up!
- Take some washing up liquid and a small sponge for washing up
- 35mm film canisters make great containers for fairy liquid / oil / sugar etc
- Double bag everything to prevent leaks.

**Breakfast:** Porridge is the best breakfast for walking. Easy to make and plenty of slow burning carbohydrates to get you through the day. If milk is needed, mix in powdered milk before the hike so it is all ready to use.

If you are planning to cook baked beans, only take a small tin - it is less to carry.

**Emergency rations:** Always carry a chocolate bar in case of emergency. Pride yourself on keeping it unopened until you get home safe and sound.

Always make sure you have water with you.

Refill water containers at checkpoints.



## Chapter 2: Walking... More than one foot after another!

### What to wear: must have items...



**A hat and gloves are essential.** A large amount of your body heat is lost through your head - a woolly hat will prevent this.

**Wear lots of thin layers.** If you are too warm, you can take a layer off without losing the heat stored underneath. Cold? Add another layer.

**Wear trousers that dry quickly** if they get wet. Polycarbon or nylon trousers provide some wind protection. **NO JEANS!** They take ages to dry and can be cold and heavy to wear if they do get wet.

**Make sure your waterproofs are waterproof.** A “shower-proof” cagoule won't be enough to keep you dry. Gaiters are also effective for keeping your feet dry.

**Good quality walking socks** will reduce the chance of blisters. Wear two pairs of socks to minimise friction between your foot and the boot, or use thick loop stitched socks.

**Boots need ankle support.** Wear them in as new boots will give you blisters on a long hike. Do some small walks first.

Make sure your boots are done up tightly, and your **bootlaces are in good condition.** Well fitting boots will provide protection against ankle injuries. Check your laces are tight after one hour of walking as they will loosen off.

## What to pack

**Clothes:** Make sure you have a dry set of clothes, including a dry set of socks to wear on the second day. Put these inside a plastic bag to protect them from any leaks.

**First aid kit:** This will contain first aid essentials (plasters, bandages etc) as well as any personal medication you need (with written instructions). Consider carrying compeed or similar blister treatments... Check you are not allergic to anything in your kit!

**Tent:** One of the team will carry the tent. Use a lightweight 2 man tent. Check you have all necessary pegs, poles and canvas. Practice pitching it before hand... **You should be able to pitch it within 5 to 10 minutes.**

Consider replacing the pegs with lightweight ones. Check poles for damage. Get your scout leader to check your tent is suitable. If it is an old tent, check it for leaks!

If you are in a mixed team you will need an extra tent - label it with your team number and arrange to leave it at the start for onward travel to the campsite.

**Stove:** One of the team will carry the stove. Make sure you know how it fits together and **carry the fuel in a safe container (Sigg bottle).** We recommend camping gaz or Trangias. Make sure you know how to use your stove and fuel. If using Gas stoves ensure it is the type where the bottle can be disconnected after each use.

**Lunch** - use a small sandwich box to stop it getting squashed. Baps don't mush as much as sliced bread.

**Water bottle**—drink little and often. You can re-fill at checkpoints along the route, so only a small bottle is needed.

**Emergency Whistle.** Make sure you know how to use it. The international distress signal is six blasts on the whistle, wait a minute, then repeat until rescued. A rescuer will respond with 3 blasts.

**Neckerchief and ID badge—to be visible at all times!**



**Be proud to be a scout - you will see many other people on the footpaths and roads that you walk along.**

## Choosing and packing a rucksack:

A good rucksack is free from damage and will have adjustable shoulder straps as well as a waist strap. Typical sizes are 60 litres or more.



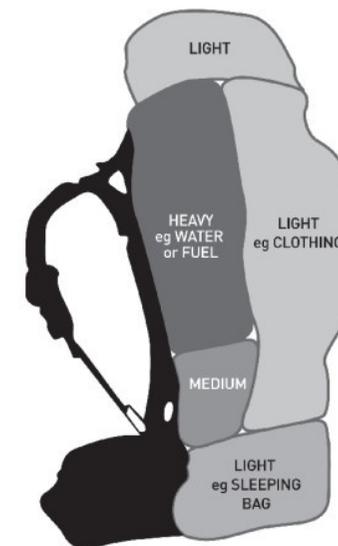
The waist strap enables you to **bear the weight of the rucksack onto your hips**, lightening the load on your shoulders. To adjust it, get a friend to take the weight off your pack and then tighten the waiststrap.

**Use a rucksack liner** or separate polythene bags inside the rucksack to protect your kit from getting wet.

Think about how you distribute the weight in your rucksack—try to get the weight high up and close to your back (but not so high that you are top-heavy!)

Make sure that items you may need quickly are readily accessible:

- First aid kit
- Torch
- Snacks
- Waterproofs



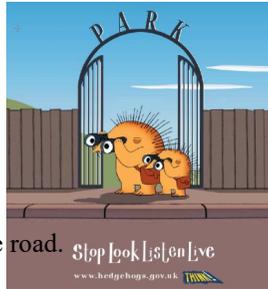
Make sure that all the items on your rucksack are secure. Items that work loose or swing around as you walk are likely to be annoying, knock you off balance, or even fall off and go missing. Try to get everything inside your rucksack if you can.

Make sure your bedding roll is protected from the rain, and double-bag your sleeping bag!

## Dealing with Roads

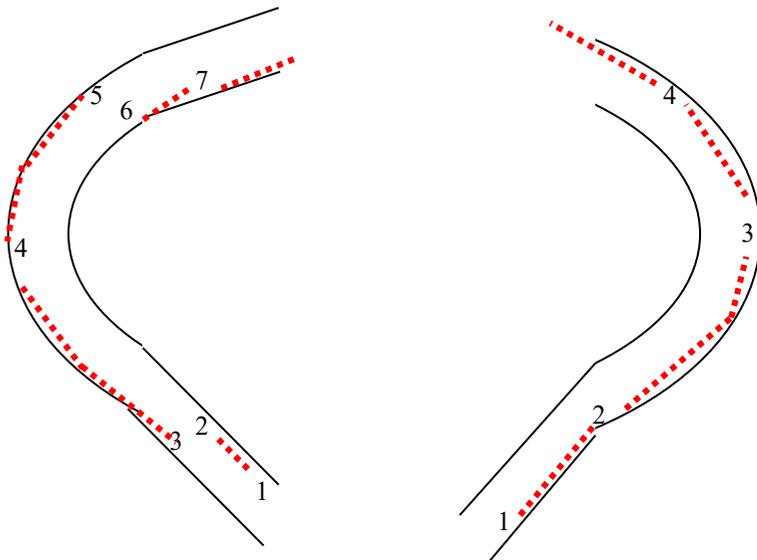
Traffic is one of the biggest risks when taking part in MacCHike. Be aware of cars when crossing a road, and also when walking along them. Country lanes are particularly dangerous as cars travel at speed.

- Always use a footpath if there is one, regardless of which side of the road it is on
- If there is no path, walk single file (one behind the other) facing the oncoming traffic - on the right hand side of the road.
- Cross with care - stop,look,listen.
- Wait for a car to pass, then carry on walking. Look at the driver's face to check that they have seen you.



Listening and looking for traffic is very important, which is why we don't allow the use of MP3 players/earphones, or smartphones.

### Walking around bends on a road with no footpath:



For a right hand bend, approach as normal on the right hand side (1). Before the road bends, cross over to the opposite side of the road (2,3). Now walk along the widest part of the bend (4) in single file. Once you have cleared the bend, cross back to the right hand side (5,6) and continue.

REMEMBER TO LOOK FOR TRAFFIC

Left hand bends are more straight forward - stay in single file on the right hand side of the bend.

REMEMBER TO LOOK FOR TRAFFIC

Small Torch. Consider wind up torches so you no need to worry about batteries  
 Sleeping Bag (3 season). Put it in a plastic bag to protect it from spills !  
 Bedding roll  
 Survival Bag  
 Food and snacks  
 Map and compass (in a map case)  
 Mug / Bowl / Cutlery ("Sporks" are popular)  
 Cooking pan (if not using Trangia)  
 Collapsible washing up bowl and small scourer.  
 Washing up liquid in a sealed container - only enough for 2 meals!  
 Fine marker pen (for marking up the map for Sunday)  
 Toiletries  
 £1 coin for payphone if needed  
 Spare poly bag for putting rubbish and food waste in

## Mobile phones (MacCHike Only - not Cheshire Hike)



A mobile phone can be carried at your own risk. The organisers are not liable for loss or damage, or for any usage charges.

Phones can be useful but we do have strict rules. Usually we will collect your contact number up front, and only use this if you are running later than expected to check

you are ok.

**You should only use your phone to contact control in an emergency** (see rear of this book). You should not contact other teams, or phone home at any point while walking, or in camp.

Make sure you have credit if it is a pay as you go phone, and it is fully charged. In addition, any GPS software on the phone should not be used.

We recommend that you switch off any GPS, Data feeds and so on, and avoid listening to music or playing games on devices as these will wear down the battery quickly.

Mobile phone recharging facilities are provided at the overnight camp.

**Anyone misusing a mobile phone / breaking these rules may be withdrawn from the event and parents requested to collect.**

## Footpaths and livestock—additional guidance



### Footpath finger posts and waymarkers.

Finger posts and waymarkers usually “point” in the direction of the route of the footpath. Make sure you look at where they are pointing, especially if you can’t see a well trodden path and the exit of the field on the other side is not visible.

Keep an eye open for further waymarker signs in the distance that give you a clue which way to head.



### Advice for dealing with fields containing livestock:

During the hike you will almost certainly come across a field containing animals. Please take extra care when crossing such areas.

- Keep noise to a minimum
- Try not to get between cows and their calves/sheep and lambs
- Be prepared for animals to react to your presence,
- Move quickly and quietly, and if possible walk around them
- Don’t put yourself at risk. Find another way round the animals and rejoin the footpath as soon as possible
- Don’t panic or run! Most animals will stop before they reach you.
- If they follow just walk on quietly.
- Avoid walking directly behind an animal
- Never chase or try to scare an animal
- Do not feed or touch the animals

## Follow the Countryside Code...



- Be safe - plan ahead and follow any signs
- Your rights to go onto some areas of open land may be restricted while work is carried out, for safety reasons, or during breeding season. Follow advice and local signs, and be prepared for the unexpected.
- Refer to up-to-date maps or guidebooks
- You’re responsible for your own safety and for others in your care, so be prepared for changes in weather and other events.
- Check weather forecasts before you leave and don’t be afraid to turn back.
- Get to know the signs and symbols used in the countryside to show paths and open countryside.
- Leave gates and property as you find them: A farmer will normally leave a gate closed to keep livestock in, but may sometimes leave it open so they can reach food and water. Leave gates as you find them or follow instructions on signs; if walking in a group, make sure the last person knows how to leave the gates.
- Follow paths across land that has crops growing on it, wherever possible. Use gates and stiles wherever possible - climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.
- Leave machinery and livestock alone - don’t interfere with animals even if you think they’re in distress.
- Protect plants and animals, and take your litter home. Litter and leftover food doesn’t just spoil the beauty of the countryside, it can be dangerous to wildlife and farm animals and can spread disease - so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.
- Wild animals and farm animals can behave unpredictably if you get too close, especially if they’re with their young - so give them plenty of space.