

# Webelos Walkabout

## Supplies

<i>Troop Provided</i>	<i>District Provided</i>	<i>Cub Scout Provided</i>
<p><b><u>Six Essentials</u></b>                      Filled Water Bottle                      Whistle                      Flashlight                      Sunscreen, Hat, Sunglasses                      Trail Mix                      Small first aid kit</p> <p>Backpack (small)</p> <p>Smart device with weather app that includes a forecast – <b><i>due to limited cell data at Smilin V, maybe print out local forecast prior to event</i></b></p>	<ul style="list-style-type: none"> <li>• Whistle</li> <li>• Highlighters</li> <li>• Writing instruments</li> </ul> <ul style="list-style-type: none"> <li>• A printed map of the location of your walk, one per Cub Scout</li> <li>• Webelos Walkabout Plan found in Additional Resources</li> <li>• BSA SAFE Checklist</li> <li>• Outdoor Code and Leave No Trace Principles for Kids reference sheet</li> </ul>	<p>Webelos handbook</p> <p><b><u>Six Essentials for Hike</u></b>                      Filled Water Bottle                      Whistle                      Flashlight                      Sunscreen, Hat, Sunglasses                      Trail Mix                      Small first aid kit</p> <p>Backpack (small)</p>

# Webelos Walkabout

## Snapshot Of Adventure

Some places you can only get to if you walk. Walking is great exercise and a fun activity to do with your den or family. In the Webelos Walkabout Adventure, you'll learn how to prepare for a 2-mile walk, what you should bring along, and what you should do if there is an emergency. And when you are ready, take your walk!

## Requirement 1

Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.

	<b>Cub Scout Essential Six Review</b>	
Supplies	<b><u>Six Essentials – Both Leaders and Webelos should bring their own</u></b> Filled Water Bottle Whistle Flashlight Sunscreen, Hat, Sunglasses Trail Mix Small first aid kit	Backpack (small)  Closed Toe Shoes  Webelos handbook
Before the Event	<ol style="list-style-type: none"> <li>1. Review the Cub Scout Six Essentials so you can explain the items to the den.</li> <li>2. Gather supplies and both leaders and Cub Scouts should bring their own Cub Scout Six Essentials and a backpack.</li> </ol>	
How to Run the Event	<ol style="list-style-type: none"> <li>1. Have Cub Scouts find the Cub Scout Six Essential list in their handbook.</li> <li>2. Have Cub Scouts pull out each item and review the following:               <ol style="list-style-type: none"> <li>a. Name of each item</li> <li>b. Purpose of each item</li> <li>c. Alternatives of each item (ex: sun protection can be sunscreen, hat, or sun shirt)</li> </ol> </li> <li>3. Check Cub Scouts to ensure they're wearing closed-toe shoes. Review the importance of closed toe shoes for a walk or hike.</li> <li>4. Ask Cub Scouts if they need any other weather appropriate clothing for their hike.</li> </ol>	

## Requirement 2

Plan a 2-mile route for your walk.

	<b>Plan A Route</b>
Supplies	<ul style="list-style-type: none"> <li>• Highlighters</li> <li>• A printed map of the location of your walk, one per Cub Scout</li> <li>• Webelos Walkabout Plan found in Additional Resources</li> </ul>
Before the Event	<ol style="list-style-type: none"> <li>1. Identify an area in which the den can conduct a two-mile walk and print maps accordingly (2x around road perimeter of Smilin V)</li> <li>2. Become familiar with the 5 W of planning a hike.               <ul style="list-style-type: none"> <li>• Where are you going? Decide on a route to your destination and back. For backcountry trips, include a copy of a map with your route marked in pencil.</li> <li>• When will you return? If you are not back reasonably close to the time on your trip plan, Scout leaders and family members can take steps to locate you and, if necessary, provide assistance.</li> <li>• Who is hiking with you? List the names of your partners. If you need a ride to or from a trail, write down who will do the driving.</li> </ul> </li> </ol>

	<ul style="list-style-type: none"> <li>• Why are you going? To fish in a lake? Climb a peak? Explore a new area? Write a sentence or two about the purpose of your journey.</li> <li>• What are you taking? Always carry the Scout Basic Essentials. If you are camping out, you may need additional food, gear, and shelter.</li> </ul>
How to Run the Event	<ol style="list-style-type: none"> <li>1. Gather Cub Scouts and inform them that today you are going to work together to plan a 2-mile walk. To plan this, you are going to follow the 5 W of planning a hike that is used in Scouts BSA.</li> <li>2. Review the 5 W of planning a hike. <ul style="list-style-type: none"> <li>• Where are you going? Decide on a route to your destination and back.</li> <li>• When will you return? If you are not back reasonably close to the time on your trip plan, Scout leaders and family members can take steps to locate you and, if necessary, provide assistance.</li> <li>• Who is hiking with you? List the names of your partners. If you need a ride to or from a trail, write down who will do the driving.</li> <li>• Why are you going? To fish in a lake? Climb a peak? Explore a new area? Write a sentence or two about the purpose of your journey.</li> <li>• What are you taking? Always carry the Scout Basic Essentials. If you are camping out, you may need additional food, gear, and shelter.</li> </ul> </li> <li>3. STEP ONE – Where are you going? Decide on a route to your destination and back. For backcountry trips, include a copy of a map with your route marked in pencil. Hand out maps to Cub Scouts. Inform Cub Scouts that maps have a scale for them. A scale tells you how far distances are in real life compared to how they are seen on the map. Point out where the map scale is or share with them what scale the maps they have are. <ul style="list-style-type: none"> <li>• Have Cub Scouts help plan a route for their 2-mile walk using the highlighter. <ul style="list-style-type: none"> <li>• Ask the following: Where will they start and end their walk?</li> <li>• What can they use during their walk to track how far they've gone?</li> <li>• How much time should they allot for the 2-mile walk?</li> </ul> </li> </ul> </li> <li>4. STEP TWO – When will you return? If you are not back reasonably close to the time on your trip plan, Scout leaders and family members can take steps to locate you and, if necessary, provide assistance. <ul style="list-style-type: none"> <li>• Discuss the date and time of the walk and have Cub Scouts help set the time of when you will start and end.</li> </ul> </li> <li>5. STEP THREE – Who is hiking with you? List the names of your partners. If you need a ride to or from a trail, write down who will do the driving.</li> <li>6. STEP FOUR – Why are you going? Think about the path and if there is anything that may be of interest along the way. Avoid Cub Scouts saying they are doing it because it is a requirement.</li> <li>7. STEP FIVE – What are you taking? Always carry the Cub Scout Six Essentials. What else may you need to bring?</li> <li>8. Once the den has created the plan for the walk, fill out the plan in the Webelos handbook or the Webelos Walkabout plan.</li> <li>9. Share the details with the Cub Scouts, parents, and legal guardians.</li> </ol>

## Requirement 3

Check the weather forecast for the time of your planned 2-mile walk.

	<i><b>What's The Forecast?</b></i>
Supplies	Smart device with weather app that includes a forecast – <b>due to limited cell data at Smilin V, maybe print out local forecast prior to event</b>
Before the Event	N/A
How to Run the Event	<ol style="list-style-type: none"> <li>1. Using a smart device have Cub Scouts open a weather forecasting app.</li> <li>2. Have Cub Scouts look at the forecast for the date of their walk and ask</li> </ol>

	<p>the following questions:</p> <ul style="list-style-type: none"> <li>• What kind of weather will be happening?</li> <li>• What will the temperature be?</li> <li>• Do we need any special clothing or gear for the walk?</li> <li>• Why is it important to know the weather before venturing out onto a 2-mile walk?</li> </ul>
--	---

## Requirement 4

Review the four points of BSA SAFE Checklist and how you will apply them on your 2-mile walk.

<b>Safety First</b>	
Supplies	<ul style="list-style-type: none"> <li>• BSA SAFE Checklist (PROVIDED BY DISTRICT)</li> </ul>
Before the Event	<ul style="list-style-type: none"> <li>• Print SAFE Checklist, one for each Cub Scout</li> </ul>
How to Run the Event	<ol style="list-style-type: none"> <li>1. Hand out SAFE Checklist to Cub Scouts.</li> <li>2. Ask Cub Scouts to take turns reading the four points of the checklist.</li> <li>3. Ask Cub Scouts the following:                             <ul style="list-style-type: none"> <li>• What does it mean to have proper supervision?</li> <li>• Why do we need to assess for risks?</li> <li>• Do you know what is on the Health and Medical Form? Why is it important for leaders to know that information?</li> <li>• Why is it important people have equipment that is properly sized for the activity?</li> <li>• How can we apply these four points to our two-mile walk?</li> <li>• What are some steps we can take to make sure we have a SAFE walk?</li> </ul> </li> </ol>

## Requirement 5

Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat related illness.

<b>First Responder Visit</b>	
Supplies	First Aid Responder (SAW medic for event)
Before the Event	Coordinate with SAW medic a location and time to conduct this requirement
How to Run the Event – During the Walk	<ol style="list-style-type: none"> <li>1. Gather Cub Scouts outside the meeting space.</li> <li>2. Encourage Cub Scouts to ask questions. Remind them to be respectful during the presentation.</li> <li>3. Ask the first responders to explain first aid for the following:                             <ul style="list-style-type: none"> <li>• Sunburn</li> <li>• Sprained ankle</li> <li>• Dehydration</li> <li>• Foot blisters</li> </ul> </li> <li>4. Thank the SAW medic</li> </ol>

## Requirement 6

With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and Outdoor Code.

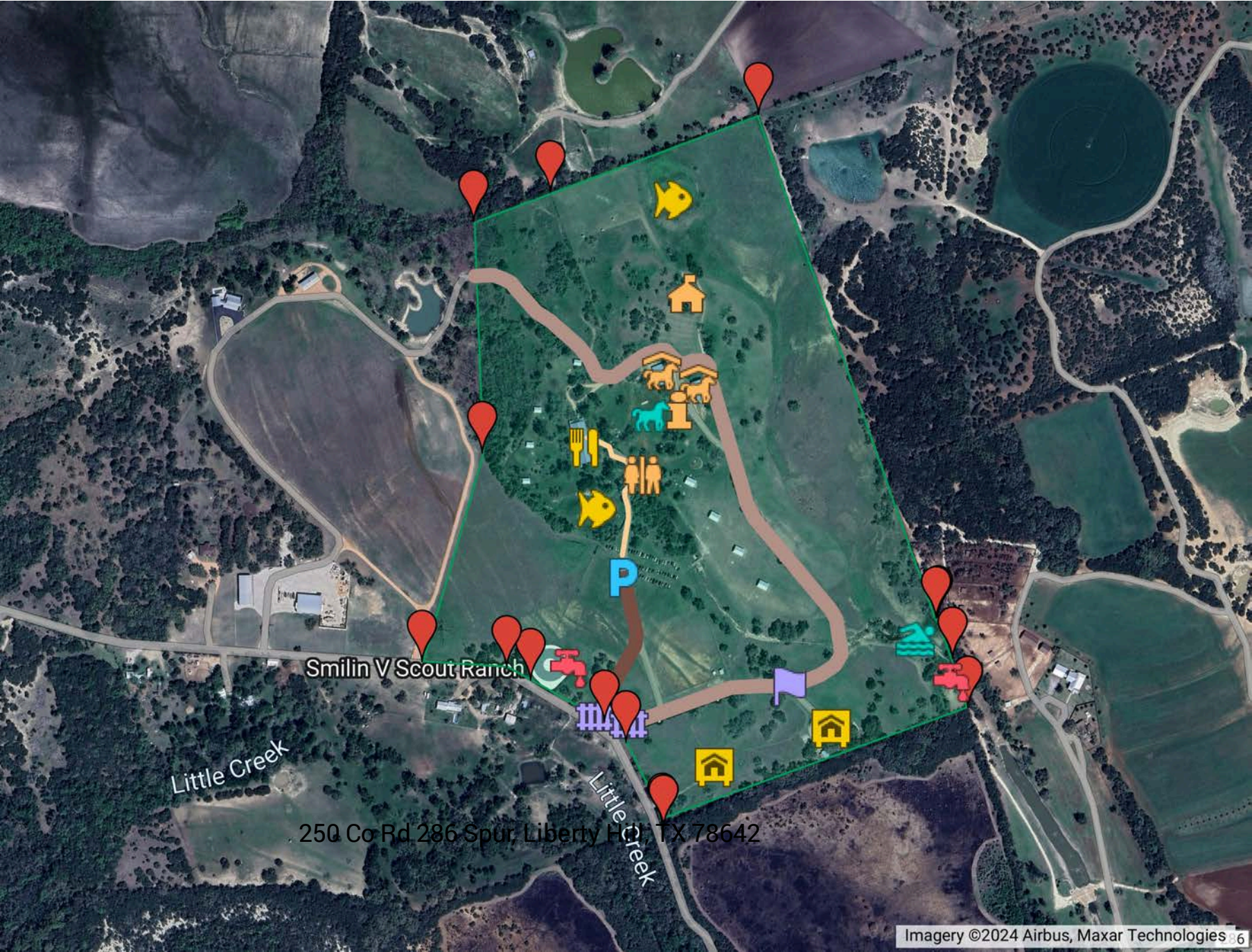
	<b><i>The Two-Mile Walk</i></b>
Supplies	<ul style="list-style-type: none"> <li>• Cub Scout Six Essentials</li> <li>• Closed Toe Shoes</li> <li>• Map of walk (<b>provided in Requirement 2</b>)</li> <li>• Outdoor Code and Leave No Trace Principles for Kids reference sheet found in Additional Resources (PROVIDED BY DISTRICT)</li> </ul>
Before the Event	<ol style="list-style-type: none"> <li>1. Remind Cub Scouts to bring their Six Essentials and wear closed toe shoes.</li> <li>2. Reference map of walk from Requirement 2</li> <li>3. Print Outdoor Code and Leave No Trace Principles for Kids reference sheet, one for each Cub Scout.</li> </ol>
How to Run the Event – During the Walk	<ol style="list-style-type: none"> <li>1. Before your den begins their two-mile walk, pass out the Outdoor Code and Leave No Trace Principles for Kids reference sheet.</li> <li>2. Ask Cub Scouts to silently read the Outdoor Code and Leave No Trace Principles for Kids.</li> <li>3. When Cub Scouts are finished, ask them what they can do on the two mile walk to make sure they are abiding by both the Outdoor Code and Leave No Trace Principles for Kids.</li> <li>4. Go on the two-mile walk.</li> </ol>

## Requirement 7

After your 2-mile walk, discuss with your den what went well and what you would do differently next time.

	<b><i>Stop-Start-Continue</i></b>
Supplies	N/A
Before the Event	N/A
How to Run the Event	<ol style="list-style-type: none"> <li>1. After your den has gone on their two-mile walk, tell them they're going to discuss how their walk went. Explain that you'll do this by using the Stop-Start-Continue method.</li> <li>2. Ask Cub Scouts questions such as: <ul style="list-style-type: none"> <li>• What would you stop doing during the walk? Think about things that made it harder or didn't go well.</li> <li>• What would you start doing during the walk? Think about things that could have gone better.</li> <li>• What would you continue doing during the walk? Think about things that you did right and want to keep doing.</li> </ul> </li> </ol> <p><b>Tip: This activity works best when combined with the activity for Requirement 6.</b></p>

# Smilin V Scout Ranch



# WALKABOUT PLAN

Walk Location:

Walk Distance:

 MILES

Gathering Place:

Gathering Time:

 AM  
 PM

Walk Start Time:

 AM  
 PM

Walk Finish Time:

 AM  
 PM

Is there a place of interest where you would like to stop?

Are there bathrooms on the route?

 YES NO



Scouts and their parents expect all Boy Scouts of America activities to be conducted safely. To ensure the safety of participants, the Boy Scouts of America expects leaders to use the four points of **SAFE** when delivering the Scouting program.

## SUPERVISION

Youth are supervised by qualified and trustworthy adults who set the example for safety.

- Accepting responsibility for the well-being and safety of youth under their care.
- Ensuring that adults are adequately trained, experienced, and skilled to lead the activity, including the ability to prevent and respond to likely problems and potential emergencies.
- Knowing and delivering the program of the Boy Scouts of America with integrity.
- Using qualified instructors, guides, or safety personnel as needed to provide additional guidance.
- Maintaining engagement with participants during activities to ensure compliance with established rules and procedures.

## ASSESSMENT

Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.

- Predetermining what guidance and standards are typically applied to the activity, including those specific to the Boy Scouts of America program.
- Planning for safe travel to and from the activity site.
- Validating the activity is age-appropriate for the Boy Scouts of America program level.
- Determining whether the unit has sufficient training, resources, and experience to meet the identified standards and, if not, modifying the activity accordingly.
- Developing contingency plans for changes in weather and environment and arranging for communication with participants, parents, and emergency services.

## FITNESS AND SKILL

Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.

- Confirming the activity is right for the age, maturity, and physical abilities of participants.
- Considering as risk factors temporary or chronic health conditions of participants.
- Validating minimum skill requirements identified during planning and ensuring participants stay within the limits of their abilities.
- Providing training to participants with limited skills and assessing their skills before they attempt more advanced skills.

## EQUIPMENT AND ENVIRONMENT

Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.

- Confirming participants' clothing is appropriate for expected temperatures, sun exposure, weather events, and terrain.
- Providing equipment that is appropriately sized for participants, is in good repair, and is used properly.
- Ensuring personal and group safety equipment is available, properly fitted, and used consistently and in accordance with training.
- Reviewing the activity area for suitability during planning and immediately before use, and monitoring the area during the activity through supervision.
- Adjusting the activity for changing conditions or ending it if safety cannot be maintained.



# WEBELOS WALKABOUT TWO-MILE WALK

## 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.

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 Others