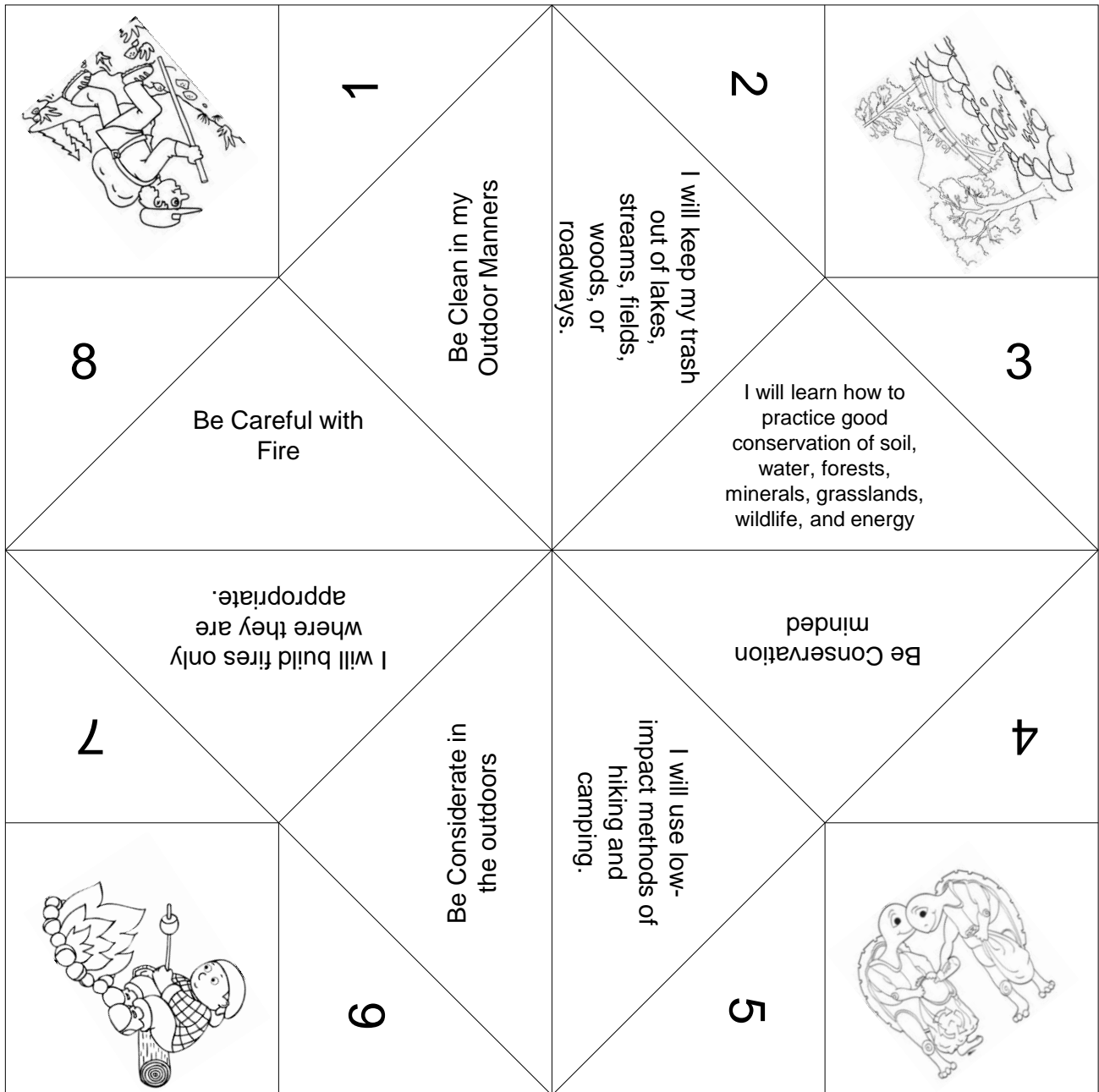


Take a Hike

Session 1

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: Outdoor code cootie catcher sheet, scissors, crayons or markers, Outdoor Code and Leave No Trace Pledge to be signed, Outdoor Code and Leave No Pledge Homework for each scout, water bottle, flashlight, whistle, sun block, & First aid kit items for each scout <ul style="list-style-type: none"> ○ Sealable sandwich baggie ○ Six adhesive bandages ○ Two 3-by-3-inch sterile gauze pads ○ One small roll of adhesive tape ○ One 3-by-6-inch piece of moleskin ○ Bottle of hand sanitizer ○ Three individual packages of antibiotic ointment ○ Pencil and paper ✓ Set up the room to give the scouts space to write ✓ Have the attendance sheet out and ready ✓ Review the session to be prepared to lead the discussion. Do not read it to the scouts, be prepared ahead of time to smoothly lead the session.
Gathering	Outdoor Code Cootie Catcher – Allow the scouts to color, cut, and fold the cootie catcher.
Opening	<ul style="list-style-type: none"> ✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law. ✓ Ensure all of the scouts are focused and ready to begin
Talk Time	Outdoor Code and No Trace Hiking
Activity	First Aid Kits
Closing	<ul style="list-style-type: none"> ✓ Point out positive behaviors and activities shown during this session. ✓ Tell the scouts what next session will be. ✓ Have the scouts clean up the room ✓ Homework for Tigers and Webelos
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> ● Tiger – Tigers in the Woods 1, 3a, & 3b ● Wolf – Paws on the Path 1 & 5 ● Bear – None ● Webelos – Webelos Walkabout 2 & 5 ● Arrow of Light – None ✓ Enter attendance ✓ Turn in any needed documents into the district/council ✓ Call, text, or e-mail 2 parents to share something positive about their scout. Make sure every scout has a positive comment before you return to these scouts.

Outdoor Code



1. Print and cut round outside of cootie catcher
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your cootie catcher!

Talk Time: Outdoor Code and Leave No Trace Pledge

Leader: For the next 4 sessions we will be getting ready to take a hike. There are several things we have to know before we take a hike. What are some of the things we should know before we go for a hike in the woods?

Allow the scouts respond and encourage any positive responses.

Wow, that is a lot to know!

In the next 4 sessions we are going to learn about the:

- Outdoor code
- Leave no trace pledge
- Hiking first aid kits
- The 6 hiking essentials
- Animals, plants, bugs, and birds we might see on a hike in Indiana
- How to dress for a hike
- Make a hike plan and map
- The hiking buddy system and what to do if we get lost
- And what food we can make and take with us on a hike.
- We are going to have some fun along the way.

Today we are going to focus on the Outdoor code, Leave no trace pledge, and hike essentials like a hiking first aid kit.

Who has ever heard of the Outdoor code or Leave no Trace Pledge? What do you know about it?

Allow the scouts to respond and encourage any positive responses. Webelos should know the Outdoor Code and should be able to say it.

To have fun with the code, everyone take out your cootie catcher.

* Have the scouts open each flap and take turns reading it out loud and talk about what they mean. The pairs are related (1&2, 3&4, 5&6, & 7&8) *Allow the scouts to talk and encourage any positive comments about each statement.*

1. Be clean in my outdoor manners
2. I will keep my trash out of lakes, streams, fields, woods, and roadways
3. I will learn how to practice good conservation of soil, water, forests, minerals, grasslands, wildlife, and energy
4. Be Conservation minded
5. I will use low-impact methods of hiking and camping
6. Be considerate in the outdoors
7. I will build fires only where they are appropriate
8. Be careful with fire

Together we are going to say the Outdoor Code and the Leave No Trace Pledge. After we read it we are all going to sign it. When we sign or write our names we are promises to live by these words. Then remember what it says, we all are taking a copy of the code and pledge and our homework is to show it to our adult partner and have them sign it.

Activity: Personal First Aid Kit

Leader: What is essential to bring with you when you go hiking?

Allow the scouts to respond. Encourage any positive responses.

The following things are essential for hiking:

- Water
- A snack
- Sun block
- Flashlight
- Whistle
- Personal First Aid Kit

Why are these things so important when we go hiking?

Allow the scouts to respond. Encourage any positive responses.

Today we are making our own personal first aid kit.

Instructions:

1. Talk about why first aid kits are not toys and should only be used when it is needed.
2. Give each scout a sealable sandwich baggie to make their own kit.
3. Go through each item to be put in the baggie.
 - a. Six adhesive bandages
 - b. Two 3-by-3-inch sterile gauze pads
 - c. One small roll of adhesive tape
 - d. One 3-by-6-inch piece of moleskin
 - e. Bottle of hand sanitizer
 - f. Three individual packages of antibiotic ointment
 - g. Pencil and paper
4. Instruct the scouts to put the first aid kit in their back pack and keep it there until there is a real need.

After the 4 sessions on hiking the scouts and their families are welcome to do the Family Hike and Scavenger Hunt. Webelos, to earn the Webelos Walk About they will be required to do the hunt. At the Family Hike and Scavenger Hunt the scouts will have to bring their first aid kit and will receive the rest of the essential items for hiking.

Closing:

Hand out the Out Door Code and Pledge to go home. The scouts should bring it back signed at the next session. At the next session we will learn about animals, bugs, birds, plants, and trees we might see when hiking in Indiana.

(note: this session has been mostly sitting down. Play an active game from the BSA game section to end the session.)

Cub Scout
Outdoor Code and
Leave No Trace Pledge
Pack _____

Outdoor Code

As an American, I will do my best to
Be Clean in my Outdoor Manners,
Be Careful with Fire,
Be Considerate in the outdoors, and
Be Conservation Minded.

Leave No Trace Pledge

I promise to practice the Leave No Trace Principles wherever I go:

- 1. Know Before You Go**
- 2. Choose the Right Path**
- 3. Trash Your Trash**
- 4. Be Careful with Fire**
- 5. Respect Wildlife**
- 6. Be Kind to Other Visitors**

**We Promise to follow the Outdoor Code and Leave No Trace Pledge
any time we are outside of our home.**

Cub Scout Homework

Name: _____

Date: _____

Adult Partner,

For the next 3 sessions we will be working on preparing to do a hike. This week we focused on the Outdoor Code and the Leave No Trace Pledge. Please review these items with your scout.

Outdoor Code

As an American, I will do my best to
Be Clean in my Outdoor Manners,
Be Careful with Fire,
Be Considerate in the outdoors, and
Be Conservation Minded.

Leave No Trace Pledge

I promise to practice the Leave No Trace Principles wherever I go:

7. Know Before You Go
8. Choose the Right Path
9. Trash Your Trash
10. Be Careful with Fire
11. Respect Wildlife
12. Be Kind to Other Visitors

Adult Partner, please sign below after reviewing these items and return this paper to the Cub Scout meeting.

(Adult Partner's signature)

(Date)

Cub Scout Homework

Name: _____

Date: _____

Adult Partner,

For the next 3 sessions we will be working on preparing to do a hike. This week we focused on the Outdoor Code and the Leave No Trace Pledge. Please review these items with your scout.

Outdoor Code

As an American, I will do my best to
Be Clean in my Outdoor Manners,
Be Careful with Fire,
Be Considerate in the outdoors, and
Be Conservation Minded.

Leave No Trace Pledge

I promise to practice the Leave No Trace Principles wherever I go:

13. Know Before You Go
14. Choose the Right Path
15. Trash Your Trash
16. Be Careful with Fire
17. Respect Wildlife
18. Be Kind to Other Visitors

Adult Partner, please sign below after reviewing these items and return this paper to the Cub Scout meeting.

(Adult Partner's signature)

(Date)