



CUB SCOUT RANK ACHIEVEMENTS FOR 1-MILER PARTICIPANTS & CAMPERS

| Rank | Adventure | Requirements | Activity |
|---------|--------------------------|--------------|---|
| Lion | Mountain Lion | 1, 2 | 6 Essentials, 20 minute walk |
| Lion | Fun on the Run | 3, 4 | Be active for 20 minutes, methods for rest |
| Lion | Let's Camp! | 3, 4 | 6 Essentials, Council overnight camping |
| Tiger | Tigers in the Wild | 1, 2, 3 | 6 Essentials, Outdoor Code, 20 minute walk |
| Tiger | Tiger Bites | 3 | Be active for 30 minutes |
| Tiger | Let's Camp! | 5 | Council overnight camping |
| Wolf | Paws on the Path | 1, 3, 4, 5 | 6 Essentials, appropriate clothing and shoes, Outdoor Code, Leave No Trace, 30 minute walk |
| Wolf | Running with the Pack | 3, 4, 5 | Be active for 30 minutes, be active for 10 minutes doing exercises, relaxing activity for 10 minutes |
| Wolf | Let's Camp! | 2, 5 | 6 Essentials, Council overnight camping |
| Bear | Bear Habitat | 1, 2, 3, 9 | Prepare for a one-mile walk, 6 essentials, "Know Before You Go" map, "Choose the Right Path," one-mile walk while practicing LNT |
| Bear | Bear Strong | 2, 3, 4 | Be active for 30 minutes, be active for 15 minutes by doing exercises, relaxing activity for 10 minutes |
| Bear | Let's Camp! | 5 | Council overnight camp |
| Webelos | Webelos Walkabout | 1, 2, 6, 7 | 6 Essentials, appropriate clothing and shoes, plan a 2-mile route for your walk, go on a 2-mile walk while practicing LNT, review your walk |
| Webelos | Stronger, Faster, Higher | 2, 3, 4 | Be active for 30 minutes, be active for 15 minutes doing exercises, relaxing activity for 10 minutes |
| Webelos | Let's Camp! | 1, 2, 3 | Camp out, determine where to set up your tent, set up your tent |
| AOL | Outdoor Adventurer | 5, 6 | Participate in a campout, determine where to set up your campsite |
| AOL | Personal Fitness | 3 | Be active for 30 minutes, including both stretching and moving |

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 Other Visitors



The 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, and
Be Conservation-minded.

[HTTPS://HOVC.ORG/5K-TRAIL-RUN](https://HOVC.ORG/5K-TRAIL-RUN)



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