



PEAK

Dear Scout/Scouter,

This preliminary information pack provides some information on applying for PEAK. Peak is open to scouts and ventures aged 14+.

Event Details

PEAK (Patrol Expedition Adventure Challenge) takes place from good Friday to the following Friday each year. **19th – 26th April 2019**

PEAK is a week-long hillwalking event with participants from all over the country. The emphasis is on navigation training, teamwork, skill acquisition and having a fun and challenging experience while exploring the hills and Mountains of Kerry.

After four days of training, participants in their patrols complete an expedition through the Mcgillicuddy Reeks under their own navigation.

PEAK is physically an extremely demanding week. Participants should be able to run 3km in 15 minutes without, complete 20 consecutive push ups and sit ups. If you can't start training now!

Equipment Required

A full kit list will be supplied to successful candidates, but participants will need complete and proper hillwalking equipment and camping equipment for a lightweight expedition.

Booking Details

The cost of the event is **€255** per person. This covers everything except transport to the event. A seat on a group rail ticket from Dublin can usually be purchased at a discounted rate from us closer to the date.

Applications close on the **8th of March**. Successful candidates will be notified immediately after this date. Once your place is awarded payment in full must be made to National Office by **15th of March**.

A deposit of **€50** is required to be paid upon submitting your application. Applicants who do not pay a deposit will not be considered for selection.





Special Needs

Unfortunately, due to the nature of this event we are not in a position to offer places to applicants with additional physical needs.

Please complete the following information in the Special need box.

Example...

1. = Y

7. = 6 nights

1. I have taken part in an orienteering event. Y/N
2. I have taken part in an overnight bivvy. Y/N
3. I have used a map and compass on a hike. Y/N
4. I can swim. Y/N
5. I have taken part in a Sionnach Adventure or MPC. Y/N
6. The hillwalking events I have taken part in are.....
7. How many nights have you camped, while backpacking and carrying all your gear?
8. How many mountains over 600m have you climbed?

Dietary Requirements

Please complete the following information in the Dietary Requirements box.

Example...

1. = Y

6. = Y

Medical History

1. Do you suffer from any illnesses or diseases?
2. Are you allergic to any medication or food?
3. Do you have any special dietary requirements?
4. Have you ever had any lower leg injuries?
5. Have you ever had any operations?

6. I am fully capable of physical exertion, including walking, jogging and running. Y/N

Travel

7. I intend to travel by train to PEAK from Dublin. Y / N
8. If No, how do you intend to travel?

