



INCIDENT HIKES



Incident hikes are a great way to get your girls outdoors! An incident hike is when Patrols set out on a route with a series of bases with tasks and challenges to complete along the way. It is possible for a Unit of any size to run an incident hike. Try asking parents or other members of the community to help out by running some bases.

It is important to recognise the difference between a hike and an incident hike. An incident hike is not just a hike with incidents along the way. Your girls should not have to hike too far between bases. Equally, try to ensure the girls are not queuing at bases as they will become bored and possibly cold. Incident hikes don't need to take place up a mountain. They can take place in a town, a park, a forest, the local square etc., the choice is yours!

BASES

Patrols are usually scored on the challenges and tasks. The aim of incident hikes is to promote teamwork and learning. The tasks at each 'base' can be simple or more difficult and challenging – though not too difficult that the girls cannot complete the task. The object of a good 'base' is for it to involve teamwork and a mixture of knowledge, planning, skill and, above all, fun! Remember, organisation is the key to success! Below are some examples of 'bases'.

Signalling

Send a message using either Morse Code or semaphore across a 15 metre gap.

Kit check

Check what the girls have packed. Is it what was on the kit list? Is it suitable for today's hike?

Slings

One member of the team has a broken elbow. Place in a sling, explain what you are doing and what else you would do after this.

Make a card

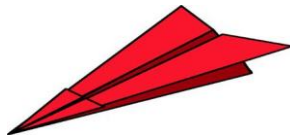
Use bits of paper and pencils to design a card for a specific occasion with a two-line rhyme in it.

Kites

Design and make a kite that will fly. Use canes, a black bin-bag, sellotape, string etc.

Paper airplanes

Make a paper airplane that will fly.



Food

Identify six different flavours of crisps.

Surprise

A woman pretending to have nothing to do with the hike claims the Patrol are on her private land. She gives the

Patrol a phone number to give to the Leaders. Patrols can be marked on politeness and on remembering to pass on the phone number.

Knots

Each member of the



Patrol must tie six knots: Reef, Clove Hitch, Bowline, Double Figure of Eight, Sheet Bend and Sheepshank.

Compass

A team must complete a 60 pace triangle. Teams start by going north and must turn left at each corner.

Compass and map

Patrol to take a compass bearing and show current location on a map.

Shelter

Teams must make a mini shelter out of two bin liners, some rope and some stones. They may use any trees, fences etc. that are nearby.

Recorded advert

Patrols are to make a thirty second video advert for the Irish Girl Guides.

Spaghetti knots

Tie a reef knot from spaghetti. Tip: Slightly undercook the spaghetti for best results.

Scout's pace

Patrols to walk the next kilometre in Scout's pace.

Promise

Patrols to recite their Promise/Motto.

Guide Laws

Patrols to list, in order, the Guide Laws.

First Aid

Put a member of Patrol in the recovery position.

Campfire

Sing an action campfire song.

Cooking

Give the Patrols a surprise bag and a cooker. Patrols should cook a meal with the ingredients given.

Quiz

Patrols must answer quiz questions e.g. general knowledge, Guiding-themed



questions or Leave No Trace questions.

Stretcher

Patrols are given a Bivvy bag and told to improvise a stretcher.

Foreign cooking

Provide all the ingredients and utensils to cook a simple recipe – but provide the recipe in a foreign language!

