




# PAWS ON THE PATH



## RATIONALE FOR ADVENTURE

This adventure will encourage the development of hiking skills in Scouts.

## TAKEAWAYS FOR CUB SCOUTS

- The Cub Scout Six Essentials: what they are and how to use them
- How the buddy system works and why we use it
- How to hike with Scouts
- Improving Scouts' knowledge of the world around them
- A Scout is brave, clean. 

**Wolf Handbook, page 76**

## ADVENTURE REQUIREMENTS

Complete requirements 1–5. Requirements 6 and 7 are optional.

1. Show you are prepared to hike safely in any outdoor setting by putting together the Cub Scout Six Essentials to take along on your hike.
2. Tell what the buddy system is and why we always use it in Cub Scouting. Describe what you should do if you get separated from your group while hiking.
3. Choose the appropriate clothing to wear on your hike based on the expected weather.
4. Before hiking, recite the Outdoor Code and the Leave No Trace Principles for Kids with your leader. (This may be combined with requirement 3 of the Call of the Wild adventure.) After hiking, discuss how you showed respect for wildlife.
5. Go on a 1-mile hike with your den or family. Find two interesting things that you've never seen before and discuss them with your den or family.
6. Name two birds, two insects, and two other animals that live in your area. Explain how you identified them.
7. Draw a map of an area near where you live using common map symbols. Show which direction is north on your map.

### NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 3 will take place at an outdoor location for a hike. Confirm the outing plan with families, including transportation, all the necessary clothing, the Cub Scout Six Essentials, and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

It is a good idea to encourage parents and other adult family members to participate in den meetings. For this adventure, several parents and other family members may want to participate in the hike so encourage them to be part of the den meetings as everyone is getting prepared.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

# MEETING 1 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Trash bags
- Trail food items—could include raisins, chocolate-coated candies, nuts (check for allergies among Scouts), dried fruit, granola, etc.
- Plastic resealable bags
- Any detailed local map (You may use an electronic map; confirm internet connectivity if doing so.)
- A map of the trail or area you will use for your hike
- Cub Scout Six Essentials: first-aid kit, filled water bottle, flashlight (check the batteries), trail food, sun protection, and whistle
- Word strips to identify features on your detailed map. (This does not have to be a map of the trail you are hiking.)

## GATHERING

- Have each Scout make trail food to take on the hike. Give everyone a plastic resealable bag labeled with their name. Show the Scouts the options, and allow them to choose and create a personal trail mix.
- Encourage them to sample any unfamiliar items. Look for healthy options such as granola, dried fruits, nuts, and seeds. Trail food should give you long-term energy. (Check for food allergies BEFORE any sampling or assembling.)
- Once assembled, collect the bags for use on the hike.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Recite the Outdoor Code together. Ask Scouts to share one way the Outdoor Code makes a difference to hikers.

## TALK TIME

- Introduce the Paws on the Path adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.

## ACTIVITIES

### ◆ Activity 1: Map Symbols Game (Optional)

- Introduce the hike, the highlight of this adventure, by showing the Scouts a map of the area that you will be hiking.
- If your map shows the trail as a simple line drawing, acquire a map with details.
- Show the Scouts the key, and explain the symbols.
- Once they get the idea, play a game using word strips. Have a Scout pull a word strip, such as “river,” out of the bag, read it aloud, and show where it is on the map. Word strip options include:

Highway	Trail	Building
Road	River	Park



### ◆ **Activity 2: Explore the Cub Scout Six Essentials (Requirement 1)**

- If your Scouts have already assembled the Six Essentials as Tigers or during the Call of the Wild adventure, simply review each item, and challenge the Scouts to remember the purpose of each. Emphasize the importance of bringing water with them for the following reasons:
  - Water will hydrate them.
  - They cannot rely on the water along the trail because it may not be safe to drink.
  - Natural streams and rivers may have harmful bacteria or germs in them.
- If they have not assembled the Cub Scout Six Essentials, introduce the idea by asking them what sorts of items they should take on EVERY hike. Help them focus on the six items we want them to have. Suggest that Scouts each have their own set of essentials in a small day pack or backpack that is easy for them to carry. Remind them that they should bring these essentials each time they hike.
- Play the Cub Scout Six Essentials game.
  - Divide the den into two groups.
  - Have each group line up 20 feet from a table containing at least two sets of the Six Essentials, as well as some other items that are not on the list of essentials.
  - On “Go,” each team sends the first runner to the table. Runners select an item they think is one of the six and then return to their team, tagging the next Scout in line.
  - Play continues until one team has assembled the correct Cub Scout Six Essentials.

### ◆ **Activity 3: Preparing for the Weather (Requirement 3)**

- Discuss the types of weather you are expecting on the hike and how to prepare for any unexpected weather.
- Have the Cub Scouts identify what type of clothing they should wear. Be sure they include hats that cover their heads and ears. Explain what is meant by dressing in layers and the importance of proper socks and shoes for the hike.
- Remind them that sunscreen is an important part of sun protection, which is one of the Six Essentials.
- If rain is a possibility, include a light rain jacket. A large trash bag can double as a rain jacket in an emergency.

### ◆ **Activity 4: Map Drawing (Optional)**

- Have the Cub Scouts choose an area they would like to use for their map drawing. It should be an area they see every day.
- Remind them that at the next meeting you will be drawing maps, and they should spend some time in between looking for details to use on their maps.

## **CLOSING**

- Offer a den leader thought regarding “Be Prepared.” When Scouts are prepared, they are not only able to take care of themselves but also able to help other members of their den or community.
- Retrieve the flags.

## **AFTER THE MEETING**

- Serve refreshments, if desired.
- Record completion of requirement 3.
- Work together to clean up the meeting place.





### Do-at-Home Project Reminder:

Remind the families in your den to assemble their Cub Scout Six Essentials so they will be ready for the hike. They should be brought to the next meeting for review. Note: If this is your den's introduction to the Six Essentials, suggest that Scouts and their families may be able to minimize the cost by gathering some items from home rather than purchasing everything new.

## MEETING 2 PLAN

### PREPARATION AND MATERIALS NEEDED

- Review the Cub Scout rules for hiking safety (see Meeting 2 Resources).
- Additional maps and key labels for map game
- Map-drawing supplies—paper, colored pencils, rulers, etc.
- Animal identification information
- Pictures, drawings, etc., of animals in your area. Scouts will need to identify two birds, two insects, and two animals for requirement 6.
- Items for making a compass or the “Binocular Balance” game (see Meeting 2 Resources)

### Outdoor Meeting Options

The alternate meeting plan is designed to get the Scouts outside to use the hiking skills you've been teaching this month in a fun, nonthreatening environment. Consider a school playground, nearby park, or other open space near your normal meeting place. Set up stations in advance on the route the Scouts will take. Have parents or guardians occupy the stations. Adapt the plans for Meeting 2 as appropriate to transfer activities to the selected outdoor location.

### GATHERING

- Ask your den chief, assistant den leader, or parent helper to assist Scouts with the activities below.
- Review the Cub Scout Six Essentials that each member of the den has brought.
- Choose one of the following:
  - Play the “Map Symbols” game from the last meeting. Use multiple maps so the Scouts can apply their knowledge.
  - Make a compass.
  - Play the “Binocular Balance” game.

### OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

### TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.



## ACTIVITIES

### ◆ Activity 1: STOP (Requirement 2)

- Ask the Scouts what to do if they are separated from the group on the hike. Steer them to the STOP acronym featured in their handbooks. Reinforce the idea that a lost Scout is not in trouble for being separated and that helpers may be out looking for them. Remind everyone that a Scout is brave, and that while it may be scary to be separated from their buddy or the group, they need to stay calm while they are waiting to be found. They have an important role to play in helping rescuers find them, and they can do that by using **STOP**:
  - **Stay calm**: Sit down, take a drink of water, and eat some trail food. Make sure you are comfortable, but stay where you can be seen. Don't hide; you are not in trouble.
  - **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 easy to find. Remember, if you are apart from the group, people will come and look for you. Stay in one place where you can be seen.
  - **Observe**: Listen for the rest of your group or for the people looking for you. Blow your whistle three times in a row, then listen. Three of any kind of signal means you need help.
  - **Plan**: Stay calm, and stay in one place. Plan how to stay warm and dry until help arrives.

### ◆ Activity 2: The Buddy System (Requirement 2)

Explore and understand the buddy system. The buddy system is a fundamental element of Scout safety anytime, but especially in the outdoors. Each Scout is assigned a "buddy" for the duration of the event. (If you have an uneven number of Scouts, put three together in one group.) Each pair is assigned a number. That number is only theirs and the only one they should use in the event of a "buddy check."

**The buddy pairs should be close to each other at all times.**

- Assign buddies.
- Practice buddy checks. When a leader calls "Buddy check!" the pair moves toward each other and waits. Once the Scouts are with their partners, they call out their numbers in order—"1," "2," "3"—until all numbers have been called. If you get through all the pair numbers, everyone is accounted for. Pairs are not allowed to call their number if they are missing a member, so the process will stop. The process also stops if a number is not called. Pairs can call only their own numbers and no one else's number. Once everyone understands the concept, it goes quickly and is a valuable tool for keeping track of everyone.
- Play a memory game. Start by asking who can name all 12 points of the Scout Law without help; they don't need to be in order. Have each Cub Scout write as many points of the Scout Law as they can in one minute. After the minute is up, give each Scout a minute to join with a buddy to improve their lists. The two-Scout lists should have more items than the single-Scout lists. Make the point that it's good to work with a friend.

### ◆ Activity 3: Draw Individual Maps (Requirement 7)

- It may be helpful for you to provide a detailed map for them to look at.
- See the steps for Activity 3 in the Meeting 2 Resources.

### ◆ Activity 4: Identify Local Creatures (Requirement 6)

Have the Scouts identify local creatures from pictures. Name two birds, two insects, and two animals. If they have trouble with these identifications, show them the differentiating features (e.g., red breast=robin). Have them write the names in their handbooks. Save the pictures for use on the hike.

## CLOSING

- Practice buddy checks.
- Give final reminders for the hike, such as bringing the Cub Scout Six Essentials and a daypack to carry their gear. Make sure all Scouts and their families know the plans.
- Retrieve the flags.



## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 6, and 7.
- Work together to clean up the meeting place.

# MEETING 2 RESOURCES

## GATHERING

### Cub Scout Rules for Hiking Safety

1. Always tell someone where you are going and when you will return.
2. Never hike alone. Always use and practice the buddy system.
3. Dress properly for the weather and environment. Be Prepared for possible changes in the weather.
4. Bring the Cub Scout Six Essentials.
5. Avoid hiking along roadways, but if you must, obey all traffic signs and signals.
6. Stay on the trail, protect the environment, and leave the area better than you found it.
7. Be alert to dangerous animals, insects, and plants. Never touch a wild animal.
8. Take 1 pint of water for each hour you will be hiking. Never drink untreated water.

### Tips for a Great Hike

- Practice a buddy check while on the hike to impress on all its importance.
- Designate a “lead” hiker and a “trail” or “sweep” hiker. No one passes the lead or falls behind the sweep. These hikers should be able to contact each other, either with radios, or by passing a message up the trail. Take care that no one gets separated.
- The lead hiker should set a pace that all can maintain. One way to do this is to have the slowest of your group lead the way.
- When it's time for a break, make sure everyone gets a rest—not just those at the front of the line.
- Scouts will forget to look at scenery, so stop the group and point out natural features, animal signs, interesting plants, and other sights.
- Make sure Scouts keep a good spacing from the hikers in front of them. There should be enough room to fall over without hitting anyone in front or back for all hikers. Help Scouts overcome the natural inclination to pack together on the trail.
- Bring a resealable bag with 1 cup of plaster of paris inside. If you find any animal tracks along the trail, mix some drinking water into the plaster and pour the mix into the tracks.

### How to Make a Compass

#### Materials:

Bowl of water  
Magnet  
Large needle  
Cork  
Scissors

#### Directions:

- To magnetize the needle, rub the magnet down the needle 50 to 60 times. Always rub in the same direction.
- Cut off a piece of cork one-half-inch thick.
- Put the needle through the cork, and place it in the water.
- Which way does it point? Turn the cork the other direction. What happens?



## Binocular Balance Game

### Materials:

Binoculars  
Chalk, tape, string, or cord  
Chalk  
Stopwatch

### Directions:

- Challenge all the Scouts to see the world in a new way—specifically, from the wrong end of a pair of binoculars.
- Set out your course by drawing it or marking it with tape, string, a long cord, or chalk. Challenge each contender to walk along the line while looking through the wrong end of a pair of binoculars. The players are not allowed to look away from the binoculars or stray from the line. If they do, they are disqualified. The Scout who walks the line fastest and straightest is the winner.

## ACTIVITIES

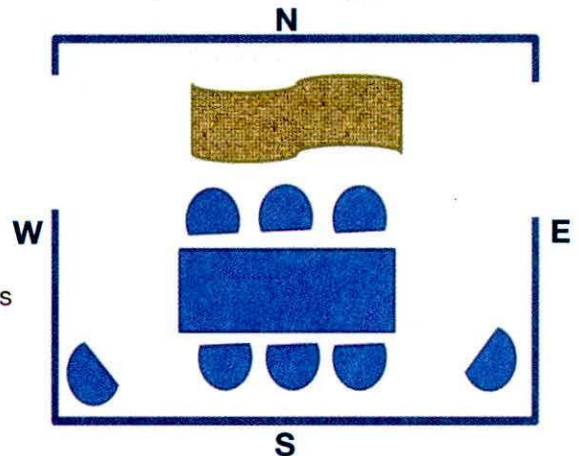
### Activity 3: Draw Individual Maps

#### Teaching Maps to Cub Scouts

- Things you'll need:
  - One local map for each Scout or pair of Scouts
  - Direction signs: north, south, east, west
  - Two sheets of chart paper—one blank, one with a sketch of the area around your meeting location
  - Markers
  - Building blocks
  - Yarn
  - Sticky notes with map symbols
  - Graph paper and pencils
- Post signs on the four walls of the room indicating the four cardinal directions. Ask your Scouts to stand up and face north. Repeat for south, east, and west.
- Gather the Scouts in one section of the room, and tell them they need to listen carefully and follow instructions.
- Give verbal directions such as "Take five steps to the south. Turn right at the bookcase." Your instructions might lead outside or to a place where you can reward them with a special snack or game.

#### Drawing Maps

- Refer to the signs on the four walls of the room to indicate the four cardinal directions. Ask your Scouts to stand up and face north.
- Place a sheet of chart paper on the floor in the middle of the room or on a table in the middle of the room.
- Draw an outline of the room on the paper. Direct Scouts to identify which lines on the map correspond to the walls of the room.
- Ask what is missing from the drawing on the paper and the room itself. Accept suggestions from the Scouts. Identify where items in the room are located, and mark their location on the drawing.
- Your drawing may have a variety of tables, chairs, lamps, and other objects represented on the drawing.
- When finished, the "map" may look similar to the example here.



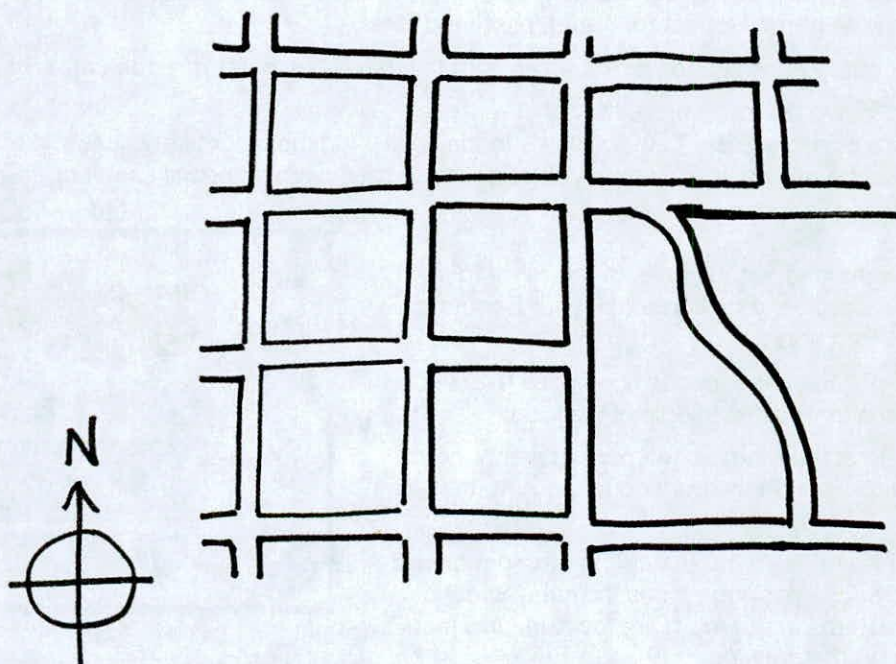


### Orienting a Hand-Drawn Map to North

- Use the Scout-made compass and the map drawn above to show how the north-seeking arrow matches the map.
- Rotate the map so that it is no longer oriented properly. Ask the Scouts how the compass can be used to point the map in the right direction.
- Have the Scouts rotate the map so that it is again oriented toward the north. Confirm when the map is properly oriented.

### Model to Map

- In advance, sketch the area around your meeting place on chart paper as on the example. Draw a compass rose on the map to help the Scouts orient the map.
- Have the Scouts assist you in laying down the map so that it is oriented to the north. Use their Scout-made compasses or another compass and the labels posted in the room.
- Display some building blocks. Ask the Scouts to indicate where the den meets and place a block in that position. Tape the map symbol for that structure on the block.
- Do this for a variety of other structures in the area: houses, stores, railroad tracks, streams (use a piece of yarn to mark a stream on the map). When five to six different structures are marked on the map, ask the Scouts how the blocks on the table are like the space outside the meeting place.
- Provide Scouts with a sheet of graph paper and a pencil. Ask them to create a map on their sheets of paper by reproducing the map with the building blocks.
- Once they have the basic area sketched out, talk about what places and objects lie within that area. Work as a group to create a map key of five things that should be indicated on the map. Have the Scouts draw the key in the corner of their maps. They should also draw a compass rose to indicate the directions.
- Tell the Scouts to use the key to draw the symbols for each location or object at the place where it is located within the boundaries they have drawn. They may need help, so you can guide them to figure out, for instance, that the bookcase is located on the eastern wall in the right hand corner. Remind them they can use the compass rose and the direction signs to help determine the correct map location.
- After Scouts have a firm grasp of symbols and directions, have them map their bedrooms, houses, or streets. This task can be done at home and brought to the next den meeting.





# MEETING 3 PLAN (Den Outing)

## PREPARATION AND MATERIALS NEEDED

- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.
- Trail food from Meeting 1
- Water to fill bottles as needed
- Trail map(s)
- Creature identification information
- Thank-you notes
- Cub Scout Six Essentials for each Scout
- Magnifying glasses for Activity 1

## GATHERING

- Conduct a gear check as Scouts arrive, fill water bottles, distribute trail food, tie shoes, etc.
- Remind Scouts of hiking rules (see Meeting 2 Resources) and that a Scout is clean: They respect the environment, and they do not put trash on the trail.
- As a group, lead Scouts as they recite the Outdoor Code and Leave No Trace Principles for Kids. Focus on ways that Scouts can demonstrate the principle of “Respect Wildlife” (requirement 5).
- Refresh animal identification information.

## OPENING

Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

## TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.

## ACTIVITIES

### ◆ Activity 1: Hike (Requirement 5)

There are a number of ways to encourage Scouts to engage with the natural world as they hike. Giving Scouts a focus can help ensure that they take in the sights, sounds, smells, and textures around them. Here are a few activities you might include as you hike:

- **I Spy:** Choose a descriptive word, and have everyone in the den hunt for objects in nature that fit that description. For example, say, “I spy something smooth.” Then have Scouts look around as they hike and name smooth items they see, such as a rock. Scouts can take turns as the leader, choosing new descriptive words to search for as they walk.
- **Zoom In:** Bring a number of small, inexpensive magnifying glasses on the hike. When it’s time for a break, give everyone a magnifying glass and point out a few interesting objects, such as chewed-up leaves or tiny insects, for them to examine up close.
- **Slow It Down:** After you’ve had a chance to hike for a short distance, have the Scouts pause to take in their surroundings—one sense at a time. First have them look around and notice the details of what they see (e.g., the light, shapes, lines, colors). Then have them stand very silently for a short time, listening for sounds from nature. Follow that up by selecting several safe objects the Scouts can feel, such as bumpy tree bark or a cool rock. A leaf or a flower might be a good opportunity to explore the sense of smell as well. If Scouts ask about the sense of taste, remind them that it’s not safe to taste items they find in nature.



- **Tell a Story:** Have Wolf Scouts bring a small journal and a pencil (or several colored pencils) to record what they see along the trail. When the group stops to rest, have everyone take the first few minutes to quietly jot down notes or draw sketches to capture interesting things they have seen. The notes or sketches will help the Scouts when it's time to record their observations in their handbooks for requirement 6.

### ◆ **Activity 2: Trail Games and Hiking Songs (Optional)**

See Meeting 3 Resources.

### ◆ **Activity 3: Creature Hunt (Requirements 5 and 6)**

Scouts should find two interesting things on the trail to record in their handbooks.

## **CLOSING**

- Guide Scouts in a reflection on ways they showed respect for wildlife (requirement 4).
- **Thank You Circle:** Everyone—Scouts and leaders—forms a circle and links hands. Go around the circle, and give everyone the opportunity to say thank you for something. (Arrange the group so that the person on your left is already prepared and will give a good answer to set the tone.) Say something like, “You’ll know it’s your turn when the person before you squeezes your hand. You can say something out loud if you like, or just think something to yourself. When you are done, you squeeze the hand of the next person, and so on, around the circle.”
- You will be last; use your turn to thank the Scouts for the great job they did on the hike, thank any leaders who helped today, and add anything else you’d like. Close with the Scout Benediction: “May the great Scoutmaster of all Scouts be with you until we meet again.”

## **AFTER THE MEETING**

- Write thank-you notes to those who helped.
- Record completion of requirements 4, 5, and 6.

# **MEETING 3 RESOURCES**

## **ACTIVITIES**

### **Activity 2: Trail Games**

If you notice young hikers start to complain about the hike or boredom sets in, try some of these games and songs to keep them moving down the trail while distracting them from thinking about the remaining distance.

- **ABC's:** Starting at the beginning of the alphabet, identify something on the trail that begins with “A,” and work your way to “Z.”
- **The Never-Ending Story:** One person begins to tell a story and passes it along to another person to continue the plot, and so on. This can be a successful way to keep the group hiking together, laughing, and being creative.
- **Categories:** Think of a topic, such as animals, colors, cartoon characters, or U.S. states. Each hiker takes a turn identifying something in the category. This continues to rotate through the group. If a hiker cannot think of something or they repeat something that has already been said, that person is out.
- **Riddles/word games:** Brain teasers are fun and entertaining for hikers of all ages. There are several resources on the Web to find appropriate riddles. Here are just a couple of examples:
  - Q. What happens once in a minute, twice in a moment, but never in a thousand years?  
A. The letter “M”
  - Q. What is round on both ends and “hi” in the middle?  
A. Ohio
  - Q. What travels around the world, but stays in a corner?  
A. A postage stamp



- **Minute Mysteries:** Similar to riddles, minute mysteries can keep a group entertained for quite a while on the trail. Search the internet for minute mysteries to find numerous short mysteries to solve. Here are some brief examples:
  - Q. A man leaves home, takes three left turns, and returns home to find two people in masks waiting for him. Who are the people in masks?
  - A. It's a baseball game; the two people in masks are the catcher and umpire.
  - Q. A cowboy rides into camp on Tuesday, stays three days, and leaves on Tuesday. How is this possible?
  - A. The cowboy's horse is named Tuesday.
  - Q. A woman pushes a car up to a hotel and realizes she is bankrupt. How can this be?
  - A. The woman is playing Monopoly.

## ◆ Activity 2: Hiking Songs for Scouts

### Along the Trail

*(original author unknown; sung to "Frère Jacques")*

*Let's go marching, let's go marching,*

*Along the trail, along the trail.*

*I love to march fast; I love to march slow,*

*Along the trail, along the trail.*

*(For additional verses, substitute other actions for marching.)*

### March and Sing

*(original author unknown; sung to "Here We Go Round the Mulberry Bush")*

*Along the trail we march and sing,*

*March and sing, march and sing.*

*Along the trail we march and sing,*

*Along the trail today.*

*(Additional verses: We huff and puff; skip and whistle; swing our arms)*

### I Met a Bear

*(original author unknown; sung to "Skip to My Lou")*

*I met a bear along the trail, I met a bear along the trail,*

*I met a bear along the trail, I better step aside.*

*(Additional verses: I met a skunk; squirrel; deer; etc.)*

Upon completion of the Paws on the Path adventure, your Wolves will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loop, to be worn on their belt, as soon as possible according to your pack's tradition.





