

Required For



Preparation for:
Tenderfoot reqs 4b, 5
Star/Life req 5
Hiking Merit Badge



Webelos Walkabout

Takeaways

- Planning Hikes
- Collecting the needed gear
- Learning outdoor safety skills
- A Scout is brave, kind, cheerful

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



Requirement #1: Plan a hike or outdoor activity

Creating the hike plan isn't just essential for the boys, but also for you. This can be your launch point for creating the BSA Tour Plan and hiking flyer to give to the parents.

Introduce the hike. If you have a map, either printed or digital, this would be a good opportunity to share it with the Scouts so they can visualize the location and the path they will take. Tell Scouts the following:

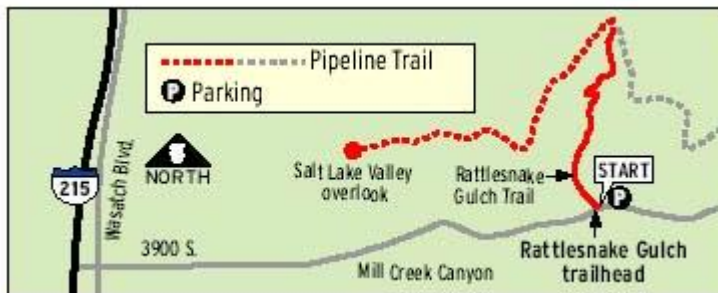
- Where the trail is, how long it is, and any other relevant hike details
- What they will see there
- What they need to do to get ready for the hike

Have Scouts record the plan in their handbooks on page 101.

Rattlesnake Gulch to Salt Lake Valley Overlook Hike

This is one of my favorite hikes and a great one to take the Webelos on. It's in Millcreek Canyon, just up from the pay station. The gulch trail (indicated by the solid red line) is where you make the elevation gain and can be difficult for out-of-shape hikers. However, once you reach the Pipeline Trail at the top (indicated by the dotted red line), the trail levels out and you get spectacular views as you hike to the overlook. The overlook gives you views of the entire Salt Lake Valley.

Mountain bikers and hikers with dogs frequent this trail. You will need to pay when you leave the canyon, even if you're in a Scout uniform.



Round trip miles: 3.8 miles
Hiking time: 1 hour 50 minutes
Elevation gain: 729 feet
Difficulty: Easy/Moderate

Jordan River Trail Hikes

These are easily accessible hikes that take the boys out into nature in their own back yard. Take along a trash bag and have the boys collect trash along the way to fulfill Requirement #6.

- Jordan River trail from the General Holm Trailhead at 3800 South 1050 West to the Freedom Shrine = 3 miles round trip. The Freedom Shrine has plaques of US Historical documents.
- Lester Street Trailhead at 3060 S Lester Street through the Redwood Nature Area and up to the Redwood Trailhead Park = 3.2 miles round trip. The Redwood Nature Area is a great example of a wetland. This is also a great area to see various species of birds and waterfowl.



Full maps are available at <http://jordanrivercommission.com/jordan-river-parkway-trail-map/>

Requirement #2: Assemble first-aid kit

As Webelos venture into the outdoors on hikes and overnight campouts, they need to carry a personal first aid kit. Often the boys misunderstand what they need in a personal kit and often carry more than they need.

Make a Personal First Aid Kit

1. Pass out 3 band aids, 3 antiseptic pads or 1 medicated ointment packet and 1 cleansing pad (moist towlette).
2. For a container you can use film canisters, Airborne tablet canisters or Altoids or gum tins.
3. Using white label stickers, have the boys draw a red cross on the label (the universal symbol for first aid) and stick the label on the canister or tin.
4. If using canisters, you can glue a ring on the back to make it a neckerchief slide.



Requirement #3: Recite the Outdoor Code and Leave No Trace Principles for Kids from memory

This is on the last page of the Webelos Guide. Go over this constantly with your den. Have them recite it over and over until they can say both from memory.

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

Requirement #4: Hike 3 Miles

Unlike camping, hiking doesn't require a lot of equipment. There are some things you should always carry.

In a backpack or waist pack, have the boys pack the following:

1. First Aid Kit from Requirement 2
2. Extra Clothing (specifically extra socks, and warmer clothing as needed)
3. Rain gear (a plastic garbage bag is adequate)
4. Filled water bottle
5. Pocket Knife (if they've earned their Whittling Chip)
6. Flashlight
7. Trail food (granola bars, gorp, etc.)
8. Sun Protection (sunscreen, hat, etc.)
9. Map and compass

Boys should wear good hiking shoes or boots and socks, their regular field uniform or activity uniform (cub scout t-shirt and shorts), and should be sure to bring along any essential medications (asthma inhalers, epi-pens, etc.).

Guidelines for a GREAT Hike

1. Look Around. Stop looking at your feet, and take a look around you. You're going to see some great stuff. Also spread out a little on the trail so you can see more than your buddy's back.
2. Take Breaks. Plan to stop for 10 minutes after every 30 minutes of hiking. Always take breaks after you climb big hills, not before them. Always make sure everyone gets a full break.
3. Stay on the Trail. Going off the trail can damage the environment. Even when the trail is muddy, or you can see an easy shortcut.
4. Walk in Single File. This keeps everybody on the trail, and lets other hikers/bikers easily pass.
5. Respect other Hikers. Always give them the right of way on the trail, most especially when they're going up hill. Don't be too noisy. Always give the right away to people on horseback.

Plan and Prepare a Nutritious Lunch or Snack

Hiking meals are different from the meals and snacks we might take to day camp or other outings. First, you don't want to have to drag a cooler up the trail with you. Second, even the lightest lunches can get heavy when not planned or packed correctly.

How to Complete

Help Scouts brainstorm a list of ideas for lunch on the trail. Guide Scouts to good options for nutritious, simple food that travels well, does not require refrigeration, and will be easy to dispose of responsibly. Encourage Scouts to consider options for incorporating different food groups.

When Scouts have agreed on a lunch menu, have them record the menu and their responsibilities for the meal in their handbooks (page 110).



Requirement #5: Poisonous Plants and Dangerous Animals.



Found nationwide
Leaves of three,
let it be

Poison Ivy

Poison Ivy is found over most of the United States. It has three leaves, and can creep as much as ten feet up trees, rocks and walls. The berries can be white or light blue in color. Most prevalent in the Northeast, Midwest and Mid-Atlantic regions of the United States.



Mainly on the west coast
Leaves of three,
let it be

Poison Oak

Poison Oak is found over the entire west coast and the southern half of the United States in non-desert regions. The leaves resemble those of an oak tree, but are in the same clusters of three as poison ivy and have the same small whitish-blue berries.



Can also have ten leaves with one on the end

Poison Sumac

Poison Sumac can have groups of five to thirteen leaves. The berries grow between the leaves (not placement on picture versus Poison Oak above) and can grow in very large clusters, as long as branch with leaves on it. Poison Sumac causes the worst rashes, and is typically found in damp, cool, marshy environments in the northern half of the United States. It is most profuse in the Great Lakes states, especially around bogs.



Gila Monster

Gila monsters are large stocky lizards, with short thick tails and large heads. The scales on the backs of these lizards resemble a beadwork pattern of black, orange, pink, and yellow.

In Utah, preferred habitats for the gila monster include large rocky shelves, sandy areas, and creosote-sagebrush areas. Gila monsters in Utah are most active during the spring and summer months, although they do spend about 95% of the active season in burrows or under rocks. In Utah, the gila monster occurs only in the extreme southwestern corner of the state.



Great Basin Rattlesnake

Great Basin rattlesnakes are typically light tan, yellowish, or light gray in color, with dark blotches on their backs.

The Great Basin rattlesnake is found in much of western Utah, where it occurs in a variety of habitats ranging from prairie and desert areas to open mountain forests. This species is primarily found on the ground, but will occasionally climb into trees and shrubs. During periods of cold weather, Great Basin rattlesnakes occupy mammal burrows, crevices, and caves, where they become inactive.



Midget Faded Rattlesnake

This rattlesnake is typically tan, cream, or yellowish in color, with faint oval blotches on the back. The midget faded rattlesnake is usually less than 24 inches in length.

The midget faded rattlesnake is a subspecies of the western rattlesnake that is found in western Colorado, eastern Utah, and southern Wyoming. Midget faded rattlesnakes are primarily found on the ground, but will occasionally climb into trees and shrubs. When inactive during cold weather, individuals occupy mammal burrows, crevices, or caves, where they sometimes congregate in large numbers.

Requirement #6: Perform a Leadership Role on a Hike

A Troop hike doesn't always include every member of the troop nor the patrols that make up the troop. The Senior Patrol Leader, or lead Scout on a hike, will often assign leadership roles to the boys going on the hike. These roles last the duration of the hike.

Serving as a hike leader is great preparation for Boy Scouts.

- **Trail Leader** – Responsible for calling breaks, following the map, setting a comfortable pace, and pointing out hazards to the other hikers
- **First-aid Leader** – Responsible for carrying the Den First Aid kit and helps give first aid as needed.
- **Lunch or Snack Leader** – Responsible for assigning Scouts to carry food, identifying the lunch spot, and supervising cleanup.

Remember, the best leaders lead by example.