

Webelos Adventure: Webelos Walkabout

Complete Requirements 1-4 and at least one other.

Requirements	Notes	Sign-off
1. Plan a hike or outdoor activity.		
2. Assemble a first aid kit suitable for your hike or activity.	We will provide a few sample first aid kits and do a review of items in the kit.	
3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.	Practice before the weekend. We'll do a review at the event.	
4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike and clean up afterward.	Scouts will prepare a trail snack at the event.	
5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.	We will cover this at the event.	
6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.	A scout does not need to be navigator or first-aid person for the entire hike, but make sure they each have opportunities to make some decisions and practice leading their den. Only one scout at a time should be leading, not co-leaders.	



REQUIRED ADVENTURE

REQUIREMENT 1 | Plan a hike or outdoor activity.

Before you take a hike, you need to have a plan. Where are you going? How far will you hike?

How long will the hike take? What will you do along the trail?

To create your hike plan, work with your den leader to decide the following information:

Hike location: _____
Hike distance: _____
Gathering place: _____
Gathering time: _____
Hike start time: _____
Hike finish time: _____
Other information: _____

If you are planning to use an existing trail (at a state park, for example), try to get a copy of the trail map. Study it ahead of time to learn more about the trail. Is the trail easy or hard? Where can you get water and go to the bathroom? Is there a good place along the trail to eat lunch?

If you're making up your own route, work with your den leader to create a map.

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If you're making up your own route, work with your den leader to create a map.

How fast can you hike? On a 3-mile hike, most dens can expect to average about 1-2 miles an hour, including stops.

REQUIREMENT 2 | Assemble a first-aid kit suitable for your hike or activity.

When you're hiking, you have to be able to take care of any minor emergencies that come up. The Scout motto is "Be Prepared." One way to be prepared is to carry a first-aid kit whenever you go hiking.

The First Responder adventure describes how to perform first aid and what should go in a first-aid kit.

Make a list of minor emergencies you might encounter when on a hike:

What items should you take along to handle these emergencies? List the items here:

REQUIREMENT 3 | Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.

There's nothing like a hike to remind Scouts of the importance of caring for the earth. And Scouts of all ages can make a big difference when they act responsibly in the outdoors. After all, there are millions of us out there!

Just think about the good that happens when that many people promise to do their best to protect nature and keep our country beautiful. That's what the Outdoor Code and the Leave No Trace Principles for Kids do—they remind us that even the little choices matter when it comes to nature.

As a Webelos Scout, you'll give extra attention to being conservation-minded, which means protecting natural resources. Two of the Leave No Trace Principles for Kids will help you do that: "Know Before You Go" and "Choose the Right Path." When you plan ahead, you'll be familiar with the area and prepared for your outing. When you stay on existing

trails, you'll protect the land around them.

So, to be sure you'll have those words guiding you in this adventure (and in the many even greater adventures to come), take some time to memorize the Outdoor Code and the Leave No Trace Principles for Kids. You can find both in the back of your handbook.

When you've got both down, recite them for your den leader and discuss how you'll apply them on your hike.



REQUIREMENT 4 | With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.

Eating is fun—especially when you’ve been working hard. You don’t want hunger to keep you from finishing your hike or having a great time with your den, so it’s important to bring plenty of food on your trek.

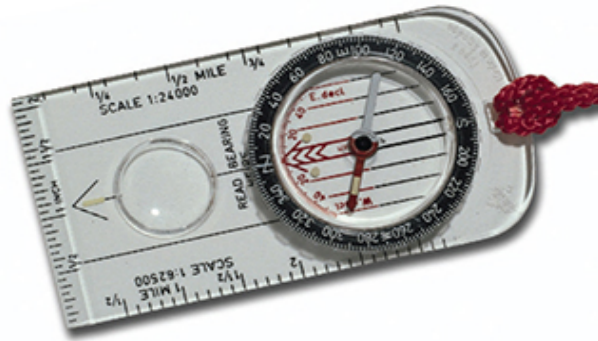


Work with your den to plan a nutritious lunch that everyone can enjoy. First, be sure you know if any Scouts have food allergies. Next, brainstorm with your den what to make. Remember to think about food that will be filling and easy to carry. You’ll be taking any trash with you when you leave, so simple foods are best.

A sheet of lined paper with a list of trail food ideas is shown. The paper is placed on a wooden surface. In the bottom right corner, a large, close-up image of a red apple is visible. The list on the paper includes:

- SAMPLE TRAIL LUNCH**
Remember to be aware of allergies or other dietary restrictions of your fellow hikers.
- PB&J pita sandwiches:**
Before the hike, spread peanut butter and jelly in pita pockets and place them in plastic bags. (Astronauts sometimes enjoy PB&J sandwiches made with tortillas. They don’t create bread crumbs, which can be a problem in a space station.)
- Trail mix:**
Before the hike, make your own mixture of any of these items: raisins, granola clusters, cereal, candy-coated chocolate, pretzels, dried fruit, nuts, sunflower seeds
- Beef jerky**
- Apple or orange**
- Water**

Unlike camping, hiking doesn't require a lot of equipment. There are some things you should always carry, however. You might have used the Cub Scout Six Essentials in the past. Since you're preparing to join a troop, you can use a new list that includes some additional essential items. They are called the Scout Basic Essentials.



The Scout Basic Essentials*

1. First-aid kit
2. Extra clothing
3. Rain gear
4. Filled water bottle
5. Map and compass
6. Pocketknife (if you've earned your Whittling Chip)
7. Flashlight
8. Trail food
9. Sun protection

* After you join a troop, you can earn your Firem'n Chit. That will allow you to carry matches and a fire starter.



What else should you take on your hike? A whistle isn't on the Scout Basic Essentials list, but it might be appropriate to bring one on a hike. You might also want insect repellent or another item. What should you leave at home?

When you go hiking, you have to take care of your feet. High-top shoes or boots are best because they keep out rocks and sand and help protect your ankles. Your shoes should fit fairly tightly around your heel, but there should be room to wiggle your toes. If your shoes don't fit well, you can get blisters, and that's no fun!

When you get new boots or shoes, always break them in by wearing them part of every day for a week or more before you go hiking.

Socks are almost as important as shoes. They soak up moisture and cushion your feet. Hiking socks made of polypropylene or a wool/nylon blend work better than cotton socks. Take an extra pair on your hike and put them on at your lunch break. Your feet will thank you.



You may know how to walk, but hiking is different. Here are some things that make hiking easy and fun:

- ◆ **Look around.** Unless the trail is rocky or uneven, stop looking at your feet and start looking at the world around you. Spread out on the trail so you can see more than your buddy's back, but don't get so far ahead that if you look back you can't see the people behind you. Keep the pace of the slowest hiker in your group.
- ◆ **Take breaks.** Plan to stop for 10 minutes after every 30 minutes of hiking. Stretch your muscles and study the world around you. Make sure everyone gets to rest. If possible, take breaks after you climb big hills—not before—so the hiking will be easy when you start up again.
- ◆ **Stay on the trail.** Don't go around muddy spots or take shortcuts. That makes trails wider and damages the environment.
- ◆ **Walk in single file.** If you're hiking along a road, stay in single file on the left side. Wear white or reflective clothing or carry a flashlight.

- ◆ **Respect other hikers.** Don't be too noisy. If you meet other people, give them the right of way, especially if they are going uphill or are on horseback.



REQUIREMENT 5 | Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.

Most plants are beautiful and harmless, and most animals are more afraid of you than you are of them. However, you should be aware of the poisonous plants and dangerous animals that you might see on the trail—even in a city park or neighborhood.

Poisonous Plants

Here are the most common poisonous plants. If you touch them, your skin may get red and itchy. You can prevent a reaction by washing with soap and water as soon as possible.

- ◆ **Poison ivy** grows throughout most of the continental United States as either a shrub or a vine. Look for leaves with three leaflets and maybe white berries.
- ◆ **Poison oak** grows as a low shrub in the eastern United States and as clumps or

vines on the Pacific coast. Look for clusters of three leaves and possibly yellow-white berries.

- ♦ **Poison sumac** grows as a tall shrub or a small tree in wet areas in the northeastern, midwestern, and southeastern United States. Look for leaves with seven or more leaflets and possibly yellow-white berries.



To avoid poison ivy and poison oak, remember this rhyme: "Leaves of three, let it be; berries white, poisonous sight."

Venomous Reptiles

Snakes and other reptiles will usually get out of your way when they see you coming. But if you stumble over one, it may bite. Fortunately, most snakes and other reptiles don't have poison in their bites.



- ♦ **Copperhead:** Found in most Southern states, but also as far north as Massachusetts and as far west as Illinois and Texas

Copperhead are native to Connecticut and are poisonous.



Dangerous Insects

- ♦ **Bees, hornets, and wasps:** Most flying insects are just annoying, like mosquitos. A few of them can be dangerous for people with allergies. If someone gets stung by a bee, hornet, or wasp and has trouble breathing, it's important to seek medical help right away. People who know they are allergic to insect stings usually carry special medicine called epinephrine with them all the time. If you carry this medicine with you, be sure your leader knows about it!



- ♦ **Ticks:** Ticks are hard-shelled insects that like to bury their heads in your skin. (Yuck!) You should check yourself for ticks when you've been in the woods. If you find one, have an adult gently pull it out with tweezers. Wash the area with soap and water and put antiseptic medicine on it.

Tick Bites

While most tick bites are harmless and don't require medical treatment, some ticks (like the deer tick, wood tick, and others) can carry harmful germs and cause diseases like Rocky Mountain spotted fever and Lyme disease. The deer tick is tiny, no larger than a pencil point. Other ticks are larger and easier to find on the skin.



Signs and Symptoms of Tick-Related Diseases:

- a red bump ringed by an expanding red rash, which looks like a bull's-eye (Lyme disease)
- red dots on the ankles and wrists (Rocky Mountain spotted fever)
- flu-like symptoms such as fever, headache, fatigue, vomiting, and muscle and joint aches



What to Do:

If the tick is still attached to the skin, remove it:

- Using fine-tipped tweezers, grasp the head of the tick close to the skin.
- Firmly and steadily pull the tick straight out of the skin. **Do not twist the tick** or rock it from side to side while removing it.
- Put the tick in a sealed container or zip-locked bag it and save it to show the doctor if your child becomes ill.
- **Do not use petroleum jelly or a hot match** to kill and remove the tick.
- Wash your hands and the site of the bite with soap and water.
- Swab the skin with alcohol.

Seek Medical Care if:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing redness, warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, chills, stiff neck or back, or muscle or joint aches develop.



Think Prevention!

- After kids play outside, check their skin and hair – especially the scalp, behind the ears, the neck, and under the arms.
- When playing in wooded areas, children should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bug bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.

Parents: After you remove a tick it is always a good practice to notify your health care provider for recommendations.



♦ **Chiggers:** Chiggers are too small to see, but they can cause big itches when they burrow into your skin. Don't scratch chigger bites; cover them with calamine lotion or special chigger medicine, such as 1 percent hydrocortisone ointment.

♦ **Spiders:** Some spiders, especially the black widow and brown recluse, can make you sick if they bite you. Symptoms can include redness and pain at the bite site and also fever, chills, nausea, vomiting, joint or muscle pain, and cramps. Anyone who has been bitten by a spider should see a doctor as soon as possible.



Black widow



Brown recluse

REQUIREMENT 6 | Perform one of the following leadership roles during your hike: trail leader, first-aid leader, or lunch or snack leader.

On your hike, you can help your den by serving as a leader. Here are some jobs you can do:

- ◆ **Trail leader:** Responsible for calling breaks, following the map, setting a comfortable pace, and pointing out hazards to other hikers
- ◆ **First-aid leader:** Responsible for carrying the first-aid kit (or assigning someone else to carry it) and helping to give first aid if needed
- ◆ **Lunch leader:** Responsible for assigning Scouts to carry food, identifying a lunch spot, and supervising cleanup

The best leaders lead by example. That means they show other people how to act instead of telling them what to do. They also work just as hard as the other members of the team. Nobody likes to be bossed around by somebody who's not working.



After the hike, discuss with your den how you did as a leader. Identify one or two things you could have done better.



A Scout is cheerful, looking on the bright side when bad things happen and doing chores without complaining. How can you be cheerful on hikes?