



Cub Scout Hiking

Sports Workbook



The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the **Cub Scout Academics and Sports Program Guide** (Pub. 34299)

This workbook was updated in June, 2013.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the **Belt Loop or Pin** should be sent to: Advancement.Team@Scouting.Org

Cub Scout's Name: _____ Pack No. : _____

Cub Scout Hiking Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike.
(Editor's Note: The [Hiking Safety Rules](#) can be found at the end of this workbook.)

2. Demonstrate proper hiking attire and equipment.
3. Hike at least 30 minutes with your adult partner, family, or den.

| Date | Start | End | Duration |
|------|-------|-----|----------|
| | | | |

Cub Scout Hiking Pin

Earn the Cub Scout Hiking belt loop, and complete five of the following requirements:

1. Make a chart and record at least five hours of hiking.

| Date | Time Spent | Location |
|------|------------|----------|
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2. Help plan a den, pack, or family hike.
3. Earn Cub Scouting's Leave No Trace Awareness Award.
4. Earn the Cub Scout Outdoor Activity Award.
5. Learn seven trail signs and tell your den leader or adult partner what they are.

| | | |
|----|--|--|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |

6. Be able to identify five different trees and five different birds on your hike. (These can be of the same species if multiple species are hard to find.)

| Trees | | Birds | |
|-------|--|-------|--|
| 1. | | 1. | |
| 2. | | 2. | |
| 3. | | 3. | |
| 4. | | 4. | |
| 5. | | 5. | |

7. Using pictures or photographs, identify three poisonous plants. (Examples are poison ivy, poison sumac, and poison oak; oleander, poinsettia, etc.). Watch for these plants while on a hike.

| | |
|----|--|
| 1. | |
| 2. | |
| 3. | |

- 8 Take two different hikes for different purposes, for example, a nature hike, neighborhood hike, historical hike, city hike, stop-look-and-listen hike, and so on.

| | Date | Location | Purpose |
|----|------|----------|---------|
| 1. | | | |
| 2. | | | |

- 9. Explain to your den leader or adult partner what a compass is and show how to use one on a hike.

- 10 Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.

- 11 With visuals such as pictures or maps, report about one of your hikes to your den. Tell about how you prepared for your hike, who went with you, and what you saw.

Hiking Safety Rules:

- Always tell someone where you are going and when you will return.
- Never hike alone or at night; always use the buddy system.
- Dress properly for the weather and environment.
- Wear sun and insect protection.
- Take an extra pair of socks in case you need to change.
- Obey traffic signs and signals.
- Avoid hiking along roadways.
- Stay on the trail.
- Be alert to your surroundings.
- Don't litter as you hike.
- Be alert to dangerous animals, insects, and plants. Never touch a wild animal.
- Take 1 pint of water for each hour you will be hiking. Never drink untreated water.

Requirement resources can be found here:

http://www.meritbadge.org/wiki/index.php/Cub_Scout_Hiking#Requirement_resources

Important excerpts from the 'Guide To Advancement', No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- [Inside front cover, and 5.0.1.4] — **Unauthorized Changes to Advancement Program**
No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)
- [Inside front cover, and 7.0.1.1] — The 'Guide to Safe Scouting' Applies
Policies and procedures outlined in the *'Guide to Safe Scouting'*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- [4.1.0.3] — **Who Approves Cub Scout Advancement?**
A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.
- [4.1.0.4] — **"Do Your Best"**
Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.
- [4.1.2.2] — **Cub Scout Academics and Sports Program**
More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins (**except shooting sports**) in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.
- **"Akela"** (Pronounced "Ah-KAY-la") — Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's *Jungle Book*. (See "Law of the Pack.")
- **"Law of the Pack"** —
The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.