

Hiking Techniques

Learning Objectives	As a result of this training experience, participants should be able to <ul style="list-style-type: none">• Explain the techniques of safe hiking.• Explain how to plan a safe hike.• Tell how to select the right footwear, clothing, and other gear.• Explain the importance of setting a pace and resting while hiking.• Demonstrate the ability to pack items for accessibility on the trail.
Trainer Preparation	<ul style="list-style-type: none">• Study the training outline.• Review “Packing for a Campout” in the Outdoorsman activity badge section of the <i>Webelos Handbook</i>.• Review the rules for hiking safety in chapter 13 of the <i>Cub Scout Leader Book</i>.• Practice and time your presentation in advance to help you stay within the time limit.
Materials	33452, <i>Webelos Handbook</i> , Outdoorsman—“Hiking” 33221B, <i>Cub Scout Leader Book</i> , Chapter 32, “Outdoor Activities” 33832A, <i>Cub Scout Leader How-To Book</i> , Chapter 4, “Outdoors”—“Fun on Hikes”
Time	20 minutes. Start on time. End on time.

Hiking Equipment for Webelos Scouts Explain that most Webelos Scouts have not yet invested in a lot of gear, so you may be surprised at the variety of alternative equipment you find in their packs. Nevertheless, it is essential to teach every hiker to avoid bringing unnecessary items. Leaders should also note the type of shoes that will be worn by all those who plan to hike, and make suggestions as required. Remind hikers that new boots or shoes should be broken in by wearing them for several weeks before using them for a hike.

Hiking Safety Emphasize that Webelos Scout hikes should not be longer or more challenging than a 10-year-old can handle. Avoid even the hint of getting lost! Stick to popular, well-traveled trails and public parks.

Review the rules for hiking safety:

- Avoid highways.
- When walking along any road, walk single file, to the left as far as possible.
- Match the pace to the short steps of the boys.
- Take frequent rest stops. Use the time for talking about nature, play quiet games, or eat snacks.

- Never drink untested water.
- Stay off private property unless you have permission.
- Stay away from railroad tracks.
- Avoid natural hazards such as fast-moving streams, steep cliffs, caves, and areas with loose rocks.
- Plan all hikes and finish during daylight hours. Plan to return before dark.

Outdoor Essentials

Some essential items should be taken on any hike or other outdoor activity.

- Map and compass
- Flashlight
- Trail food
- Filled water bottle
- Rain gear
- First aid kit
- Pocketknife
- Matches (stored in a watertight container) and fire starter
- Sun protection
- Extra clothes (socks for a hike, extra clothes for a campout)
- Whistle

These will fit into a day pack or book bag. The length of the hike and the local weather will help determine if other items need to be brought along.

Summary

Summarize by stressing that Webelos Scouts are encouraged to hike, not backpack. Webelos Scouts could be encouraged to bring a small, lightweight day pack or belt pack, if they own one, for water and snacks, but should avoid using a full backpack for a hike.