

One Programme  
Adventure Skills



Hillwalking  
Logbook

Version 2.10

17th March 2011

## Hillwalking Personal Record Log

Name	
Address	
Phone (H)	(M)
Email Address	
Date Logbook Started	
How long have you been hill walking? (Years)	
Have you any rock climbing experience?	
How many different hills higher than 600m have you ascended?	
How many different hills higher than 800m have you ascended?	
How many different hills higher than 1000m. have you ascended?	
Have you any mountaineering experience abroad?	
If so, where?	

### DATES OF SKILLS COURSES ATTENDED

Course	Date:	Location:	Organiser	Organisers signature:

### FIRST AID CERT:

Level of Cert / Issuing Body	Date of Cert	Valid until

## Scout Hillwalking Stages Awarded

Stage:	Date:	Location:	Assessor:	Assessor's signature:
One				
Two				
Three				
Four				
Five				
Six				
Seven				
Eight			/	/
Nine			/	/

**Details of other non Scout Training and Awards including Mountain Skills / Mountain Leader / Winter Skills / RCL etc**

## Notes and Instructions

Once a scout or scouter has completed all elements of a stage. The assessor should sign both the individual stage, and complete the summary sheet and sign the second page at the front of the logbook. If elements of the stage have been signed off by another assessor the awarding assessor should ensure that candidate is still competent in these skills at the time of final assessment as they are the awarding assessor

This log book is designed to be used as a record of personal progression throughout the Hillwalking element of One Programme. Once a scout or scouter has successfully completed stage 7, they may choose to progress with the more formal qualifications of the Mountain Leader Training Boards (either BOS or MLTNI) at which stage they should transfer to the official logbook of the scheme that they choose. If an individual does not desire to pursue a formal scheme than this log book can be used up to stage 9. It should be noted that whilst no formal training or qualifications are needed to progress beyond stage seven, the standard of evaluation is based upon that of the mountain leader assessment and that there a number of techniques assessed that most candidates only experience during formal training such as securing steep ground which should not be confused with rock climbing ability

## Hillwalking Stage 1

Competency Statement	Assessors Signature
I can pack my rucksack for a day hike.	
I know what to wear and what extras I need to bring on a hike.	
I know what food to bring on a hike.	
I know how to behave safely while hiking.	
I can read a simple map.	
I can point out and name the main features of a map.	
I can be responsible for myself while we are hiking.	
I can recognise the main distress signals.	
I know about the Buddy system.	
I understand why I should follow directions from an instructor.	
I have attended at least 2 hikes	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	

## Hillwalking Stage 2

Competency Statement	Assessors Signature
I know what gear I need depending on the weather.	
I know why you bring certain foods and drinks on hikes.	
I can point out the main parts of the compass.	
I know how to get help if someone is hurt.	
I can point out the different symbols and colours on a map and I know what they mean.	
I can be responsible member of my team while we are hiking.	
I can get a weather forecast.	
I have attended at least 3 hikes, <span style="color: green;">in addition to those for stage 1</span>	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	

### Hillwalking Stage 3

Competency Statement	Assessors Signature
I know how to treat simple cuts and scratches.	
I know why you bring certain clothing on hikes.	
I know the main principles of "Leave No Trace".	
I know how to cross boggy ground.	
I know how and when to use the main distress signals.	
I can use a compass to find direction.	
I can point out the features of a map.	
I can be responsible for myself and aware of my surroundings while hiking.	
I can follow a route on an orienteering map.	
I have attended at least 3 hiking activities <b>in addition to those at stage 1 &amp; 2</b> and been on the top of a mountain.	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	

## Hillwalking Stage 4

Competency Statement	Assessors Signature
I know how to pack a rucksack for weekend hikes.	
I can care for all my personal hiking equipment.	
I know what team equipment to bring and why	
I know how to treat simple sprains and blisters.	
I know the different emergency services that are available and how and when to call them	
I can follow our route on a map and find the main points using a compass.	
I can be responsible for younger members of my team while we are hiking.	
I have led a leg of a hike.	
I have attended 3 hikes in addition to those for stages 1,2&3 including an overnight (between two days hill walking - this need not be camping)	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	



## Hillwalking Stage 5

Competency Statement	Assessors Signature
I know the potential dangers of weather on hikes.	
I know how to pack a rucksack for a hillwalking expedition.	
I know when to cross a river and some different methods for crossing.	
I know all about the "Leave No Trace" principles.	
I know the main principles of navigating using a map and compass.	
I can complete and use a route card.	
I can be an active member of my team while hiking	
I have taken part in three hikes <span style="color: green;">in addition to those for stages 1,2,3 &amp; 4</span>	
I have taken part in a two night hike in the mountains, based out of one campsite.	
I have written a log for at least two of these activities <span style="color: green;">(it is preferable that all hill walks are log from stage 5 onwards as 30 must be recorded to complete stage 7)</span>	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	

## Hillwalking Stage 6

Competency Statement	Assessors Signature
I know the causes of how to recognize and treat hypothermia, hyperthermia, sunstroke, dehydration and asthma, or anything medical relevant to my team.	
I know the limitations of my team.	
I know the limitations of the compass and other navigation tools.	
I can use a compass and map to find my position.	
I know what Group emergency equipment we should carry, and how to use it.	
I can be responsible for myself and my team while hiking.	
I can plan and lead a hike.	
I have taken part in at least 6 hiking activities, 4 of which should be over 800m. <span style="color: green;">These hikes must be in addition to those in stages 1 through 5 but the 800m may be read as either absolute height or height gain</span>	
I have taken part in a 2 night hike in the mountains, including a low and high camp.	
I have written logs for all of these activities.	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	

## Hillwalking Stage 7

Competency Statement	Assessors Signature
I can organise the transport required for an activity	
I can budget for team hikes.	
I know how to assess risk and be aware of group safety.	
I know how to deal with mountain hazards. I can plan escape routes.	
I can plan escape routes.	
I can navigate at night, in poor visibility, and do micro-navigation. (The standard for this is set at 'Mountain Skills' level)	
I have taken planned and led one hike without a Scouter.	
I have participated in at least 5 hikes between 800m and 1,300m and one over 1,300m. These hikes must be in addition to those in stages 1 through 6 but the heights may be read as either absolute height or height gain	
I have taken part in an unaccompanied but supervised 2 night hike in the mountains including a low and high camp	
I have written logs for all of these activities.	
I have a logbook detailing at least 30 hikes and expeditions that I have undertaken.	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor</b>	
<b>Badge Presented</b>	

## Hillwalking Stage 8

Competency Statement	Assessors Signature
I have an outdoor First Aid certificate.	
I know how to safeguard others on steep ground.	
I know how to use a rope on difficult terrain.	
I can set up a simple belay.	
I can lead a hiking adventure .	
I know the procedure to be followed in the event of an accident.	
I have taken part in at least 6 Hillwalking adventures over 1000m and one over 2250m. These are in addition to those logged up to stage . The 1000m may be read as absolute height or height gain by the 2250m must be absolute height and logged as part of a 'quality mountain day'	
I can take responsibility for our Group on a hiking adventure.	
I have taken part in an unaccompanied but supervised 2 night hike in the mountains outside the Island of Ireland	
I have written logs for all of these activities.	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor 1</b>	
<b>Awarding Assessor 2</b>	
<b>Badge Presented</b>	

## Hillwalking Stage 9

Competency Statement	Assessors Signature
I know what equipment is required for various types of Hillwalking expeditions, and the correct use and care of this equipment	
I can navigate accurately and safely over the Irish mountains in any type of weather, and at night. (The standard set for this is 'Mountain Leader' Level)	
I can assess risk and take appropriate action to ensure safety	
I can practice basic winter mountaineering skills.	
I can create an exciting expedition while catering for everyone's needs.	
I can budget, prepare and manage every aspect of the expedition.	
I have a logbook detailing at least 20 hikes and expeditions that I have undertaken since stage	
I have taken part in an expedition to 3250m.	
I can be responsible for others in various situations on the mountains.	

<b>Stage Awarded</b>	<b>Date:</b>
<b>Awarding Assessor 1</b>	
<b>Awarding Assessor 2</b>	
<b>Badge Presented</b>	

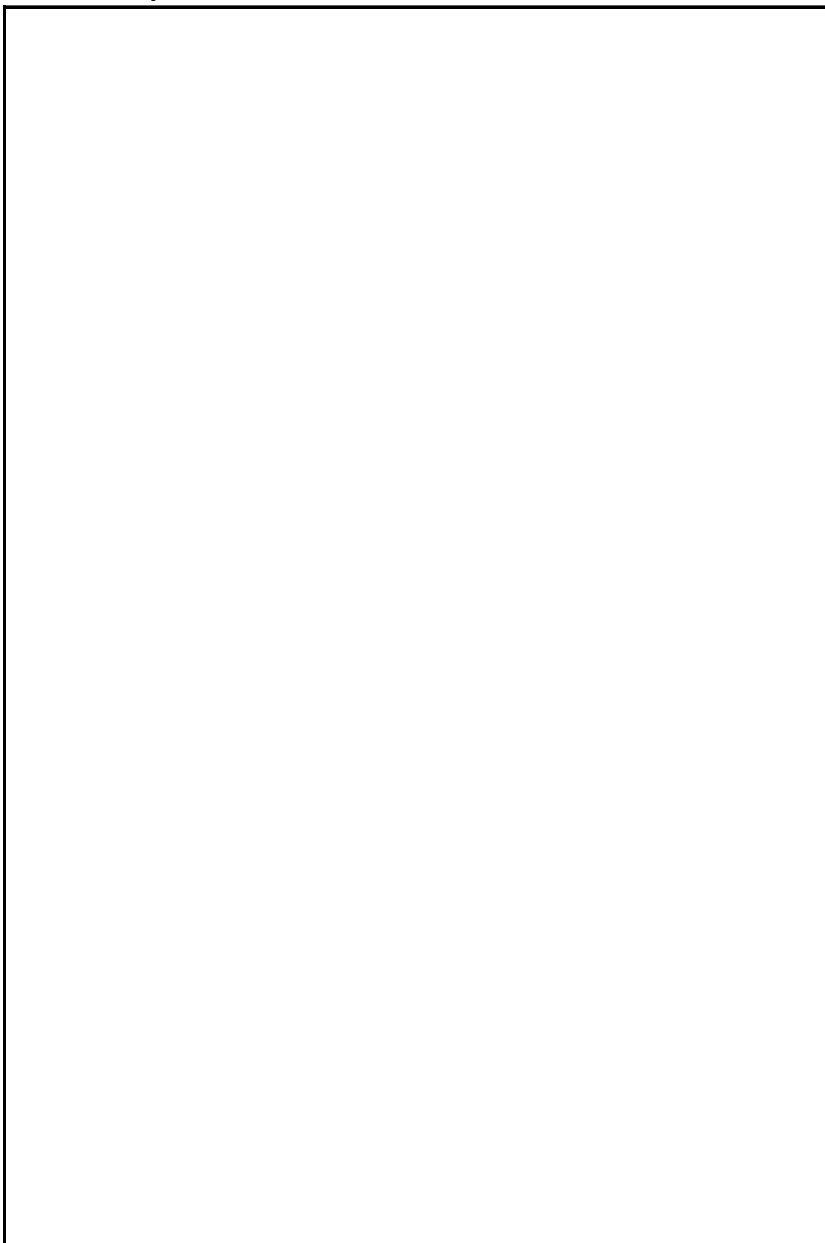
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## Example Log Book Entry

<b>Hike Number 1</b>		<b>Date 21/09/2010</b>	
<b>Area Glenbride, Co Wicklow</b>		<b>Map: Sheet 56 1:50,000</b>	
<b>Number in Party: 4</b>		<b>Leader: Andy White</b>	
<b>Weather: Mild, Light winds with low clouds and showers</b>			
<b>Campsite Location N/A</b>		<b>Other Accommodation N/A</b>	
Distance 15k	Time 6 Hours	Height Gain 600m	
<p><b>Route Notes</b></p> <p>Glenbride Lodge</p> <p>Spot 698m                      Marked as Silsean on some maps</p> <p>Moanbane</p> <p>Billy Byrne's Gap</p> <p>Mullaghcleevaun              I led this Leg</p> <p>Barnacullian</p> <p>Spot 561m                      Marked as Carrignagunneen on some Maps</p> <p>Glenbride Lodge</p>			
<b>Other Observations</b>			

**Please Draw a sketch map of the route on the back**

## Sketch Map of Route

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Full route cards should be submitted where necessary

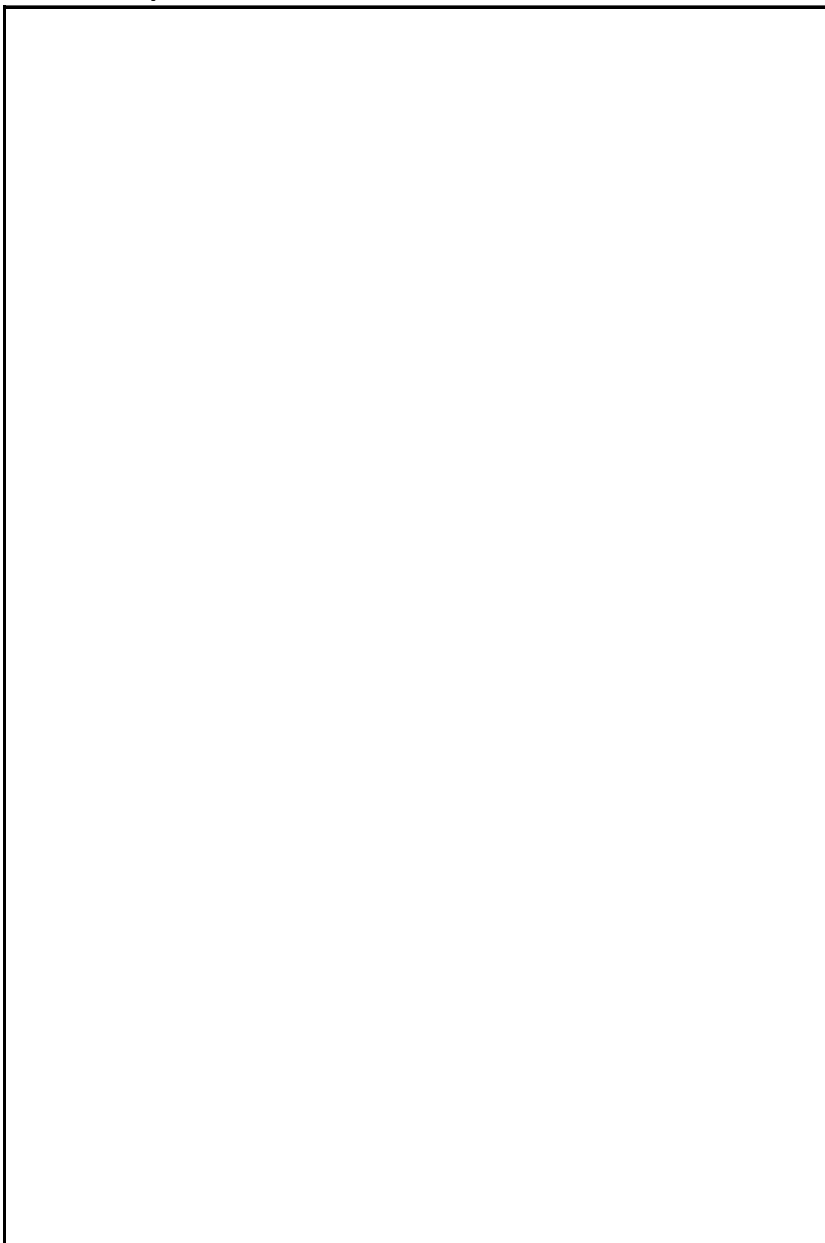


## Stage 4 Hike Log Number 1

<b>Hike Number</b>		<b>Date</b>	
<b>Area</b>		<b>Map:</b>	
<b>Number in Party:</b>		<b>Leader:</b>	
<b>Weather:</b>			
<b>Campsite Location</b>		<b>Other Accommodation</b>	
<b>Distance</b>	<b>Time</b>	<b>Height Gain</b>	
<b>Route Notes</b>			
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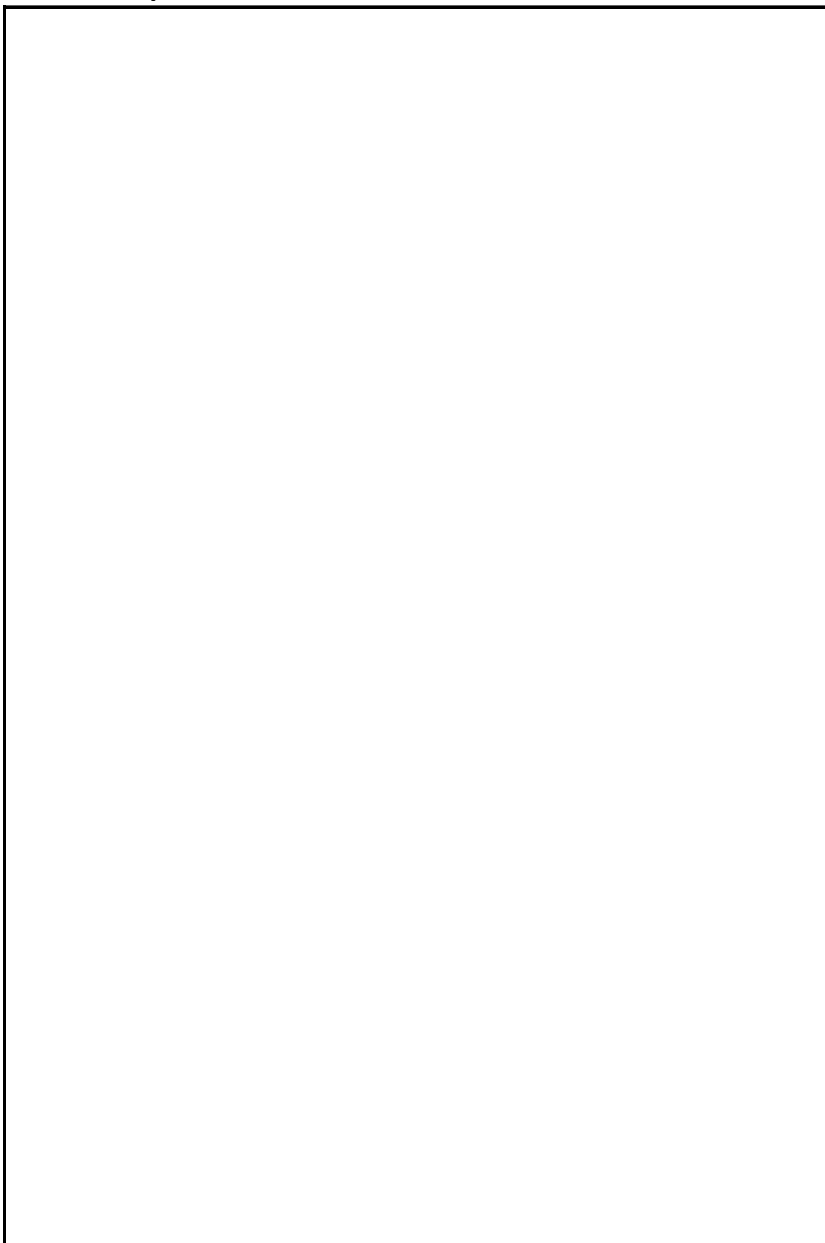
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## Stage 4 Hike Log Number 2

<b>Hike Number</b>		<b>Date</b>	
<b>Area</b>		<b>Map:</b>	
<b>Number in Party:</b>		<b>Leader:</b>	
<b>Weather:</b>			
<b>Campsite Location</b>		<b>Other Accommodation</b>	
<b>Distance</b>	<b>Time</b>	<b>Height Gain</b>	
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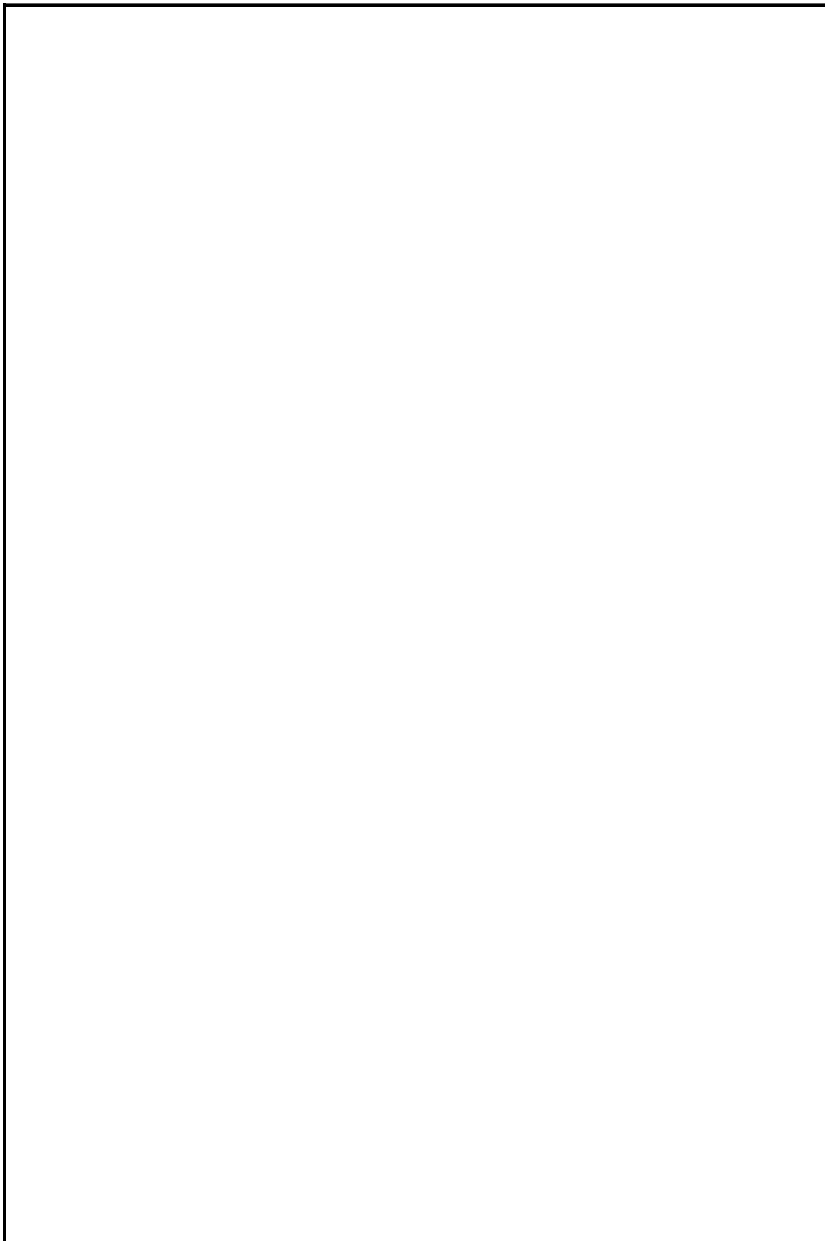
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## Stage 4 Hike Log Number 3

<b>Hike Number</b>		<b>Date</b>	
<b>Area</b>		<b>Map:</b>	
<b>Number in Party:</b>		<b>Leader:</b>	
<b>Weather:</b>			
<b>Campsite Location</b>		<b>Other Accommodation</b>	
<b>Distance</b>	<b>Time</b>	<b>Height Gain</b>	
<b>Route Notes</b>			
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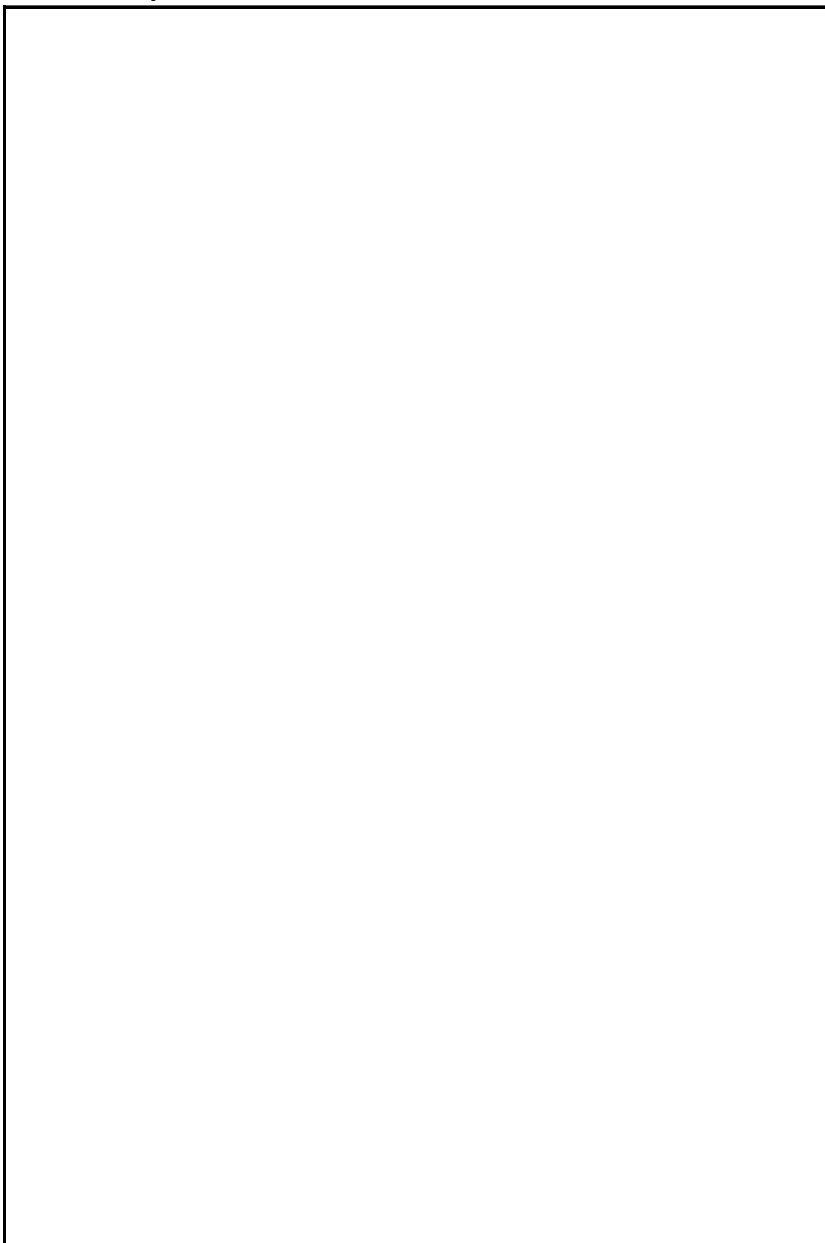
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## Stage 5 Hike Log Number 1

<b>Hike Number</b>		<b>Date</b>	
<b>Area</b>		<b>Map:</b>	
<b>Number in Party:</b>		<b>Leader:</b>	
<b>Weather:</b>			
<b>Campsite Location</b>		<b>Other Accommodation</b>	
<b>Distance</b>	<b>Time</b>	<b>Height Gain</b>	
<b>Route Notes</b>			
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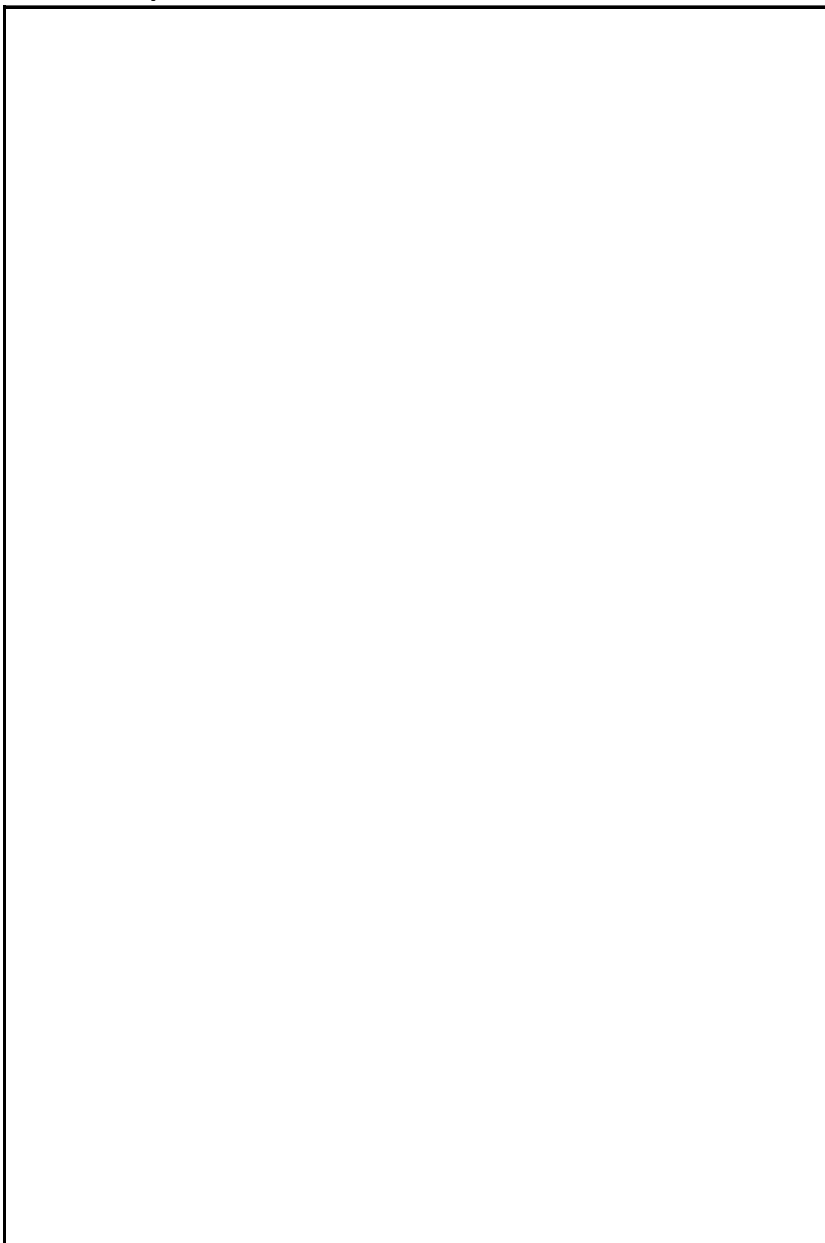


## Stage 5 Hike Log Number 2

<b>Hike Number</b>		<b>Date</b>	
<b>Area</b>		<b>Map:</b>	
<b>Number in Party:</b>		<b>Leader:</b>	
<b>Weather:</b>			
<b>Campsite Location</b>		<b>Other Accommodation</b>	
<b>Distance</b>	<b>Time</b>	<b>Height Gain</b>	
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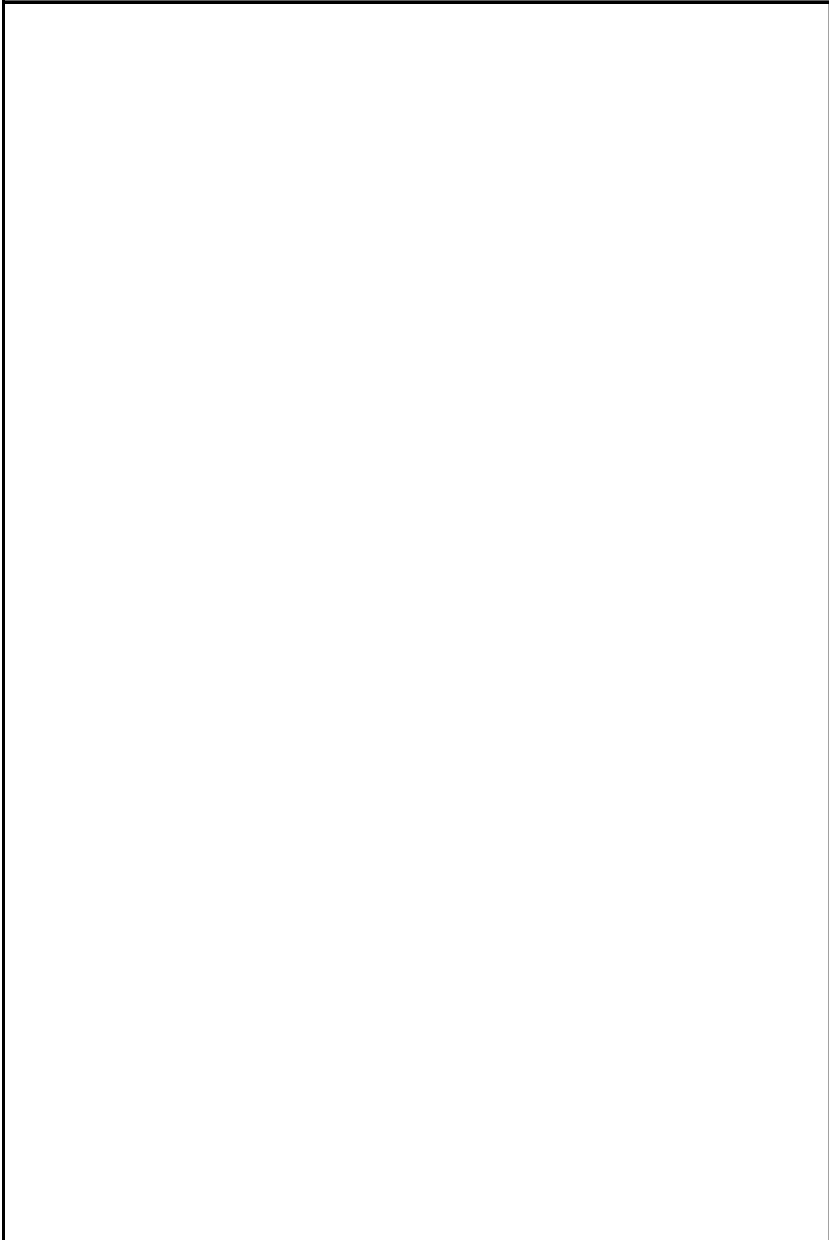
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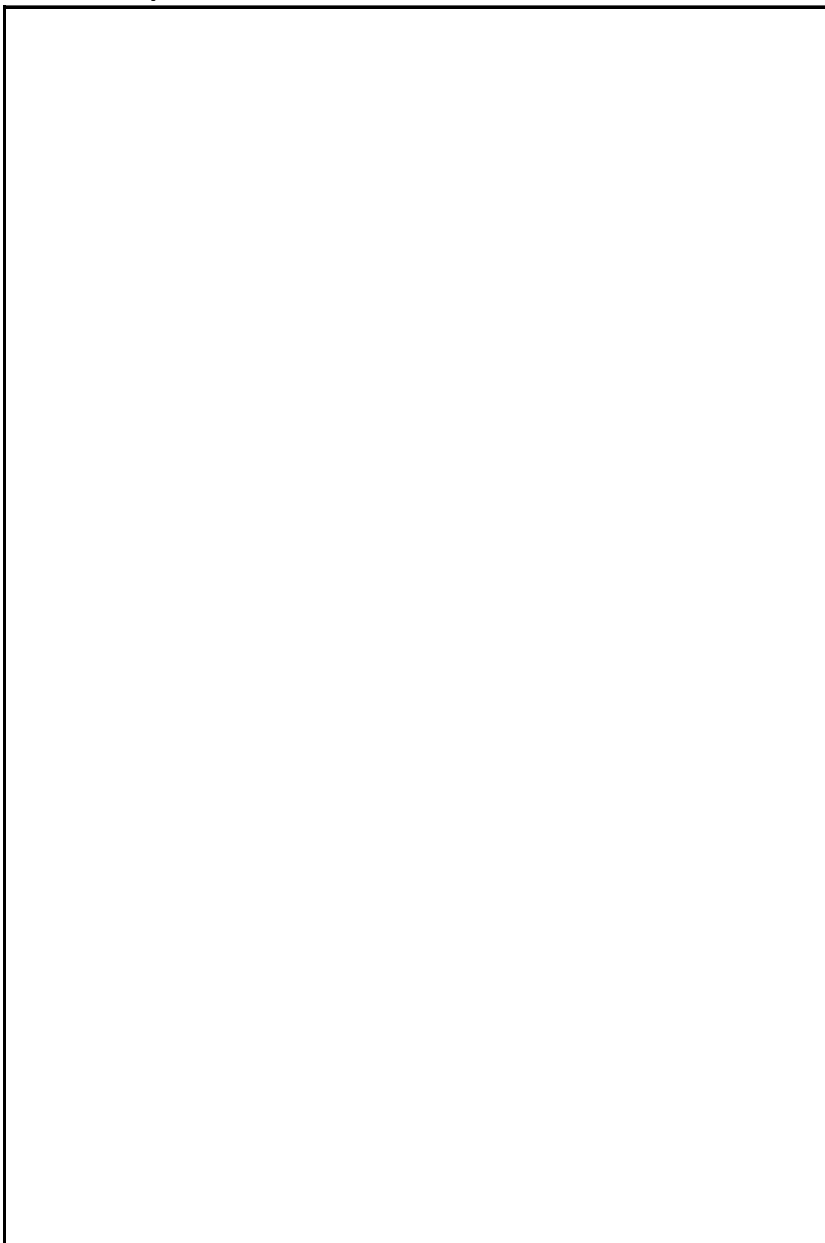
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**Additional Log (Photo Copy as needed)**

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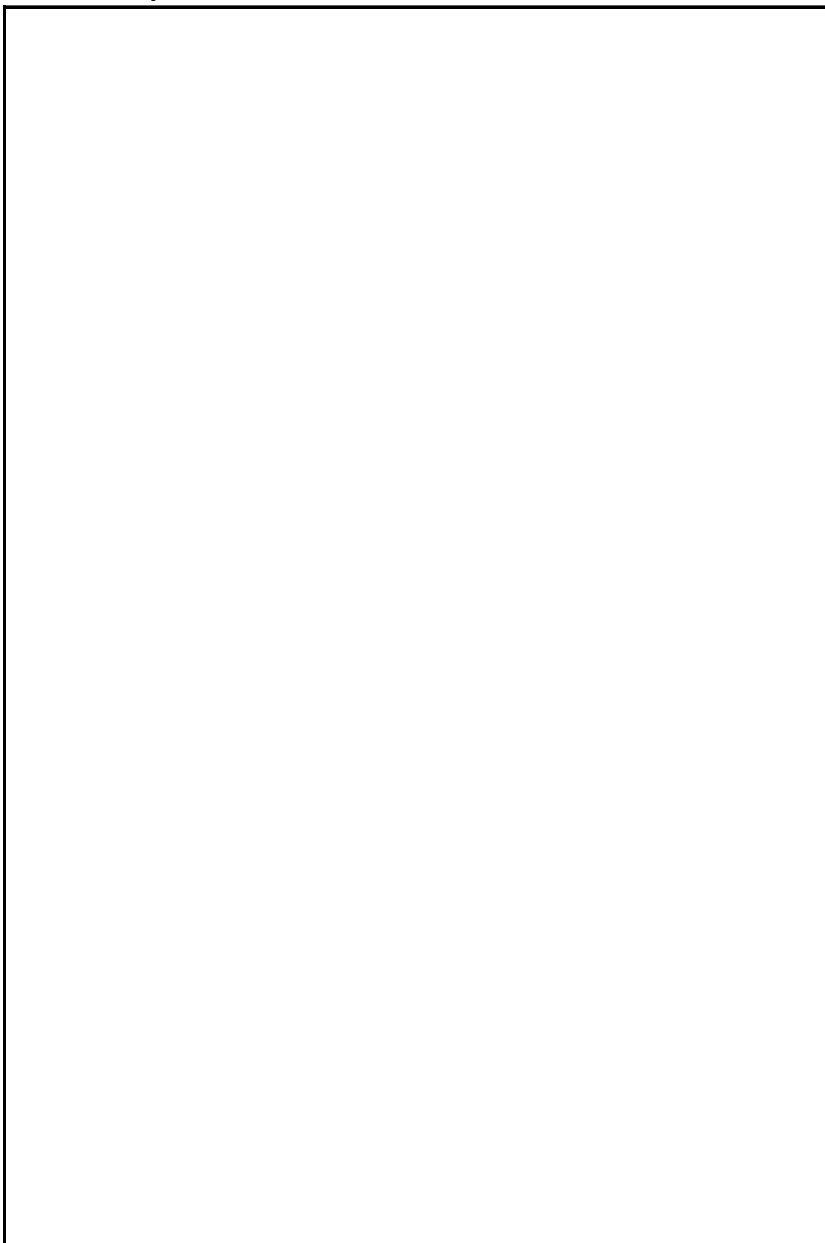
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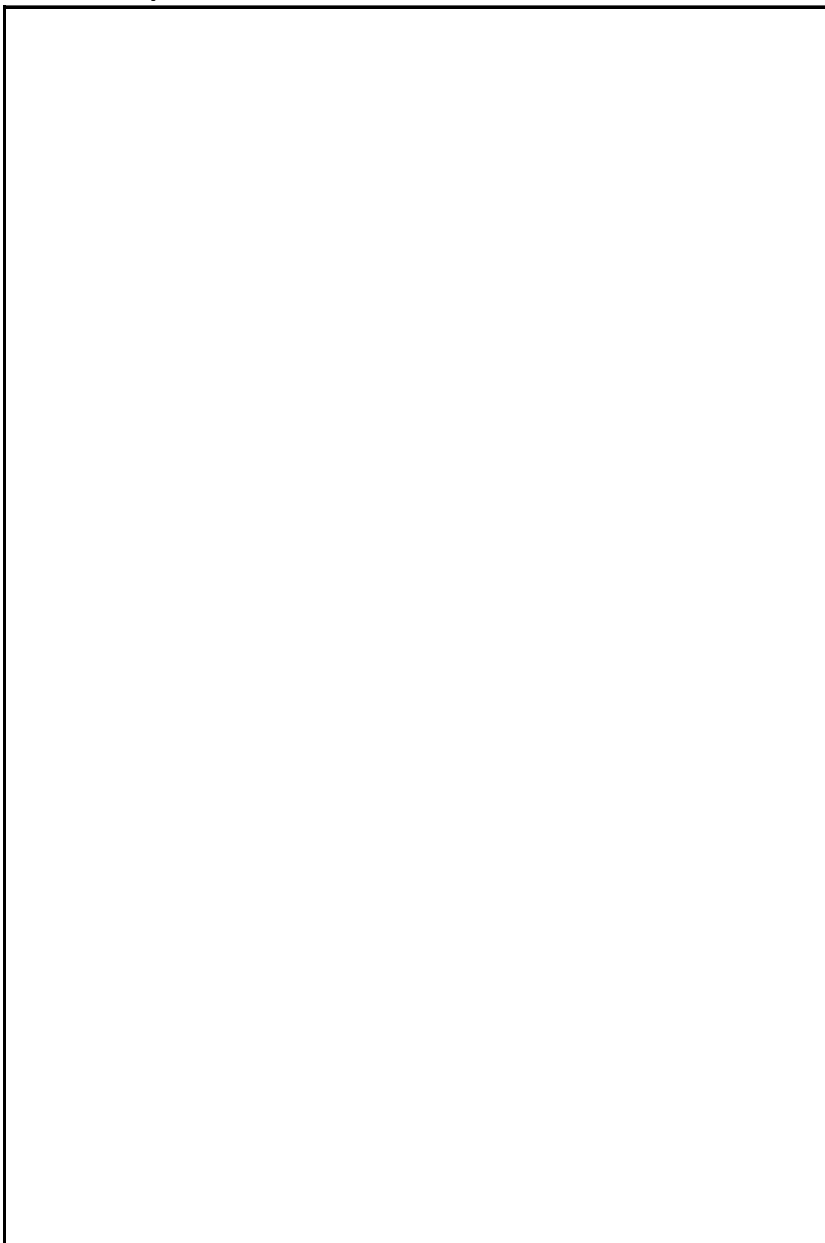


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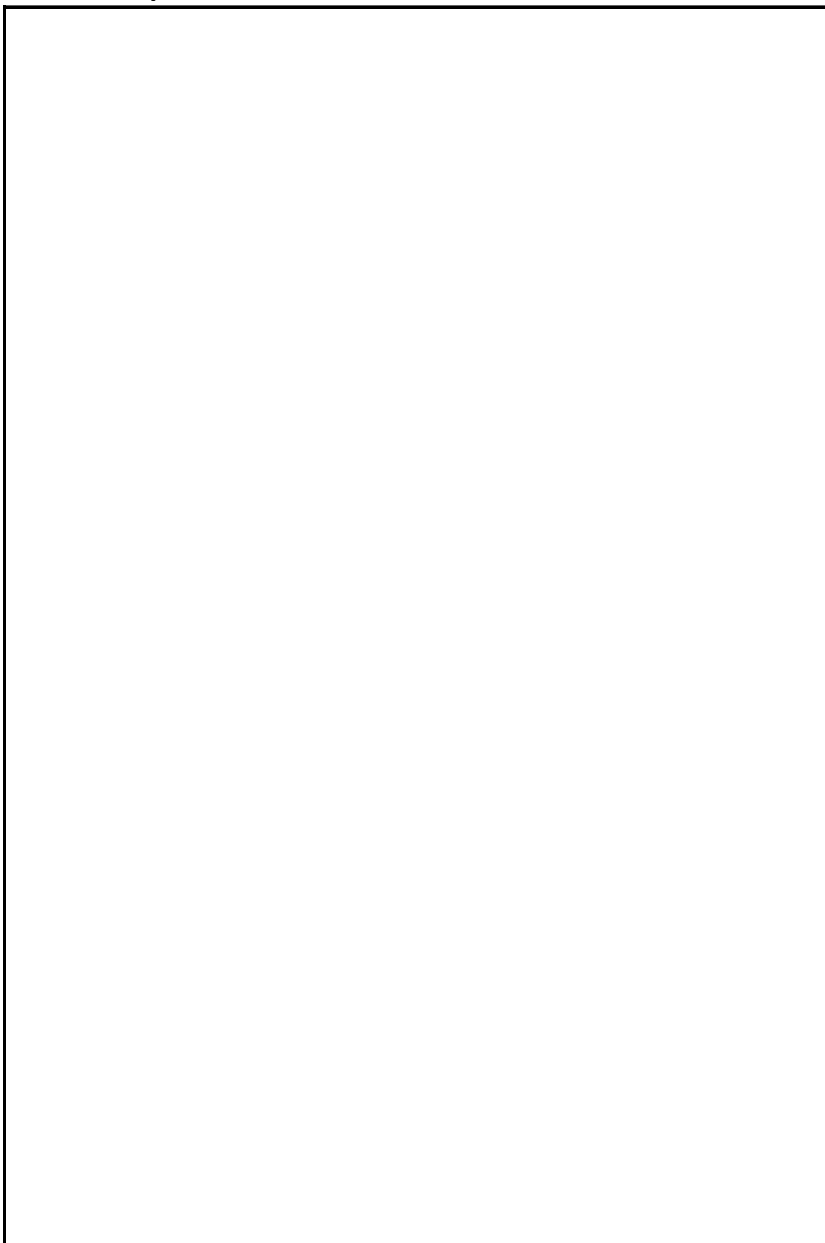
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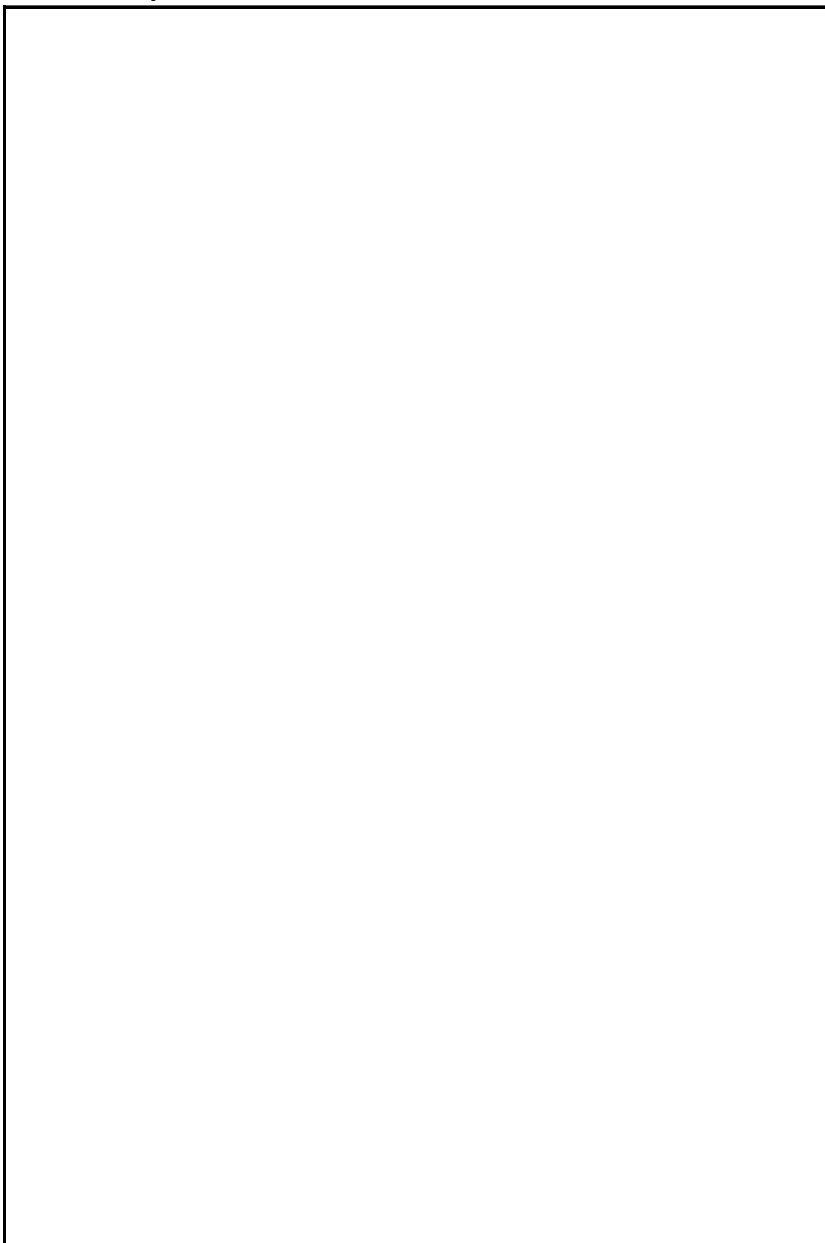
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