

BALOO Leader Trail Guide

Basic Adult Leader Outdoor Orientation | Participant Welcome Handout

■ 1. Welcome to the Scouter Family!

Whether you are a brand-new **Den Leader**, **Pack Committee Member**, or an enthusiastic parent stepping up for your Cub Scouts, welcome! BALOO gives you the confidence, skills, and knowledge to lead safe, fun, and memorable outdoor adventures.

- **What is BALOO?** Basic Adult Leader Outdoor Orientation.
- **Why it matters:** Official BSA training required for a Cub Scout Pack to conduct an overnight camping trip. **At least one BALOO-trained adult leader must be present on any Pack overnighter.**

■ 2. The Cub Scout Outdoor Ethos & Safety Compass

Outdoor activities build **character, independence, family bonds, and respect for nature**. Primary goals on every outing include:

- **Safety First:** Follow Scouting's Barriers to Abuse and Youth Protection policies (YPT) at all times.
- **Age-Appropriate Adventure:** Match activities to developmental levels—from Lions & Tigers up to Webelos & Arrow of Light.
- **Outdoor Ethics:** Instill Leave No Trace principles in every activity.

■ 3. The Cub Scout 6 Essentials

- **First-Aid Kit:** Personal kit for minor cuts or scrapes.
- **Water Bottle:** Filled and ready for proper hydration.
- **Flashlight / Headlamp:** Equipped with fresh batteries.
- **Sun Protection:** Sunscreen and broad-brimmed hat/cap.
- **Whistle:** For emergency safety signaling only.
- **Trail Food:** High-energy snacks like trail mix or granola bars.

■ 4. Training Modules: Skills You Will Master

Module Area	Key Competencies & Hands-On Learning
Camp Setup & Gear	Campsite selection, tent pitching, personal gear, and weather preparation.
Cooking & Sanitation	Camp stove safety, Dutch oven basics, meal planning, and outdoor dishwashing.
Program & Campfires	Planning campfire programs, leading songs, skits, ceremonies, and games.
First Aid & Nature	Outdoor first aid, plant/animal ID, hazardous weather safety, and knot tying.

■ 5. Essential BALOO Packing Checklist

Keep this checklist handy for your training weekend and future Pack overnights:

Administrative & Personal Gear

- ☐ Completed BSA Health & Medical Record (Parts A & B)
- ☐ Daypack with notepad and pen/pencil
- ☐ Camp chair (essential for outdoor training sessions)
- ☐ Reusable water bottle & hot drink mug

Shelter & Sleep Systems

- ☐ Tent with rainfly, stakes, and ground footprint
- ☐ Sleeping bag (temp-rated) & sleeping pad/mat
- ☐ Pillow and warm sleeping clothes

Clothing & Footwear

- ☐ Class A (Field Uniform) & Class B (Activity T-Shirt)
- ☐ Weather-appropriate outer layers (jacket, fleece, gloves/hat)
- ☐ Rain gear (waterproof jacket/pants or poncho)
- ☐ Sturdy closed-toe shoes or hiking boots (with extra socks)

Toiletries & Hygiene

- ☐ Toothbrush, toothpaste, small towel/washcloth, hand sanitizer, and insect repellent

■■ 6. Scouter's Lingo Decoder

- **Den:** A small rank-based group of Scouts in the same grade (Tigers, Wolves, Bears, Webelos).
- **Pack:** The entire community unit combining all dens.
- **Cubmaster:** The adult leader running monthly Pack meetings and leading overall program delivery.
- **Class A (Field Uniform):** Official button-up Scout shirt, neckerchief, and slide for formal events.
- **Class B (Activity Uniform):** Scouting or Pack t-shirts worn for active/outdoor events.
- **YPT (Youth Protection Training):** BSA's mandatory online safety training for registered adults.

Thank you for taking the time to complete your BALOO training and bringing outdoor adventure to your Pack!