

Pack 300 – Hou Koda – Crossroads Council  
Avon, IN

Hiking Club

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Introduction and Background

“Put the OUT in scouting”, one of the phrases you hear in scouting. Referring to the basic tenet of Scouting, to be active outdoors and learn how to be safe in outdoor environments. Many packs in the Crossroads of America Council have adopted hiking programs to increase their outdoor activities.

Pack 300 has decided to establish our own hiking program. It is a voluntary program within the pack. During this time, we will be trying to plan about 6 events. In following years, we hope to increase that number. The hiking program will be structured according to this document and will have goals and awards.

The program is designed to be a four season program to allow the scouts to be exposed to different types of environmental conditions.

We know that the boys can have fun indoors. We want to make sure that they know that being outside can be just as much if not more fun. Another goal is to prepare them for Boy Scouts. The amount of outdoor activity can be much greater once the boys join Boy Scouts and we do not want them to be overwhelmed by the change.

Another main goal is to introduce and/or reinforce the principles of 'Leave No Trace'. It is important to understand that in order for us to continue to enjoy outdoor activities, we must be responsible for keeping and maintaining our outdoor areas.

### Section 1: Safety and Security

- 1.1) BSA Guidelines for Safe Scouting will be followed during planning and execution of all hikes. (see <http://www.scouting.org/HealthandSafety/GSS/toc.aspx>)
- 1.2) *Two deep leadership* required for all hikes. Specifically, two registered adult leaders required for Pack events and one registered leader and one other adult required for Den events.
- 1.3) One Akela (parent or guardian) required for each scout on each hike.
- 1.4) Leaders and Akelas are encouraged to carry a cell/mobile phone. At least one Leader must carry a cell/mobile phone.
- 1.5) Siblings are welcome, parent or guardian is responsible for safety and behavior of any siblings.
- 1.6) Buddy system will be implemented. (see [http://en.wikipedia.org/wiki/Buddy\\_system](http://en.wikipedia.org/wiki/Buddy_system)) Parents should hike with or near their scout, but each scout must have a peer 'buddy' for safety.
- 1.7) The Pack (or Den) will hike together as a single unit.
- 1.8) Driving to and from the hiking location will not be done using any 'convoy' system where vehicles attempt to stay together. Each driver will be given directions to the location and will not attempt to follow another unit vehicle.
- 1.9) A departure area will be designated to start the trip with drivers being given directions to the hiking area. Once at the hiking area, the group will organize to do a participant count, confirm buddies. Before leaving the hiking area, a participant count will be executed to assure all are accounted for.
- 1.10) During the hike, one leader will stay at the front of the Pack/Den to act as the point person and one leader will act as rear guard to assure no one is left behind. No one will be allowed to go ahead of the point person or behind the rear guard unless they have been released from the hike and are in the control of their parent or guardian. Communications using hand held 2 way radios is recommended if available between front and back leaders.
- 1.11) Hikers will follow '*Leave No Trace*' and '*Outdoor Ethics*' Rules.

- 1.12) During longer or more strenuous hikes, a turn back point or return trail will be planned, if possible for any participants who may wish to do a shorter hike. (see item 1-10 above) This would necessitate more leaders for such a hike.
- 1.13) **Water must be carried and be available for each participant during each and every hike,** independent of the duration or time of year of the hike. Each scout should carry their own water whenever possible.
- 1.14) Snacks should be carried and available for each participant. Each scout should carry their own snacks whenever possible. Breaks during the hike will be scheduled as appropriate for the hike. If a meal is planned for the hike, each family will be responsible for the transport of their own food and supplies.
- 1.15) A whistle is required. Proper attire, clothing and shoes or boots, are required for hikes. For basic level ground, groomed trail hiking, athletic shoes may be worn, but hiking specific shoes or boots are highly recommended. For any technical trails, shoes with proper traction and support may be mandatory. Clothing must be appropriate for the weather, but parents/guardians and scouts should always be prepared for changing weather. In cold weather proper layering must be enforced to allow for the proper cooling/venting of participant with hiking exertion. ***Suggested Gear List: Flashlight, Compass, Spare Clothes (especially gloves and socks), Rain Gear, Hat, Sunglasses, Personal First Aid Kit, Binoculars, and Notebook w/ writing utensil.*** Gear checks will be performed **before** leaving the designated departure area.
- 1.16) Participants should plan to be at the departure area 15 minutes before the planned departure to complete the gear check.
- 1.17) Sunscreen/sun block, insect repellent is highly recommended and should be used. Hats, long sleeve shirts, long pants are also recommended as increased protection from the sun and insects.
- 1.18) An email to the pack will be sent out at least 24 hours before each hike with specific listing of required supplies.
- 1.19) Weather: hiking will in most cases still take place rain or shine. The Hike Leader may choose to cancel or abort the hike if at any time the weather becomes unsafe. Conditions such as high wind, icing, heavy rain or lightning will cause a hike to be cancelled. This list is not inclusive.
- 1.20) If any participant breaks rules or endangers participants during hiking activities, the Pack Committee will determine any disciplinary actions. This may include banning the offending participant from future hiking events.

## Section 2: Budgeting and Costs

- 2.1) Costs for the program has been included in the main pack budget or dues.

### Section 3: Tracking and Planning Hikes

- 3.1) The Hiking Coordinator will be responsible for tracking distance for each member of the unit. Distance will be tracked to the 1/10<sup>th</sup> of a mile.
- 3.2) The Hike Leader will be the registered Pack Leader who is in charge during the hike.
- 3.3) The Hike Leader must be trained in Youth Protection and be familiar with the Guidelines for Safe Scouting.
- 3.4) The Hike Leader should be trained in the Weather Hazards course available online through BSA at MyScouting (<http://www.scouting.org/Applications/MyScoutingFull.aspx>).
- 3.5) The Hike Leader will conduct the pre-departure check or will verify that such a check has taken place by any present den leaders.
- 3.6) The Hiking Coordinator will be responsible for collecting a list of participants including phone numbers (preferably mobile to contact while on the hike) who have signed up for the hike.
- 3.7) The Hike Leader will conduct a roll call to account for participants. After the hike, the roll will be forwarded to the Hiking Coordinator for official recording of distances.
- 3.8) The Hiking Coordinator will be responsible for collecting a health form for each participant and assuring that the Hike Leader has a copy of each participant's health form during the hike.
- 3.9) The Hiking Coordinator will not be required to attend/participate in all hikes.
- 3.10) Distances will be accrued and tracked for scouts and Akela's. Sibling distances will not be tracked by the Hiking Coordinator unless they are an official member of the Pack.
- 3.11) Pack hikes will primarily be planned at state parks, forest preserves, or local parks away from residential areas.
- 3.12) Official Den outings can count towards distance earned. In order for a 'neighborhood' hike to count as Hiking Club Distance, it must involve another aspect of scouting such as a service project.
- 3.13) Den leaders will track details for any den hikes, including date, location and distances. This information will be forwarded to the Hiking Coordinator.
- 3.14) Council events that include structured scouting themes will also be counted toward hiking miles. A maximum of 5 miles will be counted from these events.
- 3.15) If possible, at least one hike will be planned for the summer family camp out.

#### Section 4: Awards

- 4.1) Initial Award will be a hiking patch.
- 4.2) Additional patches/awards will be awarded for achieving greater distances. See appendix A
- 4.3) At a certain distance, typically requiring several hikes, a hiking staff will be awarded to the scout.
- 4.4) During major milestones, such as the awarding of the hiking staff, a ceremony should take place during the pack meeting if possible.
- 4.5) When the scout transfers to a Boy Scout Troop, if the Troop has a hiking program, miles may be transferred.

#### Appendix A

1<sup>st</sup> hike – hiking patch  
5 miles – “X” segment  
10 miles – “X” segment  
20 miles – “X” segment  
25 miles - Scat Scarf  
30 miles – “X” segment  
40 miles – “X” segment  
50 miles – “50 miler” patch + Hiking stick  
60 miles – “X” segment + Claw  
70 miles – “X” segment + Claw  
80 miles – “X” segment + Claw  
90 miles – “X” segment + Claw  
100 miles – “100 miler” patch + Claw  
110 miles and up to 150 – Colored Arrowhead  
160 - 200 miles and up – Colored feather  
200 miles+ - Camp Stool or Binoculars + colored feather every 10 miles to 250  
250 miles+ - special recognition at pack meeting

#### Appendix B

Schedule to be posted on Scoutbook

Appendix C: Patch images



Appendix D: Leave No Trace

<http://www.scouting.org/boyscouts/resources/Leave%20No%20Trace.aspx>

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly (Pack It in, Pack It Out)
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Appendix E: If you get lost

- Stay calm and put
- Hug a tree
- Blow your trail whistle

## Appendix F: Hiking equipment and Etiquette

### Trail Etiquette

- Single file hiking on right, passing on left
- Respect Nature's Solitude
- Don't startle horses, bicycle riders or other hikers
- When snow covers the trail stay out of ski tracks
- What to do if get lost – trail whistle, hug a tree
- Equipment – Clothing (Scouts and Leaders)

### Warm Weather Hikes:

- Caps
- Long Pants (recommended - light colored are best)
- Comfortable shoes (gym or hiking) and socks are required to avoid blisters and/or sprains
- (avoid sandals, crocs, flip flops, etc.)

### Cold Weather Hikes:

- Warm hat
- Fleece pants (inner layer) + wind/water proof pants (outer layer)
- T-shirt/long johns (inner layer) + fleece jacket +wind jacket (outer layers)
- Weatherproof boots
- Warm socks
- Neck covering (scarf/hood)
- Gloves/mittens
- Winter coat

### Equipment – Gear (Scouts)

Please supply the following prior to arriving at the hiking event:

- Backpack (book bag type works well)
- Sunscreen
- Bug Repellent (recommended DEET 10%)
- Rain Gear / Ponchos recommended (if rainfall is expected)
- Container of water for the hike (1-2 quarts)
- Snack
- Whistle
- Compass (optional)
- Binoculars (optional)

### Equipment – Gear (Hike Leaders)

- First Aid Kit
- Cell Phone
- Whistle
- Compass
- Binoculars (1 pair)
- Trail Map
- Two-way radios for other attending leaders
- Garbage bag and gloves

### Appendix G: Revision Changes

- Revision v1.1 Section 1.17, removed: (or class III if participant is over the age of 40)
  - Added Budget sections, Rewards section update.
- Revision v1.2 Appendix A and Appendix B
  - Rewards update
  - Schedule updated