

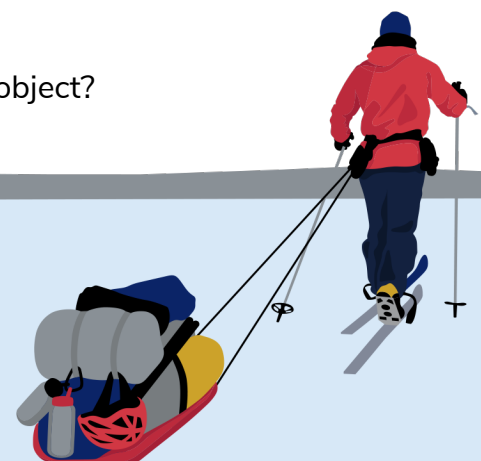
The Last Great First and Scouts Australia

Interested in exploring some activities alongside The Last Great First expedition, then here are some ideas to get you started.

These might be Special Interest Areas, or they might be included in your Unit or Patrol programs – we encourage you to think wider than these, and set your own goals!

Fun challenges you might like to try:

- Solar challenge
 - Solar power
 - What can you power off a solar panel?
 - How long could you survive with your electronic devices only being powered by solar panels?
 - Complete Scouts Go Solar activities independently or in your Unit
- Distance challenge – 2600 kilometres
 - How long does it take you to travel 2600 kilometres?
 - Whilst walking?
 - Whilst riding a bike?
 - Whilst skiing?
 - How long does it take a team of you to collectively travel 2600 kilometres doing your chosen activity?
- Time challenge
 - 110 days
 - What can you do for 110 consecutive days?
 - 10-12 hours every day
 - What can you do for 10-12 hours per day for:
 - a day?
 - a weekend?
 - a week?
 - a month?
 - 3 months?
- Towing challenge
 - How many of you does it take to move a 200kg object?
 - Design/build your own sled/bike trailer



- Cooking challenge
 - Cook all of your meals (and any water for drinks) on a small camping stove for 1 week
 - How many days did you manage before someone tempted you with a drink/meal that was not prepared using a camping stove?

- Tent Challenge

When in extreme conditions, you have limited time before you will begin to get cold. The time between stopping and when you need to be in the shelter impacts on your survival. In Antarctica, Dr Gareth and Dr Richard will have less than five (5) minutes between stopping skiing and when they need to have their tent set-up. This includes unpacking the tent from the sled.

Time yourself:

- How long it takes you and your Patrol to set-up a hiking tent?
- How long does it take you and a partner to set-up a hiking tent?
- How long does it take you (as an individual) to set-up a hiking tent?
- With practice, can you get your time below five (5) minutes?
 - Now, try setting up a hike tent whilst wearing oven mitts

Take photos or film yourself doing these and we will share some on social media and our websites!

