



# SCOUT MEETING SCHEDULE: WEEK 1

## THEME: HIKING "A"

Date: \_\_\_\_\_

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Freezing Statues Game <i>See detail planning sheet</i>	_____
10 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook	_____
20 mins.	Game	Corner Dodge Ball Game <i>See detail planning sheet</i>	_____
40 mins.	Skills	Review compass directions and map symbol identification. Reinforce with "Map Challenge" activity. <i>See detail planning sheet.</i>	_____
20 mins.	Game/Challenge	Map Symbol Relay <i>See detail planning sheet</i>	_____
20 mins.	Patrol/Troop Meeting	Contour line demonstration. <i>See detail planning sheet</i>	_____
10 mins.	Closing	<i>See Scout Leader's Handbook</i>	_____
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	_____

Badge Links: \_\_\_\_\_

Meeting Notes: \_\_\_\_\_

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## GAMES

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### FREEZING STATUES GAME

#### PURPOSE

- This game will help develop your Scouts' ability to react quickly.

#### EQUIPMENT

All you'll need is regular meeting hall space.

#### HOW TO PLAY

- Players must stand on a line. "IT" stands on another line in front of them 15-25 m away.
- IT chooses a statue-like pose that all must assume when told to "freeze."
- IT turns her back, counts rapidly to five, calls "freeze" and then turns to face the players. While IT has been counting, players may move forward. As soon as IT calls out "freeze", everyone must obey.
- Any Scouts IT spots moving, or in the wrong pose, must go back to the starting line.
- Then, IT turns her back and starts counting again; players again move forward, and so on.
- The first player to cross IT's line, becomes the next IT.

### CORNER DODGE BALL GAME

#### PURPOSE

- This game is just for fun.

#### EQUIPMENT

- You'll need two or three soft rubber balls.

#### HOW TO PLAY

- Divide the troop into four groups with each group standing in a separate corner of the hall. One to three players are in the centre of the hall armed with soft, rubber balls.
- On a signal, players must move to a new corner. If they are hit by a ball while changing corners, they're out. When the next signal is given, players cannot run back to the corner they left on the previous change. This ensures that players will alternately run along and across the hall.
- The last player wins.



## MAP & COMPASS

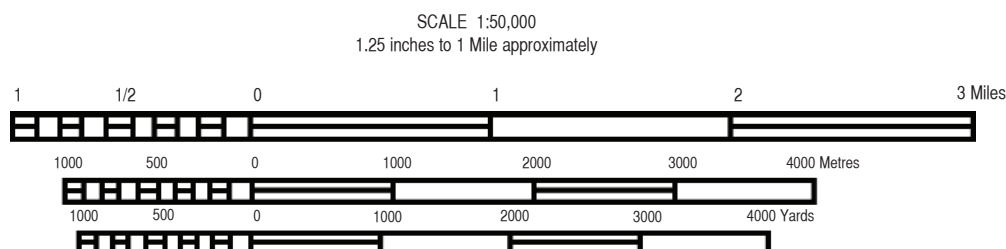
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### COMPASS

- The compass needle always points North, right?
- Wrong! The needle has two ends, and one points South.
- Okay, the North end of the needle always points North, right?
- Wrong! The compass needle points to Magnetic North, not True North. Trail navigation isn't so precise that hikers have to worry about this angle difference. It's more important to know the compass points and the direction you're travelling on the map.
- Review basic compass directions. Using a compass, have the Scouts move around, getting familiar with how the needle swings. Though it swings, the needle always points North. Discuss the 16 compass points and their relation to North.

### MAP SYMBOLS

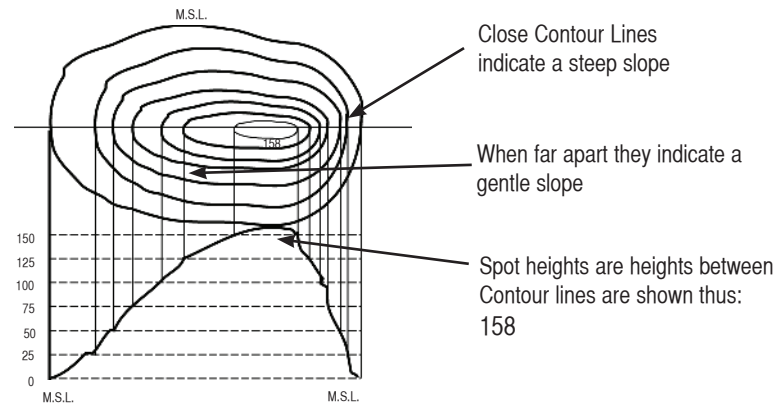
- All Canadian topographic maps carry a graduated scale at the bottom of each sheet. This scale usually shows the distance in both miles and kilometres. To use the scale, measure the route you're travelling, then compare it against the scale to determine distance. If it's a straight route, a ruler or piece of paper will be good for measuring. If your route curves, use a piece of string.



- North is generally found at the top of the map, South at the bottom. Look on your map for the compass symbol; this indicates North.
- Topographic maps illustrate the vertical shape of the terrain by using contour lines and other map symbols. Brown contour lines, which connect points of equal height throughout the area presented on the map, show where you'll encounter hills, valleys and plains. Each line is numbered to tell you the height of the ground above sea level.



## MAP & COMPASS



- The above drawing illustrates an imaginary hill rising from sea level to 158 m; this is how it would appear on a map, and how it would appear in cross-section. Where lines are far apart, the ground slopes gently. Where they appear close together, the hill is steep. When lines are crowded, they show a cliff. At the top of a large hill, the map may give you a number called a “spot location.” This shows the altitude of the crest.
- Map symbols are identified on all maps in the legend, which may appear in the margin or on the back. These symbols tell you details of the terrain and the area.
- The colours used are symbolic, too. Everything in black indicates the works of man—roads, railroads, bridges, towns, boundaries and dams. Water, such as rivers, lakes and swamps, appears in blue. Valleys, hills and mountains are brown. On some maps, woodland areas are shown in green, main highways in red.
- Canadian topographic maps are relatively inexpensive.

Contact your local Natural Resources Office or write, phone or fax:

**Canada Map Office**  
**Natural Resources Canada**  
615 Booth St.  
Ottawa, Ontario  
K1A 0E9

1-613-952-7000 (Phone)  
1-800-465-6277  
1 800 661-6277 (Fax)

*If you live in a large city, a local supplier will probably be able to provide the most popular maps.*



## MAP FEATURES

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Dual Highway		Buildings	
Cart Track		Telephone Line	
Trail or Portage		Power Line	
Railway - single		Windmill	
Railway - multiple		Lighthouse	
Railway - abandoned		Historical Site	
Horizontal Control Point		Tower	
Bench Mark		School	
Boundary Marker		Bridge	
Mine or Quarry		Lake or pond	
Well		River	
2 lane highway		Stream	
Cemetery		Rapids	
Church		Dam or Falls	
Post Office		Swamp	
Spring		Orchard	
Icefield		Index contour	
Woods		Sand	
Contour line		Depression	

## MAP DRAWING SESSION

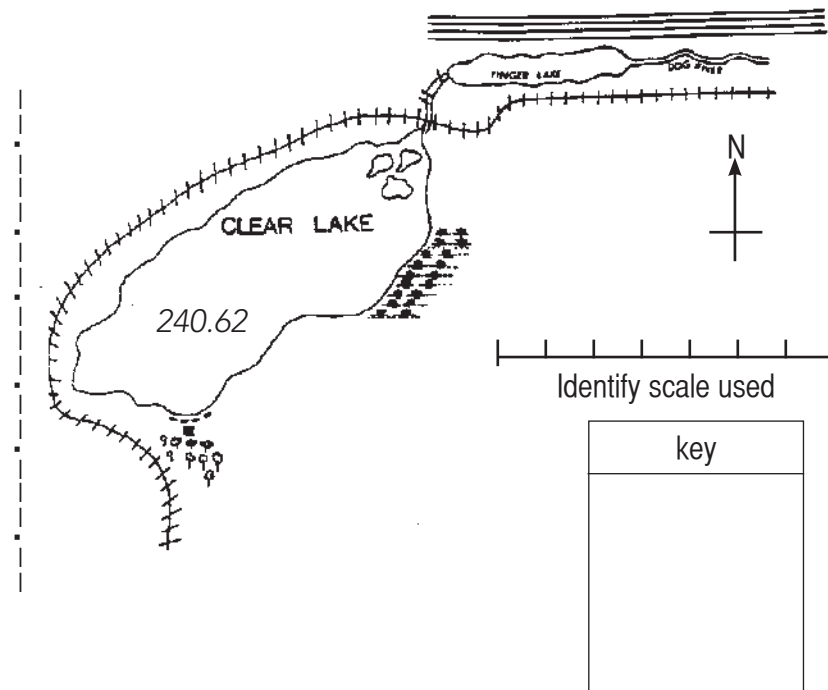
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- Pass out the directions to each patrol or small group to complete individually.
- With a piece of white paper, ruler and pencil, draw the following map.
- Place the paper so the long sides are on the top and bottom.
- The scale is 1 kilometre to one centimetre.



- Clear Lake is a large body of water covering about 1/5 of the paper, located in the centre of the map. It's roughly oval in shape and runs on a SW to NE axis. At its uppermost point, a small river runs two kilometres to the North. This river is fairly straight with three sets of rapids near its middle part. A small lake (called Finger Lake) running East-to-West, joins the other end of the river. The river exits from the West end of this lake. Finger Lake is shaped like a finger, and is 5 1/2 kilometres long and 1/2 kilometre wide. A river enters Finger Lake from the East. This river (called Dog River) runs due East off the map.
- A railroad comes onto the map from the South, due South of the southernmost point of Clear Lake. The railroad line runs North, meeting Clear Lake at a hunting and fishing camp.
- The camp consists of one large building sitting back from the water's edge, and four smaller buildings near the shore. A small orchard stands behind the large building. Two small springs are located just West of the orchard. The railroad skirts around the Northwest side of Clear Lake, crossing the river at the rapids, then running North to Finger Lake. At that point, it turns East running off the map.
- A four-lane divided highway runs East-West immediately north of Finger Lake. The height of Clear Lake averages 240.62 m, depending on the season. Three small islands huddle in a cluster on Clear Lake immediately South of the river that joins it with Finger Lake.
- A hydro line runs North-to-South immediately West of Clear Lake. The Southeast shore of Clear Lake is swampy.

*After drawing Clear Lake and area, check your maps against the following sketch.*





## GAMES

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### MAP SYMBOL RELAY GAME

#### PURPOSE

- This game will reinforce topographic map symbols in the minds of your Scouts.

#### EQUIPMENT

- Make copies of the map symbols for each team. Cut out into cards.
- Give each team a description page.

#### HOW TO PLAY

- Place map symbol cards and the description page about 20 metres in front of each team.
- At “Go!”, Scout #1 runs up, reads the first symbol description, finds the correct symbol and places it on the description.
- After completing this task, Scout #1 runs back to the line and Scout #2 runs up.
- Continue until one team has finished.
- Check to make sure the symbols are placed on the correct description.  
(Map symbols and their descriptions are included in this package.)

*Photocopy following two pages as required.*

*Note: Enlargement is suggested.*



Dual Highway		Buildings	
Cart Track		Telephone Line	
Trail or Portage		Power Line	
Railway - single		Windmil	
Railway - multiple		Lighthouse	
Railway - abandoned		Historical Site	
Horizontal Control Point		Tower	
Bench Mark		School	
Boundary Marker		Bridge	
Mine or Quarry		Lake or pond	
Well		River	
2 lane highway		Stream	
Cemetery		Rapids	
Church		Dam or Falls	
Post Office		Swamp	
Spring		Orchard	
Icefield		Index contour	
Woods		Sand	
Contour line		Depression	





# MAP SYMBOLS

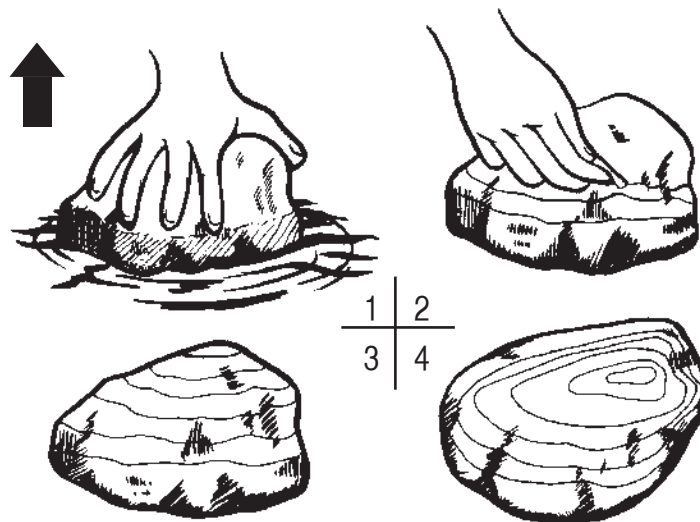
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## CONTOUR LINE DRAWING

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- This activity demonstrates contour lines.
- Each patrol needs to have several different sized rocks, a basin of water and waterproof markers.
- Dip a rock part way into water and mark the water line.
- Then dip it 2 cm deeper, draw another line, and so on until the rock is completely marked.
- This is an easy way to demonstrate contour lines.





## SCOUT MEETING SCHEDULE: WEEK 2

### THEME: HIKING "A"

Date: \_\_\_\_\_

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Play Kim's Game with Personal First Aid Kit items. <i>See detail planning sheet.</i>	_____
10 mins.	Opening Ceremony	<i>Details can be found in the Scout Leader's Handbook</i>	_____
60 mins.	Skills	Discuss fire/ Food/water. Make GORP or energy bars <i>See detail planning sheet.</i>	_____
20 mins.	Game/Challenge	Skin the Snake Game. <i>See detail planning sheet.</i>	_____
20 mins.	Patrol/Troop Meeting	Assign Personal First Aid Kits for next week. Review basic first aid. <i>See detail planning sheet.</i>	_____
10 mins.	Closing	<i>See Scout Leader's Handbook</i>	_____
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	_____



## GAMES

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### KIM'S GAME—PERSONAL FIRST AID KIT

- Collect all items for a Personal First Aid Kit, as well as some unrelated objects. Spread them out on a table and cover with a cloth. As Scouts arrive, ask them to look under the cover for only 10 seconds, then go off and write down all the items they can remember. After everyone has arrived, call out aloud all the items and see which ones your Scouts missed. Which objects would not belong in a Personal First Aid Kit?
- Give your Scouts the following items found in a First Aid Kit. Challenge them to see who can pack them into the smallest waterproof container. Review why each item is important. Check to be sure their kits contain everything next week.

### EQUIPMENT

- 1 - Scissors, small (9 cm)
- Tweezers
- 1 - roll Cling (5 cm x 5 cm)
- Sterile wipes
- 1 - Triangular bandage
- Adhesive tape (1 cm x 2.5 cm)
- 10 - Adhesive bandages
- 2 - Knuckle bandages
- 2 - Fingertip bandages
- 2 - Latex gloves
- 3 - Gauze pads, (5 cm x 5 cm))
- 3 - Gauze pads, (7.5 cm x 7.5 cm)
- 1 - Compress bandage (5 cm x 5 cm)

## BUILDING FIRES

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- Fire requires three basic element to burn: fuel, heat and oxygen. Fuel (example, wood) is a main ingredient, but it needs heat to raise the temperature of the fuel until it will burn. Without oxygen a fire will die.
- Think of a fire as something that must eat (fuel), breathe (oxygen) and keep warm (heat). Fires are extinguished by starving (cutting off the wood supply), dousing with water (cooling them off) or smothering them (not allowing air to get to the flame).
- Before making fires or hiking on private property, be sure to get permission from the landowner. Check with the local Department of Natural Resources (or Lands & Forests) office to see if you need a campfire permit. Sometimes during dry seasons, fires are banned. In that case, use a small hiking stove for your meal.



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## SAFETY

- Always have water available—preferably right beside the fire.
- Don't allow people to step over the fire; always walk around.
- Never leave a fire unattended.
- Make sure a fire is completely extinguished before leaving.
- Don't allow people to poke sticks in the fire, then wave them around.
- NEVER use liquid fuel (Naphtha, gas, etc.) to start a fire.

## FIRE PITS

- If you build a fire, use existing fire pits. If this is not possible, create a small fire site.
- Your fire site should not be under trees as sparks will set leaves on fire.
- Remove the sod to a depth of 10 cm. Place it in the shade and keep watered until replaced. Do your best to burn all the wood pieces to ash.
- After finished with your fire, make sure the fire is thoroughly drenched and the ashes stirred up. If you can put your hand where the fire was burning and still not feel any heat, it's safe to continue. Crush coals, then gather and scatter the ashes. Stir the fire pit gently to mix any remaining ashes with the soil, replace the sod, tramp down thoroughly, and water. Remove all trace of your fire site.

## FIRE BUILDING

- When gathering wood for your campfire, follow this rule: start small and work your way up.
- Tinder is small, easily-lighted material that will ignite kindling (pieces of wood larger than tinder). Kindling, in turn gets hot enough to light the main fuel (logs). This fuel then produces enough heat to cook your meal.
- Before starting, gather all the materials you think you'll need to build your fire. Then, get twice that amount—just in case. Tinder might include dead pine needles, dry leaves, bark, long dry grass, or small tiny branches. *Never remove bark from living trees and never use living branches for tinder. Don't use rotten wood (it crumbles), or green wood which bends but doesn't break.*
- Remember that flames burn upward. Putting a match on top of twigs or other fuel, will usually lead to failure. Flames must be under the fuel. Put your match in the lower-middle of the pile of twigs.



## FIRE BUILDING

- The Tepee and Log Cabin are two quick and easy methods to build a fire. See illustrations below.

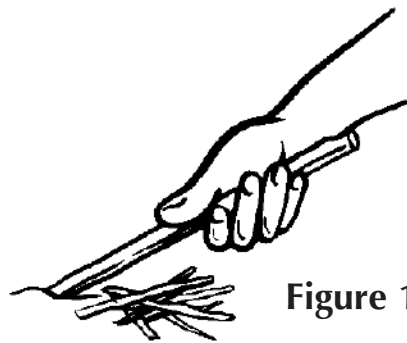


Figure 1

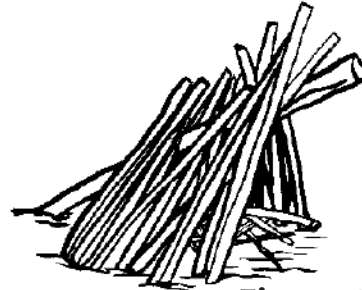
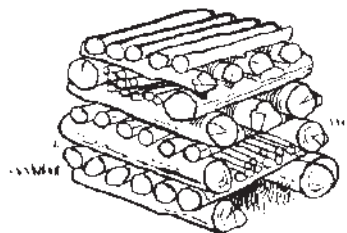


Figure 2



TEPEE



LOG CABIN



## SAFETY TIPS WHEN COOKING OVER A FIRE

1. Use oven mitts or leather gloves when handling hot pots.
2. Pour hot liquids or grease away from you. Don't pour into a hand-held cup.
3. Remove pots from the fire when stirring or adding ingredients.
4. Don't pass hot pots over another person, including ankles and feet!
5. Secure loose clothing and tie back long hair.
6. Keep water and baking soda on hand to put out fires. Use baking soda for grease fires, or smother these with a pot lid.
7. Be careful with knives. Use a firm cutting surface, not your leg. Never cut towards your body.
8. Don't let plastic bags touch hot pots and never hold plastic bags over the fire when adding cooking ingredients. Remove the pot from the fire first.

## WATER

- Water is as essential for life as air, and more important than food.
- Hikers lose a lot of water through perspiration, as well as salts that are vital for keeping muscles working properly. A resting adult needs two litres of water a day; hikers will need considerably more. Hikers can replace salts through sports drinks ("Gatorade") and by munching on "GORP" (Trail Mix).
- If you need to replenish your water supply while hiking, **NEVER DRINK** from a stream or lake. A popular, but incorrect, myth says that water running down a rapid, or over a waterfall, is clean. An animal drinking or urinating into water upstream will still contaminate the water downstream regardless of how many rocks it spills over.
- All water in the wilderness may contain bacteria or micro-organisms, such as *Giardia*. Therefore, only drink water after it has been treated.
- Two safe water purification methods involve boiling and using filters.

## BOILING

- After you've boiled water for ten minutes, all bacteria will be dead.
- Disadvantages of this method include:
  - One, large amounts of fuel are required to boil the water, and
  - Two, you must wait for the water to cool before drinking. As well, water will often taste "flat" after it has been boiled.



## WATER FILTERS

- Many filter types are available; be sure to purchase one that will trap micro-organisms as small as, or smaller than, *Giardia* (.06 micron).
- Effective water filters vary in cost and ease of use. Get yours at a local Scout Shop or outdoor store.

## “GORP” AND ENERGY BARS

- From an energy perspective, your body needs a balance of carbohydrates, fat and protein.
- Carbohydrates can be either simple (sugars) or complex (starches). Food loaded with simple carbohydrates can cause energy levels to rise quickly, then crash. Don't be fooled by so-called health food bars; many are held together by sugar syrup and chocolate coating and are simply repackaged candy.
- Fats are full of energy, but are slow to convert during activity. Your body first burns available carbohydrates stored in muscles before moving on to its fat reserves. Protein helps your body rebuild muscle and provides additional energy.
- Health authorities recommend that the percentage of calories drawn from fat should be less than 30% in the food you eat.

### Here's How Some Common Energy Foods Compare:

	TOTAL CALORIES	% CALORIES FROM FAT	% CALORIES FROM CARBOHYDRATES	% CALORIES FROM PROTEIN
Banana	100	2	93	5
Pretzels (1.5 oz)	166	10	79	11
Fig Cookie (4)	200	14	82	4
PowerBar	225	9 (3 g)	75 (42 g)	16 (11 g)
Snickers Bar	280	42	51	7

- Fresh bananas are a favourite after-race food for runners, but they tend to turn black and mushy when stored in the bottom of a pack. Pretzels have a low fat content, but often high salt level—due to the salty coating. Fig cookies are also a favourite sport snack, but they can get crumbly on long trips. *PowerBars* are a processed, low-salt sport food with added vitamins and minerals. People tend to either love or hate the taste of different sport bars; as well the bars can become difficult to eat in cold weather.
- Drink 200-400 mL of water or other fluids to help your stomach digest them.
- Looking for a low-cost alternative to commercial sport bars that combines the goodness of natural foods? *Try the following recipes when planning your next outdoor trip.*





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## BANK BALLS

- It takes about two hours to make 24 balls or bars. They won't melt in summer or turn rock-hard in winter.
- Developed by Joe Banks of Rodale Press and tested by Rodale Press Staff Nutritionist and Registered Dietitian, Anita Hirsh.
- 191 calories; 1g fat; 44 g carbohydrates; 4 g protein per ball.

### INGREDIENTS:

24 dried figs	½ tsp baking powder
⅓ cup honey	1 tbsp canola oil
4 tbsp orange juice	2 egg whites
2 tbsp lemon juice	¼ cup dark corn syrup
2.5 cups flour	1 tsp lemon juice
½ tsp baking soda	1 cup oat bran

- Combine figs, honey, orange juice and two tablespoons of lemon juice in a food processor.
- Chop the ingredients into fine bits. Set aside.
- Mix all other ingredients (except oat bran) in a large bowl. Beat with an electric mixer three to four minutes at medium speed.
- Add fig mixture and beat until blended. Roll 20 to 24 balls and coat with oat bran.
- Place balls on pan and bake at 350°F (170°C) for 10 minutes or until warm and a bit puffy.
- Refrigerate to harden.

## GARY'S HOMEMADE GRANOLA CRUNCH

(214 calories, 7 g fat, 34 g carbohydrates, 4 g protein per half cup serving)  
BSA Scouter and long distance runner, Gary Kuhn, finds this an excellent recipe.

### INGREDIENTS:

4 cups oats	½ cup wheat germ
¼ cup sunflower seeds	1 tsp cinnamon
½ cup chopped pecans	½ cup brown sugar
1 tsp salt (optional)	⅓ cup vegetable oil
4 tbsp honey	½ cup water
1 tsp vanilla	1 cup raisins
1 cup chopped dates	

*(Recipe continued on page 8)*



## GARY'S HOMEMADE GRANOLA CRUNCH (continued)

- Mix oats, wheat germ, sunflower seeds, cinnamon, pecans, brown sugar and salt in a large bowl.
- In another bowl, mix the oil, honey, water and vanilla.
- Pour the liquid mixture over the dry ingredients and mix well.
- Spread in a pan and bake at 300°F (149°C) for 50-60 minutes, stirring every 15 minutes.
- The granola will brown as it cooks.
- Cool on a wire rack and stir in raisins and dates.
- Store in airtight container.

*The recipe makes 20-24 half-cup servings.*



## “GORP”: GOOD OLD-FASHIONED RAISINS AND PEANUTS

- “GORP” provides a mix of carbohydrates, energy, salt and taste for hikers.
- There’s a thousand different varieties; you can tailor it to the time of year and individual taste.
- Chocolate pieces will melt into a gluey mess in the summer. Large pieces of dried fruit may break your teeth in the winter. Customize your GORP by mixing in dried fruit (such as bananas, apples and apricots) along with pretzels, corn nuts, salted sunflower seeds and other treats.
- Be careful not to overindulge; these foods are high in fibre.
- Try tailoring the recipe below to meet your needs.
- You can find all ingredients at the bulk food section of your local grocery store.

### INGREDIENTS:

50 ml - Smarties or M&M’s

50 ml - Chopped licorice

100 ml - Raisins

200 ml - Shredded coconut

50 ml - Cashews

150 ml - Chopped dried fruit

100 ml - Salted peanuts \*\*

*\*\* Ask your Scouts about possible food allergies.*



## GAMES

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### SKIN THE SNAKE

#### PURPOSE

- This game provides plenty of laughs.

#### EQUIPMENT

- All you need is space at your regular meeting hall.

#### HOW TO PLAY

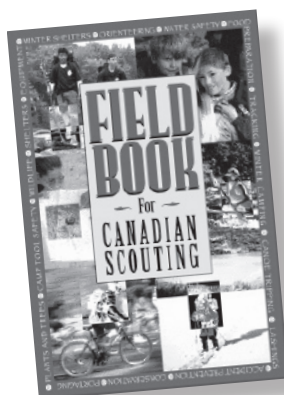
- Players must line up in a straight line behind each other. On a signal, players put their right hand between their widely opened legs and take hold of the left hand of the player standing behind them. The last player lies down and the file straddles over the Scout backward—the second last going down as soon as they are past the last one, and so on.
- Continue until all are players are lying down. Then Player #1 gets up and moves forward, followed by Player #2, and so on. Players must keep hold of the other players' hands at all times. Continue this action, moving across the meeting space.

### BASIC FIRST AID

- In patrols, briefly review “Basic First Aid” referring to the *Fieldbook for Canadian Scouting; Safety Section*.

#### Discuss the Following:

1. Scratches and bleeding
  2. Burns and scalds
  3. Sunburns
  4. Poison Ivy and other rashes
  5. Heat stroke and heat exhaustion
  6. Sprains
  7. Choking
  8. Shock
  9. Blisters
  10. Nosebleeds
  11. Fainting
  12. Rabies
- Remind your Scouts to bring in their Personal First Aid Kits next week.
  - Tell them to be prepared for a Skill-Testing Quiz.







## SCOUT MEETING SCHEDULE: WEEK 3

THEME: HIKING "A"

Date: \_\_\_\_\_

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Have Patrol Personal Leaders check over individual First Aid Kits. <i>See detail planning sheet, week 2.</i>	_____
10 mins.	Opening Ceremony	<i>Details can be found in the Scout Leader's Handbook.</i>	_____
20 mins.	Game	"Fool Ball" with skill testing questions on First Aid. <i>See detail planning sheet.</i>	_____
40 mins.	Skills	Review hiking equipment. <i>See detail planning sheet.</i>	_____
20 mins.	Game/Challenge	Game: "16 Points" <i>See detail planning sheet.</i>	_____
20 mins.	Patrol/Troop Meeting	Discuss and demonstrate how to pack. <i>See detail planning sheet.</i>	_____
10 mins.	Closing	<i>See Scout Leader's Handbook.</i>	_____
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	_____



## GAMES

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### FOOL BALL

#### PURPOSE

- This game will develop the ability to react correctly, in the context of answering skill-testing questions.

#### EQUIPMENT

- You'll need one volleyball, room to form a circle, and a list of skill testing questions on first aid. (included)

#### HOW TO PLAY

- Layers form a circle with their hands clasped behind their backs. One player is the “fooler” who stands in the centre of the circle with the volleyball. The “fooler” tries to trick the players by faking a throw at them. If a player moves her hands on a fake throw, or misses a real throw, then she must leave the circle to answer a skill testing question.
- Change the “fooler” frequently, perhaps after failing to fool three players. The last player would take the “fooler’s” place.

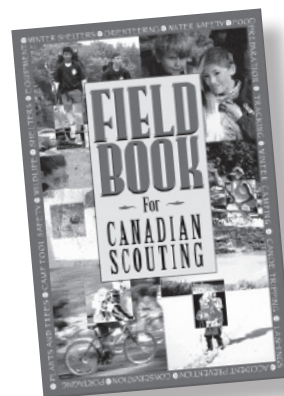
## FIRST AID QUESTIONS

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The following questions have been taken from the *Fieldbook of Canadian Scouting (Safety Section)*.

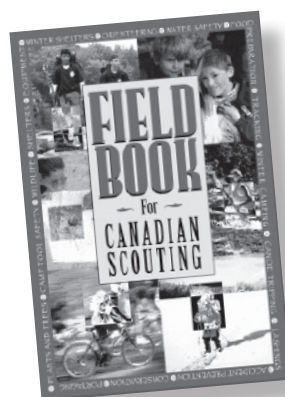
Find the answers there. Feel free to develop your own questions.

1. How do you treat a bee sting?
2. How do you stop severe bleeding?
3. What is a sling used for?
4. Demonstrate how to make a sling.
5. After severe bleeding has stopped, what do you do?
6. List some objects that could cause puncture wounds.
7. How do you treat sunburn?
8. What are the symptoms of shock?
9. What is heat stroke?
10. What are the symptoms of heat stroke?
11. What is more dangerous, heat stroke or heat exhaustion?
12. How do you treat a puncture wound?
13. How do you treat shock?
14. What would cause shock?
15. How do you treat a blister on the hand?





16. How do you treat a blister on the foot?
17. What are the symptoms of heat exhaustion?
18. How do you stop a nosebleed?
19. How do you treat a sprain?
20. How does a sprain occur?
21. When should the first aider put on latex gloves?
22. What do you do for Poison Ivy rash?
23. What should you do if bitten by a wild animal?
24. What should you do if someone faints?
25. What is the purpose of first aid?



## EQUIPMENT

1. Review outdoor equipment.
2. Have the items at the meeting and show them as you discuss each.
3. Pass them around for everyone to see.

- Boots
- Pack
- Wide brimmed hat, neckerchief, sunglasses
- Water bottle (1 litre)
- Map and compass
- Qaterproof matches, fire starters
- Personal First Aid Kit
- Knife
- Rain gear
- Extra clothing
- Toilet paper and a zip lock bag
- Whistle
- Flashlight
- Funscreen (SPF30 rating or higher)
- Insect repellent
- Food and drink
- Eating utensils.

## EXTRAS

- Camera and film (or digital camera and extra batteries)
- Binoculars
- Resource information
- Nylon cord
- Extra tarp.



## PACK

- You don't require as large a pack for a Day-Hike as for an Overnight-Trek.
- Day-Packs are just large enough to hold a day's supply of needs; they're usually soft and frameless. Because your shoulders carry most of the weight, ensure that packs have adequate padding on the shoulder straps.
- Some packs have a waist belt. This is used to keep the pack from bouncing as you walk.
- Encourage your Scouts to try on several varieties to be sure that the one they select will fit their shoulders comfortably.
- Check for neat seams, waterproofing, ease of opening, quality buckles and storm flaps around the top.
- Scouts Canada has a good variety of day packs for sale in their "Scout Shops".

## BOOTS

- Boots are the most important piece of equipment that you will require.
- Focus your footwear selection on comfort, durability and expected use. Boots that don't fit properly will turn a pleasant hike into tormenting agony.
- Before buying boots, talk to experienced hikers about their choice. Take socks you plan to wear on a hike with you to the store. Lace the boots on and try kicking your toe down into the boot. If your toes hit the front of the boot, then they'll become bruised when walking downhill.
- Walk around in the boots. If your heel moves up and down, you'll get blisters.
- Check that the collar of the boot has a cutaway on the back for your tendon. If your boot pushes on, or grabs, at your tendon, it will cause painful injury within several hours.
- The tongue of the boot should be padded and sewn on three sides.
- Look at the soles of the boot. Large, lugged soles are necessary for carrying a heavy pack and for walking in rough terrain. If you plan to gradually increase the duration of your hiking trips, buy a durable boot.
- Hikers are divided about whether to recommend leather or fabric.
- Leather is more durable and can be waterproofed. It is also heavier and takes longer to dry than fabric boots.
- Fabric boots are light and easily dried. They often don't provide enough ankle support for heavy loads, but would be suitable for day hikes or weekend trips.
- Regardless of which boots you purchase, make sure they are comfortable, provide proper ankle, toe and heel support, and supply good traction.

*Note: All boots (especially leather) require a break-in period. Start by gradually increasing the amount of time and walking you do before the hike. Don't wear new boots on a hike!*





## HAT AND SUNGLASSES

- A wide brimmed hat, neckerchief and a pair of sunglasses will provide protection from the sun.
- Just so you don't lose your glasses when you take them off, tie a cord onto them and let them hang around your neck.
- Your hat should have a brim of at least 7.5 cm to keep the sun off your face and neck.
- Hats and neckerchiefs also keep annoying insects from biting and buzzing around the top of your head and your neck.

## MAP AND COMPASS

- Not only do you require these, but you must know how to use them.  
(See *Week 1, of this Jumpstart*)

## WATERPROOF MATCHES AND FIRE STARTERS

- Your matches should be waterproofed in case you get caught in a storm or fall in a creek.
- Purchase these at your local "Scout Shop" or take some time to make your own.
- Fire starters are useful in rainy weather for starting fires with damp wood. Fire starters are available at outdoor shops, but it's easier to make your own. (See *Week 4, of this Jumpstart*)

## PERSONAL FIRST AID KIT

- Scouts should have their own First Aid Kits. These are small, compact, Personal Kits not intended to be used by the whole troop. A leader should carry a fully equipped kit on the hike.

## KNIFE

- From cutting rope and opening tin cans, to whittling kindling or cutting bologna, a pocket knife can be a useful tool. Attach a lanyard to it and fasten the other end to your belt or pocket so you won't lose it if the knife drops. Keep your knife sharp and dry it thoroughly if it gets wet. Never walk while using your knife. If passing a knife to someone else, pass it handle first, keeping the blade in control at all times.

## RAIN GEAR

- Even though the sky is clear, always carry rain gear. A rain suit will become your mobile shelter.
- Don't buy a K-Way jacket or poncho. Ponchos tend to fly up in wind and will drip onto your legs, making your pants wet. K-Way is not waterproof, but water resistant; you may get wet. Manufacturers have not yet developed the perfect rain gear that will keep you dry yet allow your internal moisture to pass through. Rubberized or PVC-coated nylon is your best bet.
- Although your clothing will become damp from sweat, you won't be completely soaked from the rain. Gore-tex material allows some "breathability" (ability to transfer sweat through the fabric), but it still doesn't keep a hiker dry.



## EXTRA CLOTHING

- An extra pair of socks, a warm sweater or pullover and an extra pair of pants or shorts are all you really need for a day hike.
- Wool socks are the best as they absorb moisture and don't get cold if they get wet.
- Change socks if your feet get sweaty.
- The pullover or pants are for a change in the weather.

## TOILET PAPER AND ZIP LOCK BAG

- Before leaving for your hike, call to find out if there are kybos available on the trail.
- Each Scout should carry a small amount of toilet paper for use in an emergency.
- Discuss with your Scouts the disposal of human waste using the cat-hole method. Select a location well away from water and off the trail. Dig a small personal hole about 12-14 cm deep. After use, refill with the soil and tamp down. Waste products will decompose in a short time helped by decay organisms in the top layers of soil. Pack out the toilet paper in the plastic bag.

## WHISTLE

- Every Scout should carry a whistle and know the signal for emergency.
- If a Scout becomes separated from the troop, three short blasts will signal distress.
- The lost youth should listen for answering signal blasts and continue to signal until found.
- Attach a lanyard to one end of the whistle. Either attach it to your belt, or hang it around your neck so you always have it.
- The Fox whistle is excellent because it always works whether cold, hot or wet. It's available at outdoor stores and "Scout Shops".

## FOOD AND DRINK

- Scouts love to munch trail mix as they hike. Trail mixes can be easily made at home. Hiking burns up calories, so a proper trail mix will include a good mix of fat and carbohydrate. (We covered trail mixes and GORP in Week 2 *of this Jumpstart*.)
- It's extremely important to replace the water you lose when hiking.
- Find out if fresh, safe drinking water is available on your trail. If it isn't, every Scout should carry enough water to last the day (2 L).
- DO NOT drink from any natural water source, due to the presence of bacteria and micro-organisms (*Giardia*), without purifying first.
- For more details on water purification see *Week 2 of this Jumpstart*.

## **EXTRAS**

### **CAMERA AND FILM**

- Leave it up to the Scouts' personal choice if they want to carry a camera.
- Perhaps you can nominate an "Official Photographer" to capture the troop's memorable moments.

### **BINOCULARS**

- Binoculars will only be necessary if you plan to observe nature.
- If this is the intent of the hike, share a set of binoculars among two or three members; some binoculars are quite heavy.

### **RESOURCE INFORMATION**

- Field guides for birds, animals, flowers and trees are useful to answer questions about natural life.
- Have Scouts bring some paper and a pencil. Challenge them to sketch a plant they see, then look it up in the field guide.
- Perhaps the trail will have literature available that you can carry and follow as you hike.

### **FLASHLIGHT**

- Even if you are just going for the day, carry a flashlight for an emergency that could delay you until night.
- Make sure it has fresh batteries and works.

### **SUNSCREEN AND INSECT REPELLANT**

- As the ozone layer thins, more people are concerned about skin cancer. UV rays can penetrate light cloud cover, haze and fog. Insist that everyone apply a sunscreen of at least SPF30. A product with this rating will block over 92% of the sun's rays. Don't forget your face and back of the neck.
- Insects can make hiking in the woods more difficult. Look for products with 100% "DEET" to repel insects. "DEET" can damage some nylons, plastics and synthetics, so be careful not to get it on these products.

### **NYLON CORD, TARP**

- Although not necessary for a day hike, these items should always be carried as emergency supplies.
- You can use a tarp for many things, including a temporary shelter or even a stretcher.



## GAMES

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### SIXTEEN POINTS GAME

#### PURPOSE

- This game will reinforce compass points.

#### EQUIPMENT

You'll need 16 cards, each marked with one of the 16 points of a compass.

#### HOW TO PLAY

- Mark a large circle on the floor or ground. Place the 16 cards face down on a table or bench. Players take a card and check to see what their compass point is. The person who has North, goes and stands anywhere on the circle.
- Upon hearing the command, "This is North. Find your place!" other players must try to take their appropriate place in the circle.
- Play several times until the players become proficient. To challenge them further, take any bearing (e.g. SSW) and place it on the circle, then ask everyone to find their place according to that bearing.

## PACKING

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In patrols, discuss how to pack your day pack. Using the diagram below as a guide, demonstrate packing. Remember to include the following points.

- Few packs are waterproofed. It's useful to put a plastic bag inside your pack before filling to ensure the contents stay dry.
- When packing your bag, place the heaviest items close to the back and the lightest items on the bottom and top.
- Try to place items that you will need first on the top or in an accessible pocket.
- Always put items back in the same place to avoid unzipping all the pockets each time you need an item.
- Securely wrap all food so it doesn't leak through your pack.
- Water should be in leak-proof containers, either in an outside pocket or on top within easy access.



# BACKPACKERS CHECKLIST

- This checklist is offered as a near minimum for a safe and comfortable backpack outing. Using a sturdy backpack and sleeping bag the weight should be under 8 kg. You will need to add 750 gm - 1 kg per person per day for dehydrated food and 1 kg per 1.2L for water. You should be able to pack in for a week carrying under 13 kg.
- NOTE: It is not intended that this be considered as either the best or the only way to pack a bag. As you gain experience you can shift around to suit your own ideas.

**A. Flap Pocket**

- Maps\*
- Medical Allergies & Restrictions
- Fire Permit       Identification
- Notebook\*       Pen
- Fishing & Hunting License

**B. Carry On Person**

- Knife\*
- Medic Alert Bracelet or Pendant (if used)
- Compass\*
- Waterproof matches\*

**C. Upper Left Pocket**

- Canteen\* or
- Stove Fuel and or•
- Rain Gear•

**D. Back Pocket**

<input type="checkbox"/> Plastic Bowl	<input type="checkbox"/> Cup	<input type="checkbox"/> Tablespoon
<input type="checkbox"/> Matches*	<input type="checkbox"/> Lunch*	<input type="checkbox"/> Trail Snacks*
<input type="checkbox"/> Extra Glasses*	<input type="checkbox"/> Sun Glasses*	<input type="checkbox"/> Juice Crystals
<input type="checkbox"/> Plastic Glasses	<input type="checkbox"/> Rubber Bands	<input type="checkbox"/> Nylon Cord 10 m
<input type="checkbox"/> Toilet Kit: Toothbrush and paste, soap*, dish cloth, toilet paper* paper towels or cloth		

**E. Upper Right Pocket**

- Canteen• or
- Stove Fuel and or•
- Rain Gear•
- Foil for Stove
- Windbreak•

**F. Upper Compartment**

<input type="checkbox"/> Cook Kit	<input type="checkbox"/> Food	<input type="checkbox"/> Tent or Tarp
<input type="checkbox"/> Pot Tongs	<input type="checkbox"/> Stove•	<input type="checkbox"/> Tube Tent or
<input type="checkbox"/> Grill	<input type="checkbox"/> Water Bag•	<input type="checkbox"/> Ground Cloth
<input type="checkbox"/> Can Opener		<input type="checkbox"/> Air Mattress
<input type="checkbox"/> Condiment Kit: salt, pepper, milk, sugar, coffee, cocoa, tea, cooking oil, flavourings		

**G. Lower Left Pocket**

- Sunburn Cream
- Chap Stick
- Medication
- Water Purifier
- Bug Repellent
- Repair Kit
- Needles—Thread and Buttons
- Air Matt. Repair
- Flashlight\*
- Ex. Batteries and Bulb\*

**H. Lower Compartment**

<input type="checkbox"/> Hat or Cap*	<input type="checkbox"/> Socks	<input type="checkbox"/> Rain Gear*
<input type="checkbox"/> Underwear	<input type="checkbox"/> Hankies	<input type="checkbox"/> Swim Suit*•
<input type="checkbox"/> Trousers	<input type="checkbox"/> Shirts•	<input type="checkbox"/> Bandana
<input type="checkbox"/> Windbreaker*	<input type="checkbox"/> Gloves•	<input type="checkbox"/> Wash Basin
<input type="checkbox"/> Pajamas or Long Johns		
<input type="checkbox"/> Socks Cap or Down Hood*•		
<input type="checkbox"/> Wool Shirt or Down Jacket*•		
<input type="checkbox"/> (Food, if not enough room in upper compartment)		

**I. Lower Right Pocket**

- First Aid Kit

**J. Stuff Bag**

Stuff your sleeping bag and air pillow (if used). If your foam pad is narrow enough and the stuff bag is big enough, the foam pad can be rolled in the stuff bag and the sleeping bag stuffed into the centre or the foam pad can be carried on top of the pack or under the flap.

\* Carry these items on one day hikes. Hikers sometimes get lost and stay out overnight or longer.

• Determined by weather or location.





## SCOUT MEETING SCHEDULE: WEEK 4

### THEME: HIKING "A"

Date: \_\_\_\_\_

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Hand out 'Low Impact Hiking Quiz' Kits. <i>See detail planning sheet.</i>	_____
10 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook.	_____
20 mins.	Game	Dutch Compass game. <i>See detail planning sheet.</i>	_____
40 mins.	Skills	Review route, paperwork and preparation. Read Minimum Impact Fable. <i>See detail planning sheet.</i>	_____
20 mins.	Game/Challenge	Make fire starters or waterproof matches. <i>See detail planning sheet.</i>	_____
20 mins.	Patrol/Troop Meeting	Review hike details. Decide on lunch menu.	_____
10 mins.	Closing	<i>See Scout Leader's Handbook.</i>	_____
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	_____



## LOW IMPACT HIKING QUIZ

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### Answer True or False

1. Low-impact camping standards suggest that cans and other metal containers be burned and then buried.  T  F
2. The maximum size of a party in wilderness areas should be ten to twelve persons.  T  F
3. It's always a good idea to build a circle of stones to contain your cooking fire.  T  F
4. A cat-hole latrine should be dug in dry, sandy or gravel soil, at least 15 metres from water, camp, or trails.  T  F
5. Fish entrails should be tossed back into the lake or stream as food for the other fish.  T  F
6. Since backcountry is so wide and spacious, loud games, campfire programs, and vigorous activities are unlikely to disturb others.  T  F
7. If trails are muddy, it is acceptable to leave the established trail as long as you parallel it closely.  T  F
8. Wilderness hiking is a good opportunity to collect specimens of flowers, plants, and rock samples.  T  F
9. When breaking camp, always leave a pile of wood for the next camper.  T  F
10. "Take nothing but pictures" is a good motto for low impact wilderness travellers.  T  F
11. It is a good idea to repack food and other items in lightweight, burnable or pack-out containers.  T  F
12. When horses or pack animals are met on the trail, hikers should step off the lower side of the trail, stand still, and talk quietly or not at all while the riders and animals pass.  T  F
13. Each wilderness area may have specific rules of its use, and permits are sometimes required for entry.  T  F
14. Most typical Scout troops will need specialized training before qualifying for a wilderness or backcountry camping experience.  T  F
15. When following a trail with switch-backs, it is acceptable to cut across the switch-backs when going downhill.  T  F
16. While hiking, it is approved practice to scatter your orange and banana peels, or apple cores as you walk.  T  F
17. Always use biodegradable soap for dishwashing and personal use. Spread your waste water at least 35 metres feet away from water sources.  T  F
18. It is acceptable to feed birds and animals that are friendly in the wild.  T  F
19. If you choose a route without trails, do not blaze trees, build cairns, paint on rocks, or leave messages in the dirt.  T  F
20. It is better to make camp in a large meadow, rather than in the forest.  T  F





## LOW IMPACT HIKING QUIZ ANSWERS

1. **False.** If fires are permitted, burn flattened cans to remove food scraps, but always pack them out.
2. **Generally true.** In some wilderness areas the maximum size of a party is limited to as few as six persons. A small group will allow cross-country trails to recover, reduce trampling in the campsite areas, produce minimum impact on the land, and be less obvious to other campers and disruptive of wildlife.
3. **False.** Rocks are not needed to contain a fire if the ground has been suitably prepared. Smoke-stained rocks are unsightly.
4. **False.** Latrines should be dug 10-14 cm deep in biologically active soil at least 65 metres from water, camp or trails. Biologically active soil will assure the speedy decomposition of human waste.
5. **False.** Fish entrails should be buried in the latrine or burned in the fire. If returned to the lake or stream, they are more likely to foul the water than to serve as food for other fish.
6. **False.** The key to backcountry enjoyment is to draw as little attention as possible to your group. Loud and vigorous activity can disturb other campers, may do considerable damage to the environment, and can disrupt wildlife.
7. **False.** Wait until muddy trails dry out. If this isn't possible, walk through the mud. Never try to establish a new trail. This can lead to a network of trails which will damage the environment.
8. **False.** Leave all flowers, plants, rock samples, and other natural features for the enjoyment of others. If you pick flowers, seeds will not form and the plants will not reproduce themselves. Instead, practise sketching the plant or take notes.
9. **Generally False.** "Leave no trace" in a wilderness site. Scatter your collected wood as naturally as possible. In an established site, it's a courtesy to leave a supply of wood for the next campers. In many provincial parks it's against the law to gather fallen wood. Check the rules first.
10. **True.** Pictures and memories are the best souvenirs of a wilderness experience. Leave the wilderness in place for others to enjoy.
11. **True.** Repackaging food can save weight, space and the need for packing out bulky containers.
12. **True.** If hikers move to the lower part of the trail, horses are less likely to spook. This is particularly important if horses are tied together in pack trains. If one animal is spooked over the edge of the trail, it might drag others with it.
13. **True.** Rules may vary from one wilderness area to the next. Permits are often required to (a) make sure campers understand the rules, and (b) limit the number of persons in the area to reasonable sizes. Be sure to check on rules and permits well in advance of your trip. This precaution will avoid the disappointment of being turned away at your trailhead.
14. **True.** Many Scouting camp activities are not appropriate for wilderness or backpack camping. Troops often need special training. Traditional vigorous camp activities are more suited for established Scouting or provincial camps.
15. **False.** Cutting across a switchback will compact the soil, destroy vegetation and establish a water run-off which will cause more erosion. Always stay on the trail, whether going up or down hill.
16. **False.** Compost materials should not be scattered along the trail. It will only attract insects and animals. Compost should either be buried 10-14 cm deep in biologically active soil at least 65 metres from water, camp or trails, or packed out.



17. **True.** Never wash dishes (or yourself) in natural bodies of water. Scattering your waste water 35 metres from water sources will allow it to disburse through the soil before reaching the water table.
18. **False.** Feeding wild animals can not only alter their feeding habits and migration patterns, but also attract wild animals to a site. “Garbage” feeders often become a menace to humans and either have to be shot or captured and moved away. Avoid any wild animal that approaches; overly tame animals might have rabies.
19. **True.** Other backcountry travellers may become confused by unanticipated markers. Signs of prior travel reduces the wilderness experience for future travellers. Besides, graffiti is against the law. Blazed trees can develop infection.
20. **False..** Camping produces more ecological impact in a forest meadow, than in a forest.

## GAMES

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### DUTCH COMPASS

#### PURPOSE

- This game will reinforce compass points.

#### EQUIPMENT

- All you need is a Scout stave and markers for the compass points.

#### HOW TO PLAY

- Set out a circle about four meters across. Depending on the number of participants, place markers at compass points around the circle. Players must stand at the compass points, leaving North blank.
- The leader stands in the centre of the circle holding the Scout stave upright with one end on the ground. Calling out a compass point, the leader simultaneously releases the stave.
- The player occupying the compass position called must run in and catch the stave before it hits the ground. If successful, the Scout returns to her position and the leader calls out another compass position.
- If the Scout fails to catch the stave, she must move to the original North position. Her empty position becomes the new North.
- Allow players a few seconds to figure out where they are on the compass, then, resume the action.
- If they get too quick, either enlarge the circle or speed up the time you allow after misses.



## SKILL SESSION

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In patrols, distribute the **Low Impact Wilderness Code**. Read the **Minimum Impact Fable** out loud and have the Scouts list all the actions that were wrong and why they were wrong.

### MINIMUM IMPACT FABLE

- Once upon a time there was a group of 12-year-old Scouts who organized an evening cookout in a very remote area of their camp. They had never heard of minimal impact camping so they didn't realize that they were about to do things that were harmful to the environment.
- While preparing the meal, one leader turned on a portable radio to entertain the troop. Several youth went into the woods and gathered every stick of wood they could find for the fire. Another group lashed a table between two trees so they would have a place to prepare food.
- Since no dead wood lay on the ground (the wood gatherers had taken it all), the group cut down a few young trees to make their table. They rationalized this by deciding that when they left the cookout site, they would leave the lashed table behind for the next group.
- The fire builders decided that they didn't like the location of the established fire pit; so, they built a new one beside a nearby lake. Carefully the Scouts scraped away the grass and leaves from their new fire pit and threw the debris into the woods. Then they built and lit a huge campfire that would last all evening.
- After dinner the youth dug a hole and buried all the garbage, including some aluminum foil and several cans that had held part of their food. They threw all their used paper plates and foam cups into the fire.
- After dinner the Scouts sat around the campfire for a long time, but they grew tired before the fire had completely burned itself out. "That's okay," they said, dousing the half-burned wood and other debris with water until the fire was out. The youth left the charred wood for the next time they came to the site, or for anyone else wanting to use it.
- Before leaving, they put a sign on the lashed table saying,
- "This table is courtesy of the \_\_\_\_\_ Scout Troop."



## ANSWERS TO THE MINIMUM IMPACT FABLE

**WA** = Wrong Action      **R** = Reason

**WA:** Portable radio

**R:** Destroys the forest peace and disturbs the wildlife.

**WA:** Gathered every stick of wood.

**R:** Dead wood is important for the environment. Insects and plants live on it. It provides habitat and cover for small mammals.

**WA:** Cut down live trees for the table.

**R:** Never cut down living trees unless instructed to do so by a forester.

**WA:** Leave the lashed table for the next group.

**R:** All lashing should be untied, string or cord picked up, and sticks returned to where they were gathered.

**WA:** Built a new fire pit.

**R:** Use existing fire pits.

**WA:** Scraped away the grass and leaves. Threw the debris into the woods.

**R:** If necessary, use a shovel and dig to a depth of 15 cm. Remove the sod carefully, place in the shade, and keep watered. After the fire pit has been cleaned up, replace the sod and water again.

**WA:** A huge campfire.

**R:** Keep the fire small.

**WA:** Buried aluminum foil and several cans.

**R:** Aluminum foil and tin cans don't decompose. Always carry out your garbage.

**WA:** Threw their foam cups into the fire

**R:** Foam cups when burned release CFCs into the air. Try not to use paper plates or foam cups; instead, carry dishes that can be cleaned.

**WA:** Left the charred wood and debris.

**R:** Charred wood is actually a form of charcoal which rarely disintegrates. Any trash left in the fire should be removed and carried out. If the fire had been small the troop could have burned the wood to ash, which would break down in the environment.

**WA:** Put a sign on the lashed table.

**R:** All lashing should be removed. Would you want to advertise that you did all this damage to the environment?



# LOW IMPACT WILDERNESS CODE \_\_\_\_\_

## 1. Pre-Trip Plans

- Take gear that blends into the environment.
- Take trash bags and use them.
- Keep the group size small.
- Prepare carefully. Carry everything you need with you. Do not rely on the natural environment for food supplies or water. Package food in burnable, or pack-out, containers. Carry proper equipment, including adequate shelter, clothing, washing equipment, etc.

## 2. Travel

- Stay on the trail.
- Avoid cutting across switchbacks.
- Let muddy trails dry out.
- Select hard ground for cross-country travel.

## 3. Campsites and Shelters

- Use existing campsites. Keep heavy use to a confined area.
- Refrain from using natural materials for shelters, except in emergency situations.
- Do not dig trenches. Use a floored tent.
- Set up camp at least 65 metres from any stream, pond or lake.
- Leave the campsite in the same condition, if not better, that you found it.

## 4. Fires

- Use a lightweight backpacking stove.
- Use an old fire circle in heavily-used areas.
- Where a fire pit is absent, dig to the mineral level of the soil, avoiding the burnable soil, roots and overhanging trees.
- Keep fires small.
- Use only dead wood for the fire.
- Burn wood to a white ash. Retrieve all non-burnables such as foil, tin cans, plastics, glass, etc.
- Make sure your fire is out.

## 5. Sanitation

- Use existing outhouses.
- Bury human waste in a small cat-hole, 15-20 cm deep and 35 metres from open water.
- Never wash dishes, clothes or yourself in open water. Use a pan and pour waste water in a hole at least 50 metres from water. Fill in hole before leaving camp.
- Use biodegradable soap.
- What you carry in, you must also carry out. Burn it, bash it, bag it, bring it back.

## 6. Courtesy

- Because you are a guest in someone else's home, act accordingly.
- Avoid making loud noises.
- Obey all fish, forestry, and game laws and property regulation signs.
- Hikers should step off the side of trails when horses pass.
- Leave wildflowers. Do not pick edible wild foods, except where they are abundant. Never pick near built-up areas.



## WATERPROOF MATCHES AND FIRE STARTERS

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### WATERPROOF MATCHES

#### WANT TO WATERPROOF YOUR MATCHES?

- One method involves packing matches into an old 35 mm film canister and including the striker with them. Glue the striker on the inside of the top of the canister. Be careful to place the match heads away from the striker or they could set themselves on fire as you walk!
- **Caution!** It is not advised to dip wooden matches into hot melted paraffin; they could light and set the wax on fire.

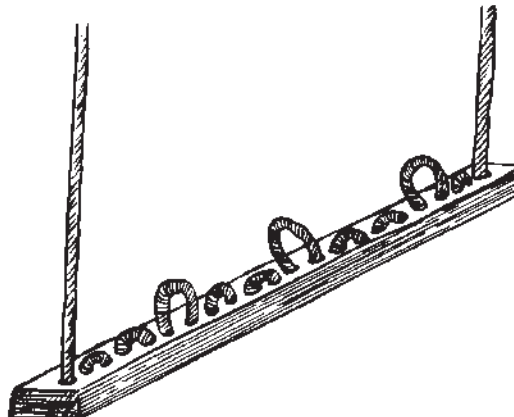
### FIRE STARTERS

#### Method 1:

- Your troop can make fire starters using several methods. One involves tearing strips of waxed paper into pieces about 8 cm wide and 10 cm long.
- Place broken pieces of candle in the centre, roll up and twist the ends. To use, just light one end. The paper will burn and ignite the candle, which will produce sufficient flame to get the fire going.

#### Method 2:

- Another method involves using strips from the edge of computer paper—the kind with holes in it. Rip these strips off by the kilometre, then rip them into pieces about 25 cm long. Take 10-15 lengths and line up the holes.
- Thread a piece of jute twine through the holes. At every third hole leave a larger loop. Leave at least 20-25 cm of twine at each end; use these as handles. Holding onto the handles, dip the entire length into a double boiler of melted paraffin wax. Do this several times to make sure the paper is completely saturated.
- Place on a piece of waxed paper to set and dry. Once dry, cut through the paper at each of the larger loops. This will give you three or four short fire starters, complete with wicks. These fire starters recycle paper, and are extremely light.
- Warning! **NEVER** use liquid fuel (example, naphtha or gas) or explosive devices to start a fire.





## PATROL MEETING

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- Review your final hike details in patrols. Make sure everyone knows who plans to go and the equipment they will bring.
- Decide on a lunch menu. Encourage your Scouts to select simple food for their first hike, using the **Canada Food Guide** to provide variety.
- Gourmet cooking is best done at an established camp. Review the ingredients necessary to prepare each meal. Don't forget oven mitts for hot utensils.

## PLANNING YOUR HIKE

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- Consider a day hike on a well marked trail near your meeting place for your first hiking adventure.
- Explore a park that offers trails; take a city hike and investigate your own neighbourhood; or visit a nearby provincial park or conservation area.
- Find a location that offers a chance to practise hiking in a safe manner—somewhere that lets you experiment with all the details associated with longer hikes.
- Once you've picked a good area, take stock of your troop's ability. Stay together. Knowing that most people walk at a speed of about 3-5 km an hour, it's far better if your Scouts cover a distance of 15-20 kilometres on their first hike, than walk 100 kilometres and be unable to move the next day! Is the trail interesting?
- Does it have a natural history area, a lake to swim in, or historical landmarks? Study brochures of hiking areas that interest you to determine what would appeal to your troop. Don't forget to involve your Scouts. They might know of a specific trail that they'd like to explore, or have heard about an interesting area.
- Hiking involves two separate actions: moving, and not moving. When planning the amount of time you'll need for your hike, remember to include at least 5 minute rest stops every hour, as well as time for lunch, and more time to explore the area and return back with more rest stops. The terrain will have an effect on the amount of time required for your hike, too. Walking 8 km with a 1,500 m rise demands more energy than walking 24 km on flat land.
- Pick a hiking date and a rain date.
- Schedule your first date as soon as possible after finishing this JUMPSTART Series.
- Arrange transportation to and from the Trailhead.



## PAPERWORK

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- Arrange for permission from the landowner.
- Check if you need a Fire Permit.
- Send home details of the planned hike:
  - Date/Rain Date
  - Drop-Off
  - Pick-Up Times
  - Special equipment required
  - Contact number for emergencies
  - The leader's name & phone number
  - Permission Form to be signed and returned. *See letter at end of this package.*
  - Physical Fitness Certificate Information
  - Health Card Number
- Contact your group Committee Chair to let them know where you're going.
- If you're leaving your district, you must get permission from the group committee and the local council.
- Leave a list of names, including phone numbers of everyone going on the hike, with a designated contact person.
- This person should be someone staying home the day you hike, as a contact if there is an emergency.
- This person's job involves calling parents to keep them informed of changes to the planned event.
- Include this contact person's name and phone number in the letter sent home to parents.





## HIKING "A" DAY HIKE

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Time	Activity	Person Responsible
9:00 a.m.	Meet at High School. Make prior arrangements for car pooling to help Scouts load their gear into cars and leave.	_____
9:45 a.m.	Arrive at Amazon Park. Unload cars and put on packs. Review the route being taken and remind everyone of the rules. Assign leader for the end of the hiking line. Distribute the hiking activities. <i>See detail planning sheets.</i>	_____
10:45 a.m.	Rest / Break	_____
10:50 a.m.	Continue hike. Switch hike leaders.	_____
11:50 a.m.	Arrive at lunch area. Make fires, cook lunch. Rest and explore. <i>See detail planning sheet for activities.</i>	_____
1:15 p.m.	Start hike back. Play "Hold the Front" as you're hiking. <i>See detail planning sheet.</i>	_____
2:15 p.m.	Rest break. Switch hike leaders.	_____
3:20 p.m.	Arrive back at cars. Load gear and drive back to school.	_____
4:30 p.m.	Arrive at school for pick-up.	_____



## **BEFORE THE DAY**

- Receive permission from the group committee for your hike.
- Collect Scouts' permission forms and money for lunch.
- Arrange for car-pooling.
- Make enough maps of the route to the trail for each driver.
- Prepare hike activities and collect necessary resource material.
- One leader should have a complete First Aid Kit.
- At least one leader should be qualified for Standard First Aid.
- Make up list of participants and leaders, with phone numbers, and deliver to contact person.
- Check with the area you are planning to hike for: necessary permits or permission, fire permits and permission to make fires, availability of fresh drinking water, location of kybos.
- Buy lunch food. Repackage it into smaller portions for easier carrying.
- Gather physical fitness certificates and necessary equipment like maps, compasses and cooking gear.

## **ON THE DAY**

- Meet at the school. Check that all participants are present.
- Make sure all have their equipment.
- Distribute lunch materials equally among the hikers.
- Give each driver a map.
- Load cars and leave.

## **BEFORE STARTING TO HIKE**

- Everyone should take a drink of water.
- Assign a hike leader and a leader at end of line (known as "the sweep").
- Distribute the hike challenges for completion as the hike progresses.
- Remind everyone of the hiking rules.
- Load up packs and set off.

## **DURING THE HIKE**

- Set a reasonable pace — one that everyone can accomplish. Allow rest breaks every hour.
- Ensure everyone has a drink, and a snack if they wish.
- Check for blisters.
- Check first activity.
- Switch hike leaders when starting again.

## **LUNCH BREAK**

- Start fire as soon as possible to allow time for coals to form.
- Prepare lunch and eat.
- Pick up all litter and put fire out.
- Remove all trace of your fire, unless you are at an established fire pit.
- Do "Plant Scavenger Hunt" activity.
- Allow at least 30 minutes of rest or quiet activity before starting hike back.
- Check over other hike activities previously completed.



## RETURN HIKE

- After making sure everyone is present, start the hike back with a new hike leader. Remember: The “Sweep” should always be in place during the hike.
- Play “Hold the Front” activity as you hike.
- Stop for a rest break after an hour of hiking.

## RETURN HOME

- Meet drivers at trailhead.
- Return group equipment (maps, compasses) to leader.
- Load up cars and drive back to school to meet parents.

## HIKING ACTIVITIES

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### ALPHABET HUNT

Find and identify items that correspond to each letter in the alphabet. Review during the rest stop.

### WILDLIFE DETECTIVE

Search for wildlife clues while hiking. Try to identify “who dunnit.”

Use the list below as a guide.

Clue	“Who Dunnit”
Small hole	Work of mole or ground squirrel
Large hole	Fox or groundhog
Leaves of trees, shrubs or bark eaten up at a fairly high level.	Possibly deer, goats or elk that can stand on their hind legs to reach foliage.
Bark of tree eaten high up.	Porcupine
Piles of bark on the ground, and holes in the tree.	Pilated woodpecker.
Series of small holes often in a circle around a tree.	Sap sucker bird.
Bushes and trees cut down, and chewed through trunks.	Beaver
Pile of seeds.	Squirrels, chipmunks storing place.
Claw marks on trees.	Possibly bears, or wildcats (like lynx and cougars) marking their territory.
Holes in leaves	Insect damage.



## PLANT SCAVENGER HUNT

- Divide the troop into small groups of four. Each person should locate the items on the list, remember where they are and then take the members of their team to the location. Do not pick, or move, anything.
- Find something that corresponds to the following definitions.
  - Something green.
  - Something golden.
  - Something that smells like a spice.
  - Something so thin you can see through it.
  - Something sharp.
  - Something sticky.
  - A smooth shiny leaf.
  - A fuzzy leaf.
  - Something triangular.
  - Something changing.
  - A valuable plant.
  - An insect ate most of this object.
  - Some object an insect tasted, then left.
  - Something soft.
  - A tiny seed.
  - A seed that floats in the air.
  - A hitchhiker.
  - Something very old.
  - Food for a squirrel.
  - Food for you.

## PEBBLE OR STICK CRIBBAGE

- Each hiker selects 10 small pebbles or sticks. As the group hikes along the trail, the leader asks questions related to objects sighted along the route.
- When someone gives the correct answer, all those who had the answer may discard a pebble or twig.
- The object of the game is for everyone to get rid of their pebbles or twigs.

## SHAPE AND TEXTURE HUNT

As you hike, get your Scouts to point out items with each of the following textures.

spongy	pointed
hollow	bumpy
hairy	smooth
sticky	circular
slippery	wet
curved	sandy



## THIRTY SECOND SEARCH

Give each Scout an area to search for the following items.

Each item has a 30-second time limit.

- Something smooth
- A type of shelter
- The most common colour
- Something circular
- Something really neat
- The oldest thing
- The youngest thing
- Something with more than two colours
- Something that is changing
- Something you dislike
- something hard
- Your favourite thing
- Something that has three or more syllables in its name
- Something rough
- A living thing
- A dead thing
- A source of food
- Something brown
- An object that starts with the letter “D”
- Two identical things
- The tallest thing
- Something moist
- Something with a strong smell
- The loudest sound you can hear

## HOLD THE FRONT

The leader asks specific questions of the first person in line.

With the first wrong answer, that person goes to the end of the line, while everyone else advances forward.