



Night Vision

Background:

The G.I.S. training included “Practice walking at night over rough ground without using a torch.” And “Practise getting changed in the dark.” The remote areas that they would be sent to had no electricity and little fuel except wood so lighting would be in short supply. If there was oil for a lantern, it would be saved for necessary tasks during long winter evenings.

Walk in the Dark Challenge

It is obviously not in keeping with the Covid-19 lockdown restrictions to go out for night hikes. Take a look around your home (and garden, if you have one) and think about a Walk in the Dark that you could undertake.

Walk to the end of the garden and back

Walk into three different rooms in your house

Take your Walk in the Dark during the day by wearing a blindfold for a few minutes of your daily exercise or around the house.

Get Changed in the Dark Challenge

Try walking to your cupboard and getting dressed in your Guide uniform, all in the dark!

If you don't want to wait until night time, or share a room with someone who won't appreciate you stopping around in the middle of the night, try using a blindfold during the day.

Time Taken to Complete:

About 10 minutes each.

Equipment Required:

- A dark place
- Or a blindfold
- A Guide uniform to change into



Safety Precautions:

- Walk slowly and carefully – the emergency services don't need you to fall and injure yourself!
- Do not leave your home / garden after dark
- Assess if there are any potential hazards in the area before trying the task eg. stairs, ponds, trip hazards, or things you might knock over
- Consider bringing an emergency torch just in case

Challenge Yourself!

Can you get from your house to your tent in the dark?

If your Walk in the Dark is indoors, can you challenge yourself to find certain items in each room?

Can you tie your neckerchief in the dark, or knot shoelaces?