

EXPEDITION CHALLENGE



Day Hike & Overnight Camping at Fordell Firs

Saturday 28 - Sunday 29 March 2026

A day hike from the Scout Centre to the shores of the Forth at Dalgety Bay and back to Fordell Firs where the group can camp overnight

This is an opportunity to move from just a day hike to an expedition-style activity and be able to complete the Expedition Challenge for the Gold Award

We'll be meeting at the **Scout Hall for 11.00am**. The route (partly an "urban" hike) will take us down to the River Forth then back to Fordell Firs for camp set-up and a meal. On **Sunday, the Scouts can be collected from Fordell at 9.00am** - after breakfast and clearing their site. Don't forget we change the clocks that night!

Scouts will need **two sets of kit**:

1. For the hike

Participants will need:

- To dress sensibly, with two or three layers of clothing. Depending on weather, you can add or take off layers as we walk. Please **do not** wear denim jeans.
- A daysack containing:
 - Wind/waterproof jacket
 - Enough food for the hike
 - Plenty of drinking water - in bottle(s)
- To wear walking boots or strong trainers and preferably two pairs of socks
- To bring a cap or beanie hat and gloves – just in case

The hike is adult-led. And if there are any kit problems, let me know. We can lend almost everything needed.

2. For the overnight

We'll take the group's tents and second bags down to Fordell Firs for their arrival.

On a full expedition event, they'd be carrying all their kit plus a share of group items - tents, gas, etc. - and expect to wear the same main clothes for the duration of the event, but for this, starter activity the **second bag can contain your**:

- Sleeping bag, karrimat and blanket
- Small wash kit

- Change of socks, underwear and night clothes (if you want them)
- The ingredients and utensils to prepare a hot evening meal, and light breakfast

We'll supply the gas stoves to allow you to boil water or soup | cook any ingredients | prepare hot drinks. Pot noodles, soups or a boil in the bag ready meal are all good. Your breakfast can be simple - cereal, fruit, drink, etc. But you can bring something that needs fried, if you wish.

There's drinking water on the site and we'll supply tea, coffee, sugar, milk, diluting juice. We'll also have spare foodstuffs just to make sure that everybody eats - even if it all goes wrong in the cooking stage! First Aid kits are our responsibility too.

Personal details

I will email participant families with the link to allow you to complete the Contact and Health Details Form, which you should complete in advance of the event.

IN TOUCH & EMERGENCY CONTACTS

If you need to contact us during the day, Stuart's number is: **07876 756985**

If you can't get contact with me, an alternative contact will be Ian Derrick: **07770 534199**

Cost

Pleased to say, there's none. The activity is provided as part of our adventure programme and to allow youngsters to complete their top award. All you do is provide their food!

Stuart Middleton

Group Lead Volunteer

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