

## **CUB SCOUT OUTDOOR ESSENTIALS**

The following items should be available for each Cub Scout on an outdoor trip. Consider a small fanny pack, or similar bag to organize the items and make the easy to carry without interfering with normal activities.

- First Aid Kit
- Water bottle
- Flashlight
- Trail Food
- Sunscreen
- Whistle

## **TRAIL TRICKS FOR CUB LEADERS**

Hiking with Cub Scouts can be a lot of fun! With a few rules, and some great tips your trip will be a wonderful experience for all concerned –

- The “Buddy System” applies for hikes as well as anything else we do. Be sure to have a “Buddy check” once in a while to reinforce that point.
- Designate a “lead” hiker and a “trail” or “sweep” hiker. No one passes the lead, or falls behind the sweep. These hikers should be able to contact each other, either with radios, or by passing a message up the trail. No one in your group should get separated from the group at any time!
- Teach the cubs some trail courtesy – let the person behind them know about branches, roots, rocks, or anything else that could be an unseen hazard.
- Your lead hiker should set a pace that all can keep up with. One way to do this is to have the slowest of your group lead the way.
- When it’s time for a break, make sure everyone gets a rest, not just the front of the line.
- Cubs will forget to look up at scenery, so make it a point to stop the group and point of natural features, animal sign, interesting plants, etc.....
- Make sure everyone keeps a good spacing from the hiker in front of them. There should be enough room to fall over without hitting anyone in front or back for all hikers. Help them overcome the natural inclination to pack together on the trail.
- Throw a couple of Ziploc bags with 1 cup of plaster of paris inside. If you find some interesting tracks along the way, you can mix a little of your drinking water in and capture the track. Great Fun!

And finally – have a great time in the outdoors – there’s nothing else like it!