

BEAR HABITAT

OUTDOORS



- Required Adventure
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SNAPSHOT OF ADVENTURE



A bear is at home in the outdoors, and so is a Bear Scout! In this Adventure, you'll learn how to plan a one-mile walk with your den. Your walk may be around where you live, it may be on a historical trail that has been in use for hundreds of years, or it may be on a nature trail.

When we are outside, we also have responsibilities to make sure that others can enjoy the outdoors, too. Knowing and following the Leave No Trace Principles for Kids helps us do just that.

REQUIREMENTS

1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather-appropriate clothing and shoes.
2. **"Know Before You Go"** Identify the location of your walk on a map and confirm your one-mile route.
3. **"Choose the Right Path"** Learn about the path and surrounding area you'll be walking on.
4. **"Trash Your Trash"** Make a plan for what you'll do with your personal trash or trash you find along the trail.
5. **"Leave What You Find"** Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
6. **"Be Careful With Fire"** Determine the fire danger rating along your path.
7. **"Respect Wildlife"** From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, or reptiles.
8. **"Be Kind to Other Visitors"** Identify what you need to do as a den to be kind to others on the path.
9. With your den, pack, or family, go on your one-mile walk while practicing your Leave No Trace Principles for Kids.

REQUIREMENT 1

Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather-appropriate clothing and shoes.

Being comfortable in the outdoors means taking along the right gear to keep you warm, dry, and safe. You don't need all the comforts of home, but a few key things can really help you enjoy your walk.

Talk with your den leader about what kind of clothing to wear on the walk. What you need to wear will depend on the season and where you live. It is also important to think about what time of day you'll be hiking. Layering is a good way to dress for places where the weather can be cold, hot, and in-between, all in one day.

Remember to bring your Cub Scout Six Essentials. You should take them on every outing.

CUB SCOUT SIX ESSENTIALS



Filled water bottle



First-aid kit



Whistle



Flashlight
(check the batteries)



Sun protection



Trail food



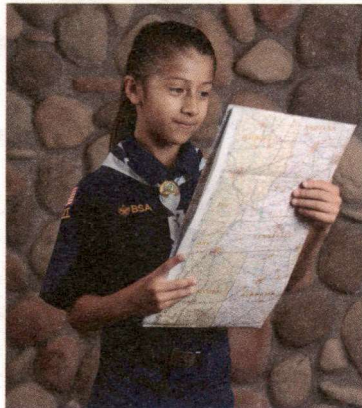
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Date

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REQUIREMENT 2

"Know Before You Go" — identify the location of your walk on a map and confirm your one-mile route.



Using a map, identify where you'll take your walk. Look for a legend on the map to tell you the scale. The scale will tell you how far something is on the map compared to how far it is in real life. For example, when you open a map online you'll see somewhere on the map, often in the lower right corner, a distance with a line. This tells you that the

length of the line on the map is equal to a certain distance in real life. It may be in miles or feet. As you zoom in and out on the map, the size of the line and the distance will change.

Can you confirm that your route is at least one mile?



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REQUIREMENT 3

"Choose the Right Path" — learn about the path and surrounding area you will be walking on.



The location where you take your walk may have been created a long time ago, like the Crawford Path, which was built in 1819 by Ethan Allen Crawford and his father, Abel. Located in New Hampshire, the path is 8.5 miles long. It is the oldest known continuously maintained hiking path in America that is still in use today.

Your walk may be part of a local park, greenway, or a rails-to-trails program where old railroad paths are converted to recreational paths. Or your route may simply be your neighborhood.

When learning about your path, there are some things you should look for:

- ▶ Where will everyone meet to start the walk, and where will you end?
- ▶ Does the path or area you plan to take your walk on have a name?
- ▶ Is the path marked? If so, how?
- ▶ Are there bathrooms?
- ▶ Is there a place to get drinking water?
- ▶ Is there something of interest that you may want to spend some time looking at, such as a historical marker, a special tree, or maybe even a playground?
- ▶ Are there trash cans?



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REQUIREMENT 4

"Trash Your Trash" — make a plan for what you will do with your personal trash or trash you find on the trail.



If the path you're going to walk on doesn't have trash cans available, then you want to make sure that you hold onto any trash until you can properly dispose of it. If you eat a granola bar on the trail, where are you going to put the empty wrapper?

Your den or family should consider bringing a container for everyone to put their trash in such as a used plastic grocery bag or an empty trash bag.

If your den or family is going to pick up trash along the way, make sure you have gloves or use a tool like a trash picker so no one is touching the trash with their "bear" hands.



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REQUIREMENT 5

"Leave What You Find" — take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.

Taking pictures or sketching the things you see on your walk is a great way to share what you saw with those who were not with you. It also helps you remember the walk.



It's always a good idea to keep a small journal of your outdoor activities. This is a great time to start one. Notice who was on the trail with you and write down their names. Record the time and date of your walk, too, including the year.



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REQUIREMENT 6

"Be Careful With Fire" — determine the fire danger rating along your path.

The United States Department of Agriculture created the National Fire Danger Rating System. This system allows everyone to see the fire danger rating for today and tomorrow. There are five levels of fire danger: low, moderate, high, very high, and extreme.



To learn the fire danger in your local area, contact the agency responsible for maintaining the information in the area you will be visiting. Typically this is the United States Forest Service.

Fire Danger Level: Low

When the fire danger is "low," it means that fuels, like grass or wood, do not ignite easily from small embers, but a more intense heat source, such as lightning, may start fires in dry vegetation or dry rotten wood.

Fire Danger Level: Moderate

When the fire danger is "moderate," it means that fires can start from most accidental causes, but the number of fire starts is usually pretty low. Fires are still not likely to become serious and are often easy to control.

Fire Danger Level: High

When the fire danger is "high," fires can start easily from most causes, and small fuels (such as grasses and needles) will ignite

readily. Unattended campfires may escape their defined area, and brush fires are likely to quickly grow. Fires can become serious and difficult to control unless they are put out while they are still small.

Fire Danger Level: Very High

When the fire danger is "very high," fires will start easily from most causes. The fires will spread rapidly and have a quick increase in intensity, right after ignition. Small fires can quickly become large fires and exhibit extreme fire intensity, such as long-distance spotting and fire whirls. These fires can be difficult to control and will often become much larger and longer-lasting fires.

Fire Danger Level: Extreme

When the fire danger is "extreme," fires of all types start quickly and burn intensely. All fires are potentially serious and can spread very quickly with intense burning. Small fires become big fires much faster than at the "very high" level. Spot fires are probable, with long-distance spotting likely. These fires are very difficult to fight and may become very dangerous and often last for several days.



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REQUIREMENT 7

"Respect Wildlife" — from a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, or reptiles.

Most animals see humans as a threat and will hide when they see, hear, or smell humans. To increase your chances of seeing a wild animal, keep still for a long period of time without making any noise, even if you're walking in your neighborhood or on a city path.



There are different types of animals. Mammals are animals that produce milk for their young and have an advanced brain, three middle ear bones, and fur or hair. Humans are mammals, and so are dogs and cats. The mammal that has the most species is the rodent. Rodents include rats, mice, and even beavers.

Birds are animals that have feathers, lay eggs, and have toothless beaked jaws. Birds come in many sizes, from the small hummingbird to the large ostrich. Note that for an animal to be a bird it does not need to fly. Birds like the ostrich and penguin are flightless birds.



Insects have an exoskeleton, which is a skeleton on the outside, like armor. They have a three-part body (head, thorax, and abdomen), three pairs of jointed legs, compound eyes, and one pair of antennae.

Insects are the most diverse group of animals; they include more

than a million described species and represent more than half of all known living things.

Reptiles include turtles, crocodilians, squamates (lizards and snakes), and even the tuatara – the only remaining reptile of its kind. There are about 11,700 species of reptiles. Reptiles are creatures that either have four limbs or, like snakes, are descended from four-limbed ancestors. They lay eggs that are surrounded by membranes for protection and transport. Reptiles range in size from a tiny gecko that is less than one inch long to the saltwater crocodile, which can reach almost 20 feet long.



Here are some ways to know if an animal is nearby or has been nearby:

- ▶ Listen for sounds. Not just the sound the animal would make, but also the sound of the animal moving.
- ▶ Look for where they live. A bird's nest, a burrow (hole in the ground), or a plant.
- ▶ Look for what they eat. Many animals eat plants, so you might see a bite mark on a leaf. Others might go through trash that has food in it.
- ▶ Look for scat (poop). Different animals leave different types of scat.
- ▶ Look for tracks. If it has rained recently and there is mud, you may see footprints that animals left behind as they walked.



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REQUIREMENT 8

"Be Kind to Other Visitors" —
identify what you need to do as a den
to be kind to others on the path.



Being kind is part of the Scout Law, and when you're on your walk there are things you can do to be kind to others. According to the United States National Park Service, here are some good manners to use on your walk:

- ▶ Know your right of way. For example, you should walk on the right side of a path and not the left side. Check signs on the path and follow their directions.
- ▶ If you're on a trail or path that is wide enough for only one person and your den or family must walk single file, step aside and give space to anyone who is going uphill. If it's a flat area, be the first to step aside and give space for others to pass.
- ▶ Bicyclists yield to hikers.

- ▶ Be mindful of the plants or animals that are near the trail if you must step off the trail.
- ▶ Make yourself known. When you encounter other people, offer a friendly "hello." This helps create a friendly atmosphere on the path. If you approach another walker from behind, announce yourself in a friendly, calm tone and let them know you want to pass.
- ▶ Stay on the path or trail. Going off a trail or path can damage or kill certain plant or animal species and can hurt the ecosystems that surround the trail.
- ▶ Always practice Leave No Trace principles: Leave rocks, vegetation, and artifacts where you find them for others to enjoy.
- ▶ Do not disturb wildlife. They need their space, and you need yours, too. Keep your distance from any wildlife you encounter.
- ▶ Be mindful of the path or trail conditions. If a path or trail is too wet, muddy, or slippery, turn back and do the walk another day or find a different path.
- ▶ Take time to listen. Be respectful of both nature and the other users and keep the noise from electronic devices off.
- ▶ Be aware of your surroundings. It will help keep you and any members of your group safe. Know the rules for walking on your trail or path.



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REQUIREMENT 9

Go on your one-mile walk while practicing your Leave No Trace Principles for Kids.



Now you are ready for your walk. One mile may go by fast. If you and your den or family want to walk longer, continue onward.

When you finish your walk, it's a good idea to talk to your den or family and share what everyone liked about it, what you would have done differently, and maybe even plan your next walk.



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