



BOY SCOUTS  
OF AMERICA  
CASCADE PACIFIC COUNCIL

# SOCIAL DISTANCE HIKE

**Check out the tips below to plan your own social distancing hike with your patrol or troop.  
Take the opportunity to get outdoors and have an adventure.**

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## PREP WORK

- Decide the length of the hike: 1 mile, 5 miles, etc.
- Establish a time frame for how long it should take the average person to hike that distance.
- Set a schedule for lunch breaks, other times for Scouts to “check in”.
  - Create Zoom links for each break, ready to share with Scouts throughout the day.

## INVITE THE TROOP

- Share the first Zoom meeting and share with the Troop as a gathering before the hike.
- Share instructions for the hike.
- Include reminders such as what uniform should be worn, to bring essentials.
- Ask Troop members to use a step tracking app, such as RunKeeper, so progress can be shared.

## THE BIG HIKE INSTRUCTIONS

- Scouts will pack their essentials, get in the approved uniform. (Field Uniform or Activity Uniform)
- Begin the Zoom Check in meeting and have each Scout show via video that they have their essentials packed and ready to go!
- Dismiss Troop to begin their Hike. They can start tracking their progress with their app!
- Send out links to lunch and any other check in meetings about 15 minutes prior to each meeting. Ask Scouts to share a screenshot of their tracking app to show their distance hiked!
- Have a final check in at the end of the Hike! Have Scouts send in a final screenshot showing how far they hiked!