

WEBELOS WALKABOUT

OUTDOORS



- Required Adventure
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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're ready, take your walk!

REQUIREMENTS

Approved by _____

1. Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather-appropriate clothing and shoes. _____
2. Plan a 2-mile route for your walk. _____
3. Check the weather forecast for the time of your planned 2-mile walk. _____
4. Review the four points of the BSA SAFE Checklist and how you will apply them on your 2-mile walk. _____
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 _____
6. With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and the Outdoor Code. _____
7. After your 2-mile walk, discuss with your den what went well and what you would do differently next time. _____

REQUIREMENT 1

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

To create your walk plan, work with your den and den leader and determine the following:

Walk location: _____

Walk distance: _____

Gathering place: _____

Gathering time: _____

Walk start time: _____

Walk finish time: _____

Is there a place of interest where you want to stop?: _____

Are there bathrooms on the route?: _____

If you're planning to use an existing trail, try to get a copy of the trail map. Study it ahead of time to learn more about the trail. If you're making up your own route, work with your den leader to create a map.

PACK YOUR CUB SCOUT SIX ESSENTIALS



Filled water bottle



First-aid kit



Whistle



Flashlight
(check the batteries)



Sun protection



Trail food

Are there other things you may need? Here are some items you may want to consider:

- ▶ Insect repellent
- ▶ Rain gear
- ▶ Map of the trail
- ▶ Compass or GPS
- ▶ Camera

When you go walking, you want to take care of your feet. High-top shoes or boots are best because they keep out rocks and sand and help protect your ankles. Your shoes should fit tightly around your heel but with room to wiggle your toes. If your shoes don't fit well, you can get blisters, and that's no fun. When you get new boots or shoes, always break them in by wearing them part of every day for a week or more before you go on a long walk or hike.

Socks are as important as shoes. They soak up moisture and cushion your feet. Hiking socks made of polypropylene or a wool/nylon blend work better than cotton socks.

REQUIREMENT 2

Plan a 2-mile route for your walk.



How fast can you walk? Most dens can expect to average about 1 to 2 miles per hour, including stops. This means your route will take 1 to 2 hours. If the place you're walking is flat and paved, it will be faster compared to a walk on a hiking trail that has a lot of hills.

How do you know that your route is 2 miles? If the route you take is an established trail with a map, you can look for the key and find the scale of the map. The scale will tell you how long the trail is in real life.

You could also look at your route on an online map with the help of your den leader or adult. There is usually a scale in the lower right corner to help you figure out the distance of your route. Remember that when you zoom in and out of the route, the scale will change.

REQUIREMENT 3

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

65°



Storms

H: 68° L: 42°

Before you leave for your walk, check the weather forecast. If the weather is going to be severe, change your plans and schedule the walk for another time. The National Weather Service issues a "storm watch" when conditions are right for severe weather and a "storm warning" when severe weather is occurring.

On your walk, it may rain, or it may be hot or cold. This is normal. Sometimes, however, the weather can change quickly and become dangerous. It's important to be prepared for bad situations.

Floods

Flash flooding can occur when there is very heavy rain over several hours or steady rain over several days. Because flash floods can strike with little warning, you should never walk on low ground near streams or other bodies of water when rain is expected. Heavy rain miles away can turn into flash floods downstream. If flooding occurs, move to higher ground immediately. Stay out of streams, ditches, and other flooded areas. Adults should never try to drive through flood waters, no matter how shallow they may seem. Just a few inches of water can carry off a car!



Severe Thunderstorms, Lightning, and Tornadoes

Thunderstorms can be loud and scary. Sometimes they produce dangerous lightning and tornadoes. Lightning can strike 10 miles from a thunderstorm.



You should take shelter in a building or vehicle as soon as you hear thunder — even if the sun is shining overhead. Make sure you're not the highest object in the area. Avoid water, open areas, isolated trees, picnic shelters, and metal objects. If you're caught in the open, spread out 100 feet apart from everyone else and crouch down like you do when you play leapfrog.

Tornadoes are funnel clouds that can form in spring and summer thunderstorms. The best place to be if a tornado hits is indoors, either in a basement or closet or against an interior wall. If you're caught outside, get in a ditch, and lie as flat as possible.



REQUIREMENT 4

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

SAFE is an acronym for the things we do in Scouting to keep everyone safe. Review these four points with your den leader and den and discuss how you will follow each of the four points.

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

A is for 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.

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

E is for 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.



REQUIREMENT 5

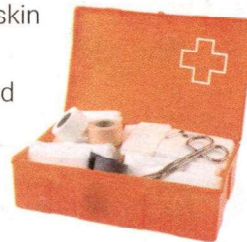
Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat-related illness.



Blisters on the Hand and Foot

Blisters are pockets of fluid that form as the skin's way of protecting itself from friction. Blisters on the feet are common injuries among hikers. You can avoid getting blisters by wearing shoes or boots that

fit well, changing your socks if they become sweaty or wet, and paying attention to how your feet feel. A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin. If a blister forms, you can protect it with a doughnut bandage. To make one, cut moleskin in the shape of a doughnut, and fit it around the blister. Shape several more doughnuts and stack them on top of the first. Cover with an adhesive bandage.



Sprained Ankle

The **RICE method (rest, ice, compression, and elevation)** is the appropriate treatment for most minor soft-tissue injuries.

Rest — Stop using the injured area.

Ice — Apply cold therapy for 15 to 20 minutes every four hours. Never apply ice directly to the skin; instead, place a thin cloth between the ice and the skin to prevent skin damage.

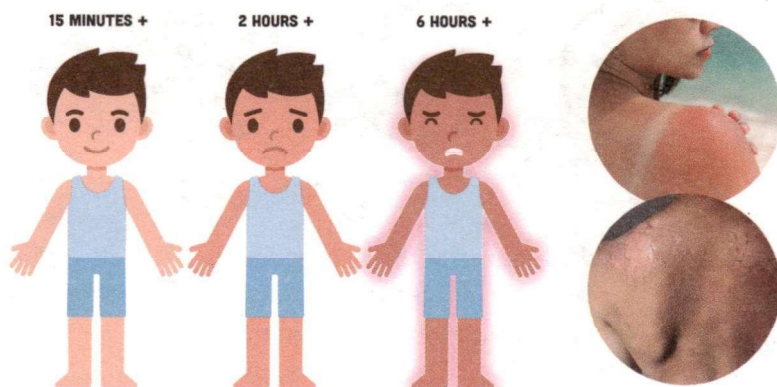


Compression — An elastic bandage can help prevent swelling and provide support. Remember: Do not wrap it so tightly that it cuts off circulation. Be sure to check for circulation, sensation, and motion after applying the wrap and periodically thereafter. Signs to check for include decreased sensations, throbbing pain that is different from the injury, tingling, bluish or mottled skin, or a decreased pulse. If any of these signs are present, the wrap should be released and reapplied.

Elevation — Raise the injured extremity above the level of the heart when possible. This will help reduce swelling.

Sunburn

Sunburn is a common injury among people who enjoy being outdoors. Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention. All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older. People with lighter skin are most at risk of getting



sunburned, but no one is immune. You can prevent sunburn by using plenty of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you're outside. Reapply if you are sweating a lot. A broad brimmed hat, long-sleeved shirt, and long pants will give you even more protection. You should wear sunscreen even on cloudy days. The ultraviolet radiation from the sun that causes a sunburn can pass through clouds. It can also bounce off water and snow and cause damage to your skin.

Dehydration

When you walk for a long time, you risk losing more water than you're taking in. When you sweat or breathe out more fluid than you take in, that's dehydration.

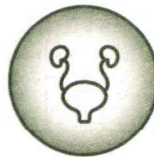
Signs of dehydration include:



Increased
thirst



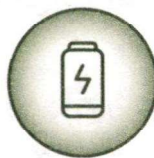
Headaches or
muscle cramps



Dark urine and/or
decreased urine production



Dry skin
and lips



Tiredness or
weakness

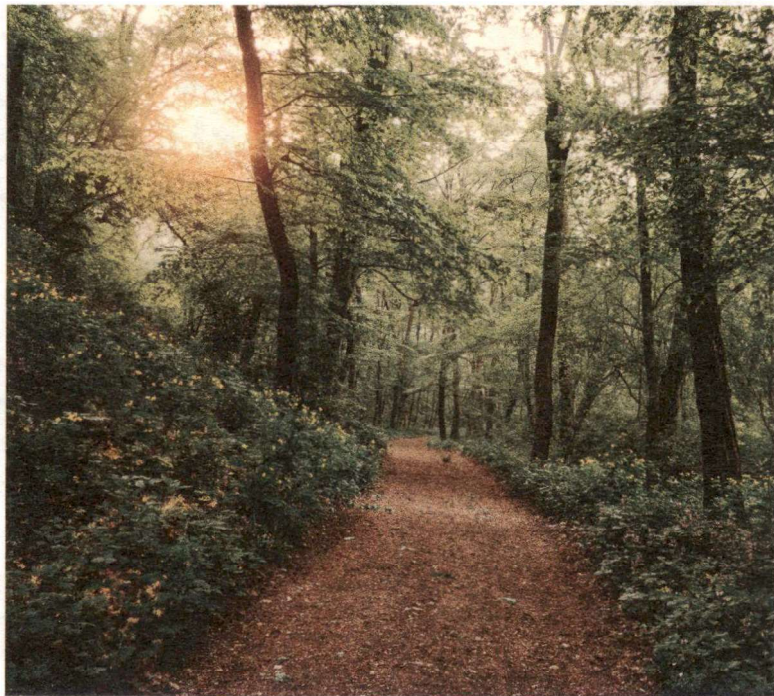


Confusion or
dizziness

Treating dehydration is easy: Drink water. The best thing to do is prevent it. Being dehydrated is not an accident. Drink water before you go on your walk and then drink small amounts as you walk.

REQUIREMENT 6

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



There's nothing like a walk outdoors to remind Scouts of the importance of caring for the Earth. Scouts of all ages can make a big difference when they act responsibly in the outdoors. After all, there are millions of us out there! Just think about the good that happens when that many people promise to do their best to protect nature and keep our country beautiful. That's what the Outdoor Code and Leave No Trace Principles for Kids do — they remind us that even the little choices matter when it comes to nature.

As a Webelos Scout, you'll give extra attention to being conservation-minded, which means protecting natural resources. Two of the Leave No Trace Principles for Kids will help you do that: Know Before You Go and Choose the Right Path. When you plan ahead, you'll be familiar with the area and prepared for your outing. When you stay on existing trails, you'll protect the land around them. To be sure you'll have those words guiding you in this Adventure (and in the many, even greater adventures to come), take some time to memorize the Outdoor Code and Leave No Trace Principles for Kids.

You can find both the Outdoor Code and Leave No Trace Principles for Kids in the front of your handbook. When you've learned both, recite them for your den leader and discuss how you'll apply them on your walk.



REQUIREMENT 7

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



After your 2-mile walk, take some time before everyone leaves to talk about it. A good way to start the conversation is to use the Start, Stop, Continue method. This is something you could do for all your activities.

Start — Ask everyone if they were to do the walk again, what would they do differently or what would they start doing that they didn't do this time.

Stop — Ask everyone if there is something that they or the den did that they don't want to do again or what would they like to stop doing.

Continue — Ask everyone what they liked about the walk. If they did it again, what would they want to do the same way?