



FIRST CLASS HIKE
EXPLORATION (3)

Candidate Name	
NIRC no.	
Unit	
Start of Hike (Date)	
End of Hike (Date)	
Result	Pass / Fail / Conditional Pass
Examiner name and signature	



CONTENT PAGE

INTRODUCTION

PERSONAL PARTICULARS

COMPANION PARTICULARS

EXAMINER INSTRUCTIONS SHEETS

CHECKPOINT SUMMARY

ROUTE MAP

MENU

RATION LIST

EQUIPMENT LIST

SAFETY PRECAUTION

EMERGENCIES PLAN

GENERAL HIKE REPORT

COMPANION'S REPORT

PASSING IT ON

EXAMINER'S COMMENTS



INTRODUCTION

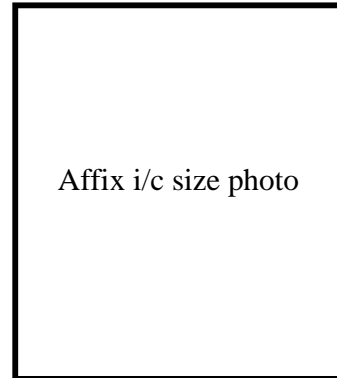
This page shall consist of a brief introduction of $\frac{3}{4}$ to 1 page about your journey. Talk about what this report is about and what you had gone through during hike and etc.

The introduction must contain a short write-up on the candidates, how they feel about the hike, objectives for the hike, what are the problems they face during the preparation and etc. The candidate may at his own discretion add in things which he deems appropriate and necessary.



PERSONAL PARTICULARS

CANDIDATE'S PARTICULARS

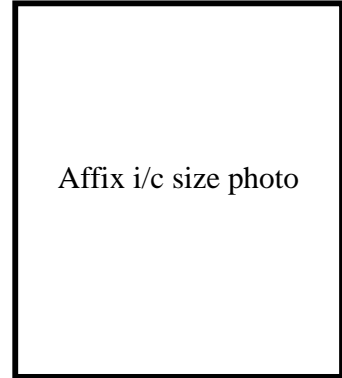


Name (as in NRIC)	
Address	
Telephone Number	
Date Of Birth	
Age	
Race	
Nationality	
NRIC	
Blood Type	
Occupation	
Institution/School (as in 2004)	
Class (as in 2004)	
Area	
District	
Unit	
Present Rank/Post	
Highest Achievement	
Proficiency Badges Earned	
Pre-existing Medical Records	
Other Medical Conditions	
Allergy	
Phobia	



COMPANION PARTICULARS

COMPANION'S PARTICULARS



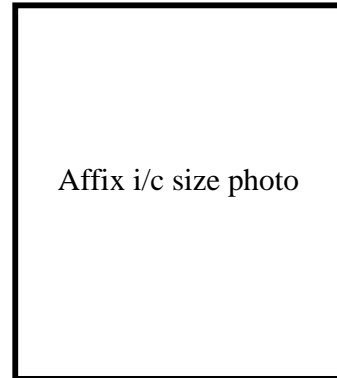
Affix i/c size photo

Name (as in NRIC)	
Address	
Telephone Number	
Date Of Birth	
Age	
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Nationality	
NRIC	
Blood Type	
Occupation	
Institution/School (as in 2004)	
Class (as in 2004)	
Area	
District	
Unit	
Appointment	
Highest Achievement	
Proficiency Badges Earned	
Pre-existing Medical Records	
Other Medical Conditions	
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Phobia	



COMPANION PARTICULARS

COMPANION'S PARTICULARS



Name (as in NRIC)	
Address	
Telephone Number	
Date Of Birth	
Age	
Race	
Nationality	
NRIC	
Blood Type	
Occupation	
Institution/School (as in 2004)	
Class (as in 2004)	
Area	
District	
Unit	
Present Rank/Post	
Highest Achievement	
Proficiency Badges Earned	
Pre-existing Medical Records	
Other Medical Conditions	
Allergy	
Phobia	



EXAMINER INSTRUCTIONS SHEETS

*All hike instructions, either written or verbal must be **written** in this section. Attach all relevant instruction sheets given for the candidate and the companions. Include also all verbal instructions.*



CHECKPOINT SUMMARY

<i>Checkpoints</i>	<i>MRN (6 digit)</i>	<i>Distance to next checkpoint (km)</i>	<i>Bearing to next checkpoint (degrees)</i>	<i>Arrival Time (Hrs)</i>	<i>Departure Time (Hrs)</i>
<i>STARTING POINT</i>	060 597	5.20	086	0900	0930
CHECKPOINT 1					
CHECKPOINT 2					
CHECKPOINT 3					
CHECKPOINT 4					
CHECKPOINT 5					
CHECKPOINT 6					
CHECKPOINT 7					
<i>RESTING POINT</i>					
CHECKPOINT 8					
CHECKPOINT 9					
CHECKPOINT 10					



ROUTE MAP

Photocopy the relevant section of the map and paste it here. Please highlight ACTUAL route taken and label all checkpoints.



MENU

DATE (DAY)	MEAL TYPE	MENU
15/03/2003 (Saturday)	Lunch	- - -
	Tea-Break	- - -
	Dinner	- - -
16/03/2003 (Sunday)	Breakfast	- - -
	Tea-Break	- - -
	Lunch	- - -
	Tea-Break	- - -
	Dinner	- - -



RATION LIST

GROUP RATION LIST

S/NO	ITEMS	QUANTITY
01	Bread	2 Loaves
02	Peanut Butter Spread	1 Jar
03	Instant Milo Mix (3 in 1)	12 Sachets
04		
05		
06		
07		
08		
09		
10		
11		
12		
13		
14		
15		
16		
17		
18		

EMERGENCY RATION

S/NO	ITEMS	QUANTITY
01	Water	500ml (Sealed)
02		
03		



EQUIPMENT LIST

GROUP ITEMS

S/NO	ITEMS	QUANTITY
01	Orienteering Compass	1
02	Singapore Topographical Map (1:50000)	1
03		
04		
05		
06		
07		
08		
09		
10		
11		
12		
13		
14		
15		



PERSONAL ITEMS

S/NO	ITEMS	QUANTITY
01	Torchlight (Batteries included)	1 Set
02		
03		
04		
05		
06		
07		
08		
09		
10		

FIRST-AID KIT

S/NO	ITEMS	QUANTITY
01	Aspirins	10 Tablets
02		
03		
04		
05		
06		
07		
08		
09		
10		



SAFETY PRECAUTION

In this section, lists down all the safety precautions that you will adhere to before, during and after the hike.



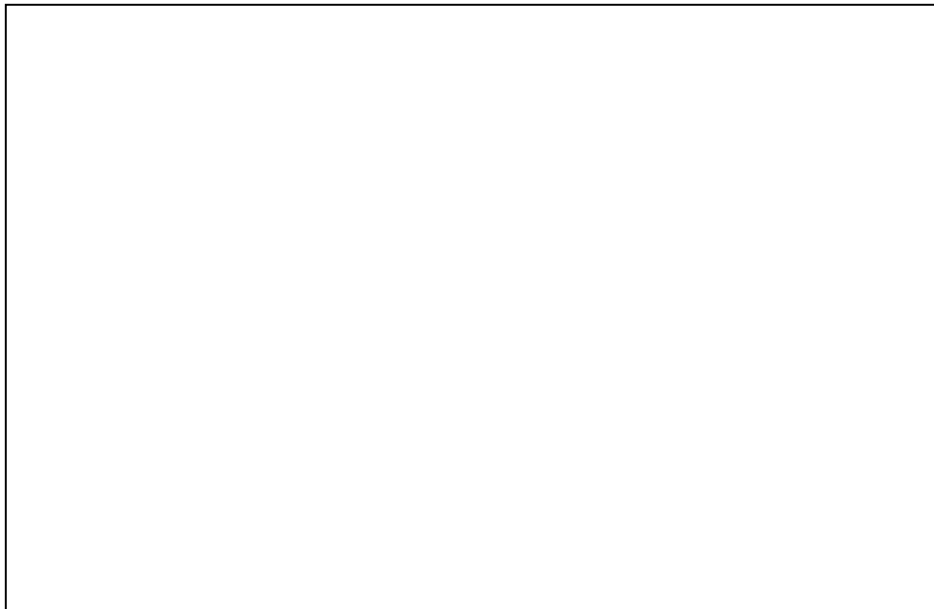
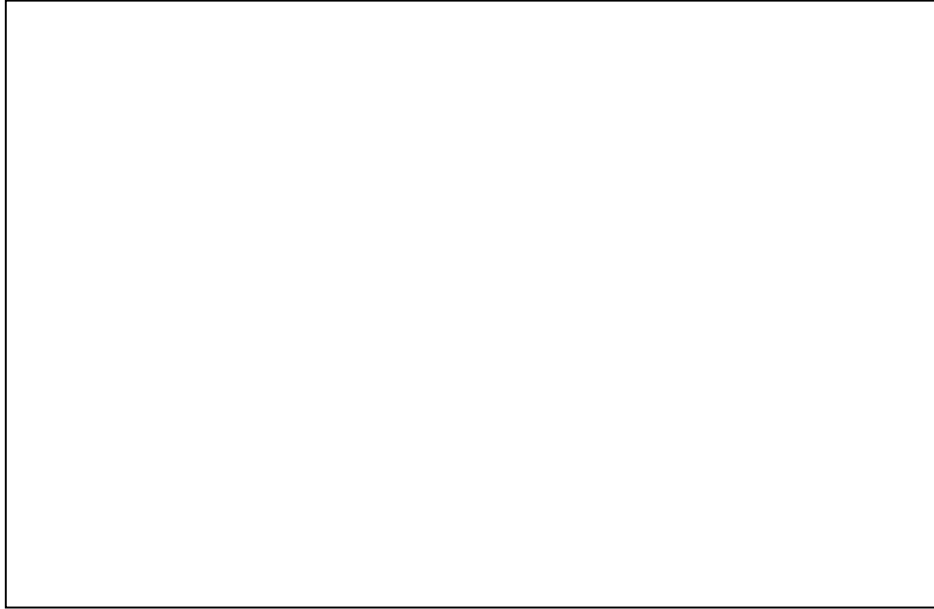
EMERGENCIES PLAN

In this section, list down the Emergency plans, think of all the possible scenarios that might happen during the hike, what to do to prevent it and what will you do if such scenario happens.

***Find out where is the nearest hospital and nearest 24 hrs clinic to the rest point. Find their contact numbers and operational hours. Find out also the route to the hospital and clinic from the rest point. ***



Photograph (max. 2 piece)





Area Map for Starting Point



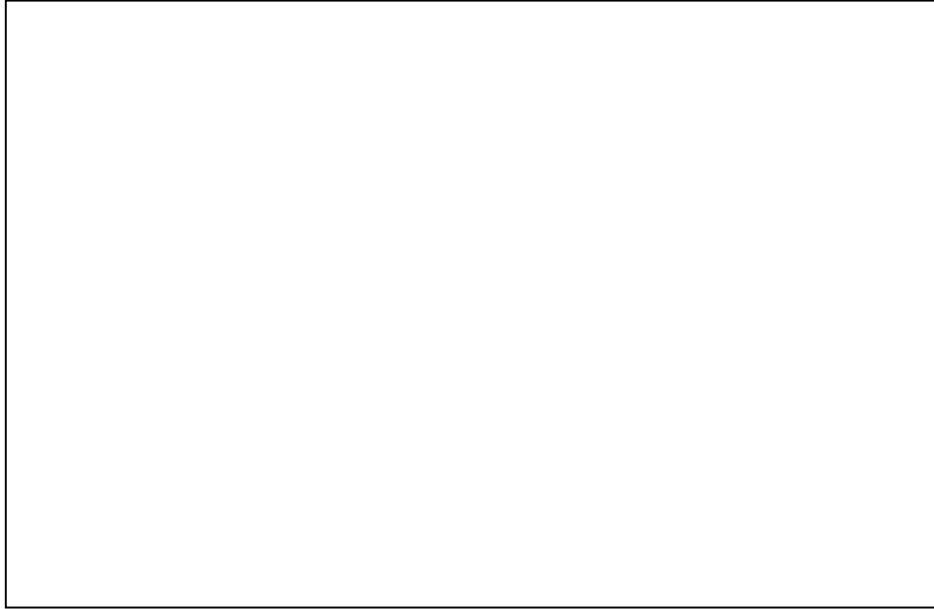


Checkpoint Map for Starting Point





Photograph (max. 2 piece)





Area Map for Checkpoint



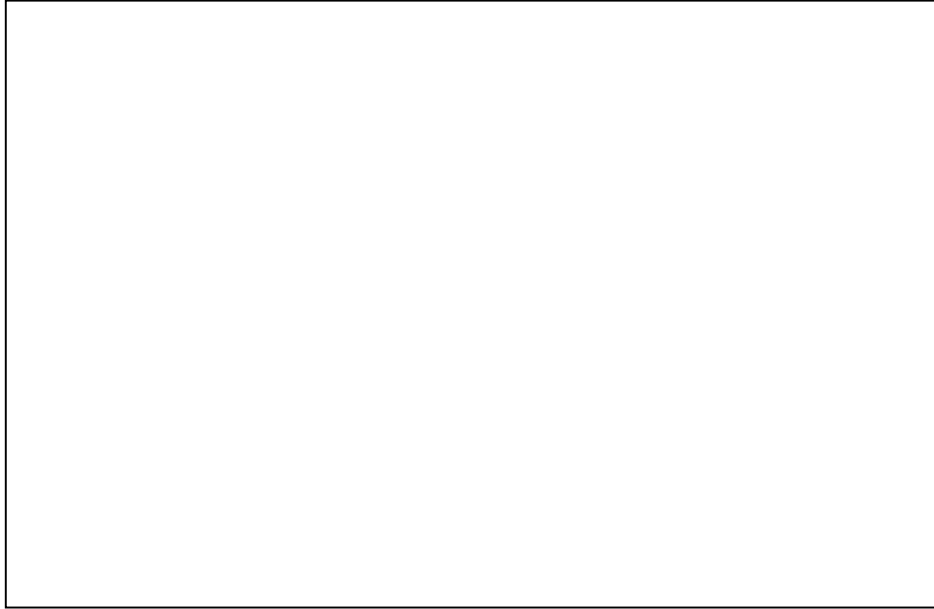


Checkpoint Map for Checkpoint





Photograph (max. 2 piece)





Area Map for Checkpoint



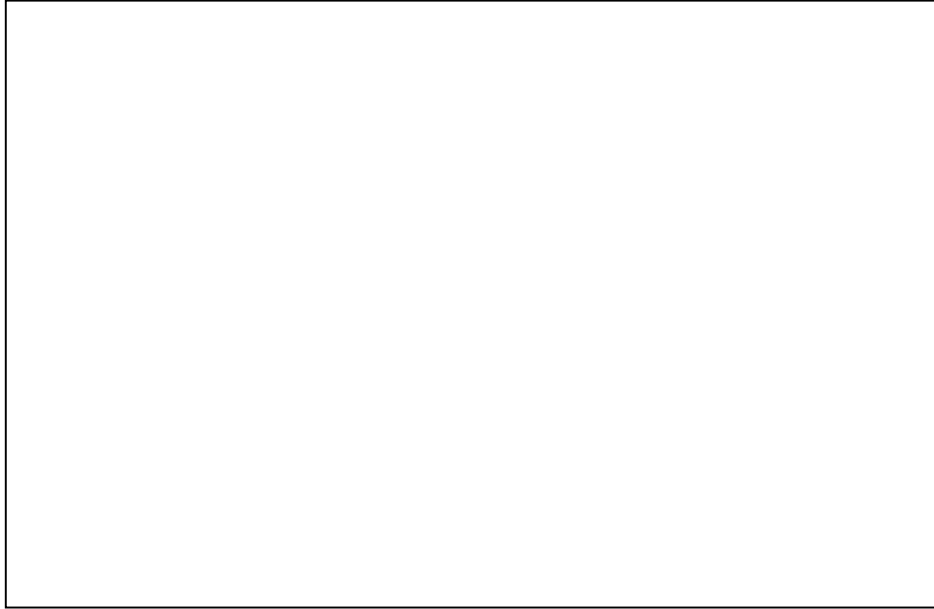


Checkpoint Map for Checkpoint





Photograph (max. 2 piece)





Area Map for Checkpoint



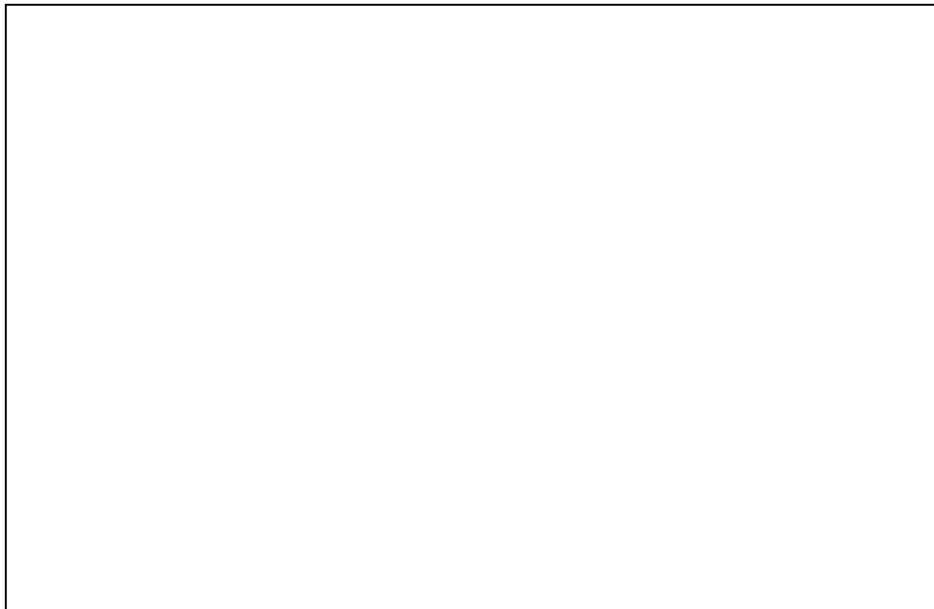
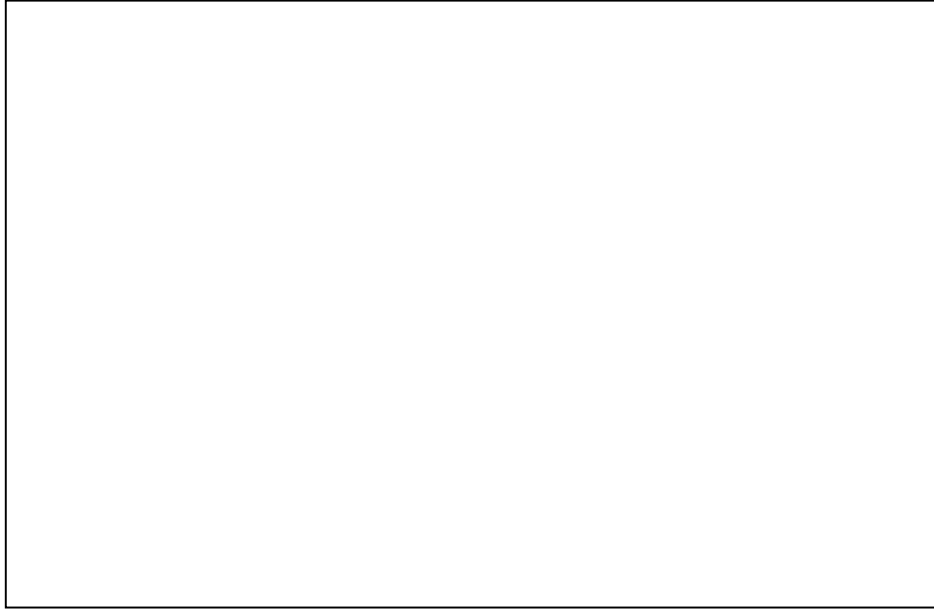


Checkpoint Map for Checkpoint





Photograph (max. 2 piece)





Area Map for Checkpoint



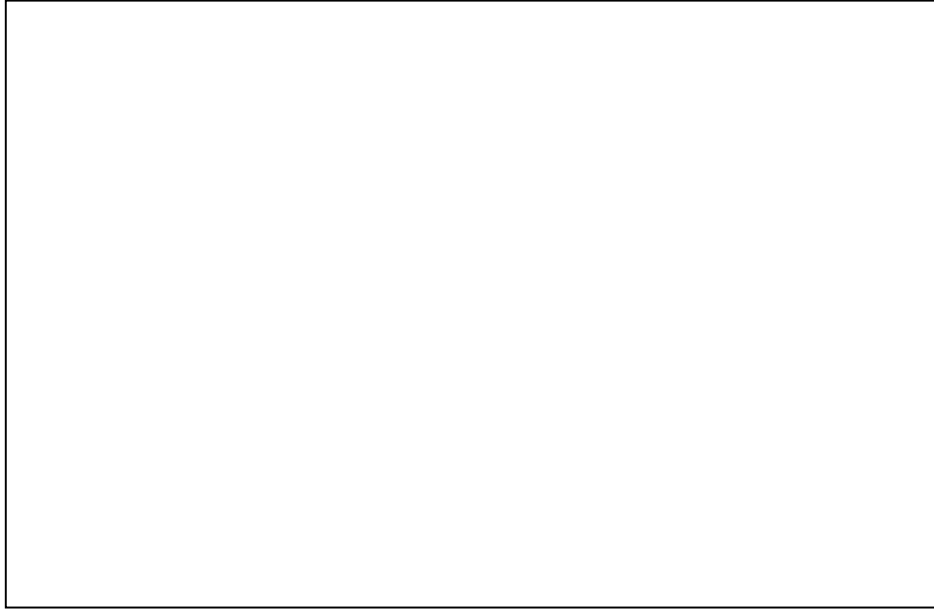


Checkpoint Map for Checkpoint





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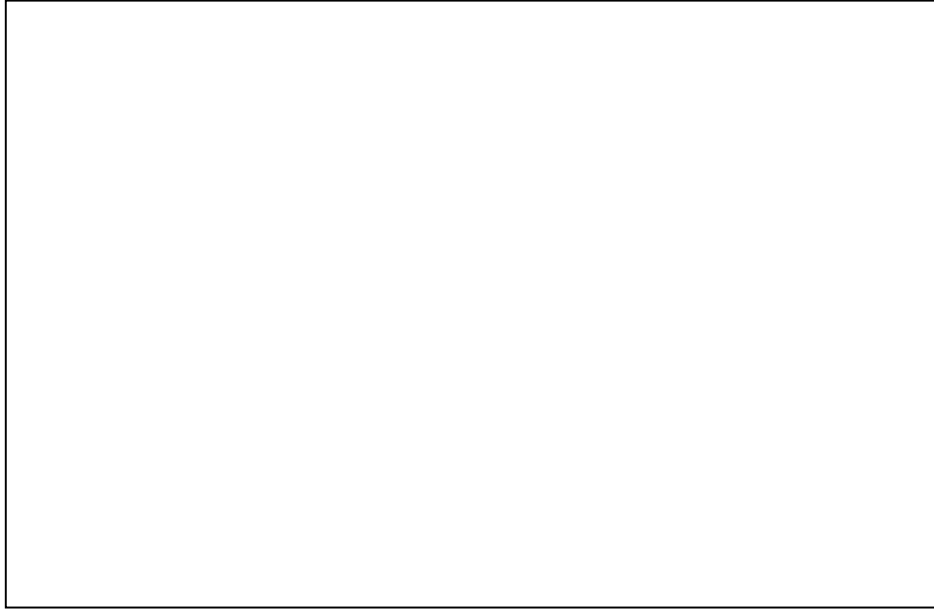


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Photograph (max. 2 piece)



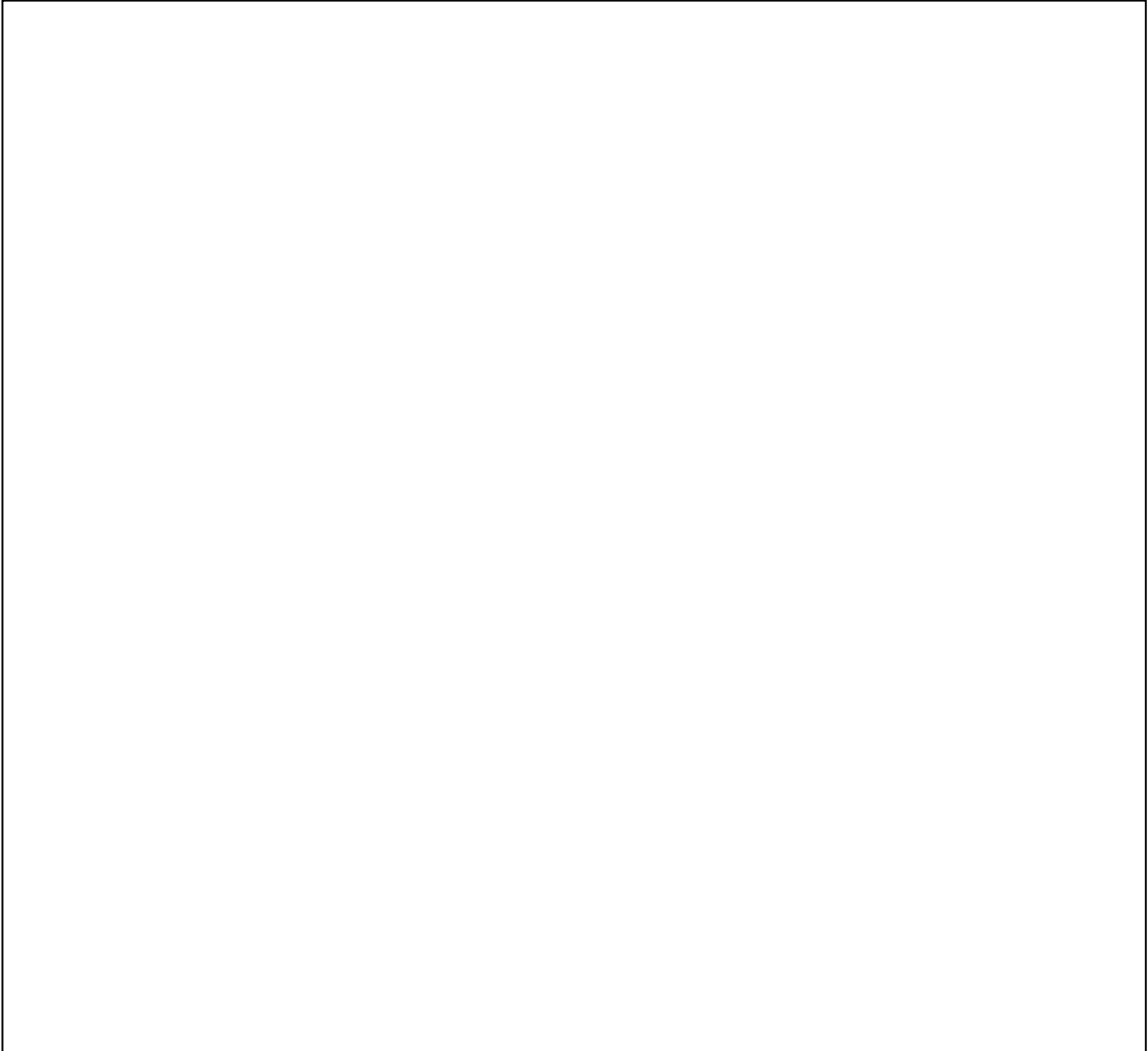


Area Map for Checkpoint



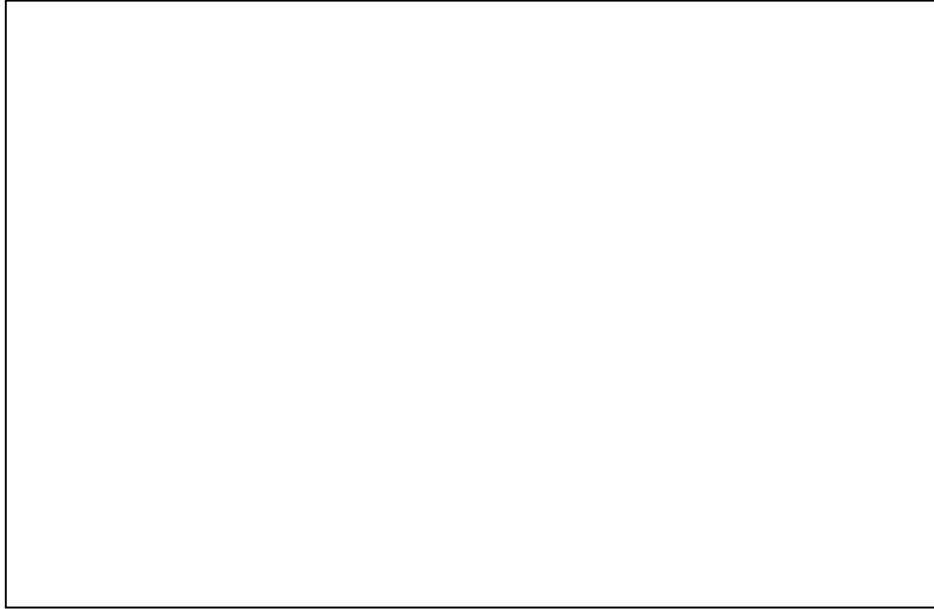


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Area Map for Checkpoint



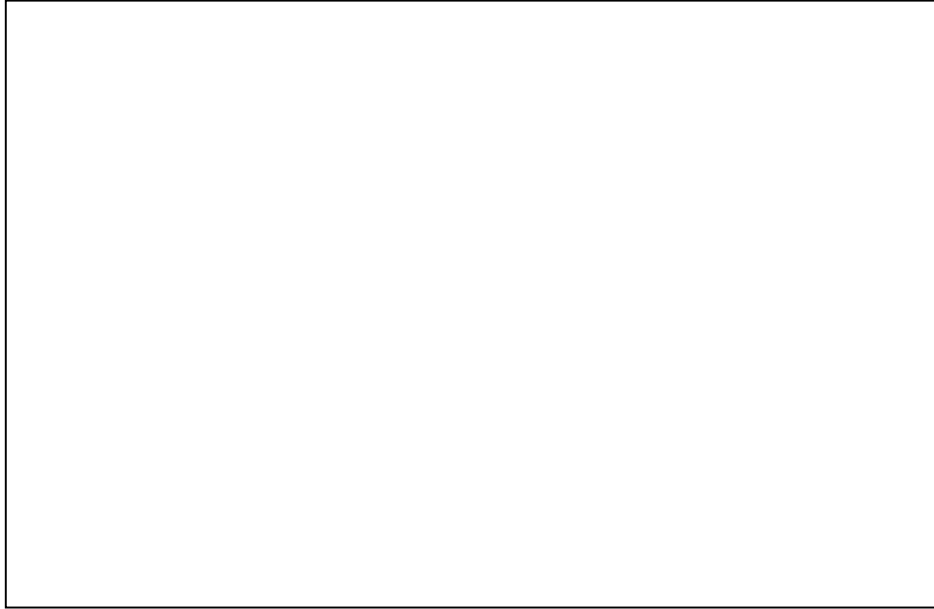


Checkpoint Map for Checkpoint





Photograph (max. 2 piece)





Area Map for Resting point



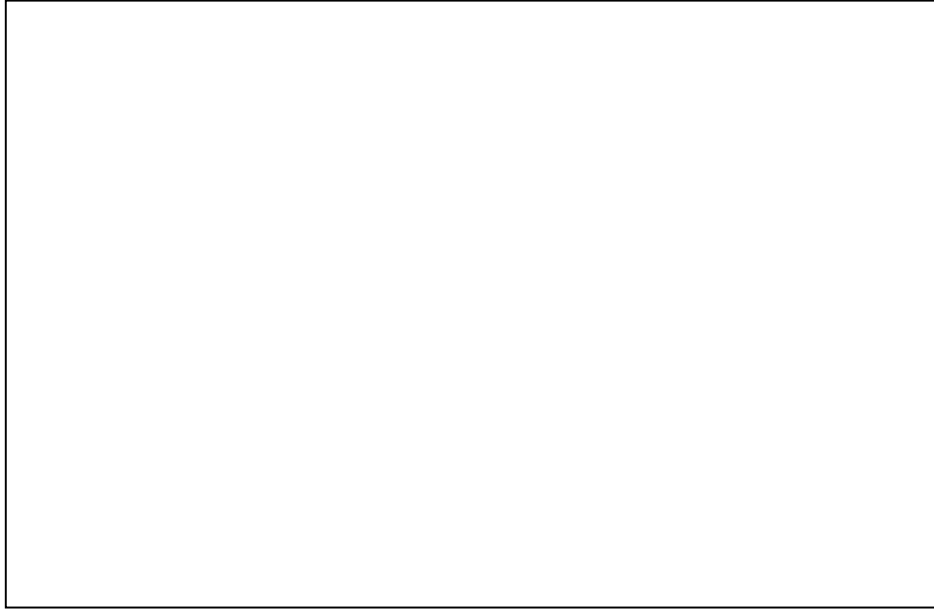


Checkpoint Map for Resting point





Photograph (max. 2 piece)





Area Map for Checkpoint



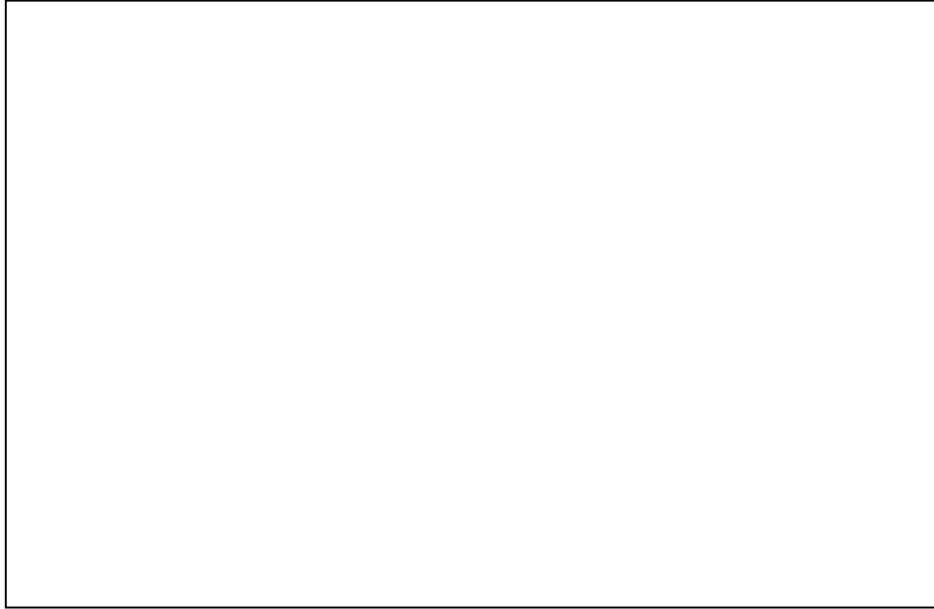


Checkpoint Map for Checkpoint





Photograph (max. 2 piece)





Area Map for Checkpoint



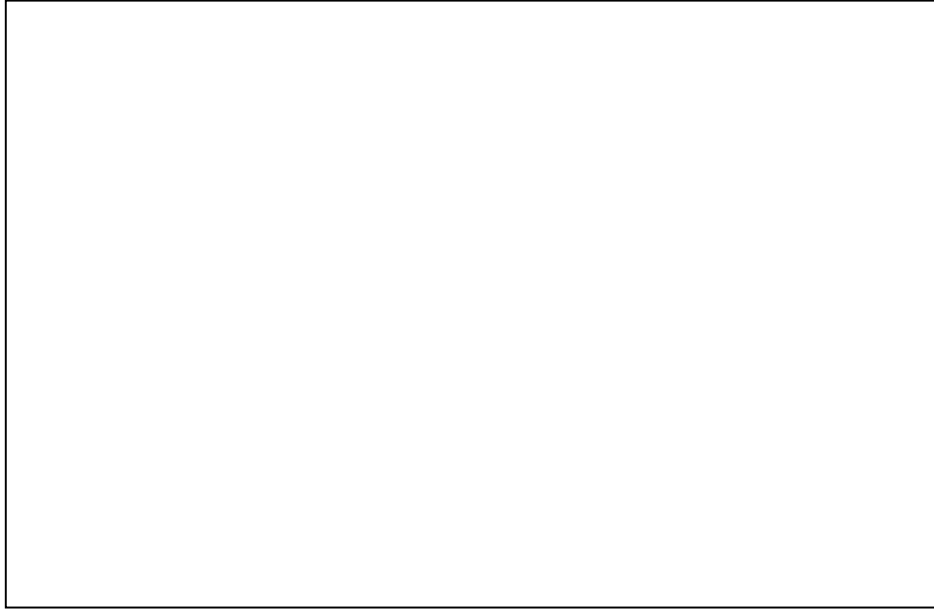


Checkpoint Map for Checkpoint





Photograph (max. 2 piece)





Area Map for Checkpoint





Checkpoint Map for Checkpoint





COMPANION'S REPORT

This page shall consist of a brief introduction of $\frac{3}{4}$ to 1 page about your journey.

The introduction must contain a short write-up on the companions, how he/she feels about the hike, what are the problems he/she face during the preparation and etc. The companion may at his own discretion add in things which he deems appropriate and necessary.



PASSING IT ON

This section is dedicated to things that you want to say to your fellow junior or whoever is going for the hike.

It serves as an experience bank whereby you can pass it down to your fellow scout mates. The candidate may at his own discretion add in things which he deems appropriate and necessary.



EXAMINER'S COMMENTS

Leave this page empty for the examiner to write his/her comment. You may want to include lines for the examiner.

Additional notes: You may want to add in another section call acknowledgement whereby you acknowledge the people that had contributed to the completion of your entire hike.