



# Cub Scout Hiking

## Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: March, 2011.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

### **Cub Scout Hiking Belt Loop** (See the [Pin Requirements](#) below.)

**Complete these three requirements:**

1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Demonstrate proper hiking attire and equipment. \_\_\_\_\_
3. Hike at least 30 minutes with your adult partner, family, or den. \_\_\_\_\_

### **Cub Scout Hiking Pin**

**Earn the Cub Scout Hiking belt loop, and complete five of the following requirements:**

1. Make a chart and record at least five hours of hiking. \_\_\_\_\_
- | Date  | Time Spent | Location |
|-------|------------|----------|
| _____ | _____      | _____    |
| _____ | _____      | _____    |
| _____ | _____      | _____    |
| _____ | _____      | _____    |
| _____ | _____      | _____    |
| _____ | _____      | _____    |
2. Help plan a den, pack, or family hike. \_\_\_\_\_
3. Earn Cub Scouting's Leave No Trace Awareness Award. \_\_\_\_\_
4. Earn the Cub Scout Outdoor Activity Award. \_\_\_\_\_

5. Learn seven trail signs and tell your den leader or adult partner what they are. \_\_\_\_\_

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6. Be able to identify five different trees and five different birds on your hike. (These can be of the same species if multiple species are hard to find.) \_\_\_\_\_

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7. Using pictures or photographs, identify three poisonous plants. (Examples are poison ivy, poison sumac, and poison oak; oleander, poinsettia, etc.). Watch for these plants while on a hike. \_\_\_\_\_

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8. Take two different hikes for different purposes, for example, a nature hike, neighborhood hike, historical hike, city hike, stop-look-and-listen hike, and so on. \_\_\_\_\_

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9. Explain to your den leader or adult partner what a compass is and show how to use one on a hike. \_\_\_\_\_

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10. Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.

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11. With visuals such as pictures or maps, report about one of your hikes to your den. Tell about how you prepared for your hike, who went with you, and what you saw. \_\_\_\_\_

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**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's supervision.)

**Cub Scout Advancement:** <http://usscouts.org/advance/cubscout/ranks.asp>

**Tiger:** <http://meritbadge.org/wiki/index.php?title=Tiger>

**Wolf:** <http://meritbadge.org/wiki/index.php?title=Wolf>

**Bear:** <http://meritbadge.org/wiki/index.php?title=Bear>

**Webelos:** <http://meritbadge.org/wiki/index.php?title=Webelos>

**Cub Scout Academics and Sports Workbooks:** ► [meritbadge.org](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://meritbadge.org)

**Boy Scouts of America:** <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

[ExpertVillage.com Lesson Videos:](#)     [Beginner Lessons](#)     [Tips](#)

American Council on Exercise: <http://www.acefitness.org>

American Sport Education Program: <http://www.asep.com>

Amateur-Sports.com: <http://www.amateur-sports.com>

American Dietetic Association: <http://www.eatright.org>

American Heart Association: <http://www.americanheart.org/>

Centers for Disease Control: <http://www.fitfamilyfitkids.com>

Fitness for Kids: <http://www.fitnessforkids.org>

International Food Information Council: <http://ific.org>

KidsHealth: <http://www.kidshealth.org>

National Athletic Trainer's Association: <http://www.nata.org>

National Youth Sports Safety Foundation: <http://www.nyssf.org>

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### **Hiking Safety Rules:**

- Always tell someone where you are going and when you will return.
- Never hike alone or at night; always use the buddy system.
- Dress properly for the weather and environment.
- Wear sun and insect protection.
- Take an extra pair of socks in case you need to change.
- Obey traffic signs and signals.
- Avoid hiking along roadways.
- Stay on the trail.
- Be alert to your surroundings.
- Don't litter as you hike.
- Be alert to dangerous animals, insects, and plants. Never touch a wild animal.
- Take 1 pint of water for each hour you will be hiking. Never drink untreated water.