

HPA 2017 Menu and notes, Scouts

KIT CHECK

There will be a main kit check on 2nd October at 8 pm at the 18th St Albans hut (Hall Heath Close, off Sandpit Lane) it should last about 1½ hours. If you bring all the correct kit it may go quicker.

YOU NEED TO BE THERE with your kit if you cannot make it you need to email or ring Martin (see email for number) or Gavin (District Explorers - 0771 253 6071).

If you have any question on kit, you can phone Gavin.

NOTES ON KIT

1. We supply group kit eg tents, stoves, billies, except as indicated on kit list notes (Kit_List St Albans scouts notes.pdf – already sent to you)
2. Each team has been given a set of competition instructions, these will be distributed.
3. Each team member should provide his/her own emergency rations: see kit list for ideas. (You can eat them on the coach on the way home **but not before, unless in an emergency**).
4. Tea towel – a couple needed in the team
5. Trainers needed (they feel great after walking boots for return). Lightest you have!
6. Bags for your muddy boots you will not be allowed to wear any muddy footwear on the coach
7. As well as the kit list, you will need things to eat with ie plate bowl mug knife fork spoon. Scouts may not need all of this: we will tell you what you need later.
8. Also is very useful to put you sleeping bag in a separate dry bag / rucksack liner.
9. We will have base camp kit cold boxes and food to transport as well as your personal kit to base camp so don't bring more than your rucksack (in luggage compartment) and a small holdall (to carry on coach: see below.)
10. Both your rucksack and small holdall must have your **name and “St Albans Scouts”** on it clearly.
11. **IF YOU LEAVE SOMETHING BEHIND THAT'S ON THE KIT LIST, YOU WILL CAUSE YOUR TEAM TO BE DISQUALIFIED**
12. **Check your kit against the kit list, then check it again**

FRIDAY EVENING

1. Normal departure is about 5.45pm. The actual time and location of the coach pick up is yet to be notified to us.
2. The coach will stop for a short break on the Friday night journey with an opportunity to buy snacks. NB the service area burger bar maybe closed so have a good meal before you board the coach.
3. **You must wear full uniform from waist upwards** on the journey
4. We suggest you wear full uniform as scout trousers will meet HPA specs, if there is any dispute over kit at kit check.

5. Wear your walking boots on the journey, as you may be walking to the base campsite and it could be muddy. Also, setting up camp on Friday night is a bit of a panic to get sorted and into tents asap, so no time to waste changing shoes when we get off the coach.
6. Pack your **waterproof and torch** where you can find them quickly, if possible in your holdall **on the coach with you** as you will need them as soon as we arrive at base camp.
7. You should also have a snack and drink with you, but note above about coach breaking the journey
8. Pack tents so you can get it up quickly.
9. There is not time to stand around when we arrive, so if you find yourself with nothing to do, think about what needs to be done and get on with it. Teamwork is the key with everyone mucking in not mucking about!
10. Friday night Jobs list: Put up tents, stow kit, fill water carriers, set up stove/kitchen ready for quick breakfast, go to bed, SLEEP!

FOOD

1. The District will provide teams with breakfast on Saturday morning, which will be cereal, bacon roll, hot drinks.
2. It will also provide a meal, when the team returns to base camp on Sunday just before coaches, which will probably be mince and pasta.
3. The Team is responsible for sorting out food for the rest of the weekend: ie Sat lunch and dinner and Sun hot breakfast. We are sorting the dinner and breakfast for the whole team.
4. Note the rule regarding need for “proper” hot food: also remember that the marshals may want to see the team’s meals before eating it!! The following menu meets HPA requirements.
5. Each scout must bring any snacks wanted and a suitable packed lunch for Saturday: here is an example lunch menu:
 - 2 rolls with fillings (Ham, cheese ,pickle, mayo)
 - buttered hot cross buns, snack bar, tracker bar, mars bounty etc
 - apple & banana.
 - You must have min 2 litres to drink with you as per kit list specs for bottles
6. **Evening meal:** It is strongly recommended that the whole team has the same meal so that you have enough gas and time to cook it
 - Cuppa soups selection chicken, mushroom, tom, and veg.
 - dehydrated food, boil in the bag (eg Pasta & sauce) main course
 - Cake & custard
 - Hot drinks
 - No pot noodles.**

Team will sort out choices, if possible for soup, dehydrated meal and drinks as only water to boil.
7. **Sunday Breakfast** (Must be hot)
 - Readybrek (premixed with powdered milk)
 - Dried fruit/choc chips & jam
8. **Please do not buy any food before speaking to you group leader at the kit check. In any case the Scout team dinner and breakfast will be sorted out for the whole team, hopefully with items that only require boiling water.**
9. If you have queries regarding food ask the leader checking you at kit check