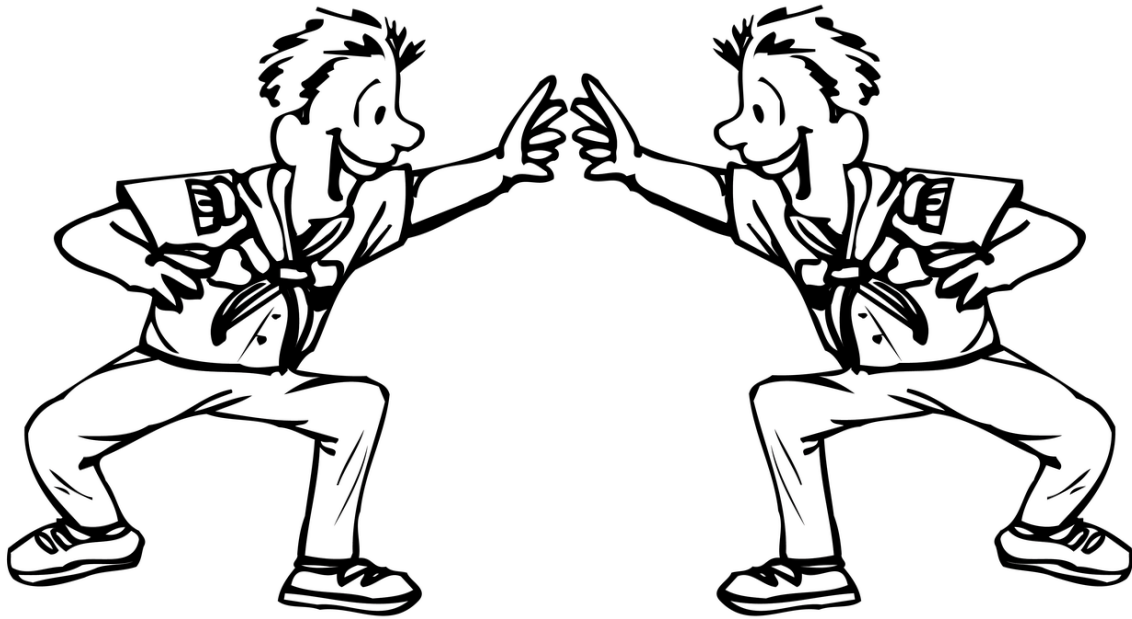


Take a Hike

Session 4

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: <ul style="list-style-type: none"> • Buddy System & STOP sheet • Crayons, Markers or Color Pencils • Back pack (for the leader only) • First aid kit • Contact sheet for each scout for during the hike • Trash bags ✓ Remind the contact person for the location that the scouts are hiking. ✓ Give the location contact a copy of the hike map ✓ Make sure the they contact person has the leaders cell phone number ✓ Check to see the procedure when returning to the location (which door, how to get in, who is letting you in.) ✓ Have every scouts contact sheet, first aid kit, and a bottle of water in a backpack for the leader to keep. ✓ 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	Buddy System & STOP
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	Buddy System & STOP
Activity	Take an Urban Hike & Pick up litter/trash
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
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Tiger – Tigers in the Wild 2 & 4; Backyard Jungle 1, 2, & 5; Team Tiger 5 • Wolf – Paws on the Path 2 & 6 • Bear – Fur, Feathers, and Ferns 1; Paws of Action 3b • Webelos – Webelos Walkabout 8 • 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. ✓ Remind the Adult Partner the scouts will be doing a family Scavenger Hunt Hike. Webelos will have to participate to meet all of the requirements for the current adventures.

Cub Scout Buddy System



A scout should never get separated from the rest of the group while hiking. But sometimes it happens. If you do find yourself away from the rest of your den while on a hike in the woods, here is what you need to do:

S - T - O - P!

S = Stay calm. Stay where you are. Sit down, take a drink of water, and eat a little trail food. Stay where you can be seen. Don't hide! You are not in trouble!

T = Think. Think about how you can help your leaders or others find you. Stay where you are, and be sure people can see you. Make yourself an easy target to find. Remember, people will come to look for you. Stay put, be seen, and help them find you!

O = Observe. Listen for the rest of your group, or people looking for you. Blow your whistle three times in a row, then listen. Three of any kind of signal means you need help, and everyone will try to help you.

P = Plan. Stay calm, stay put! Plan how to stay warm and dry until help arrives. Don't worry, you will be found.



Talk Time: Buddy System and STOP

Leader: "Two heads are better than one." You may have heard that saying before, and it is true. Sometimes you may forget a safety rule, or not be aware of a hazard up ahead, but if you are with a buddy, it is easier to stay safe. The buddy system is a great way for Scouts to look after each other, especially on outdoor adventures. When you go hiking or swimming or camping with your den, each Scout is assigned a buddy. You keep track of what your buddy is doing, and he knows at all times where you are and how you are doing. A Scout leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. If a Scout is missing, everyone will know it right away. The buddy system is a way of sharing the good times and keeping everyone safe.

If a scout gets separated from the pack what should they do?

All the boys respond and encourage any positive comments. Refer the boys to the STOP section of the gathering sheet and ask the boys to read it out loud.

Activity: Urban Hike & Litter pick up

- Pick Webelos for the following leadership roles:
 - Trail Leader – they keep the map, leads the group, makes sure the path is safe.
 - Path Leader – They make sure everyone stays on the path and is safe
 - Safety Leader – They are last of the group to make sure no one is left behind.
 - First Aid Leader – they carry the first aid kit
 - Service project Leader – The pack will pick up litter during the hike. This person makes sure every pair has a trash bag and points out litter that needs to be picked up.
- Set up the buddy system:
 - Line the boys up in pairs
 - Line the pairs up
 - Explain any time the leaders says, "Buddy Check" the boys are to touch their buddy and count off with their original number (1 will always be 1, 2 will always be 2, etc). They are NEVER to call their number unless they are holding their buddy.
- Remind the Tigers they have to carry their own things to meet this requirement.
- Check to make sure everyone's shoes are tied and everyone is ready.
- Remind the scouts how we follow the Outdoor Code and No Trace Pledge in an urban setting.
- Ask the boys to look for animals, plants, trees, and things we have talked about in the last 3 sessions.
- During the hike:
 - Make sure the boys stay together
 - Look for safety and hazard issues
 - Do "Buddy Checks" after every turn to make sure no one is lost
 - Check to make sure the younger scouts are not getting too tired
 - Notice and point out any animal tracks (even domestic animals), different animals, and plants.
 - Point out any trees you know the name of.
 - Take this chance to point out the nature around the unit locations.
 - Pick one location to stop. Have all of the boys, but focus on the Tigers, do the following:
 - Make a list of the living things they see at this spot
 - Point out two different kinds of birds in the area
 - Pick out two different sounds and identify what the sound is.
 - Point out litter and trash the boys can pick up and take it back to a trash can.
- After the hike take the scouts to wash their hands and debrief

Closing: New eyes

Ask the scouts if they noticed anything they have never noticed before during the hike. Ask about any animals, plants, lizards, etc. they noticed during the hike. Ask how different will it be hiking in the country or in the woods. Point out good things you saw or heard the boys say or do.