

Scouts

Southend Estuary Explorer Scouts







SEMAC 2023

Southend Estuary Multi-Activity Camp

Friday 26th May – Monday 29th May
 (Bank Holiday and start of school half term)
Biblins Youth Campsite, Forest of Dean

3 full days of Activities & incredible Value for Money!

This year's District Multi Activity Camping weekend sees us returning to **Biblins Youth Campsite** close to **Symonds Yat** in the **Forest of Dean**, one of the best possible bases for our adventurous activities.

<p>Canoeing/Kayaking</p>  <p>Whilst we are camping along the River Wye, this is a must-do activity</p>	<p>Rock Climbing</p>  <p>The limestone outcrops of Symonds Yat offer some spectacular climbing opportunities</p>	<p>Mountain Biking</p>  <p>We have an amazing opportunity to explore the Forest of Dean on two wheels</p>
<p>Caving</p>  <p>A unique chance to experience the amazing underground world below the surface!</p>	<p>Hiking</p>  <p>The Forest of Dean is home to some amazing scenery – we will find the best views!</p>	<p>Camping</p>  <p>We'll be camping in unit tents at a youth campsite on the banks of the River Wye</p>

All activities are suitable for novice as well as experienced Explorer Scouts
 Travel by Minibus – leaving District HQ at 5pm on Friday evening, returning Monday evening
 Accommodation in tents & cooking in teams on gas

How to book: Complete Application Form online via this link : <https://forms.gle/yvxmz2d7hDNsfvK7A>
 and our Event Health Form at <https://forms.gle/mDEhkbccqigyU9TqT8>

Cost £120 - Price covers all activities: canoeing/kayaking, rock climbing, caving, mountain bike hire, hiking, travel, food, campsite fees, minibus hire, food, instructors, equipment hire, insurance etc.

If required, contact your unit leader to discuss any hardship fund assistance.

General Kit List – any queries, please ask your unit leaders

- Uniform Shirt & Scarf (must wear for journey)
- T shirts / Unit T-Shirts
- Lightweight fleece jumpers
- Activity Trousers (not jeans as these are useless when wet !)
- Shorts
- Underwear & socks
- Swimwear
- Pyjamas and Teddy Bear
- Casual (warm) clothing for evenings back at camp
- Warm fleece/jacket
- Waterproof Jacket
- Waterproof Trousers
- Gloves & Warm Hat
- Sleeping Bag
- Roll Mat
- Pillow (a small/inflatable one – we do not have unlimited packing space !)
- 2 x towels [one to use back at camp, and one to take out on activities]
- Water Bottles [at least 1 litre capacity]
- Small rucksack – to carry your lunch + any changes of clothes you may need between activities etc.
- Torch with New Batteries
- Personal First aid kit
- Wash kit
- Suntan lotion / Gnat repellent
- Trainers
- Hiking boots (preferably) or sturdy walking shoes
- Water shoes (if you have them)
- A second pair of trainers you can get wet/muddy when we're caving and doing water activities

Activity Kit

Caving

Provided : caving overalls, helmet, headlamp

You need :

- tracksuit bottoms/ leggings/running tights
- t-shirt and thin fleece
- a pair of old trainers

This kit will definitely get damp/muddy – so don't bring your best outfit !

Hiking/Scrambling

You need :

- sensible activity clothing
- a small rucksack to take your lunch in
- preferably walking boots, if you don't have them, then some strong trainers will do

Mountain Biking

Provided : all the kit you need [mountain bike & helmet]

You need :

- sensible / warm / waterproof activity clothing (suited for what the British weather will throw at us)

Rock Climbing

Provided : all the safety kit you need [climbing harness & helmet]

You need :

- sensible / warm / waterproof activity clothing (suited for what the British weather will throw at us)
- a pair of trainers to climb in [**not** the same ones as used for Caving as we're doing these activities on the same day]

Kayaking

Provided : all the safety kit you need [buoyancy aid & helmet]

You need :

- suitable clothing for kayaking [lightweight layers, topped with a lightweight waterproof jacket/trousers]
- water shoes or some old trainers (the same ones you're going to wear caving are fine)

- Bring your kit in a holdall or rucksack. Bring some clear/pink bin bags for wet/damp kit [not black bags as these may get confused with rubbish !]
- There is no need to bring plates/bowls, cutlery or food - all are supplied
- Please avoid bringing electronics – we are camping on an eco-friendly campsite, there is no mains electricity, and zero charging facilities !