

REQUIREMENT 1 | Show you are prepared to hike safely by putting together the Cub Scout Six Essentials to take along on your hike.

Experienced adventurers will tell you that the success of their trip often comes down to what they are carrying along with them, whether it is in a backpack or on a pack animal.

It is important for you to have items with you to take care of any minor emergencies that could happen, even on a short, 1-mile hike! Cub Scouts who have hiked before you came up with a great list of items called the Cub Scout Six Essentials that you will bring with you.

Round up these items, and place them in a backpack before you start out on a hike with your Wolf den.

FIRST-AID KIT

A kit should include a few adhesive bandages, some moleskin (a sticky bandage that you can put over a blister to keep it from getting worse or rubbing), and a bandage or two.



FLASHLIGHT

Check your batteries to make sure they have plenty of juice. Your flashlight will be used only in an emergency, so save the batteries for times when you really need them!





FILLED WATER BOTTLE

Make sure it is big enough to carry water for you to drink through your whole hike and back. And make sure it is full when you start out! It is not safe to drink water you find along the trail.

TRAIL FOOD

Trail mix or a granola bar provides quick energy when you need it.



SUN PROTECTION

Sunscreen should be SPF 30 or greater. A hat is good to have, too!

WHISTLE

It's only for emergencies, but a whistle will last longer than your voice.

You might want to pack an extra pair of socks in case your feet get wet or it rains. A rain poncho, waterproof jacket, or even a large plastic garbage bag with holes cut out for your head and arms will keep you dry if it rains. What other gear should you take on your hike? Remember, you'll have to carry it all yourself and bring it all back!



Akela's OK

Den Leader's OK

REQUIREMENT 2 | Tell what the buddy system is and why we always use it in Cub Scouts.

"Two heads are better than one." You may have heard that saying before, and it is true. Sometimes you may forget a safety rule, or not be aware of a hazard up ahead, but if you are with a buddy, it is easier to stay safe.

The buddy system is a great way for Scouts to look after each other, especially on outdoor adventures. When you go hiking or swimming or camping with your den, each Scout is assigned a buddy. You keep track of what your buddy is doing, and he knows at all times where you are and how you are doing.



A Scout leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. If a Scout is missing, everyone will know it right away. The buddy system is a way of sharing the good times and keeping everyone safe.

My buddy on the hike was _____



Akela's OK

Den Leader's OK



A Scout is brave. When you go hiking, always stay with your buddy and your den. If you do get lost, be brave and stay put until you are found!

REQUIREMENT 3 | Describe what you should do if you get separated from your group while hiking.

A Wolf should never get separated from the rest of the group while hiking. But sometimes it happens. If you do find yourself away from the rest of your den while on a hike in the woods, here is what you need to do:



S - T - O - P!

S = Stay calm. Stay where you are. Sit down, take a drink of water, and eat a little trail food. Stay where you can be seen. Don't hide! You are not in trouble!

T = Think. Think about how you can help your leaders or others find you. Stay where you are, and be sure people can see you. Make yourself an easy target to find. Remember, people will come to look for you. Stay put, be seen, and help them find you!

O = Observe. Listen for the rest of your group, or people looking for you. Blow your whistle three times in a row, then listen. Three of any kind of signal means you need help, and everyone will try to help you.

P = Plan. Stay calm, stay put! Plan how to stay warm and dry until help arrives. Don't worry, you will be found.



Akela's OK

Den Leader's OK

SCOUT OATH

ON MY HONOR I WILL DO MY BEST
TO DO MY DUTY TO GOD AND MY COUNTRY
AND TO OBEY THE SCOUT LAW;
TO HELP OTHER PEOPLE AT ALL TIMES;
TO KEEP MYSELF PHYSICALLY STRONG,
MENTALLY AWAKE, AND MORALLY STRAIGHT.

A SCOUT IS:

TRUSTWORTHY

LOYAL

HELPFUL

FRIENDLY

COURTEOUS

KIND

OBEDIENT

CHEERFUL

THRIFTY

BRAVE

CLEAN

REVERENT