

CUB SCOUT MEETING GUIDE

HIKING



INTRODUCTION

HIKING

This week you will learn how to discover the great outdoors! Use this book as you explore the nature around you.

IN THIS GUIDE

- Lion: Fun on the Run
- Tiger: Tigers in the Wild
- Wolf: Finding Your Way
- Bear: Bear Necessities
- Webelos: Webelos Walkabout
- 1 Foot Hike
- The Outdoor Code and Leave No Trace
- Neighborhood Bingo
- Poisonous Plants Guide
- Make Your Own Map Worksheet

HOW TO USE THIS GUIDE:

Find your Den's Adventure and complete the activities, some activities can be completed at home and others will be completed in our meeting, this is indicated with a yellow or blue star.



COMPLETE AT HOME



COMPLETE IN MEETING

LIONS



FUN ON THE RUN

- ★ 1. Learn and demonstrate three exercises you can do each day
- ★ 2. Have Lions Make a nutritious snack for the den. (make a nutritious snack at home and share it with your family)
- ★ 3. Understand the importance of rest
- ★ 4. Participate as a den in Jungle Field Day (this meeting can count as your field day! Get together for a small in-person field day for even more fun.)

TIGERS



TIGERS IN THE WILD

Complete Requirements 1-3 plus at least one other.

- ★ 1. With your parent, guardian, or other caring adult, 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 to prepare for rain.
- ★ 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:
 - (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 Tiger Handbook.
- ★ 5. Participate in an outdoor pack meeting or pack campfire. Sing a song or 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 Tiger Handbook.
- ★ 7. Visit a 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 Tiger Handbook.

WOLFS



FINDING YOUR WAY

- ★ 1. Do the following:
 - (a) Using a map of your city or town, locate where you live.
 - (b) Draw a map for a friend so he or she can locate your home, a park, a school, or other locations in your neighborhood. Use symbols to show parks, buildings, trees, and water. You can invent your own symbols. Be sure to include a key so your symbols can be identified.
- ★ 2. Do the following:
 - (a) Identify what a compass rose is and where it is on the map.
 - (b) Use a compass to identify which direction is north. Show how to determine which way is south, east, and west.
- ★ 3. Go on a scavenger hunt using a compass, and locate an object with a compass.
- ★ 4. Using a map and compass, go on a hike or walk with your den or family.

BEARS



BEAR NECESSITIES

Complete Requirements 1 - 4. Requirements 5 and 6 are optional.

- ★ 1. While working on your Bear badge, attend one of the following:
 - A daytime or overnight campout with your pack or family
 - An outdoor activity with your den or pack
 - Day camp
 - Resident camp
- ★ 2. Make a list of items you should take along on the activity selected in Requirement 1.
- 3. Make a list of equipment that the group should bring along in addition to each Scout's personal gear for the activity selected in Requirement 1.
- ★ 4. Help set up a tent. Determine a good spot for the tent, and explain to your den leader why you picked it.
- ★ 5. Demonstrate how to tie two half hitches and explain what the hitch is used for.
- ★ 6. Learn how to read a thermometer and a barometer. Keep track of the temperature and barometric pressure readings and the actual weather at the same time every day for seven days.

WEBELOS



WEBELOS WALKABOUT

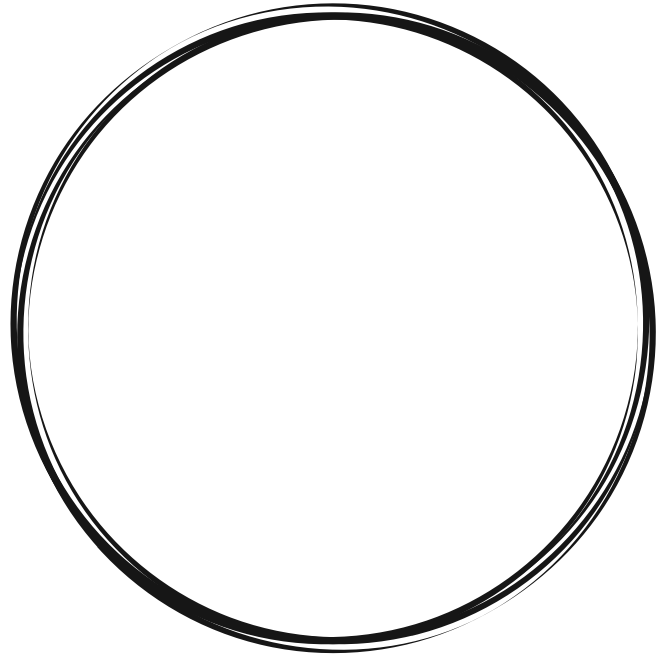
Complete Requirements 1-4 and at least one other.

- ★ 1. Plan a hike or outdoor activity.
- ★ 2. Assemble a first aid kit suitable for your hike or activity.
- ★ 3. 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.
- ★ 4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.
- ★ 5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.
- ★ 6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.

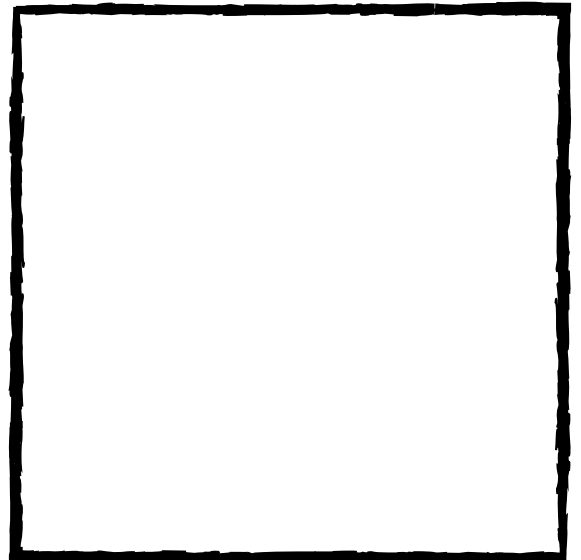
1 FOOT HIKE



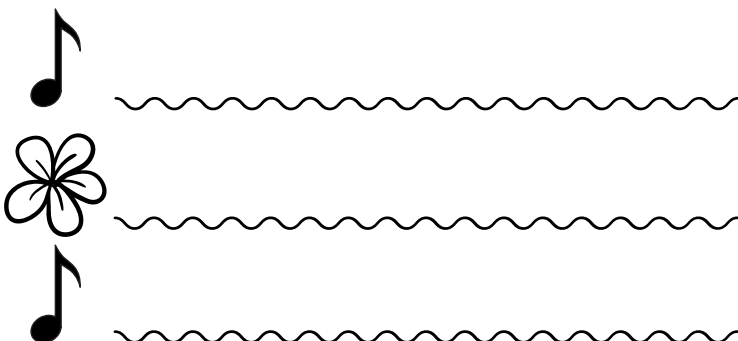
What I saw In My Glass



What I saw In My Square



Things I heard and Smelled



The 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 Principles

Know Before You Go
Choose the Right Path
Trash Your Trash
Leave what you find
Be careful with Fire
Respect Wildlife
Be Kind to Other Visitors

Neighborhood Bingo



Squirrel



Sidewalk Chalk



Fern



Little Free Library



Fir Tree



Flower Garden



Ant



Scrub Jay



Hummingbird



Yard Sign



Cat



Pine Cone

FREE



Butterfly



Cloud



Crow



Chicken



Vegetable Garden



Dog



Moon



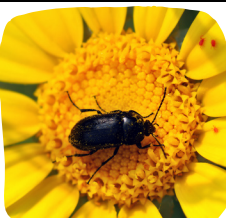
Blackberry



Blue House



Puddle



BUG



RABBIT

Poisonous plants in Oregon and Washington



POISONOUS

Name: Poison Oak

Scientific Name: *Toxicodendron diversilobum*

Contact with poison oak results in painful rashes that can last for days. The best identifier is the grouping of leaves into threes – as the old saying goes: leaves of three, let it be...



SEMI poisonous

Name: Stinging Nettle

Scientific Name: *Urtica dioica*

Stinging nettle is covered in fine hairs that can cause a burn or itch when they come into contact with skin.



POISONOUS

Name: Death Cap Mushroom

Scientific Name: *Amanita phalloides*

The most feared of all toxic mushrooms, ingesting the death cap can cause gastrointestinal chaos, liver shutdown and kidney failure before death. It's best identified by its yellowish cap and white gills.



POISONOUS

Name: Western Poison Ivy

Scientific Name: *Toxicodendron rydbergii*

Unlike its eastern counterpart, western poison ivy grows as a shrub that can reach three feet tall. To avoid painful rashes, listen to that old saying again: leaves of three, let it be...

Map Key

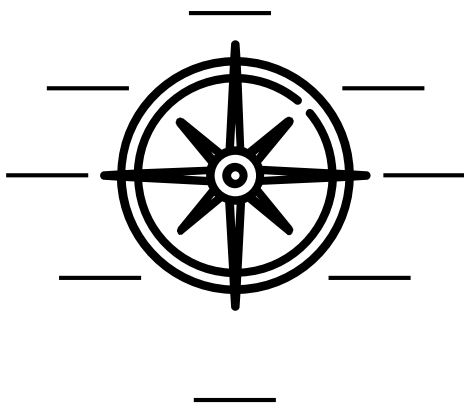
_____ House

_____ School

_____ Park

Map of:

Compass Rose





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