Cub Scout Hiking

Cub Scout Academics and Sports Workbook

Scout's Name: _____ Den: _____

Cub Scout Hiking Belt Loop

Complete these three requirements:

1. Explain the hiking safety rules to your den leader or adult partner. _____

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2. Demonstrate proper hiking attire and equipment. _____
3. Hike at least 30 minutes with your adult partner, family, or den. _____

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.