



Explorer Journey

10/10/09-11/10/09

By Olivia Mc Auliffe

1 Pre-Hike Preparations

When we went on a Troop camp at Pennant Hills Ellana, Ali, Connor Hannah and I went and had a meeting about:

- Where we were going
- How we were getting there
- How long it would take
- What we were eating
- Rules about when you go bushwalking

Then again in the holidays we went to Hannah's house on the 7/10/09. Ellana and I met at Hannah's at 10.00. We then walked to Franklins and met Connor and Ali there. We then bought all our food. Then Feathers came up and checked all our food. We paid for it all and then got a lift home. When we got home we divided all the food and then looked at the map to see where we were going and how long we walked on the first day and how long we walked on the second day.

1.1 Training and Planning Activities

I went for a walk twice a day once in the morning and in the afternoon. Once I was good at that I started walking with my pack on with all my gear in there. I also did an exercise class to get my fitness up.

1.2 Menu and Food Quantities

SATURDAY

Snacks:

Scroggin

Muesli bar

Lunch:

BYO packed lunch: for lunch I had a bread roll

Dinner:

Cup a soup or 2-minute noodles

Pre cooked chicken (cut up and frozen) creamy pasta

Dried apple, powdered custard, 2 butternut cookies each

Hot chocolate sachet

SUNDAY

Breakfast:

Porridge or variety pack of cereal with powdered milk

Hot chocolate sachet

Lunch:

Vita-Weat biscuits and vegemite

Snacks:

Muesli bar

1.3 Personal Gear List

2 liters water and share of food

Toothbrush and toothpaste

Rain jacket

Thermals (top and leggings)

T-shirt

Socks and undies

Fleece

Sleeping bag

Sleeping mat

First aid kit, sunscreen

Cup, plate and cutlery

1.4 Patrol Gear List

1/2 litre methylated spirit

1 Trangia stove

Tent poles and pegs (one carried the fly, one the tent, one the poles)

Matches

3 maps and compasses

Map holder

1.5 Pack Weights

We all had to carry 20% of our body weight. I carried 7.6Kilos

1.6 Transport Arrangements

On Saturday morning I got up at 6 and got ready. At about 9 o'clock we picked up Ali and Connor. We met Hannah, Ellana and Feathers at Heathcote Station at 9:30am.

Sunday train home from Helensburgh station. My mum picked up Ali, Connor, dad and I from Sutherland station. The train cost \$2.20.

1.7 Patrol Members

Hannah, Ellana, Connor, Ali and I.

1.8 Maps Used

We used three 1:25 000 topographic maps: Port Hacking, Appin, and Campbelltown.

2 Notes Taken On Hike

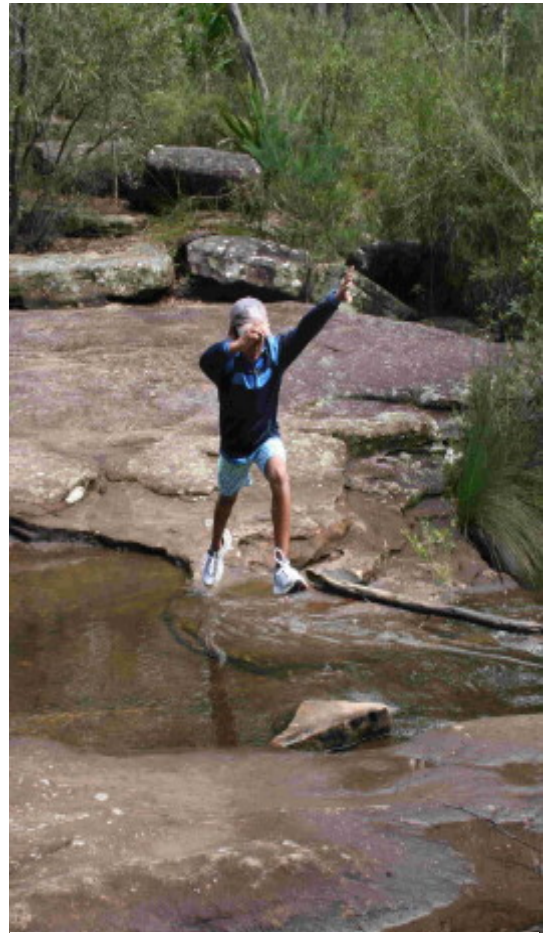
- We met on Saturday Heathcote station at 9:30am. Hannah navigated first so she looked at the map and we were on our way at 9:45am. We came to a pipeline at 10:15am. Hannah, Connor and Ali walked on top of it. Elanna and I walked on the ground. We then stopped at a place called Mirang Pool for morning tea at 10:45am. We had lunch at 12:45pm on a big rock. After lunch I started to navigate. Along the way we played a lot of games and sung a lot of songs. We then arrived camp at 4:00pm. When we got there we all had a BIG drink. Ali and Hannah started to gather firewood. While Connor was setting up the fire. Meanwhile I and Elanna were putting up the tents.
- On Sunday we left camp at 9:30am. Ellana took over on the navigating. We stopped on a bridge for a break. We arrived at the station at 11:55am. We had lunch and then caught the 12:05pm train. We arrived at Sutherland station at 12:27pm
- On Saturday we walked west from station to Heathcote Scout camp along a footpath, down bush track to the pipeline and south along pipeline trail to Battery Causeway. We then turn off south at Causeway to Bullawarring Track along Heathcote Creek. We followed a bush track to a 4WD road. We walked east, crossed a creek, then went south again to Camp Coutts. On Sunday we left Camp Coutts by walking south on a dirt road to Princes Hwy, left off Hwy onto 4WD road and followed the road to Helensburgh railway crossing then walked to the station.
- We had a little bit of rain after lunch but that soon past. It also rained heavily overnight. On Sunday the weather was perfect walking weather.
- One of the highlights for me was seeing the graffiti along the pipeline. Even though it's bad for the environment, it looks really good.
- On Saturday we saw a Blue Tongue Lizard sitting on a rock.
- rest breaks (I mentioned them above)
- There was a running tap that was fine to drink. We also carried 2 liters of water

3 Assessment

- The team worked really well together. We all communicated well and got on well which was helpful.



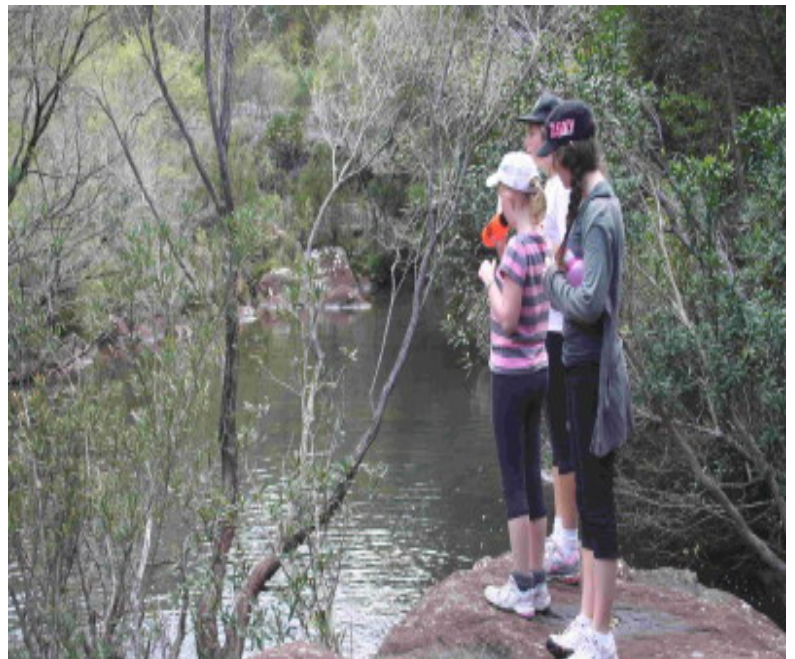
Heathcote station at the start of the walk



Connor near Mirana Pool



Footbridge over pipeline



Looking over Mirang Pool



Lunch break on the Bullawarring track



Camp Coutts



On the track near Kingfisher Pool



Blue tongue lizard



Camp Coutts



On the way to Helensburgh station