**Cub Scout Six Essentials**

These are items every Cub Scout should carry in his personal gear when going on hikes or campouts

1. First-aid kit: adhesive bandages, adhesive tape, gauze pads, antiseptic wipes, and antibiotic ointment
2. Water bottle: filled and large enough to last until it can be filled again
3. Flashlight: for emergency use only
4. Trail food: can be made as a den activity prior to hike or campout
5. Sun protection: sunscreen of SPF 30 or greater and a hat
6. Whistle: for emergency use only

## The Boy Scout Ten Essentials

Known as the Scout Basic Essentials in 13th edition of the Boy Scout Handbook (pages 238-239), the Boy Scout Ten Essentials are as follows.

1. Pocketknife (Tote-n-Chip required)
2. Rain gear
3. **Trail food**
4. **Flashlight with extra batteries**
5. Extra clothing
6. **First-aid kit -** adhesive bandages, adhesive tape, gauze pads, antiseptic wipes, antibiotic ointment, and mole skin
7. **Sun protection -** sunscreen of SPF 30 or greater and a hat; insect repellent, and chap stick
8. Map and compass
9. Matches and fire starters
10. **Filled water bottle**
11. **Bonus item – duct tape**

7 Steps to Planning

Define the activity and level (Den, Pack, Patrol, or Troop)

 Where, when, who, and how to accomplish

 Adventures for Cub Scouts:

 Mountain Lion, Tiger in the Wild, Call of the Wild, Bear Necessities

 Camper, WeBeLos Workout

 Activities may include:

 Wide games

 Flag ceremonies

 Campfires

 Interfaith services

Define the resources required

 Schedule the time required

 Have the skills or need to be trained, or find an expert

 Have the equipment or need to obtain

 Consider weather and emergency procedures – safety is the top priority

 Match gear and clothing to the weather

 Consider fire, hazardous weather, medical emergency

 Develop the written plan

 Timeline, planning milestones, agenda

 Menu; food list; cooks, cooking, and clean-up schedule

 Announce, distribute, and promote the Plan

 identify points of contact

 Implement the plan

 Health Forms and a first aid log

 Permission slips are required, even if the parent/guardian are attending

 Use the two deep leadership and buddy system at all times

 Shooting sports only at district and council events

 Water activities require adhering to Safe Swim Defense and Safety Afloat training

 Adhere to Guide to Safe Scouting and Youth Protection Training tenting policy

 Obey fire permit restrictions, safe fire practices, and Leave No Trace practices

 Is potable water available, plan on one gallon per person per day

Is garbage disposal available, if not, pack it out

Are separate adult/youth, male/female toilet/changing/shower facilities available

 If not, need to establish a schedule

Adjust the plan as required to minimize risk

 Assess the plan and activity

Hiking is a great way to see the world around you. Hiking begins with safety, and that means devising a trip plan using the “Five W’s”:

• **WHERE** are you going?

• **WHEN** will you return?

• **WHO** is going with you?

• **WHY** are you going?

• **WHAT** are you taking?

Don’t forget how you will respect the land by practicing the principles of Leave No Trace.

**The Sweet 16 of BSA Safety are applicable to all activities:**

**1. Qualified Supervision**

**2. Physical Fitness**

**3. Buddy System**

**4. Safe Area or Course**

**5. Equipment Selection and Maintenance**

**6. Personal Safety Equipment**

**7. Safety Procedures and Policies**

**8. Skill Level Limits**

**9. Weather Check**

**10. Planning**

**11. Communications**

**13. First-Aid Resources**

**14. Applicable Laws**

**15. CPR Resource**

**16. Discipline**