

SCOUT TREK

COAST TO COAST



Embark on **GREAT SCOUTING ADVENTURES** while staying fit and having fun!

**Go outdoors and start tracking your distance moved
using kilometres as your goal.**

Can you get from one side of Canada to the other? Maybe even as far as the other side of the World? The opportunities are endless!

Working together with your friends in Scouting, how far can you collectively travel as a Patrol or a Group? Can you make it from the west coast of British Columbia all the way to Canada's east coast in Newfoundland? How far can we go if all the Scouts in Canada work together?

Scouts.ca



It starts with Scouts.

LANDMARKS

From May to July, track how many kilometres your section hikes, paddles, bikes, or canoes, in fact, any method of movement associated with the outdoor adventure skills.

1
MAY 14

Our first landmark is **Camp McLean** in British Columbia.

2
MAY 28

From **Camp McLean**, we trek to **Camp Amisk** in Manitoba. (2243 km)

3
JUNE 11

For our third landmark we trek from Camp Amisk to **Haliburton Scout Reserve** (HSR) in Ontario. (1943 km)

4
JUNE 25

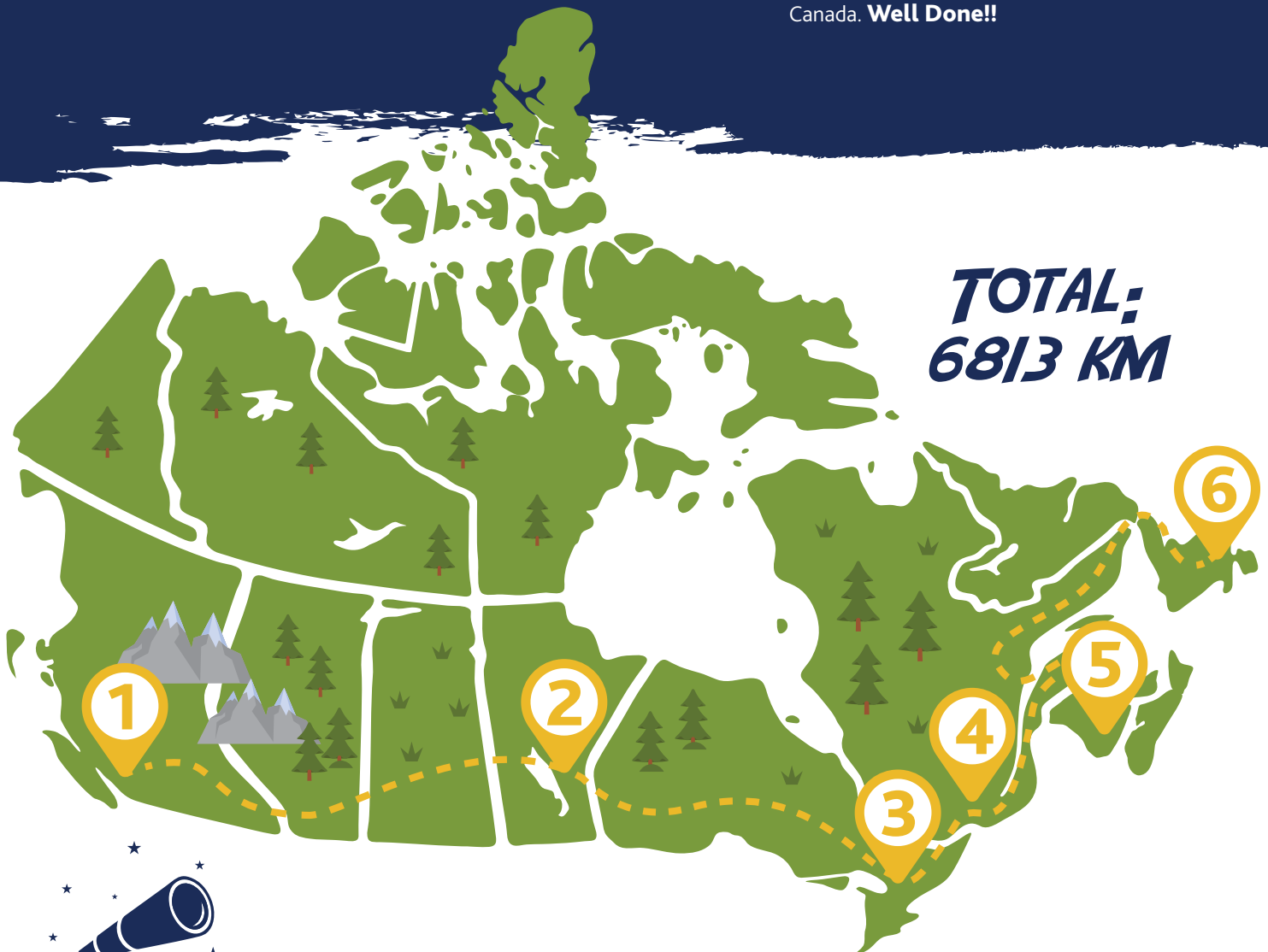
Now we trek out of Ontario and into Québec to **Lake Lovering Scout Reserve**. (579 km)

5
JULY 9

Next, we trek from Québec to **Camp Yoho** in New Brunswick. (516 km)

6
JULY 23

From New Brunswick, we cross the mouth of the Gulf of St Lawrence by boat to our final destination of **Camp Nor'Wes** in Newfoundland. With this last distance of **1532 km** we finish our journey across Canada. **Well Done!!**



Let's see where and how far **YOU** can **GO**!

TRACKING

The number of youth participating multiplied by the kilometres travelled during an adventure. E.g., 24 Cubs plan a 5 km hike = $24 \times 5 = 120$ km can be submitted.

How to submit it?

Coordinate with your Section Scouter team to ensure a Scouter will complete the submission form biweekly to be entered into the biweekly draw for a ghost crest or a weekend tent camping at a Scouts Canada Property, (two winning sections per submission window). Photos are appreciated but not required. Submit [here](#).

Submission periods:

1. May 1–14
2. May 15–28
3. May 29–June 11
4. June 12–25
5. June 26–July 9
6. July 10–23



Walking/Hiking

Track kms walked or hiked.



Canoeing/Kayaking

Track kms travelled including portages, or 1 km for every 10 mins in flat conditions or 15 mins for windy conditions.



Camping

1 km per hour spent at camp plus any other travelling that is included in the activities for that camp (approximate).



Cycling

Track kms cycled.



Climbing

1 km for every hour spent climbing (Indoor/Outdoor, Bouldering, Playground).



Swimming

1 km for every 30 mins spent swimming or 1 km for every 40 lengths of a 25 m pool, 1 km for 20 lengths of a 50 m pool.



Sailing

1 nautical mile = 1.85 kms.



Other

Use your best judgment to approximate the kms. When in doubt ask our Program Support Team.

SAFETY

Adventure Application Forms (AAF) help you plan for safe adventures by ensuring **pertinent details** have been covered, and others know your plans. Even when an activity doesn't clearly require an AAF, it is useful to have in the event of an emergency. Every activity you do requires a plan for risk and emergencies.

For some activities, the Risk Assessment and Emergency Response Plan (ERP) may be a discussion with your Section Scouter Team so that you can all be prepared for what may happen during the activity. This includes, but is not limited to, highlighting risks, risk reduction/mitigation actions and likely emergency scenarios. Be sure to inform your Group Commissioner before an outing with youth; your GC may wish to see additional risk controls put in place.

However, if you are planning an adventure containing additional risks or requiring specialized skills that may classify

the activity as **Category 2 or 3**, you must complete an AAF and a **Hazard Assessment** to develop a Risk Management Plan and **Junior ERP** or **Senior ERP** appropriate for the activity planned.

If the youth will be "Trekking" by themselves or with family members, remind them to be aware of their surroundings continuously and leave a trip plan with a trusted adult (so it is known where they are going and when they are expected to be back). A First Aid Kit and a water bottle are a couple of daypack essentials... **[what's in your daypack?](#)**

As always, make sure that all equipment is in good working order, that you have repair kits and that you are making sure all participants have the skills necessary to make it a safe and fun adventure.

BADGE CONNECTIONS

How did your travelling align with the Outdoor Adventure Skill (OAS) and Sustainable Development Goal (SDG)?

SDGs for all: **# 3 Good Health and Wellbeing**, **# 13 Climate Action**

SDGs for Other Activities: **#15 Life on Land**, **#14 Life Below Water**

Walking/Hiking

OAS: Trail Skills

Canoeing/Kayaking

OAS: Paddling Skills

Camping

OAS: Camping Skills

Cycling

Program Area: Active and Healthy Living

Climbing

OAS: Vertical Skills

Swimming

OAS: Aquatic Skills

Sailing

OAS: Sailing Skills

Other Activities

OAS: Scoutcraft and Emergency Skills



Crest

Crests can be bought at the Scout Shop at [Scoutshop.ca](https://scoutshop.ca).

Winner

For each submission window, a random draw will be held for Scout Trek ghost crests and another random draw for a weekend of tent-camping at a Scouts Canada property of your choosing (two winners per submission window)—submit your distance biweekly through the Scout Trek Coast to Coast initiative page on [Scouts.ca](https://scouts.ca).

SCOUTER SUPPORT SESSIONS

There will be several **Information Sessions and Mug Ups** to ask questions and learn more. Links to register are on the [Scout Trek page on Scouts.ca](https://scouts.ca).

These Information Sessions are for Scouters to learn more about the Summer Challenge, how to submit the kilometres that the youth have travelled, and a time to ask any other questions you might have.

Our first set of Information Night is on Sunday April 2, at either 7pm EST or 10pm EST.

Our next information night will be listed on the Scout Trek page on [Scouts.ca](https://scouts.ca).

Mug Ups are designed as a check-in, to see how your youth are progressing through the Challenge. They are a way to celebrate the “wins” and the youth’s adventures. These are an opportunity to be inspired or inspire others to try new things within youth programming. Mug-ups are also a way to share any other exciting adventures that might be coming up.

Our first Mug Up will be on Sunday June 4 @ 8pm ET.

Additional Mug Up nights will be listed on the Scout Trek page on [Scouts.ca](https://scouts.ca).

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