**RankUp Schedule and Activities**

\*\*Before the Hike:\*\*

1. \*\*Flag Ceremony and Scout Oath/Law Recital (9:15 - 9:30 AM):\*\*

   - Conduct a flag ceremony and have each Scout recite the Scout Oath and Scout Law. (Scout Rank Requirement)

2. \*\*Trail Mix Creation (9:30 - 9:45 AM):\*\*

   - Create personalized trail mix bags using a variety of nuts, dried fruits, chocolate chips, and seeds.

3. \*\*Gear Check and Packing Demonstration (9:45 - 10:00 AM):\*\*

   - Demonstrate how to pack gear for a hike, including essentials. (Tenderfoot Requirement 1c)

4. \*\*Map Reading and Compass Activity (10:00 - 10:30 AM):\*\*

   - Practice orienting a map and finding directions using a compass. (Second Class Requirement 3a)

\*\*First Break (11:00 - 11:15 AM):\*\*

1. \*\*Leave No Trace Principles:\*\*

   - Discuss Leave No Trace principles and conduct a brief clean-up activity. (Second Class Requirement 1b)

2. \*\*Trail Meal Ingredient:\*\*

   - Distribute whole wheat tortillas and pre-cooked protein (chicken strips, canned tuna, or tofu).

\*\*Second Break (12:00 - 12:15 PM):\*\*

1. \*\*Nature Identification:\*\*

   - Identify local plants, animals, or birds. (First Class Requirement 6)

2. \*\*Trail Meal Ingredient:\*\*

   - Distribute pre-cut vegetables (bell pepper strips, cucumber slices, and shredded carrots).

\*\*Third Break (1:00 - 1:15 PM):\*\*

1. \*\*First Aid Skills:\*\*

   - Conduct a first aid demonstration and practice session. (Tenderfoot Requirement 4a and First Class Requirement 7)

2. \*\*Trail Meal Ingredient:\*\*

   - Distribute cheese and spreads (packets of cheese slices or shredded cheese, small containers of hummus, guacamole, or salsa).

\*\*Fourth Break (2:00 - 2:15 PM):\*\*

1. \*\*Compass Navigation Exercise:\*\*

   - Use a compass to navigate to a specific point near the break area. (First Class Requirement 2)

2. \*\*Trail Meal Ingredient:\*\*

   - Distribute fresh fruit (apples or oranges) and individually wrapped dessert bars or cookies.

\*\*End of Hike (3:00 - 3:30 PM):\*\*

1. \*\*Final Assembly and Enjoyment:\*\*

   - Scouts finalize their wraps with the ingredients collected during the hike and enjoy their trail mix, fruit, and dessert bars. Encourage reflections on the hike experience.

This schedule maintains a balance of learning, fun, and adventure throughout the hike while ensuring that Scouts complete rank requirements and enjoy a well-organized and nutritious trail meal. Happy hiking! 🥾🌲