

Previous SEMAC's

2004, 2006, 2008, 2012, 2016, 2018
Swanage/Purbeck

1996,1998,2000,2002,2003,2005,
2007,2009,2011,2013,2015,2017, 2019
Wye Valley

2001, 2014
Peak District

1999
Exmoor

2010, 1997
Mendips

1995
Dartmoor



The weekend will be run by Qualified Southend Estuary Explorer Scout Leaders in accordance with Scout Association guidelines, P.O.R. 2018.

For further information:

Speak to your Unit Leader or Mark Chapman, 0779 5031 851
Camp administrator: Emma Bearman Tel: 587575
Any Questions?
semac@southendestuarydistrictscouts.org.uk

Fun - Laughter - Activities - Relax



**Southend Estuary
Explorer Scouts**



SEMAC 2020

Southend Estuary Multi Activity Camp

Explorers voted SEMAC "best w/end camp of year"

<p>Caving</p>  <p>A unique chance to experience the amazing underground world below the surface!</p>	<p>Rock Climbing</p>  <p>The Peak District has the best rock climbing in the UK, so you've got to experience it!</p>	<p>Scrambling</p>  <p>Using careful movement of your hands and feet we'll ascend some rocky paths</p>
<p>Gorge Walking</p>  <p>We'll kit you out with a wetsuit - before scrambling up waterfalls, swimming across rivers and getting very wet!</p>	<p>Hiking</p>  <p>The Peak District 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 Scout Campsite on the edge of the Peak District</p>

Thursday 7th to Sunday 10th May Bank Holiday
The Peak District

Cost £80* - Price covers all activities: rock climbing, caving, gorge walking, hiking, travel, food, campsite fees, food, instructors, insurance etc.

3 days of Activities & incredible Value for Money!

Fun - Laughter – Activities – Relax –

This year's District Multi Activity Camping weekend sees us returning to **Gradbach Scout Campsite**, close to **Buxton** in the **Peak District**, one of the best possible bases for our adventurous activities.



SEMAC Activities include:

Gorge Walking
Rock Climbing
Hiking
Caving
Scrambling

All activities are suitable for novice as well as experienced Explorer Scouts

Travel by Minibus – leaving District HQ at 5pm on Thursday evening, returning Sunday evening

Accommodation in tents & cooking in teams on gas.

Bookings close 31st March

We have limited spaces, so please book ASAP

** A late booking surcharge of £10 will apply for any application received, after 1st April.*

How to book: Complete Application Form online via link below <https://forms.gle/zQLefDCLLUzReNW29> and pay full amount of £80 – to Southend Estuary Account HSBC 40-42-27 61829041 – Ref SEMAC + Name

A copy of this Brochure and the online links are available at <http://www.southendestuarydistrictscouts.org.uk/semac/>

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

You'll find a comprehensive kit list on the next page – any queries, ask your unit leaders, or email us on semac@southendestuarydistrictscouts.org.uk

General Kit List

- 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
- Spare pair of shorts for Gorge Walking
- Underwear
- 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 caving and gorge walking]
- Water Bottle
- Small rucksack – to carry your lunch etc.
- Torch with New Batteries
- Personal First aid kit
- Wash kit
- Suntan lotion / Gnat repellent
- Hiking boots (preferably) or sturdy walking shoes
- A pair of trainers you can get wet/muddy when we're caving and Gorge Walking
- Wellington boots (if you have them : useful if grass is wet at camp)

Activity Kit

Caving

Provided : caving overalls, helmet, headlamp

You need :

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

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

Gorge Walking

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

You need :

- swimwear to go under your wetsuit
- some old trainers (the same ones you're going to wear caving are fine)
- an old pair of shorts to go over your wetsuit

- 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 any electronics – we are camping and there are zero charging facilities!

Rock Climbing

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

You need :

- sensible 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]

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