

ADULT HIKING SCOUT CHALLENGE

IF YOU ARE A SCOUT, HERE'S AN OPPORTUNITY TO WORK ON A FEW ADVANCEMENT REQUIREMENTS!

- Log into my.scouting.org and make sure your Youth Protection Training is current. Complete the course if it is not already.
- Log into my.scouting.org and complete the Hazardous Weather Training Course.
- Log into my.scouting.org and complete the Outdoor Ethics Training Course.
- Review the Outdoor Code and the Leave No Trace Principles with a youth or hiking buddy. After hiking, discuss how you followed these principles.
- Prepare a hike plan, or help a youth prepare a plan, that includes map routes, a clothing and equipment list, and a list of items for a trail lunch. Then go on the hike.
- With a youth or hiking buddy, describe some hazards or injuries that you might encounter on a hike and what you can do to help prevent them.
- Assemble a personal first-aid kit to carry with you on future hikes and outings. Make sure you know how each item in the kit would be used.
- With a youth or hiking partner, review first aid for injuries or illnesses that could occur while hiking, including dehydration, heat exhaustion, sunburn, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite.
- While on a hike, observe wildlife from a distance. Spend time reflecting on the importance of animals and nature and what you can do to help preserve them for future generations.
- Participate in a service hike that involves trail clean-up or trash sweep.

