

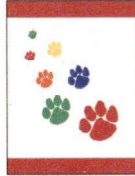
# PAWS ON THE PATH

OUTDOORS





## SNAPSHOT OF ADVENTURE



It is time to go outside! Every journey begins with just one step, and that first step can take you on a fun-filled adventure. It starts by simply going outside for a walk, just like the one you and your Wolf den are about to take.

Where you take your walk is up to your den. It may be a walk around the center of your city or town; it may be at a local park with a trail; or it may be a trail in a forest. No matter where you take your walk, you will see signs of nature in different forms.

### REQUIREMENTS

1. Identify the Cub Scout Six Essentials. Show what you do with each item.
2. Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.
3. Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.
4. Learn about the Outdoor Code and Leave No Trace Principles for Kids.
5. Take a walk outside for at least 30 minutes to explore nature in your surroundings. Describe four different animals, domestic or wild, that you could see on your walk.



- **Required Adventure**
- **Scan for this Adventure page**



## REQUIREMENT 1

**Identify the Cub Scout Six Essentials.  
Show what you do with each item.**

### The Cub Scout Six Essentials

The success of a trip often depends on what you carry with you. Cub Scouting has created a list of items you should bring when you go outside. These items are called the Cub Scout Six Essentials. Round up these items and bring them with you on your walk.



#### 1. FILLED WATER BOTTLE

You should bring enough water for you to drink through your entire walk, both to and from. Make sure your bottle is full when you start out. It is not safe to drink water you find along the trail. Your den leader can help you decide how much water you should bring.

#### 2. FIRST-AID KIT

A kit should include a few adhesive bandages, some moleskin (a sticky bandage that you can put over a blister to keep it from getting worse or rubbing), and soap or hand-sanitizing gel.



#### 3. WHISTLE

It's only for emergencies, but a whistle will last longer than your voice.



#### 4. FLASHLIGHT

Check your batteries to make sure they have plenty of power. Your flashlight will be used only in an emergency, so save the batteries for times when you really need them.



#### 5. SUN PROTECTION

Sunscreen should be SPF 30 or greater. A hat is good to have, too.



#### 6. TRAIL FOOD

Trail mix or an energy bar provides quick energy when you need it.



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## REQUIREMENT 2

**Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.**

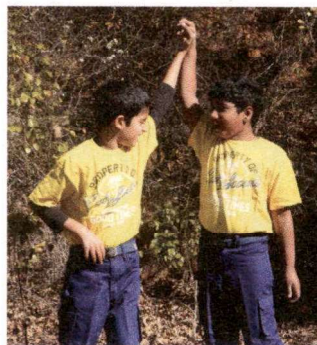
"Two heads are better than one." You may have heard that saying before, and it is true. Sometimes you may forget a safety rule, or be unaware of a hazard up ahead, but if you are with a buddy, it is easier to stay safe.

The buddy system is the way for Cub Scouts to look after each other, especially on outdoor adventures.

When you go on a walk, take a hike, swim, or camp with your den, each Cub Scout is to have a buddy.

You keep track of what your buddy is doing, and your buddy knows at all times where you are and how you are doing.

A Cub Scout leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. The buddy system is a way of sharing the good times and keeping everyone safe.



\_\_\_\_\_ **Date**

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### REQUIREMENT 3

Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.

Talk with your den leader about what kind of clothing to wear on your walk. What you need to wear will depend on the season, the weather, and where you live. It is also important to think about what time of day you will be outside.

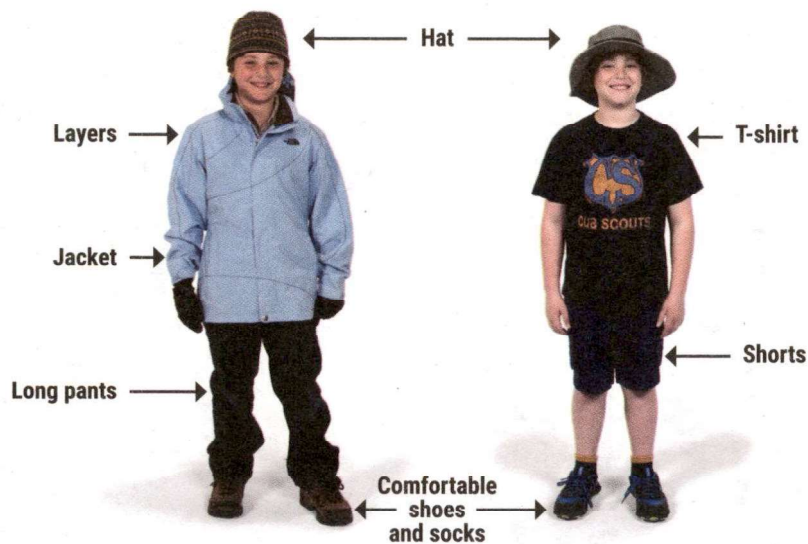
When you wear one piece of clothing over another, it is called layering. For example, when you wear a T-shirt, sweater, and jacket, you are wearing layers. When it is cold in the morning, you wear all three. At lunchtime, it may be warm enough to take off your jacket. After school, you start playing with your friends and





get hot, so you take off your sweater. When you finish playing and start cooling down, you put your sweater back on. The sun goes down and it gets cold, so you put your jacket back on. Layering is a good way to dress for when the weather can be cold, warm, hot, and in between, all in one day.

A rain jacket will keep you dry if it rains. What other gear could you take on your walk? Remember, you'll have to carry it all yourself and bring it all back.



Date

Adult's Signature



## REQUIREMENT 4

### Learn about the Outdoor Code and Leave No Trace Principles for Kids.

Cub Scouts love to be outdoors. But getting to enjoy all of the fun and excitement of nature also means taking care of it. The Outdoor Code is a way for every Cub Scout to be a part of keeping our world beautiful and safe — today and for years to come.

#### 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.

After completing your walk outside, think about the Outdoor Code and Leave No Trace Principles for Kids. With your den leader, discuss ways that you and your den were considerate in the outdoors by respecting wildlife.



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## REQUIREMENT 5

**Take a walk outside for at least 30 minutes to explore nature in your surroundings.**

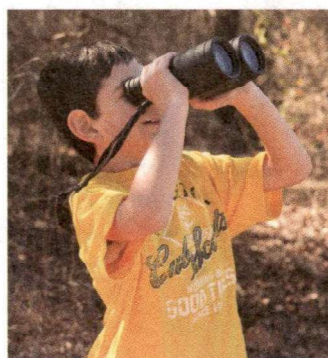
**Describe four different animals, domestic or wild, that you could see on your walk.**

It's time to put your paws on the path and take a walk outside with your den or your family. With your family or your den, study a map of the area to help you understand the land and see where you will be walking. You might be able to answer these questions:

- ▶ Does the path or trail have a name?
- ▶ Is the trail made of dirt, concrete, or another material?
- ▶ Is it flat or will you be climbing hills?
- ▶ Is there a river, creek, or other body of water around?
- ▶ Will you walk in one direction and then turn around and come back, or does your path make a circle?
- ▶ Which direction is north?

### WHEN TAKING YOUR WALK, DO THE FOLLOWING

- ▶ Stay on the path, trail, or sidewalk.
- ▶ Walk at a steady pace.
- ▶ Use the buddy system.
- ▶ Stop and rest when needed.
- ▶ Make sure you have your water bottle(s) and take frequent drinks.
- ▶ Look and listen for birds, mammals, insects, and other creatures along the way.





To get your body warmed up, do some leg and arm stretches and a few knee bends before you start out.



### Wild Animals

Animals that live outdoors and do not rely on humans are considered wild animals. Most wild animals avoid humans, so you may not see them. Wild animals usually have better sight, hearing, and smell than humans, which help them stay out of our sight. You should observe wild animals but never approach them.

### Domesticated Animals

Animals that live with humans and rely on us for things like food and shelter are called domesticated. Some animals have become domesticated to be a source of food or to help humans with work, and others have become pets. Just because an animal is domesticated does not mean the animal is safe.



Never approach an animal that you do not know. You cannot tell if an animal is domesticated or wild just by looking at it. For example, most dogs you may see are domesticated, but some dogs are wild and do not rely on humans. Wild dogs should not be approached.

On your walk, you may see wild and/or domesticated animals. You may not see any animals, but if you look hard enough, you may see signs that an animal was nearby.



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Adult's Signature