

CUB SCOUT PACK 316

HIKING STICK PROGRAM



Program Goal:

This program invites the scouts to be more active in the outdoors, to learn more about the environment, practice "Leave No Trace," and learn what type of wild animals and birds live in their local area. So, why did your son want to join Scouting? Did he want to explore the outdoors, learn how to use a map or read a compass, experience camping, and go hiking in fun and exciting locations? If you answered yes, then the Pack Hiking Program is for him.

As your son begins hiking, and starts learning the guidelines for Leave No Trace, how to use a map and compass, or even the history of the local parks he'll be in, he will be earning mile credits. A scout earns one mile credit for every mile hiked. The goal is for your son to have fun while hiking. And, to enhance this experience, he will be able to earn the symbol of the Hiking Program, the Hiking Stave or Stick as well as other rewards pertaining to his participation and milestones.



When Will the Hikes Take Place?



- Once a month.
- Weekends or holidays.
- No regularly set time or date, Saturday or Sunday, morning or afternoon.
- Flexible and meant to accommodate scouts with pre-existing weekend schedules.
- Weather-dependent so changes on short notice could occur.
- Will never overlap with other Pack activities.

Where Will the Hikes Take Place?

- Local and regional area parks.
- Variety of hiking perspectives: historical, wildlife, bird-watching, plant & aquatic-life, geological & scenic.
- Trip agendas with trail descriptions, maps (when possible) and directions for each hike will be provided.
- No separate meeting other than the actual hike.

How Much Will This Hiking Stick Program Cost?

Because not every scout will join, participating scouts will be asked to contribute to the program's cost. At this time, we are asking for \$5 per scout per year. There may also be park admission fees for adults or per vehicle. Many parks will admit scouts either at reduced rates or free of charge. Entrance fees will be announced with each hike.

Program Rules & Guidelines:

- Hike lengths typically range 2 – 7 miles.
- Scouts are required to have a parent-guardian on the hike with them at all times.
- All hikes will depart from the meeting location as scheduled.
- Scouts can choose between their class A & B shirts. It's good to be identified as a scout.
- Scouts should wear a hat. Hats provide protection from the weather. (Rank hats are optional.)
- Wear comfortable shoes, preferably hiking shoes with appropriate socks.
- Scouts will be responsible for carrying their own gear – so keep it light!
- Bring water. And it is also smart to pack some sort of trail snack.
- On longer hikes we will typically eat lunch on the trail (practicing “Leave No Trace” at all times). Scouts may carry day packs and water bottles.
- On warmer weather hikes, a small water bottle is not enough for even the smallest scout so please be sure that the scout and parent-guardian have plenty of fluids.
- Don't forget insect repellent!
- During the winter, hats, scarves, gloves/mittens, coats & boots should be worn. Dressing in layers is always a good idea.
- It's beneficial to have sunscreen in the winter as well as the summer.
- Consider keeping a rain poncho with you. If it rains you have it, if it doesn't it makes a good sun shelter.
- Bring an emergency/safety whistle to use should you get lost.
- Siblings may participate. It is up to the parent-guardian to decide if younger children can maintain a consistent pace and are capable of hiking the designated distance. Only scouts will receive hiking awards.
- An adult leader is assigned to the “tail” position. No one is allowed behind this individual. The Pack hikes as a unit. We start together, break together, etc., with everyone following the same trail. We may allow an older Scout to “Lead”. We will usually work in map reading and use of a compass with them, where we have a route that can be read. It's up to the scout to determine which fork to take to stay on the designated route, or if a new trail needs to be transitioned; they will however, have their decision confirmed by a leader.
- Hiking mileage will be awarded only for Pack, Den, or Scout Council sanctioned events.
- Individuals *will not* be credited for miles hiked on vacations or family outings. However, participation in *charitable* walks such as “The Walk to End Alzheimer's” or the “Douglas Family Fun Run” may be considered for mileage. This is at the discretion of the pack leadership and approval should be obtained prior to registering for such an event.
- All mileage that is earned must be recorded by the hike leader to receive credit. It is the scout's responsibility to sign-in at each event.
- “Number of Hikes” and “Top Hiker” will be recorded per scout year.
- All monthly hiking stick awards will be awarded at the end of each hike.
- Awards received for “Number of Hikes,” “Top Hiker” and “Miles Hiked” will be awarded at Pack meetings.
- Hiking awards for 2nd, 3rd, and 4th hikes, as well as “Miles Hiked” will only be awarded once.
- No dogs allowed on pack hikes.



Hiking Awards:

NUMBER OF HIKES	AWARD
2 nd hike	Hiking stick or Brass star tack (If you've already earned a hiking stick)
3 rd hike	Leather/nylon lace and arrowhead
4 th hike	Brass star tack
5 hikes in one scout year	Pewter Fleur de Lis tack
10 hikes in one scout year	Rank Medallion

SPECIAL	AWARD
Top Hiker, most miles/rank	Eagle & U.S. Flag medallion

HIKE MONTH **AWARD**
 Examples of monthly hiking awards include feathers, push pins, beads, and other decorative items.

MILED HIKED (all scout years)	AWARD
10 miles	Nylon or leather hand strap
15 miles	Copper end cap
20 miles	Parachute cord for grip & shoulder strap
25 miles	Massachusetts medallion
30 miles	12 brass tacks/brads for measurements
40 miles	Eagle feather
50 miles	Pack 316 "50 Miler" medallion
60 miles	String of Gem Stones
75 miles	Bobcat medallion
100 miles	World Crest medallion
150 miles	Deer or raccoon tail

Notes: (1) There may be the opportunity to earn medallions for special hikes, such as those completed in CT or RI or on unique trails like the Freedom Trail in Boston. (2) Availability of awards is based on manufacturer supply and could change.



Pack 316

Hiking Stick



This is what YOUR hiking stick

could look like!

Basic Hiking Rules:

1. Always use the Buddy System
2. Leave No Trace
 - Plan ahead
 - Stick to the trails
 - Leave what you find
 - Respect other visitors
 - Trash your trash
3. Trail Rules
 - Hike on the Right, Pass on the Left
 - Respect Nature's Peacefulness
 - Stay with the group, never wander off
 - Watch for cyclists
 - Watch for horses
4. If you get lost
 - Stay calm and stay put
 - Hug a tree!
 - Blow your trail whistle

