## Webelos Walkabout



Webelos Adventure: Webelos Walkabout

Do all of these:

1. Create a hike plan.

2. Assemble a hiking first-aid kit.

3. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike.

4. Before your hike, plan and prepare a nutritious lunch. Enjoy it on your hike, and clean up afterward.

5. 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.

6. With your Webelos den or with a family member, hike 3 miles (in the country if possible).

7. Complete a service project on or near the hike location.

8. Perform one of the following leadership roles during your hike: trail leader, first-aid leader, lunch leader, or service project leader.



### Mini First Aid Kit

Difficulty: **Very Easy**

Recycle a film canister and transform it into a handy Mini First Aid Kit for kids to wear on their belt. Great for Tiger Cubs.

What you'll need:

* Fuji film canister
* Scissors
* Orange or black pony bead
* Tiger sticker (from Tiger Cub Family Activity Packet)
* Orange plastic lanyard (Rexlace)
* Midget Tootsie Rolls
* Alcohol swab
* Band-Aid
* Q-tip
* Hot glue or "Glue Dots" (A & W Products)

How to make it:

1. Adhere the pony bead to the top of the film canister using either hot glue or Glue Dots.
2. Place a Tiger sticker on outside of canister.
3. Lace the orange plastic lanyard through lid. Tie a knot. You can also use a hole punch and punch 2 holes in the lid then string the lanyard through. Tie a knot.
4. Cut a Q-tip in half.
5. Put Tootsie Rolls, alcohol swab, a Band-Aid, 1/2 Q-Tip inside the canister. Secure the lid.
6. Put your Mini First Aid Kit on your belt. If you get hurt or lost from the group, clean the spot with the alcohol wipe, put on a Band-Aid, and eat a Tootsie Roll.

Tips:

Note from editor: We found Glue Dots at our local Wal-Mart in the school or business supply area. Although the Glue Dots are a lot more expensive than a hot glue gun, they are SAFER for children to use. Supervise the use as this adhesive is extremely sticky and can be a bit tricky to use at first.

**Make Your Own First Aid Kit**

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**What to Include:**

For open wounds, cuts, skinned knees, and scratches

* 1 box 12 adhesive compresses
* 3 sizes sterile bandages
* 3 sterile gauze squares
* A small bottle antiseptic

For blisters

* Adhesive compresses or gauze squares
* Narrow adhesive

For sprains

* 1 triangular bandage
* Small scissors

For burns, sunburn

* Tube burn ointment - 5%

For splinters

* Small tweezers
* Needle
* Matches to sterilize

For fainting

* Small bottle aromatic spirits of ammonia

For bites or stings

* Small box bicarbonate of soda

For toothache

* Small bottle oil of cloves

For plant poisoning

* Small bar yellow soap

Ideas for containers to use:

* A cigar box, a tin cracker or candy box - paint and decorate. Put a list of what-to-do inside the lid.
* Make a cloth case with a strap.
* A cloth kit with pockets. Fold over the top, roll up, and tie.

### First Aid Kit Neckerchief Slide

*Betsy O, Northwest Texas Council*

*This slide has been around for a long time. I found it in the 2008-2009 Cub Scout Program Helps.*



**Materials-**

Plastic 35 mm film canister with lid
***(How much longer will we have these great Craft items with digital cameras abounding?? We need a replacement soon! CD!)***

Adhesive Band-Aid

Antiseptic wipe

½ of a chenille stem

**Tools-**

Red paint pen

Awl

**Instructions-**

* Have an adult poke two holes, one on either side and near the top of the canister.
* Draw a red cross on the front center of the canister. Let dry.
* Feed the end of the chenille stem through the holes and leave the tails sticking out of both holes.
* Fill the canister with Band-Aids and wipes
* Add your name and date!



### Make personal First Aid Kits

 in a zip lock bag. These would include a couple bandaides, cotton ball, safety pen, a sanitize wipe, Q tip, etc) You can also make these in a plastic film canister if you can still find them.

For the **Pack Health and Fitness Camp Out** you may also want to consider:

### Outdoor Code Responsive Reading Ceremony

**Equipment:**U.S. flag, copy of the Outdoor Code for each participant

The Cubmaster(CM) speaks briefly about the importance to our nation of taking good care of our natural resources and then uses the Outdoor Code as a responsive reading, with boys (and parents, if present, and everyone in the audience) reading the responses.

**CM:** As an American, I will do my best to be clean in my outdoor manners—

**BOYS:** I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

**CM:** Be careful with fire—

**BOYS:** I will prevent wildfire. I will build my fires only where they are appropriate. When I have finished using fire, I will make sure it is cold-out. I will leave a clean fire ring or remove all evidence of my fire.

**CM:** Be considerate in the outdoors—

**BOYS** I will treat public and private property with respect. I will use low-impact methods of hiking and camping.

**CM:** Be conservation-minded—

**BOYS:** I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.

**CM:** Let us close by singing
“God Bless America.”

*(CS How To Book, page 6-13)*

You can find a copy of the **How-To Book** at

<http://www.scouting.org/filestore/hispanic/english/33832_WEB.pdf>

### The Outdoor Code Opening

*Sam Houston Area Council*

**Materials –** 4 Cub Scouts, Cubmaster (CM), Assistant CM (CA), the American flag posted on the stage, several potted plants or an artificial tree, a garbage bag filled with trash (rinsed out cans, bottles, crumpled paper, etc.)

*Cubmaster enters carrying the garbage bag, and
stands between the flag and the plants.*

 **CM:** We are blessed to live in this great land of freedom and beauty. America truly is the home of amber waves of grain and purple mountains majesty. Unfortunately, there are people in this country who abuse their freedom and pollute the land. (He dumps the bag of trash on the ground.) As Cub Scouts, we can learn to be better Americans by living the Outdoor Code.

**Cub #1** (enters and stands by Cubmaster) As an American, I will do my best to be clean in my outdoor manners. (He takes empty bag from Cubmaster and begins to pick up trash while Cubmaster speaks.)

**CM** I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

**Cub #2** (enters and takes bag from Cub #1. Cub #1 exits.) I will be careful with fire. (Picks up more trash as Cubmaster speaks.)

**CM** I will prevent wildfire. I will build my fires only where they are appropriate. When I have finished using a fire, I will make sure it is cold out. I will leave a clean fire ring, or remove all evidence of my fire.

**Cub #3** (Enters and takes bag from Cub #2. Cub #2 exits.) I will be considerate in the outdoors. (Picks up trash as Cubmaster speaks.)

**CM** I will treat public and private property with respect. I will use low-impact methods of hiking and camping.

**Cub #4** (Enters and takes bag from Cub #3. Cub #3 exits.) I will be conservation-minded. (Picks up remaining trash as Cubmaster speaks.)

**CM** I will learn how to practice good conservation of soil, waters, forest, minerals, grasslands, wildlife, and energy. I will urge others to do the same. (Cub #4 gives bag back to Cubmaster and exits.) These Cub Scouts have shown they are willing to protect our country's natural beauty and conserve her natural resources.

**CA** Please stand, salute the flag and join me in singing "America the Beautiful." (Or say the Pledge of Allegiance.)

Outdoor Code Closing
National Capital Area Council

**Leader:** As a citizen of the United States, I will do my best to be clean in my outdoor manners.

**Pack:** I will treat the outdoors as a heritage to be improved for our greater

enjoyment. I will keep trash and garbage out of my country's waters,

fields, woods, and roadways.

**Leader:** Be careful with fire.

**Pack:** I will prevent wildfire. I will build my fire in a safe place and be sure it is out before I leave.

**Leader:** Be considerate in the outdoors.

**Pack:** I will treat public and private property with respect. I will remember that use of the outdoors is a privilege I can lose by abuse.

**Leader:** Be conservation minded.

**Pack:** I will learn how to practice good conservation of soil, water, forests, minerals, grasslands, and wilderness, and I will urge others to do the same. I will use sportsmanlike methods in my outdoor activities.

### THE OUTDOOR CODE

This is good after a hike, fishing trip, park clean-up, nature hunt (anything outdoors of an educational nature) not just to play.

DEN CHIEF: Let's sit quietly for a few moments. Close your eyes and listen to the sounds of nature. Think of what we have to be thankful for.

Let's now repeat The Outdoor Code.

"As an American, I will do my best --be clean in my outdoor manners, be careful with fire, be considerate in the outdoors, and be conservation-minded.

DEN LEADER: Let's sing God Bless America.

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### Leave No Trace Awareness Award



The Leave No Trace Awareness Award is worn on the uniform shirt,
centered on the right pocket as a TEMPORARY patch.
Only ONE Temporary patch may be worn at a time.

**Cub Scout Leave No Trace Pledge**

I promise to practice the Leave No Trace frontcountry guidelines wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.

**Tiger Cub Scout Requirements**

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. Complete the activities for Achievement 5, [Let's Go Outdoors](http://www.usscouts.org/advance/cubscout/tiger.html#Outdoors).
3. Participate in a Leave No Trace-related service project.
4. Promise to practice the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
5. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

**Wolf Cub Scout Requirements**

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of  Leave No Trace.
3. Complete Achievement 7, "[Your Living World](http://www.usscouts.org/advance/cubscout/wolf.html#LIVINGWORLD)."
4. Participate in a Leave No Trace - related service project.
5. Promise to practice Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

**Bear Cub Scout Requirements**

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of  Leave No Trace.
3. Complete Achievement 12, "[Family Outdoor Adventures](http://www.usscouts.org/advance/cubscout/bear.html#OUTDOOR)."
4. Participate in a Leave No Trace - related service project.
5. Promise to practice Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

**Webelos Scout Requirements**

1. Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of  Leave No Trace.
3. Earn the [Outdoorsman](http://www.usscouts.org/advance/cubscout/outdoor.html#Outdoorsman) activity badge.
4. Participate in a Leave No Trace - related service project.
5. Promise to practice Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.

**Cub Scout Leader Requirements**

1. Discuss with your den's Cub Scouts or your pack's leaders the importance of the Leave No Trace frontcountry guidelines.
2. On three separate outings demonstrate and practice the frontcountry guidelines of Leave No Trace.
3. Participate in presenting a den, pack, district, or council awareness session on Leave No Trace frontcountry guidelines.
4. Participate in a Leave No Trace-related service project.
5. Commit yourself to the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.

Assist at least three boys in earning Cub Scouting's Leave No Trace Awareness Award.

### LEAVE NO TRACE

*Santa Clara County Council*

With Hiking the theme for July a many of Packs and Dens will be out in Camps and Woods and Parks exploring. BSA has published a Cub Scout Version of the Leave No Trace principles. It is available as a bin item, # 13-032. (When requested, Bin items are provided free from BSA National to your local council.) Go ask for your copy.

The brochure describes six Front Country Guidelines for Cub Scouts to follow while hiking, camping and enjoying the outdoors. There is even a Cub Scout Leave No Trace award with a patch for Cub Scouts and leaders to earn.

Making sure our leaders and Cubs are familiar with theses principles should enable our Cubs to be complimented wherever they go and help us recruit even more boys!!

### Focus on “Leave No Trace”

*Santa Clara County Council*

It is never too early to start teaching the concepts and practices of Leave No Trace. We emphasize Leave No Trace in Boy Scouts, but the Cub Scout years are the best place to start learning about it. We can hike and camp as Cub Scout families. If the treasure that is our outdoors is to remain for our children’s children to enjoy, we must all impact nature as little as possible. Teach your Cub Scouts the basic principles of Leave No Trace. An excellent resource can be found on the BSA website at <http://www.scouting.org/BoyScouts/TeachingLeaveNoTrace.aspx> .

Teach the seven principles of Leave No Trace. Some of these concepts are too advanced for Cub Scouts, but many of them can be understood even by our Tigers.

**Plan Ahead and Prepare**

* Know the regulations and special concerns for the area you'll visit.
* Prepare for extreme weather, hazards and emergencies.
* Schedule your trip to avoid times of high use.
* Visit in small groups.
Split larger parties into groups of 4 - 6.
* Repackage food to minimize waste.
* Use a map and compass to eliminate use of rock cairns, flagging or marking paint.

**Travel and Camp on Durable Surfaces**

* Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
* Protect riparian areas by camping at least 200 feet away from lakes, streams
* Good campsites are found, not made. Altering a site is not necessary.

**In popular areas**

* Walk single file in the middle of the trail, even when wet or muddy.
* Keep campsites small. Focus activity in areas where vegetation is absent.

**In pristine areas**

* Disperse use to prevent the creation of campsites and trails.
* Avoid places where impacts are just beginning.

**Dispose of Waste Properly**

* Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
* Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
* Pack out toilet paper and hygiene products.
* To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

**Leave What you Find**

* Preserve the past, observe but do not touch, cultural or historic structures and artifacts.
* Leave rocks, plants and other natural objects as you find them.
* Avoid introducing or transporting non-native species.
* Do not build structures, furniture, or dig trenches.

**Minimize Campfire Impacts**

* Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
* Where fires are permitted, use established fire rings, fire pans or mound fires.
* Keep fires small. Only use sticks from the ground that can be broken by hand.
* Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

**Respect Wildlife**

* Observe wildlife from a distance. Do not follow or approach them.
* Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
* Protect wildlife and your food by storing rations and trash securely.
* Control pets at all times, or leave them at home.
* Avoid wildlife during sensitive times, mating, nesting, raising young, or winter.

**Be Considerate of Other Visitors**

* Respect other visitors and protect the quality of their experience.
* Be courteous, yield to other users on the trail.
* Step to the downhill side of the trail when encountering pack stock.
* Take breaks and camp away from trails and other visitors.
* Let nature's sounds prevail. Avoid loud voices and noises.

### Cub Scout Leave No Trace Pledge

Oregon Trail Council

Set Up –

Cubmaster (CM) and 6 Cub Scouts (could be all Tiger cubs as this opening is simple)

Props

– Each Cub Scout has a poster with his words and an appropriate picture on front and his part either the words or an explanation of the words in LARGE print on the back.

CM:

I promise to practice the Leave No Trace front country guidelines wherever I go:

Cub #1:

Plan ahead.

Cub #2:

Stick to trails.

Cub #3:

Manage your pet.

Cub #4:

Leave what you find.

Cub #5:

Respect other visitors.

Cub #6:

Trash your trash.

CA:

(Lead the Pledge of Allegiance)