

# PACK 173 OUTDOOR ESSENTIALS

Hiking and camping at the Cub Scout level introduces boys to the outdoors and helps them develop outdoor skills at an age-appropriate level that will be applied more thoroughly as a Boy Scout. As Cub Scouts progress, the opportunities for outdoor adventures become more challenging. At Pack 173 we offer hiking and camping opportunities several times a year. This helps our Cubs explore nature, apply skills they learned in meetings, earn Adventures, get fun exercise and be better prepared for Boy Scouting.

The motto of the Boy Scouts is Be Prepared. Just like preparing for a Den meeting, preparing for a hike or camping trip is essential. Following the basic guidelines listed in this document will make sure you have the proper equipment, stay safe, be healthy and have an enjoyable time.

Please review these tips and apply them to everything we do outdoors. Every trip is different and in some cases you will not need everything listed and in others, you will need more. These are basic guidelines to follow. Please check with your Den Leader or Cubmaster if you have any questions.

Happy Scouting!!!

## Basic Guidelines

Remember:

- Class A uniforms are not usually required. If the weather is agreeable, we wear Class B t-shirts to show our pride.
- Water and lots of it
- Closed toe shoes (no sandals). Hiking shoes and boots with a sturdy sole and toe are best!!!
- Wear socks and bring extra. Happy feet make a happy person.
- Snack
- Poncho
- Layered clothing appropriate for the weather
- Pack 173 daypack



## Cub Scout Six Essentials for Going Outdoors

1. **First Aid Kit** A kit should include a few adhesive bandages, some moleskin (a sticky bandage that you can put over a blister to keep it from getting worse or rubbing), and a bandage or two.
2. **Filled water bottle** Make sure it is big enough to carry water for you to drink through your whole hike and back. And make sure it is full when you start out! It is not safe to drink water you find along the trail.
3. **Flashlight** Check your batteries to make sure they have plenty of juice. Your flashlight will be used only in an emergency, so save the batteries for times when you really need them!
4. **Trail food** Trail mix or a granola bar provides quick energy when you need it.
5. **Sun Protection** Sunscreen should be SPF 30 or greater. A hat is good to have, too!
6. **Whistle** It's only for emergencies, but a whistle will last longer than your voice.

You might want to pack an extra pair of socks in case your feet get wet or it rains. A rain poncho, waterproof jacket, or even a large plastic garbage bag with holes cut out for your head and arms will keep you dry if it rains. What other gear should you take on your hike? Remember, you'll have to carry it all yourself and bring it all back!

# DAYPACK CHECKLIST

A Scout is prepared, so please remember to keep your daypack ready at all times. Here's our suggestions for a great daypack:

- A lightweight nylon pack is best, but a school book backpack will also work
- Bring your daypack to pack meetings, den meetings and special events
- Remember to label everything

## TIGERS

- Small bottle of hand sanitizer
- Water bottle
- Whistle
- Toilet paper
- Small flashlight or headlamp plus extra batteries
- Poncho
- Bandana or hat
- Cub Scout Handbook in a plastic bag
- Pen
- Small notebook

## WOLVES

- Tiger day pack contents plus...
- Sunscreen
- Personal first aid kit
- Space blanket or small ground tarp

## BEARS

- Tiger and Wolf day pack contents plus...
- Small folding knife (only if you have earned youe Whittlin' Chip)
- Insect repellent (no aerosols)

## WEBELOS and ARROW OF LIGHT

- Tiger, Wolf and Bear day pack contents plus...
- Sandwich sized Ziploc bag filled with dryer lint
- Work gloves
- Rope, twine or jute
- Fish hooks and fishing line
- Needle and thread (a small sewing kit works best)



## Camping Checklist

### **Sleeping and Clothing**

- Tent or tarp, poles, and stakes
- Waterproof ground cloth or plastic sheet
- Sleeping bag, pillow, air mattress or pad
- Cup, bowl, plate, knife, fork, spoon, mesh bag
- Clothesline Clothes Bag
- Cub Scout uniform
- Poncho or raincoat
- Warm jacket or coat
- Pajamas or sweatshirt, sweatpants
- Underwear
- Durable shoes, shoe laces
- Hat or cap
- Gloves
- Extra socks, shoes, other extra clothing
- Lawn chairs
- Cot or pad

### **Toilet Kit**

- Toothpaste, toothbrush, comb
- Washcloth, towel
- Soap in container
- Toilet paper
- Extra plastic bag or container
- First aid kit
- Water bottle
- Flashlight, bulb, batteries
- Sunscreen
- Insect repellent
- Whistle
- Safety pins

### **Extras**

- Camera
- Binoculars
- Sunglasses
- Notebook and pencil
- Nature books

### **Program Options**

- Swimsuit, towel
- Fishing gear
- Work gloves

# Pack 173 Mess Kits



**BSA Personal Mess Kit**

Cub Scout Pack 173 has “gone green”. We request that everyone bring something to eat from on our camping trips, including a cup, plate, bowl, fork, knife, spoon (spork?) and a mesh/net bag to hang in once cleaned. Attached are some examples you might find locally or online. You may also consider piecing one together from gear you already own. The Dollar Store is also a great resource for your mess kit contents. Remember, no glass.

**Note:** Everyone is expected to clean (ask for help if needed) and keep track of their mess kits. Labeling everything is a great idea.



**REI Campware Table Set**



**Light My Fire Meal Kit**

## Cub Scout Leave No Trace Pledge

I promise to apply the Leave No Trace frontcountry principles wherever I go:

1. Plan ahead.
2. Stick to trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.



## The Outdoor Code

As an American, I will do my best to -

- Be clean in my outdoor manners.
- Be careful with fire.
- Be considerate in the outdoors.
- Be conservation minded.

# POISONOUS PLANTS

## Poison Ivy

Poison ivy is found everywhere in the United States except Alaska and Hawaii. It is most common in the eastern and Midwestern states. It is less common outside the United States, but still found on every continent.

- Usually has three broad, spoon-shaped leaves or leaflets, but it can have more. The phrase, "Leaves of three? Let it be." may help you remember what poison ivy looks like.
- Grows as a climbing vine or a low, spreading vine that sprawls through grass (more common in eastern states) or as a shrub (more common in northern states, Canada, and the Great Lakes region).
- Often grows along rivers, lake fronts, and ocean beaches.
- Has bright red leaves and white or cream berries in the autumn.

## Poison Oak

Poison oak is most common in the western United States, although it is also found in eastern states. It rarely is found in Midwestern states.

- Has leaves that look like oak leaves, usually three leaflets but sometimes up to seven on each leaf group.
- Grows as a vine or a shrub.

## Poison Sumac

Poison sumac is much less common than poison ivy or poison oak. It is found in wooded, swampy areas, such as Florida and parts of other southeastern states. It is also found in wet, wooded areas in the northern United States.

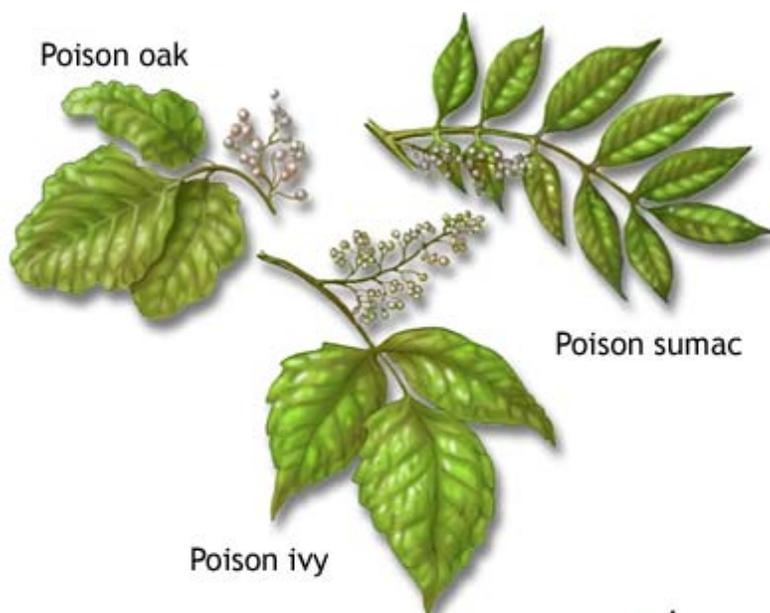
- Has 7 to 13 leaflets on each leaf stem. The leaves have smooth edges and pointed tips.
- Grows as a shrub or small tree.

## Ways to Avoid Poisonous Plants

1. Steer clear of areas where you know they grow.
2. Cover up with closed shoes, socks, long pants, long sleeves, and gloves.

## How to Treat a Poison Plant Rash

- Wash the affected area.
- Use a cold compress, calamine lotion, non-prescription hydrocortisone cream, or an antihistamine to ease itching.
- Call your doctor if the rash is near your eyes or covers a large part of your body.
- Get emergency medical help or call 911 if you have a severe reaction.



# TICKS!!!

Boy, your child's freckles really stand out in the sun — but wait, that one looks like it's moving! It isn't a freckle at all. It's a tick. What should you do?

First, don't panic. It's true that Lyme disease is the most common tick-borne disease in the United States, but your child's risk of developing Lyme disease after being bitten by a tick is very low.

To be safe, though, you'll want to remove the tick as soon as possible because risk of infection increases between 24 to 48 hours after the tick attaches to the skin.

## What to Do

**Step 1:** Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

**Step 2:** Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. If part of the tick stays in the skin, don't worry. It will eventually come out on its own.

**Step 3:** Release the tick into a jar or zip-locked bag in case you want to have it identified later on.

**Step 4:** Wash your hands and the site of the bite with soap and water.

**Step 5:** Swab the bite site with alcohol.

Never use petroleum jelly or a hot match to kill and remove a tick. These methods don't get the tick off the skin, and can cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

## Next Steps

Call your doctor after the tick has been removed to find out if your child should be evaluated. In certain cases, a doctor will prescribe antibiotics if a child is at high risk of developing Lyme disease.

Call the doctor right away if your child develops a red-ringed rash or if the skin becomes red and irritated. Also call if your child has flu-like symptoms, joint pain or a swollen joint, or facial paralysis. Although other conditions can cause similar symptoms, you'll want to have your child evaluated early on so that if it is Lyme disease, treatment can begin as soon as possible.

