Webelos Walkabout
Adventure Requirements

Complete Requirements 1-4 and at least one other.

1. Plan a hike or outdoor activity.
2. Assemble a first aid kit suitable for your hike or activity.
3. 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.
4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.
5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.
6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.

Parent Corner
In this adventure, your Scout will awaken his inner explorer by planning and preparing the necessary steps and precautions to go on a hike. Your scout will also learn about some of the possible dangers that can be encountered during a hike, which include injuries, poisonous plants and venomous animals. It is important to work with your Scout and support their development and curiosity, while at the same time ensuring they are safe as they plan and conduct their hike.
Instructions

1. Look at your webelos Cub Scout Handbook to identify what information is needed to plan a hike.
2. Complete the hike plan on the table in your Webelos Cub Scout Handbook.

If you are planning to use an existing trail (at a state park, for example), try to get a copy of the trail map. Study it ahead of time to learn more about the trail.

Remember that it's important to stay hydrated and to eat nutritious food while out on a hike. Look in your Webelos Cub Scout Handbook for some suggestions.


How fast can you hike? On a 3-mile hike, most Webelos can expect to average about 1-2 miles an hour, including stops.

Pee Wee Says

“Want to bring a healthy snack on your hike? You can make home homemade trail mix by mixing raisins, granola clusters, cereal, candy-coated chocolate, pretzels, dry fruit, nuts, sunflower seeds to make a healthy trail mix.”
Instructions

1. Assemble a first-aid kit suitable for your hike or activity.

If you have completed the First Responder adventure, this requirement has been completed.

If you haven’t completed First Responder, make a personal first-aid kit.

When you are hiking, you have to be able to take care of any minor emergencies that come up. The Scout motto is “Be Prepared.” One way to be prepared is to carry a first-aid kit whenever you go hiking.

Materials Needed
- Band-aids
- Antibiotic ointment
- Sting Eeze pads
- Antiseptic wipes
- Zip bag

Pee Wee Says

“A Scout is brave. If an emergency occurs on your hike, remember to stay calm and use your first-aid training. Panicking doesn't help anybody.”
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Requirement 3: Outdoor Code & Leave No Trace

Instructions

1. 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.
2. You can also watch this video to learn more about Leave No Trace.

THE OUTDOOR CODE

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

LEAVE NO TRACE Principles for Kids

Know Before You Go
Choose the Right Path
Trash Your Trash
Leave What You Find
Be Careful with Fire
Respect Wildlife
Be Kind to Other Visitors

Pee Wee Says

“How can you demonstrate Leave No Trace and the Outdoor Code on your hike?”

Materials Needed
• Pencil
• Crossword puzzle
The Outdoor Code and Leave No Trace Crossword Puzzle

Across
2. Be clean in my outdoor
3. Trash your
5. Choose the right
6. Know before you
9. Be kind to other
11. Be careful with

Down
1. Be considerate
4. Respect
7. As an american, I will do my __________ to-
8. Be conservation
10. Leave what you
The Outdoor Code and Leave No Trace Crossword Puzzle

ANSWER KEY
Instructions

1. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.
2. You can also watch this video to learn more about poisonous plants.

Materials Needed
- Crayons, markers or colored pencils
- Poison ivy coloring sheet

Poisonous plants create an itchy rash on your skin that can last several days or weeks. If you think you were exposed, wash off the oil from the plant with soap and water as soon as you can. You may not be able to see the oil, but you need to thoroughly wash it off your skin and get a clean change of clothes.

If the itching has begun, use calamine lotion. Other home remedies include pouring cold coffee on the affected area or using the inside of a banana peel, cucumber slices, raw potatoes, or aloe vera juice. Do not scratch the affected area and do not pop the bubbles on the rash.

Find the poison ivy coloring sheet and review the leaf pattern to assist you in identifying poison ivy. Color the picture. Tell someone about what you learned and identify poison ivy on your next hike (DO NOT TOUCH IT!!!).

Pee Wee Says

“To avoid poison ivy and poison oak, remember this rhyme: “Leaves of three, let it be; berries white, poisonous sight”.”
No one wants to get Poison Ivy, It makes your skin get red and break out in very, very itchy bumps!

What's the best way not to get Poison Ivy? By knowing what it looks like!

This is not always easy. Poison Ivy can have shiny leaves or dull leaves. It can grow close to the ground or up on trees and posts. Sometimes, it has tiny white flowers. Other times, it has pale green berries.

But one thing about Poison Ivy never changes. Its leaves always grow in groups of three!

Poison Ivy leaves can have edges with teeth on them. Color these leaves green.

Or Poison Ivy leaves can have smooth edges. Color these green too.

In the spring, Poison Ivy leaves are small and young. Color these leaves red.

In the summer, the leaves get bigger and turn green.

In the fall, Poison Ivy leaves can turn yellow, red, or orange.

In the winter, Poison Ivy loses its leaves, but not its hair! That's how you can tell the stems of Poison Ivy in the winter. But be careful, it's still poisonous! Color these stems brown.
Identify the following venomous reptiles and dangerous insects by connecting them with a line. Review your Webelos Cub Scout Handbook if you need help identifying them.

- Gila monster
- Eastern diamondback rattlesnake
- Western diamondback rattlesnake
- Timber rattlesnake
- Prairie rattlesnake
- Sidewinder rattlesnake
- Coral snake
- Water moccasin
- Copperhead
- Wasp
- Tick
- Chigger
- Black widow
- Brown recluse
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Requirement 4: 3-mile Hike
Requirement 6: Leadership Role

Instructions

1. Plan and bring a nutritious lunch or snack. Enjoy it on your hike. Don’t forget to clean up after you eat.
2. Review your Webelos Cub Scout Handbook to learn about leadership roles during your hike.
3. With your den or family members hike 3 miles. Performed leadership role while on the hike.

You may know how to walk, but hiking is different. Here are some things that make hiking easy and fun:

- **Look around.** Unless the trail is rocky or uneven, stop looking at your feet and start looking at the world around you. Spread out on the trail so you can see more than your buddy’s back, but do not spread wider than the trail. Keep at the pace of the slowest hiker in your group.

- **Take breaks.** Plan to stop for 10 minutes after every 30 minutes of hiking. Stretch your muscles and study the world around you. If possible, take breaks after you climb big hills.

- **Stay on the trail.** Don’t go around muddy spots or take shortcuts. That makes trails wider and damages the environment.

- **Walk in single file.** If you’re hiking along a road, stay in single file on the left side. Wear white or reflective clothing or carry a flashlight.

- **Respect other hikers.** Don’t be too noisy. If you meet other people, give them the right of way, especially if they are going uphill or are on horseback.

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**Pee Wee Says**

“A Scout is cheerful, looking on the bright side when bad things happen and doing chores without complaining. How can you be cheerful on hikes?”