

HIKING GET READY! SET! GO! -

Tips, Cautions and Suggestions

REMEMBER

Always allow yourself enough daylight to finish your hike.

Always carry a first aid kit

Stay on the trail.

Use the buddy system - It's easier to get to keep track of hikers in a small group

Hiker's Injuries:

Blister - Hike only in well-broken in athletic shoes or hiking boots.

When day hiking, you should wear thick, absorbent socks. If you're hiking and a spot on your foot starts to feel "hot," stop. Take off your shoe and sock. Put a piece of moleskin on the hot spot. Now you probably won't get a blister. Next time you go hiking, put moleskin on the sensitive place before you start. If you do get a blister, ask someone who knows first aid to treat it for you.

Heat Exhaustion- When you feel faint and sick to your stomach and your skin is pale and sweaty, you may have heat exhaustion. Immediately lie down in a shady place, drink water, and rest. After you're feeling well again, you can continue hiking - slowly. And keep drinking lots of water.

Sunburn- Whether it's hot or cold, you can get a sunburn.

Preventing Lyme Disease - Personal Protection Tips

Ticks like to rest on low-lying brush and "catch a ride" on a passing animal or person. They bite year round. When walking in the woods, stay on trails and try not to brush up against low bushes or tall grass. Wear light colored clothing, which will allow you to spot ticks more easily. Wear a long sleeve shirt and long pants. Tuck your shirt into your pants and your pants into your socks. If you cannot wear protective clothing, increase your vigilance in conducting tick-checks.

Never apply insect repellents to a child's hands and face. Always wash off the repellent when you return inside. Be sure to check the scalp, behind and in the ears and behind any joints. T

What to Wear

• Layered is great cool or cold weather. Make your outdoor adventure fun by wearing comfortable clothes. • Long pants and comfortable shoes and a hat. • Long-sleeved shirts are good for protection against sunburn, cold chills, stings, bites, scratches and rashes.

Pack It In - Pack It Out!

• Clean up the area where you ate, making sure you "LEAVE NO TRACE" of your presence.
• Leave it cleaner than you found it.

Back Pack Gear

• What you take with you depends on where you are going and how long you plan to stay, but here are some suggestions. You can find more detailed in some of the Scout books

Day Pack

• Water • Small first aid kit (include insect repellent) • Snacks
• Small trash bag (to carry out your trash, and other trash you pick up)
• Sweatshirt if needed • Whistle (for emergency) • Sunscreen
• Hand cleaner • Signaling device such as a whistle, mirror, or cell phone / charged
• map of the area - compass • DON'T FORGET A WATCH!

• ***The boys might want to bring for fun:***

• A camera • Binoculars

NEVER bring along

CD players, cassette player or radios. This way everyone can enjoy the sounds of nature

TYPES OF HIKES

Hold the Front

1. The leader is followed by Cub Scouts in single file as they hike along the trail.
2. The leader asks questions about things observed. (i.e., What is the name of that bird?)
3. If the first Cub Scout in line answers correctly, he stays in his position.
4. If he cannot answer, he moves to the end of the line, the next boy tries to answer the question.
5. Each player who fails to give the correct response goes to the rear of the line.
6. The object is to stay in the #1 position as long as possible.

Puddle Hike

1. Hike in a gentle rain or just after a rain, with boys wearing appropriate rain gear.
2. See how animals and insects take cover from the weather.

Stop, Look, and Listen Hike

1. Hike for 5 minutes or for a certain number of steps.
2. Stop and write down all that you see and hear.
3. Make several different stops.

Crafts Hike

1. Collect nature items to be used in crafts - leaves, rocks, shells.
2. Make leaf rubbings, leaf prints, or other projects later

Color Hike

1. Look for objects of a preselected color.
2. Make a list.

Historical Hike

1. Hike to a historical spot.
2. Know the history before going.

City Hike

1. Look for scraps of nature between cracks in the sidewalk.
2. Look at buildings-carvings, cornices.
3. A vacant lot can provide a lot of interest; even one overturned rock can reveal surprises.
4. Look for birds and trees.

I Spy

1. Leader says: "I spy a robin."
2. All of the Cub Scouts who see the robin may squat, the rest remain standing.
3. The leader then points out the robin or asks one of the squatting Cubs to do so.
4. The group then continues hiking until another object of interest is seen.

Nature Cribbage

1. As he walks along, each Cub Scout gathers 21 pebbles, acorns, or seeds (some type of "counters"), and puts them in his pocket or in a sack.
2. Then the boys decide upon a list of things they may see on the hike.
3. The leader makes up a written list, giving the object a certain number of points. Example: A grasshopper might be worth 2 points; A toad, might be worth 5 points; A Squirrel might be worth 4 points, etc.
4. The first player to spot an object on the list calls out the correct name and points to it.
5. The leader allows that player to throw away the number of "counters" from his pocket or sack that the object is worth.
6. The first player to get rid of all his "counters" wins the hike

Follow the Odor

1. A few minutes before the time for the hike to begin, mark a trail by rubbing a large onion on different objects, such as a tree, grass, bushes, swing set, light pole, etc.
2. These should be located fairly close together.
3. Explain to the boys that they are to follow their noses to find their way along the trail.
4. Afterwards, discuss how animals use odors for finding food and marking their own territories.

Awareness Hike

1. The idea is for Cub Scouts to discover, during a hike, objects relating to texture, shape, density, temperature, and size.
2. You may wish to give each boy a worksheet such as the one below, where they can add the names of the objects that satisfy each category. • Size: heavy, thick, tall, short, small, large, etc. • Shape: oval, round, square, triangular, etc. • Texture: furry, hairy, waxy, soft, hard, slimy, velvety, etc. • Density: solid, hollow, porous, non-porous, spongy, etc. • Temperature: cold, hot, wet, dry, cool, luke warm, etc.
3. How many of these words could be satisfied in a onesquare- yard area?
4. How many could describe a tree? A Building?

Breakfast Hike

1. For a special treat during the summer a good vantage point to watch the sunrise.
2. Then cook breakfast outdoors.
3. Boys become aware of the many different early morning sounds that are not heard at other times of the day.

Sealed Orders

1. Give the den a set of sealed directions, with a new one to be opened at each spot along the way.
2. Use simple directions. (Go north for 50 paces and look under the three rocks piled below the big pin oak tree.)
3. Here under the rocks they find the next note with instructions to follow.
4. Make each clue challenging, but not too difficult.

Touch And Feel Hike

NOTE: It's important to leave things where they belong in the environment

1. Group leader takes kids for a walk, giving the following direction at intervals along the walk. (Kids should work in small groups for comparisons can be made on-the spot without taking samples.)

Find the hairiest leaf around Find the softest leaf around Find the smoothest rock

Find the roughest twig

Find something cool

Find something warm

Find something dry

Find something bumpy

2. Ask:

What did you find that was dry, cool, etc.? Why was it dry, cool, etc.?

How might these be different tonight?

Next summer/winter?

What have we discovered by touching

MONOGRAM HIKES

Find three or more objects that begin with your initials.

INCHER HIKE

Collect as many objects as possible that are one inch high, long, or wide. Measure treasures on return and see who brought in the largest amount of one inch things usually overlooked.

ABC HIKE

The unit is divided into groups each letter of the alphabet.

TRACKING AND TRAILING

One group can go ahead and leave a trail for the other group to follow.

WHAT TO DO WHEN LOST IN THE WOODS

A CLEAR HEAD WILL FIND ITSELF.

.THE FOLLOWING HELPFUL RULES ARE WORTH REMEMBERING:

- * Stop, sit down, and try to figure out where you are. Use your head, not your legs.
- * If caught by night, fog, or a storm, stop at once and make a camp in a sheltered spot. Build a fire in a safeplace. Gather plenty of dry fuel. * Don't wander about. Travel only downhill.
- * If injured, choose a clear spot on a mountain and make a smoke signal.
- * Don't yell, don't run, don't worry, and above all, don't quit.
- * Have everyone wear a whistle that is only to be blown in an emergency. This way you won't be yelling and losing your voice
- * Find a big tree and "hug it". You are safer to stay in one spot if at all possible.

To The Woods

(Tune: It's Off to Work We Go)

Hi ho, hi ho, it's to the woods we go.
To catch some snail on backwoods trails.
Hi ho, hi ho, hi ho.
Hi ho, hi ho, it's in the woods we go.
To gaze at stars, won't hear no cars.
Hi ho, hi ho, hi ho.
Hi ho, hi ho, it's through the woods we go.
To search the skies for butterflies.
Hi ho, Hi ho, Hi ho.
Hi ho, hi ho, out of the woods we go.
We'll pitch our tent, our legs are spent.
Hi ho, Hi ho, Hi ho.

Take Me Out To The Forest

(Tune: Take Me Out to the Ball Game)

Take me out to the forest.
Let me hike in the wild.
Show me a skunk and a few bear tracks.
I won't care if I never come back.
But it's look, look, at your compass.
If it rains, then it pours.
And it's ouch, slap, sting and your bit
In the great outdoors!

4 REASONS for Singing out Loud sing/song style or rap

1. God gave you a good voice. Sing Loud He deserves to hear it.
2. God gave you a good voice. Sing Loud we deserves to hear it.
3. If God Didn't bless you with a beautiful singing voice, sing loud anyhow...I mean, who are we to judge what God has given you.
4. And if God didn't give you a beautiful singing voice, sing loud, sing out at the top of your lungs..God deserves to hear it. He's got no one to blame but himself!!!

On The First Day of Day Camp

(Tune: The Twelve Days of Christmas)

On the first day of day camp,
My mother sent with me

A sack lunch with smashed potato chips.
Two T-shirts. Three pairs of socks.
Four baseball caps. Five plastic cups.
Six water guns. Seven games to play.
Eight Batman comics. Nine shower hooks.
Ten Band-Aids. Eleven shoestrings.
Twelve bottles of OFF!

Black Socks

They never get dirty the longer you wear them, the blacker they get
Some times I think I should wash them, but something inside me says don't wash them yet, not yet...

White socks

They always get dirty the longer you wear them the blacker they get, some times I think I should wear them, but something in side me says don't wear them yet, not yet...

LEaders

They never stop talking, the longer you ignore them the louder they get,
Some times I think I should listen, but some thing inside me says don't listen yet, not yet...

ROPE GAMES

Knot Relay

Equipment needed:Per Patrol - 1 rope
Method:Patrols line up facing judges. On signal first member runs up and ties requested knot for judge. First patrol to tie all knots, line up and give yell wins
Scoring:.....First correctly tied and completed wins

Stretcher Race

Equipment Needed:Per patrol: 2 poles, rope . water bucket & water (optional)
Method:On signal patrols rig stretcher. Put member or member with water bucket on stretcher and race a course.
Scoring:.....First completed wins

TripodLashing

Equipment Needed:Per patrol: 3 poles, 2 ropes per patrol, Bucket/ or bottle with handle/ water
Method:On signal the patrol assembles a tripod. Must be able to suspend filled bottle or bucket by a rope attached at top.First correctly tied and completed wins