

### Mission Statement

To provide a safe and rewarding outdoor hiking experience through which our scouting youth can learn and promote the fundamentals of outdoor ethics and stewardship.

### Note to Hike Coordinator

The Boy Scouts of America uses eight fundamental methods to meet boys hope for fun and adventure and to achieve Scouting's aims of encouraging character development, citizenship, and mental and physical fitness. A Scout functions best when all eight methods are employed. Hiking focuses on the Physical and mental aspects of the 8 fundamentals.

In today's society our scouts are faced with multitudes of entertainment options that are growing at an expedient pace. From hand held games, and Phones to multitude of television programs targeting our children. I am not to say these are bad technologies but to mainly point out that we need to find balance in our lives between social and non-social activities. This is the challenge our youth face. Another fact is our society is getting heavier at an alarming rate. "According to the Center for Disease Control, "Approximately 17% of all children and adolescents ages 2 - 19 years are obese." (<http://www.cdc.gov>) Since the 1980, this number has almost tripled. This is why Physical fitness is paramount in scouting. We are not trying to turn our scouts into marathon runners, but teach and inspire scouts and their families the importance moderate exercise through hiking. Yes, I said adults too. We as adults need to lead by example.

The other aspect of hiking is the mental aspect. 80% of your hiking ability will be a mental one. After all if you don't make a mental effort to get out of the arm chair or couch, you can't get started. More importantly despite what your physical ability is, it's Determination and perseverance will makes up for lack of fitness or agility. There are countless stories of perseverance and motivation you can read about, but the biggest motivation should be standing next to you, your own scout.

**Requirements:** As the Trail Trekker Guide you and or another leader should have Basic Adult Leader Outdoor Orientation (BALOO) Training, and First Aid /CRP training. A minimum of 2 Adults or Adult leaders, or four Scouts to 1 Adult leader must be maintained to be compliant with BSA rules. If a Tiger cub is present then the Parent or Legal Guardian must accompany him on the Hike too.

**Thoughts** I would suggest discussing the points found on this and proceeding pages with the scouts before going on the hike. Being familiarize with this information is knowledge they will need to know throughout their Cub Scout and Boy Scout ranks advancement. Even more important, is the knowledge they acquire through repetitious learning will keep them or their Scout buddies safe. **Keep it fun.** Boys have a way of creating their own fun. An over regimented hike could discourage rather than inspire participation in future hikes. The Hikes vary in degree of difficulty, designed to challenge them and prepare them for the harder hiked found in Boy Scouts.

**Clothing:** Dress appropriately based on weather conditions expected to encounter on the hike. Wear hiking boots with good ankle support or Hiking shoes depending of terrain. It's recommended you buy good hiking socks to help avoid blisters on your feet. Dress in layers of clothing so as you get hot or cold you can remove or add a layer of clothing.

**Hiking Precautions:**

First and foremost our Scouts safety is our top priority and concern. It's best to follow the Scouting Leave No Trace guidelines, especially staying to the designated paths. This will help prevent the chance encounters with snakes, ticks and Poison Oak which are commonly found on these hikes.

1. Always Wear Sun Block SFP 15 at a min or higher, recommend SFP50.
2. Wear a Hat you can still get sunburn on your head even if you have a full head of hair. The Ideal hat has a brim on it to protect all sides of your head and ears from the sun.
3. A First Aid Kit is also required. I would recommend an Individual First Aid Kit designed for Hiking, contains items most likely to be needed on a hike band aids, Moleskin, etc.
4. Hike coordinator's First Aid Kit - Don't just have a first aid kit for an individual. but have a more substantial first aid kit with few band aids, Aspirin Knife or Multi-Purpose Tool, Moleskin or bandages, a flexible splint, a small roll of duct tape, iodine, irrigation syringe, forceps, even a digital thermometer and other items can be useful.
5. Always bring water to drink. Canteen, water bottle, or better yet a camel pack. Hydration- backpacks that usually will hold 64oz of water and a pouch or two for a lunch and first aid kit. The amount of water will vary depending on the deration and weather encountered and the individual on the hike. Stop frequently for water breaks as hydration is very important, even if the scouts don't want a drink encourage them to anyway. Heat exhaustion can come on rather quickly in some people.

**What is heat exhaustion?**

"Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe"

"Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat

exhaustion can lead to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable”.

**Symptoms of Heat Exhaustion include:**

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea
- Pale skin
- Profuse sweating
- Rapid heartbeat

**If you suspect heat exhaustion:**

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

Call 911 or emergency medical help if the person's condition deteriorates, especially if fainting, confusion or seizures occur, or if fever of 104 F (40 C) or greater occurs with other symptoms.

**Wild Life** While on the hike, explain what to do if you encounter a snake or wild animals. If you are unlucky enough to encounter a Rattle Snakes slowly back away in a non-threatening manner and safe direction. Never try to pick up a snake. Most snakes will try to avoid you as you should try to avoid them. The same goes for Animals, avoid direct contact i.e. Skunks for obvious reasons. You can watch critters from a safe distance. It is extremely rare to see a Mountain lion as they are nocturnal by nature and would prefer to avoid you as well. If you see a Mountain Lion or Mountain Lion Cubs as cute as they are keep your distance and report any Mountain Lion sighting to the Park Rangers right away, and warn other hikers you encounter about the danger.

## Awards

1. First Hike a Scout earns a large Trail Trekker Patch and the Segment patch for that hike he has participated in. Each hike their after will only be the segment patch of the particular hike. To be awarded the patch, a scout must do their best, even if they can't complete the hike they are awarded based on effort. In addition to the Trail Trekker patch, some requirements for advancement can be met with some forward planning by the Trail Trekker Leader. Consider incorporating these below into one or more hikes.

The following some requirements from your Cub Scouts Adventure Handbooks can be met by going on a Trail Trekker Hike if the Trail Trekker leader incorporates them...

**Tiger...** See page 95, Requirement 1: Cub Scout Six Essentials. Requirement 2: Go for a short hike. Requirement 3a-c: outdoor code, Leave No Trace Principles. Requirement 4: identify three different kinds of plants, animals, or traces of animals have been there.

**Wolf...** Sees pages 97, Requirement 1: Show you're prepared to hike safely by putting together the Cub Six Essentials. Requirement 2: The Buddy System. Requirement 3: S-T-O-P. Requirement 4: Choosing the appropriate clothing. Requirement 5: outdoor code, Leave No Trace Principles, and wildlife respect. Requirement 6: go on a hike and discover something new.

**Bear...** See pages 73, Requirement 1, identify six signs that any mammals, birds, insects, reptiles, or plants are living nearby the place where you choose to hike. Requirement 3 can be met if you visit the Marine Mammal Center as part of your Rodeo Lagoon Hike. A short drive from the visitor's center.

**Webelos...** See page 100 "Webelos Walkabout" Requirement 1: Plan a hike. Requirement 2: First Aid Kit. Requirement 3: identify poisonous plants, animals, and insects you could encounter on the hike. Requirement 4: prepare a nutritious lunch. Requirement 5: recite outdoor code, Leave No Trace Principles by memory. Requirement 6; Take 3or more mile hike.

**Arrow...** Consider bringing some pieces of rope to practice various knots. See page 201, Requirement 5. The Webelos Handbook.

**How and what to plan for a hike.**

First plan out a hike schedule for the Scouting year, things to consider are weather and location. In respect to the weather you don't want to plan a hike up steep hills after a rain storm. Ground tends to be muddy and you don't want to risk a scout getting hurt. Other considerations for the time of year are related to what's going on in the park. You may not want to have your hike on the same day that a large running event is going in the park. Another consideration is the foliage, what plants are in bloom at different times of the year that might be interesting to point out. Insects are in abundance at certain times of the year for better or worst. For Example, on one of the hikes there are millions of lady bugs gathered during mating season at a certain time of the year that you could come across on the trail, pretty cool for the young scout to see in such concentration.

If this is the first time on a particular hike, I recommend a dry-run the weekend before you take the before Scouts on the hike. This will give you the chance to familiarize yourself with the hike and checkout the conditions of the trails. Getting lost with a group of scouts and their parents or having to tread through a mile of muddy trails is not fun. The scouts may like it, but the accompanying parent may not.

In preparing for the hike send out an e-mail reminding the hikers of the time and place you are meeting, and what to wear on the hike. I usually give them the option to meet me at a local Starbucks before the Hike or meet at the park itself. This allows gives families time to call the morning of the hike with any questions, cancelations, or let you know they are running late. Let the parents know that once in the Park cell Phones really work.

In **bold letters** remind them to bring drinking water, sun block, a hat, correct footwear and a personal first aid kit is recommended. I'm a fan of the hydration backpacks that usually will hold 64oz of water and a pouch or two for a lunch and first aid kit. Whatever you pack for lunch consider re-packing it to limit the trash it generates. Remember you have to hike out the trash you bring in. Sun block and a hat are a must have on a hike or any outdoor activity to prevent sunburn. The Ideal hat has a brim on it to protect all sides of your head and ears from the sun. Sunblock should be strong enough to prevent sunburn for several hours. Note I would recommend Sunblock over Suntan solutions. A First Aid Kit is also required. I would recommend a First Aid Kit designed for Hiking, contains items most likely to be needed on a hike. I would encourage your hikers to carry an individual First Aid Kit for the minor cuts and scrapes they may encounter. As the Hike Coordinator you should carry a more significant First Aid Kit.

### **Building a Hiker's First Aid Kit**

**Hike coordinator's First Aid Kit** - Don't just have a first aid kit, have a useful first aid kit. If your kit just has a few band aids and some aspirin, you won't be able to do much. **Knife or Multi-Purpose Tool** - Knives are indispensable in the backcountry. They can help you prepare food, cut Moleskin or bandages, repair gear, and more. A flexible splint, a small roll of duct tape, povidone iodine, irrigation syringe, forceps, digital thermometer and other items. Below is an example of one such Hikers kit.

**Consider the individual needs of the hiker. Find out who has** allergic to what. Insist the parent of that scout takes precautions by bringing Personal medications or even an epinephrine pen for those allergic to bee stings, for example).

Organize and waterproof your kit with small resealable bags and plastic bottles. Label medications. You can also include other commonly used items in your first aid kit: lip balm, sunscreen, insect repellent, multi-use tool, and a small roll of duct tape (which is extremely handy for any and all repairs).

Think about places on your body where you may get small cuts and blisters. Buy a multi-pack of Band-Aids and remove a few of each for your kits. One of the most common injuries while hiking is blisters. Moleskin is a great product that you can put on your feet to keep the blister from getting worse. Always sanitize your hands before you handle bandages

If your hike will be strenuous or in a remote setting, consider items for broken bones and large cuts. This is where you use your sterile bandages. If you are treating someone else that is bleeding, use latex gloves. Sanitize the area with iodine pads before applying bandages and add pressure to stop bleeding. You can use scissors to cut the dressing pads down to the size you need. Finally, wrap the area with a sterile bandage. Cuts that require stitches can be temporarily closed using butterfly closures. Also, keep a bandanna in your kit--it is a very versatile, lightweight object. In a pinch, it can be used as a sling for a broken arm.

.Read more: [http://www.ehow.com/how\\_4745227\\_build-hikers-first-aid-kit.html#ixzz2iePAf7uF](http://www.ehow.com/how_4745227_build-hikers-first-aid-kit.html#ixzz2iePAf7uF)

Here is an example of a first aid kit designed for hiking...

**The REI Hiker first-aid kit is designed to meet the needs of 3 people for 2 days while backpacking, camping or road tripping.**

- All contents are packed together in a zippered nylon case; clear vinyl compartments let you easily identify the items you need
- Comes with "The Wilderness First Aid Manual" by Dr. William Forgey for quick reference while on the trail

- Treat wounds with three 3 x 0.75 in. adhesive bandages, four 3 x 1 in. adhesive bandages, 2 knuckle adhesive bandages, 2 fingertip bandages and 3 butterfly closures
- Also includes two 2 x 2 in. gauze pads, two 3 x 3 in. gauze pads, a 4 x 3 in. non-adherent pad, two 4 x 4 in. sterile top sponges and a 4 x 3 in. piece of moleskin
- 9 x 5 in. abdominal/pressure pad, a 4.1 yd. x 2 in. stretch gauze roll, a 2.5 yd. x 1 in. roll of tape and a 2 in. elastic bandage
- Prep and care for wounds with 3 antibacterial wipes, 3 triple-antibiotic ointment packets and 3 sting relief wipes
- Medications include 4 Nutralox® mint antacid tablets, 4 Proprinal® ibuprofen 200mg tablets and 4 Cetafen® acetaminophen 325mg tablets
- Also includes 1 Histaprin® diphenhydramine 25mg tablet
- Equipment includes a pair of bandage scissors and splinter forceps
- Assembled in the USA of imported and domestic materials

REMEMBER YOU CAN NOT ADMINISTER MEDICANS TO A MINIOR WITHOUT EXPRESSED PERMISSIONS FROM THE PARENTS. EVEN THEN IT WOULD BE BETTER TO GIVE THE MEDICIANS

**You cannot give medicines to a scout. It's let the Scouts Parent deal with any medication needs.**