



CASCADE PACIFIC COUNCIL

HIKE | PADDLE | BIKE



SUMMER EXPERIENCE



HOW IT WORKS:

THE OBJECTIVE OF THE HIKE PADDLE BIKE SUMMER EXPERIENCE IS TO GET OUTSIDE.

THE GOAL IS TO REACH 150 POINTS!

WHICH IS EQUIVALENT TO
50 MILES HIKING, 75 MILES PADDLING
AND 100 MILES BIKING.

1 MILE HIKE = 3 POINTS

1 MILE PADDLED = 2 POINTS

1 MILE BIKED = 1 POINT

USE THE TRACKING SHEET ON THE BACK PAGE TO LOG YOUR MILES!

THERE ARE MANY APPS YOU
CAN USE TO VERIFY YOUR MILEAGE!

SOME OF THE MORE POPULAR APPS INCLUDE:
GAIA GPS AND ALL TRAILS FOR HIKING
POLARIS GPS, PADDLE LOGGER AND
PADDLE PARTNER FOR KAYAKING/CANOEING;
BIKE COMPUTER - GPS CYCLING TRACKER AND
GPS SPEEDOMETER AND ODOMETER
(MILEAGE TRACKER) FOR BIKING.
IF YOU HAVE AN APP ALREADY, USE IT!

SCOUTS & SCOUTERS

EVER HEAR OF THE HISTORIC TRAILS AWARD?
IF YOU WANT TO ADD TO YOUR HIKE PADDLE BIKE
SUMMER EXPERIENCE EVENT, CONSIDER PARTNER-
ING WITH A LOCAL HISTORICAL SOCIETY TO EARN
THIS AWARD WHILE RESTORING A TRAIL.

AWARD REQUIREMENTS

To earn the award, members of your unit must plan and participate in a historic activity. A unit historic activity requires members to:

- ☐ Locate a historic trail or site and study information relating to it. (The information may be obtained from an adult historic society, public library, or people living near the trail or site. You can find BSA Historic Trails at <https://tap.scouting.org/bsa-historic-trails-index/>.)
- ☐ Hike or camp two days and one night along the trail or in the vicinity of the site. Options include an area hotel or the home of other Scouts.
- ☐ Cooperate with an adult group such as a historic society to restore and mark all or part of this trail or site. (This may be done during the hike or overnight camp.) Or cooperate with such a group to plan and stage a historic pageant, ceremony, or other public event related to this trail or site—such an event should be large enough to merit coverage by the local press.
- ☐ Your unit leader must then file the Historic Trails Award application with your local council service center.



For more information about this award, visit www.scouting.org/awards/awards-central/historic-trails/.

SCOUTSTRONG PRESIDENTIAL ACTIVE LIFESTYLE AWARD

To earn the SCOUTStrong Presidential Active Lifestyle Award Challenge Award, you are required to meet a daily activity goal of 30 minutes a day for adults and 60 minutes a day for youth under 18 for at least five days a week, for six out of eight weeks. Stick with the program and you will earn an award in less than two months.



To learn about the SCOUTStrong Be Med Wise (for Scouts 11-18) and SCOUTSTRONG Healthy Unit, visit www.scouting.org/resources/scoutstrong/.



SCOUTS BSA!

WHILE PARTICIPATING IN HIKE PADDLE BIKE, WHY NOT CONTACT A MERIT BADGE COUNSELOR TO WORK ON THE FOLLOWING MERIT BADGES:

HIKING • BIKING • KAYAKING • CANOEING

THERE ARE SEVERAL AWARDS THAT CAN ENHANCE THE HIKE PADDLE BIKE SUMMER EXPERIENCE.

50-MILER AWARD:

AWARD REQUIREMENTS

The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip. In order to qualify for the award, the group of which the individual is a member must fulfill all of the following requirements:

1. Make complete and satisfactory plans for the trip, including the possibilities of advancement, conservation, leadership, and service.
2. Cover the route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors for the qualification of the 50-mile distance. For example, in the case of water treks and the use of motors, qualification distances exclude maneuvering in or out of slips or ports, safety/weather transverse, managing tidal currents, and accessing the open water. (In some areas pack animals may be used.) Note: Qualification for the 50-mile distance does not have to be continuous, provided the primary purpose objective is met.
3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area. (There should be no unauthorized cutting of brush or timber.)
4. Unit or tour leader must then file the 50-Miler Award application with the local council service center.



This award can also be earned by adults. For more information, visit:

www.scouting.org/awards/awards-central/50-miler/

NATIONAL OUTDOOR AWARDS PROGRAM

When a Scout excels in outdoor participation, there are awards to show for it! The six National Outdoor Awards badges recognize a Scout, Varsity Scout, Sea Scout, or Venturer who demonstrates knowledge and experience in camping, aquatics, conservation, hiking, riding, or adventure. Youth earning the National Outdoor Awards badges have demonstrated that they are knowledgeable, safe, and comfortable in the outdoor activity covered by the badge.



HIKING

A Scout, Sea Scout, or Venturer may earn the National Outdoor Badge for Hiking upon successfully completing the following requirements:

1. Earn the First Class rank, Sea Scout Apprentice rank, or complete Venturing Ranger Award requirements 1-6.
2. Complete the requirements for one of the following: Hiking merit badge, Backpacking merit badge, or Venturing Ranger Backpacking elective.
3. Complete the requirements for one of the following: Orienteering merit badge, Geocaching merit badge, or Venturing Ranger Land Navigation core requirement.
4. Complete 100 miles of hiking, backpacking, snowshoeing, or cross country skiing under the auspices of the Boy Scouts of America, including miles hiked as part of requirements 2 and 3.

A gold device may be earned for each additional 50 miles hiked, backpacked, snowshoed, or skied as outlined in requirements 2 and 3. A silver device is earned for each additional 200 miles of hiking. The youth may wear any combination of devices totaling his or her current number of miles hiking.

RIDING

A Scout, Sea Scout, or Venturer may earn the National Outdoor Badge for Riding upon successfully completing the following requirements:

1. Earn the First Class rank, Sea Scout Apprentice rank, or complete Venturing Ranger Award requirements 1-6.
2. Complete the requirements for at least one of the following:
 - » Cycling merit badge or Ranger Cycling/Mountain Biking elective and 100 miles of cycling
 - » Horsemanship merit badge or Ranger Equestrian elective and 20 miles of horseback riding
 - » Motor boating merit badge or Ranger Watercraft elective and 100 miles of motor boating
 - » Skating merit badge or Ranger Winter Sports elective and 20 miles of skating
3. Complete 200 miles of riding activities, including cycling, stock riding, skating, motor boating, mountain boarding, (including ATV or PWC riding at an approved council program), under the auspices of the Boy Scouts of America, including the miles in requirement 2.

A gold device may be earned for each additional 100 miles of riding set forth in requirement 3. A silver device is earned for each additional 400 miles of riding. The youth may wear any combination of devices totaling his or her current number of miles of riding.

These awards are designed to be achieved over several years. For more information and to see the requirements for the other four awards, visit: www.scouting.org/programs/scouts-bsa/advancement-and-awards/noa/

SCOUTS BSA OUTDOOR ETHICS AWARDS

OUTDOOR ETHICS AWARENESS AWARD

Learn more about outdoor ethics and Leave No Trace by exploring the Outdoor Ethics Awareness Award. The requirements are as follows:

1. Recite from memory and explain the meaning of the Outdoor Code.
2. Watch the National Park Service Leave No Trace video. It's on the right side of the page.
3. Complete the Leave No Trace online course. Print the certificate.
4. Complete the Tread Lightly! online course. Print the certificate.
5. Participate in an outdoor ethics course, workshop, or training activity facilitated by a person who has completed the BSA outdoor ethics orientation course or is a BSA outdoor ethics trainer or master.

SCOUT ACTION AWARD REQUIREMENTS

1. Do the following:
 - » Unless already completed, earn the Outdoor Ethics Awareness Award.
 - » Complete the BSA outdoor ethics orientation course.
 - » Explain how each of the four points of the Outdoor Code guides your actions when outdoors.
2. Do the following:
 - » Read Chapter 7 of the Scouts BSA Handbook on Outdoor Ethics.
 - » Teach a skill related to the Outdoor Code or Leave No Trace to another Scout in your troop or another Scouting unit.
3. Complete one of the following:
 - » Successfully complete a term as your troop Outdoor Ethics Guide.
 - » Participate in an outing that emphasizes the complete set of Leave No Trace or relevant Tread Lightly! principles. All members of the troop participating in the outing should use the outdoor ethics and the specific skills needed to minimize impacts from their use of the outdoors.
4. Follow the Outdoor Code, Leave No Trace, and Tread Lightly! principles on three outings. Write a paragraph on each outing explaining how you followed the Outdoor Code, Leave No Trace, and Tread Lightly! Share it with your unit leader or an individual who has completed the BSA outdoor ethics orientation course.
5. On a troop outing, help your troop on a service activity that addresses recreational impacts related to the type of outing. The project should be approved in advance by the landowner or land manager and lead to permanent or long-term improvements.
6. Participate in a report at a court of honor or similar family event on the service activity in Requirement 5.

For the Scouter Action Award requirements, visit

www.scouting.org/outdoor-programs/outdoor-ethics/awards/scouts-bsa/.

OUTDOOR ACTIVITY AWARD

REQUIREMENTS

ALL RANKS

- ☐ Attend Cub Scout day camp or Cub Scout/Webelos Scout resident camp.

Date completed: _____



Additionally, complete the rank-specific requirements as follows:

Date Completed: _____

TIGER:

- ☐ Backyard Jungle

- ☐ **FOUR** outdoor activities

WOLVES:

- ☐ Paws on the Path

- ☐ **FIVE** outdoor activities

BEARS:

- ☐ Bear Necessities

- ☐ **SIX** outdoor activities

WEBELOS:

- ☐ Webelos Walkabout

- ☐ **SEVEN** outdoor activities

OUTDOOR ACTIVITIES

These activities must be in addition to any similar activities counted toward rank advancement and can be accomplished as a family, den, or pack.

- ☐ Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.

Date completed: _____

- ☐ Participate in an outdoor activity such as a picnic or a fun day in a park.

Date completed: _____

- ☐ Explain the buddy system, and tell what to do if lost. Explain the importance of cooperation.

Date completed _____

- ☐ Attend a pack overnigher. Be responsible by being prepared for the event.

Date completed _____

- ☐ Complete an outdoor service project in your community.

Date completed _____

- ☐ Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.

Date completed _____

- ☐ Participate in activities with your pack to earn the Summertime Pack Award.

Date completed _____

- ☐ Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.

Date completed _____

- ☐ Participate in an outdoor aquatics activity. This can be an organized swim meet or just a den, pack, or family swim.

Date completed _____

- ☐ Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.

Date completed _____

- ☐ Participate in an outdoor sporting event.

Date completed _____

- ☐ Participate in an outdoor interfaith or other worship service.

Date completed _____

- ☐ Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.

Date completed _____

- ☐ Invent an outside game, and play it outside with friends for 30 minutes.

Date completed _____

www.scouting.org/awards/awards-central/CS-Outdoor/



TRACKING SHEET

DATE: PLACE:

HIKE
MILES X 3

PADDLE
MILES X 2

BIKE
MILES X 1

[illegible]