

TAKE A HIKE

Overview

Number of Meetings: 3 and Family Scavenger Hunt

Advancements:

Tiger	<p><i>Tiger Adventure: Backyard Jungle</i></p> <ol style="list-style-type: none"> 1. Take a 1-foot hike. Make a list of the living things you find on your 1-foot hike. 2. Point out two different kinds of birds that live in your area. 5. With your adult partner, go on a walk, and pick out two sounds you hear in your “jungle.” <p><i>Tiger Adventure: Tigers in the Wild</i></p> <ol style="list-style-type: none"> 1. With your adult partner, name and collect the Cub Scout Six Essentials you need for a hike. Tell your den leader what you would need to add to your list if it rains. (trail food, sun block, first aid kit, water bottle, flash light, & Whistle) 2. Go for a short hike with your den or family, and carry your own gear. Show you know how to get ready for this hike. 3. Do the following: <ol style="list-style-type: none"> a. Listen while your leader reads the Outdoor Code. Talk about how you can be clean in your outdoor manners. b. Listen while your leader reads the Leave No Trace Principles for Kids. Discuss why you should “Trash Your Trash.” c. Apply the Outdoor Code and Leave No Trace Principles for Kids on your Tiger den and pack outings. After one outing, share what you did to demonstrate the principles you discussed. 4. While on the hike, find three different kinds of plants, animals, or signs that animals have been on the trail. List what you saw in your <i>Tiger Handbook</i>. 5. Participate in an outdoor pack meeting or pack campout campfire. Sing a song and act out a skit with your Tiger den as part of the program. 6. Find two different trees and two different types of plants that grow in your area. Write their names in your <i>Tiger Handbook</i>. 7. Visit a nearby nature center, zoo, or another outside place with your family or den. Learn more about two animals, and write down two interesting things about them in your <i>Tiger Handbook</i>. <p><i>Team Tiger</i></p> <ol style="list-style-type: none"> 5. Do an activity to help your community or neighborhood team.
Wolf	<p><i>Wolf Adventure: Paws on the Path</i></p> <ol style="list-style-type: none"> 1. Show you are prepared to hike safely by putting together the Cub Scout Six Essentials to take along on your hike. 2. Tell what the buddy system is and why we always use it in Cub Scouts. 3. Describe what you should do if you get separated from your group while hiking. 4. Choose the appropriate clothing to wear on your hike based on the expected weather. 5. Before hiking, recite the Outdoor Code and the Leave No Trace Principles

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	<p>for Kids with your leader. After hiking, discuss how you showed respect for wildlife.</p> <ol style="list-style-type: none"> 6. Go on a 1-mile hike with your den or family. Watch and record two interesting things that you've never seen before. 7. Name two birds, two insects, and two other animals that live in your area. Explain how you identified them. 8. Draw a map of an area near where you live using common map symbols. Show which direction is north on your map. <p>Wolf Adventure: Call of the Wild</p> <ol style="list-style-type: none"> 1. While a Wolf Scout, attend a pack or family campout. If your chartered organization does not permit Cub Scout camping, you may substitute a family campout or a daylong outdoor activity with your den or pack. 3. While on a den or family outing, identify four different types of animals. Explain how you identified them. 7. Do the following: <ol style="list-style-type: none"> a) Recite the Outdoor Code with your leader. b) Recite the Leave No Trace Principles for Kids with your leader. Talk about how these principles support the Outdoor Code.
Bear	<p>Bear Adventure: Fur, Feathers, and Ferns</p> <ol style="list-style-type: none"> 1. While hiking or walking for one mile, identify six signs that any mammals, birds, insects, reptiles, or plants are living nearby the place where you choose to hike. 3. Visit one of the following: zoo, wildlife refuge, nature center, aviary, game preserve, local conservation area, wildlife rescue group, or fish hatchery. Describe what you learned during your visit. 4. Observe wildlife from a distance. Describe what you saw. 5. Use a magnifying glass to examine plants more closely. Describe what you saw through the magnifying glass that you could not see without it. <p>Bear Adventure: Paws for Action</p> <ol style="list-style-type: none"> 3b. Do a cleanup project that benefits your community.
WELEBOS	<p>Webelos Adventure: Webelos Walkabout</p> <p>Do all of these:</p> <ol style="list-style-type: none"> 1. Create a hike plan. 2. Assemble a hiking first-aid kit. 3. Describe and identify from photos any poisonous plants and dangerous animals you might encounter on your hike. 4. Before your hike, plan and prepare a nutritious lunch. Enjoy it on your hike, and clean up afterward. 5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures. 6. With your Webelos den or with a family member, hike 3 miles (in the country, if possible). 7. Complete a service project on or near the hike location. 8. Perform one of the following leadership roles during your hike: trail leader, first-aid leader, lunch leader, or service project leader.

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Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

Supplies Needed:

- | | |
|---------------------------------------|-------------------------------|
| ✓ Pencils | ✓ Scissors |
| ✓ Poster board (1 for every 4 scouts) | ✓ Crayons or markers |
| ✓ Small, soft hand ball | ✓ Water bottles (1 per scout) |
| ✓ Trash bags | ✓ Flashlight |
| ✓ Back Pack (for the leader) | ✓ Whistle (1 per scout) |
| ✓ Sun block (for each scout) | ✓ Glue |

Copies (1 per scout unless specified differently):

Session 1	<ul style="list-style-type: none"> ✓ Outdoor code cootie catcher sheet ✓ Homework sheet – Outdoor Code and Leave No Trace Pledge cards ✓ Outdoor Code and Leave No Trace Pledge sheet (1 per pack)
Session 2	<ul style="list-style-type: none"> ✓ Native Mammals, Birds, Insects, Snakes, and Trees cards. 4 sets for each pack. Printed in color, front to back (check to make sure the pictures matches the description), and on card stock. ✓ Tiger Homework. 1 per 2 Tigers ✓ Wolf Homework ✓ Bear homework. 1 per 2 Bears ✓ Dress a scout set. 1 set per 2 scouts ✓ Google map of each location ✓ Opt Out Permission slip
Session 3	<ul style="list-style-type: none"> ✓ Build A First Aid Kit Worksheet
Session 4	<ul style="list-style-type: none"> ✓ Updated contact sheet for each scout (1 for each leader)

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, ✓ 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 Coloring Pages – 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	Introduce the Outdoor Code and Leave No Trace
Activity	Activity: Forest Tag

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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 - Outdoor Code/Leave No Trace Pledge Outdoor Code Cootie Catcher
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 1, 3a, & 3b • Wolf – Paws on the Path 1 • 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.

Gathering: Outdoor Code Cootie Catcher

Talk Time: Outdoor Code and Leave No Trace Pledge

Every Scout who is spending time outdoors should be familiar with the Outdoor Code. It is especially important for Webelos, Boy Scouts, and Venturers who are out camping regularly.

Today we are going to focus on the Outdoor code, Leave No Trace pledge.

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.

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 both of them. When we sign or write our names we are promising to live by these words. Then to remember what it says, your homework is to take a copy of the code and pledge home and show it to your adult partner and have them sign it.

The Outdoor Code

(The breakdown of the Outdoor Code is the one from the Webelos Handbook)

As an American I will do my best to

Be clean in my outdoor manners

- I will treat the outdoors as a heritage.
- I will take care of it for myself and others.
- I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire

- I will prevent wildfire.
- I will build my fires only where they are appropriate.
- When I have finished using a fire, I will make sure it is cold out.

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- I will leave a clean fire ring, or remove all evidence of my fire.

Be considerate in the outdoors

- I will treat public and private property with respect.
- I will use low-impact methods of hiking and camping.

Be conservation minded

- I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.
- I will urge others to do the same.

Leave No Trace might seem unimportant but it is something you can follow in your everyday life, even if you aren't camping. Leaving no trace is everyone's responsibility.

1. Know Before You Go:

Planning and preparation will help you enjoy your time outdoors while limiting your impact on the environment.

- Only take the things you will need.
- Plan your trip so you don't forget anything and have to make more than one trip.

2. Choose the Right Path

- Make sure you are staying in a familiar and safe area.
- Respect other people's property.
- Stick to the path.

3. Trash Your Trash:

- Not only your trash, but any that you find along the way.

4. Be Careful With Fire:

- As Cub scouts, you should not be doing anything with fire without a responsible adult helping you.
- Always stay a safe distance from the fire.
- Make sure the area around a fire is safe: use a fire pit when possible, make sure there is nothing near (on the ground and above) that can catch fire.
- Have a bucket of water or hose ready in case the fire gets out of control.
- Make sure the fire is completely out before leaving the area.

5. Respect Wildlife:

- Observe wildlife from a distance to avoid disturbing them. You are too close if an animal alters its normal activities.
- Store food and garbage away from animals so they can't get to it.
- Never feed wildlife. Help keep wildlife wild.

6. Be Kind to Other Visitors:

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- Keep the noise down.
- Respect private property and leave gates (open or closed) as found.
- Be considerate of others and respect their privacy.

Activity: In the Forest Tag

Instructions:

1. Designate a fairly small area for the game to be played.
2. Choose one person to be “It.”
3. This is played like regular tag, but a player can be “be safe” by crouching down and naming a plant or animal that lives in the forest.
4. As long as the same person is “It” there can be no naming repeats. If a person can’t think of a plant or animal, and is tagged, that person becomes “it” and all plants and animals can be used again.

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.)

Session 2

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: <ul style="list-style-type: none"> • Crayons, markers, or color pencils • Poster board (enough for groups of 4-5 to each have 1) • Native Mammals, Birds, Insects, Snakes, and Trees cards • Painters tape • Tiger Homework (1 per 2 Tiger) • Wolf Homework (1 per Wolf) • Bear Homework (1 per 2 Bears) • Opt Out Permission slip for the next session. ✓ Set up the room to give the scouts space to work in groups to make their posters ✓ 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	Leave No Trace posters
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	Review Native Mammals, Birds, Insects, Snakes, and Trees cards
Activity	Activity 1: Dress A Scout sheets

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	Activity 2: Indiana mammals, birds, trees, insects, snakes, & poisonous plants "Guess My Card" game
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, Wolves, and Bears
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 3a, 3b, & 6 • Wolf – Paws on the Path 5 & 7 • Bear – Fur, Feathers, and Ferns 4 • Webelos – Webelos Walkabout 3 & 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. ✓ Remind the Adult Partner the scouts will be doing an urban hike at the next session and invite them to go along.

Gathering:

Divide the scouts into groups of 4-5, give each group a poster board and markers/crayons, draw a poster to show what Leave No Trace means to them and their school. Ask permission to display the boards in the school.

Talk Time:

Outdoor Code and Leave no Trace Pledge reminder and Urban settings Review

** Bring out the code and pledge the scouts signed at the last session. Have the scouts read them together.*

The outdoor code and the pledge is for any time a scout leaves their house.

Go point by point of the code and pledge and ask how this is done in the city. Encourage the scouts to respond positively.

Point out in the city there are sidewalks for the right path, trash cans to stop people from littering, people can recycle, only have fires in fire places or fire rings, leave city animals alone, and noise ordinances to be kind to other visitors/residents.

** Ask the scouts "what does it mean that these things are "native" to Indiana?"*

Definition: A "Native" plant, animal, insect, or bird evolved or developed in an area without influence of humans. For examples domestic Dogs and Cats are not native to Indiana because humans brought them to Indiana.

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Activity 1: Dress A Scout (20 minutes)

Instructions: Find a partner. Cut out your paper scout. Use the paper clothes to dress your scout for a hike. Make sure to color your scout and clothes.

Activity 2: Guess My Card Game

Materials:

- 1 set of the Native Mammals, Birds, Insects, Snakes, and Trees cards
- Painters tape

How to Play:

- Randomly tape one card on each scout's back (without them seeing what it is).
- The scouts will go around the room and ask each other questions to help figure out what card is on their back (Examples: Am I an animal, plant or insect? Do I fly? Do I have 4 legs?). They can't ask if they are a specific animal, plant, or insect.
- Have the scout tell you their guess when they think they know what the card is. If they are wrong, they continue to ask the other scouts questions.
- Once they guess the correct card, you can tape a new card to their back.

Closing:

Point out positive behavior you saw today. Thank the scouts for sharing. **Remind them that we will be going on a hike the next session and to dress appropriately.** So, this week look around and see what mammals, plants, insects, birds, and maybe even snakes we will see on our neighborhood hike.

Give the scouts the Adult Partner Permission for the hike. Make sure you signed and dated the form. Tell the scouts this is an "Opt Out" form. That means if they do not want the scout to go on the hike the adult partner is to keep the scout home. However, the Tigers, Wolves, and Bears have to do a 1 mile hike for their requirement. Webelos will complete their requirement at the family scavenger hunt hike.

Give out the homework for the Tigers, Wolfs, & Bears.

Take a Hike

Session 3

Preparation and Materials needed	<ul style="list-style-type: none">✓ Materials needed for this session:<ul style="list-style-type: none">• Build A First Aid Kit sheets• Crayons, Markers or Color Pencils• Hike Scavenger Hunt sheets• Back pack (for the leader only)• First aid kit• Contact sheet for each scout for during the hike• Grocery bags for each scout• Trash bag✓ 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,
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	<p>how to get in, who is letting you in.)</p> <ul style="list-style-type: none"> ✓ 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	
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	<p>Activity 1: See/Don't See activity</p> <p>Activity 2: Take an Urban Hike & Pick up trash scavenger hunt</p>
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, 4; 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.

Gathering: Urban Animals

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?

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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.

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.

Activity 1: Animals, plants, snakes, and insects of Indiana: See or Don't Want To See

Go through all of the cards with the scouts and have them decide as a group which of the 4 categories they would put each in (you don't need to do this with the trees).

- 1) What we want to see again
- 2) What we do not want to see again
- 3) What we hope to see &
- 4) What we hope to never see.

Let the scouts share what they have seen and not seen. Pick out several items and ask the scouts to share their experience with these things.

Activity 2: Urban Hike & Litter pick up scavenger hunt

- 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.

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- 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.