

# Introduction

Ask any new Cub Scout why he wanted to join Scouting, and nine times out of 10, his answer will be "to go camping." This packet only scratches the surface of what is needed for camping and being in the outdoors. Practicing these skills will help you enjoy your time outside, and you'll have fun doing it, too!

## National Guidelines

Pack camping activities are intended to include youth members and responsible adults. It is recognized that, on occasion, siblings and other family members may also be participating and that the ratio of boys to adults may increase. In all cases, each participant is responsible to a specific adult. It is up to the local council to set acceptable standards for this ratio. The emphasis is on fun, with naturally occurring advancement as a part of the program. Cub Scout outdoor activities should not include advancement for advancement's sake. Certain advancement opportunities will present themselves in an outdoor setting that do not exist in a normal home/den/pack environment, and they should be considered carefully. Camping activities take place in council-owned or managed facilities or council-approved developed sites such as national parks, state, county, and city camping parks, or council approved, privately owned campgrounds.

The local council surveys and approves each site. The local council should conduct this survey with the overall goals of the pack camping program in mind.

Adults giving leadership to a pack campout must complete the Basic Adult Leader Outdoor Orientation (BALOO). Packs should use the Local Tour Permit Application Regardless of personal camping experiences, any hazing is in direct violation of the youth protection policies of the BSA and will not be tolerated.

### BSA Progressive Camping Program

We introduce Cub Scouts to the outdoors through den and pack activities and achievement activities in the Tiger Cub, Wolf, and Bear Cub Scout programs. The boys learn proper methods and safety procedures for hikes, cookouts, and conservation projects. They enjoy family camping, day camping, resident camping, and now, with a parent or other adult, pack overnights.

Webelos Scouts take the second step in outdoor adventure by taking part in more advanced overnight campouts with a parent or responsible adult. A Webelos den leader who has completed Cub Scout Basic Leader Training and Webelos Leader Outdoor Training is trained to take his/her den camping as a den. They will participate in pack campout activities and may also participate in activities designed for their age level. In addition, Webelos Scout day and resident camps are an important part of their outdoor program. It should be noted that Webelos Scouts are not authorized to attend camporees overnight.

Boy Scouts develop and polish their skills of long-term camping. They use the basics learned as Cub Scouts and Webelos Scouts to add more complex skills, learn self-reliance, and develop a deeper sense of responsibility. Varsity Scouts, Venturers, and older Boy Scouts have opportunities for high adventure, backpacking, canoeing, etc., with more excitement and greater challenges. They use and expand on the skills they've learned so far. Emphasize that each step in the ever-increasing challenge of the outdoor program is a foundation for the next, higher step. We should guard against using outdoor experiences that will take away from a boy's later experience in Scouting. We want to whet his appetite for Boy Scouting and beyond-not give him the whole meal too early, before he is ready.

# Outdoors & Purposes of Cub Scouting

What does getting into the outdoors have to do with the Purposes & aims of Cub Scouting?

**Character Development.** The goal of character development is teaching children to

- Evaluate the situation
- Apply the correct moral principles
- Have the courage of their convictions

Character development is a part of all that we do-in Cub Scouting as in all aspects of life. The question is not whether we choose to do it, but how thoughtful and persistent we are about it.

**Spiritual growth.** Building an appreciation for the world we live in, and the beauty God has given us-not just a specific religious feeling or focus, but a larger one including all of nature. Being in the outdoors gives Scouts the opportunity to

**Good citizenship.** What better way to develop pride in your country than by experiencing the rich heritage of the outdoors? The resources we have today were put aside many years ago by forward-thinking leaders, and it is up to us to continue the tradition of caring for our nation's public resources.

**Sportsmanship and fitness.** Participating in new games as a den or as an individual will help a Cub Scout with the concept of sportsmanship. As in Cub Scout activities, sportsmanship should be a factor in any competitive activity.

**Family understanding.** Working with your son in an insulated world away from the distractions of TV, video games, and telephones is a wonderful experience. Family members will enjoy new experiences together and may see another side of a person they live with.

**Respectful relationships.** Living with other people, even on a short, overnight experience, may be a new experience for Cub Scouts. It will be an important skill for them to master to be successful in later life.

**Personal achievement.** Learning a new skill, pitching a tent, or cooking a snack successfully will give a Cub Scout and a parent that sense of personal achievement that is an important part of Cub Scouting.

**Friendly service.** Helping another camper pitch a tent or teaching a skill to a less-experienced camper will be a big help to the success of the event.

**Fun and adventure.** What could be more exciting to a young boy than spending the night with his buddies in a tent and hearing all the sounds of nature at night?

**Preparing for Boy Scouts.** This is the first step in a potentially long line of great outdoor experiences. The skills a Cub Scout sees and learns on this trip will contribute to the rest of his camping and Scouting career.

Any activity that is a part of this pack camping experience should relate directly to one or more of the purposes of Cub Scouting. They set the course and provide a reference for all we do in Cub Scouting.

## **Values of the Outdoor Program**

**Natural resources.** The outdoor program uses the resources of natural surroundings to make a significant contribution to the growth of the boy.

Good health. Outdoor activities contribute good health through supervised activities, sufficient rest, good food, and wholesome companionship.

**Natural curiosity.** Spending time in the outdoors helps satisfy a boy's natural curiosity about plants, animals, and the environment.

**Social development.** The outdoor program contributes to social development by providing experiences in which Cub Scouts learn to deal with situations that occur when living with other people.

**Self-reliance.** The outdoor program helps boys develop self-reliance and resourcefulness, and builds self-confidence.

## **How does outdoorsmanship connect to the aims of the Scouting program?**

**Character development.** The outdoor program teaches personal development by helping young boys deal with new challenges presented by living in the outdoors.

**Citizenship training.** The outdoor program provides citizenship training through opportunities for democratic participation in outdoor games and other activities.

**Personal fitness.** The outdoor program helps boys physically as they play games and participate in active programs. It also teaches them to work with other people, take turns, and practice good health habits.

# Buddy System

It is important that Cub Scouts be aware of and follow the **Buddy System** during **outdoor scouting activities** (including at camp or hiking).

Each Cub Scout should have a “buddy” with him who is **aware of his circumstances at all times**.

The buddy system is a way for Scouts to look after one another, especially during outdoor adventures. When your troop goes swimming, for example, each Scout will be assigned a buddy. You keep track of what your buddy is up to, and he knows at all times where you are and how you are doing. Now and then a Scout leader might call for a **buddy check**. That means you must immediately hold up the hand of your buddy. If anyone is missing, everyone will know it right away. The buddy system should always be used when Scouts are hiking, camping, and participating in any aquatics activities. It's a way of sharing the good times and preventing the bad. You can use the buddy system when you go places in your community, as well, to help keep yourself and your buddies safe.



**Always have a BUDDY!**

# LEAVE NO TRACE

## The Outdoor Code

The Outdoor Code reminds us all of the importance of caring for the environment. The code has special meaning whenever we camp, hike, and take part in outdoor events. By embracing the ideals of the Outdoor Code, we can enjoy the outdoors without harm to the environment.

As an American, I will do my best to  
Be clean in my outdoor manners  
Be careful with fire  
Be considerate in the outdoors and  
Be conservation-minded

## Leave No Trace

Leave No Trace reminds us to respect the rights of other users of the outdoors as well as future generations. Consider the combined effects of millions of outdoor visitors and you will appreciate the significance of a poorly located campsite or campfire. Think of how thousands of such instances seriously degrade the outdoor experience for all. Each Leave No Trace principle addresses a special area of camping and hiking and helps us remember that, as visitors of the outdoors, we must travel lightly on the land.

- **PLAN AHEAD & PREPARE.** Planning ahead helps prevent unexpected situations and makes compliance with area regulations more manageable.
- **TRAVEL & CAMP ON DURABLE SURFACES.** That helps prevent soil erosion and keeps damage to land in check.
- **DISPOSE OF WASTE PROPERLY (PACK IT IN, PACK IT OUT).** Accept the challenge of taking home everything you bring.
- **LEAVE WHAT YOU FIND.** Allow other visitors a sense of discovery, and remember that good campsites are found, not made.
- **MINIMIZE CAMPFIRE IMPACTS.** Use lightweight camp stoves whenever possible- they make camp cooking much easier and more desirable than harmful campfires do.
- **RESPECT WILDLIFE.** Considerate campers help keep wildlife wild.
- **BE CONSIDERATE OF OTHER VISITORS.** Thoughtful campers are considerate of other campers and respect their privacy.

# PLANT IDENTIFICATION

## ***Common Poisonous Plants***

Among poisonous plants in the United States, poison ivy, poison oak, and poison sumac are the most common. The oily sap in their leaves, stems, and roots can irritate your skin and cause it to itch. This sap must remain on your skin for 10 to 20 minutes before it begins causing problems.

### **If you think you have touched a poisonous plant...**

Immediately wash the area with soap and water. Since the sap also clings to clothing, change clothes and wash the outfit you were wearing. Calamine lotion helps relieve the itching; try not to scratch an affected area because that can cause the irritation to spread.

**Never eat any plant or berry that you find without first checking with a knowledgeable adult!** There are plenty of poisonous plants in the area that look perfectly fine to nibble on.

## ***Identifying Native Plants in Your Area***

The ability to identify trees, shrubs, and grasses helps you more easily discover all the places they live, their uses, and their importance to the environment. Seek expertise from avid gardeners, botanists, or others who enjoy sharing their knowledge. They can show you how to recognize the shapes, sizes, and colors of different plants, the outlines of their leaves, and other clues that can lead to an identification.

Using a *field guide* also helps. Your local and school libraries might have copies, as might your troop or local council library. Many field guides include information about the roles that plants play in their surroundings.

At all times in the outdoors, keep the principles of Leave No Trace in mind and leave plants as you find them.

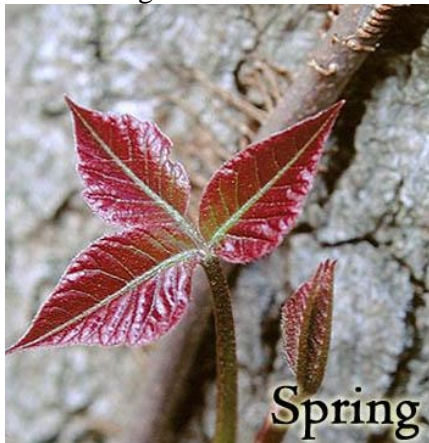


## Poison Ivy

- Leaves are in clusters of three. Red in spring, green in summer and yellow, orange, or red in autumn.

### **LEAVES OF THREE – LET IT BE**

- Young leaves are shiny and light green compared to older ones that are dull and dark green.
- Middle leaf's stem is longer.
- Some leaves have notches, or look like mittens, some leaves have smooth edges.
- Stems for leaf groups alternate from one side of the vine to the other.
- The mid-vein on the side leaves of the cluster does not divide the leaf in half. The section towards the middle is smaller.
- The plant can be close to the ground or become a large bush or climbing vine.
- Stems are hairy. Poison ivy does not have thorns!
- Flowers and berries- little green and white flowers around May or July; white berry clusters from August to November.



## Cub Scout Essentials

1. First aid kit
  - A basic kit for first aid includes adhesive bandages, tape, sterile gauze, moleskin, soap, antiseptic, a mouth-barrier device for CPR, & scissors.
2. Filled water bottle
3. Flashlight (& extra batteries)
4. Trail food
5. Sunscreen
6. Whistle
7. Rain gear
8. Pocket knife \*
9. Map and Compass\*\*
10. Matches or fire starters\*\*

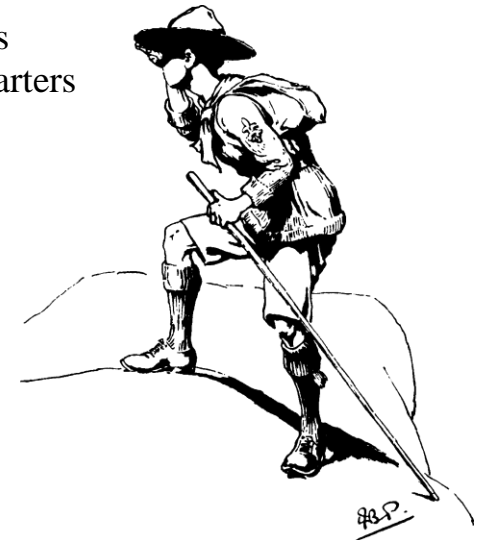
\* Only with a Whittling Chip

\*\*Webelos, & Bears only



## Boy Scout Essentials

1. First aid kit
  - A basic kit for first aid includes adhesive bandages, tape, sterile gauze, moleskin, soap, antiseptic, a mouth-barrier device for CPR, & scissors.
2. Filled Water Bottle
3. Flashlight (& extra batteries)
4. Trail food
5. Sun protection (may include sunblock, sunglasses, lip balm and a wide-brimmed hat)
6. Extra clothing to match the weather
  - Multiple layers are superior to a single massive jacket, because layered clothing is adaptable to a wide range of temperatures.
7. Rain gear(Poncho or Rain Coat/pants)
8. Pocket knife
9. Map and Compass
10. Matches or fire starters





## **PACK CAMPING PACKING LIST**

**Write your name on everything!!!** Things get lost in the outdoors, and this will make it easy to get the items back to you. Remember, all water bottles look alike. ;-)

☐ **DAY PACK** – A pack that your scout can carry all of his stuff in. It does not need to be a fancy internal frame device. A simple school backpack works well.

☐ **WATER BOTTLE** – A scout should never be without a water bottle. Bring a refillable bottle, with your name on it. No fancy canteen is needed. An empty spring water bottle (recommend 20oz at least) is fine.

☐ **FLASHLIGHT** – One per person, plus a spare per family is recommended. Be sure to check the batteries and bulb before coming to camp. Pack them where you can find them (e.g., outer pocket of a duffel bag).

☐ **FIRST AID KIT** – There is a medic on staff at all our camps, and the pack will have the large first aid kit. However, an extra Band-Aid and wipes in a parent's pocket help for the inevitable scratches and scrapes. Candy heals wounds, too. ☺

☐ **COLD WEATHER GEAR** – It will be much colder than you will anticipate. Temperatures usually drop at night, often sharply. Remember, also, that you will be “in the weather” all day, and your body will feel it. Bring clothes that you can layer. **Warm Jackets, long sleeve shirts and long pants** are a must. You may also want a hat and gloves. Layer!

☐ **STURDY SHOES and/or BOOTS** – The woods get sloppy, and the ground can get rough. Sneakers have a tendency to get muddy (even on a great day). Bring an extra pair of shoes if you don't have boots and can't borrow. Leave open shoes/sandals at home. It is strongly recommended to have boots (waterproof boots are nice, but not essential).

☐ **PONCHO/RAINCOAT** – Even though our Cubmaster has ordered perfect weather, we must always be prepared for the chance of precipitation. The weather can be different at camp than at home, and it takes only one “scattered” shower or thunderstorm to make you wish you had rain gear. NOTE: The \$1.00 emergency ponchos don't stand up well in the woods. It is worth the investment for a good one.

☐ **TENT (per family)** – Depending on the sleeping arrangements(i.e., if no cabin is available), you may need a tent. If you don't have a tent, please arrange to borrow one. You may contact any of the scout leaders should you have difficulties, and we can help locate a loaner. Advise – if your tent is new, please set it up once before camp. That way, you'll know that you have all the poles, stakes, pieces, and you'll also have some experience at setting it up before you have to sleep in it. Also, after the campout, remember to air out the tent before packing it away to avoid mildew.

☐ **SLEEPING BAG, MAT & PILLOW** – Even if you are in a cabin. Pillow is optional (you can use your extra clothes in a duffel, as an alternative). Note: there are no power outlets to fill those fancy airbed types. Foam pads are best.

☐ **PAJAMAS** – Sweat clothes work well, especially since you might have to hurry out of your tent at dawn (or earlier) with a child needing the toilet.

☐ **PERSONAL TOILETRIES** – Soap, toothpaste, toothbrush, toilet paper, tissues. Toilet paper can be in short supply at these large events. Always have a backup (the travel aisles of Target, CVS, etc. sell “sample sizes”). Also, remember personal items such as Lactaid capsules or prescription medications.

☐ **FOLDING CHAIR** – Unless you like sitting on the ground, you will need a chair for around the campfire.

☐ **TICK and BUG SPRAY** – Hopefully, the cool weather will eliminate many of the bugs, but it is always helpful to bring. **NEVER spray in the tent, cabin or near an open flame!**

☐ **SUN SCREEN** – Bring it and use it! Even with the sun sinking lower, a burn is possible.

☐ **TOWEL** – Unless there is swimming (which only happens at summer camp), you don't need a large towel; however, small towels for washing hands and face are useful. It's good to put towels into zipper plastic bags in case of rain. A plastic bag also keeps everything else in your duffel bag doesn't get damp after use.

☐ **CAMERA** – remember the batteries and flash cards.

☐ **RECREATIONAL ITEMS** – bring a game or books to help occupy scouts' free time (which should be minimal). Frisbees and footballs are always popular choices.

☐ **DUCT TAPE** – Well, of course!!! This is useful for just about anything, from fixing a sleeping bag to patching a tent to forming an elaborate shelter. Don't worry if you can't find any, there will be plenty on hand.

☐ **MESS KIT (optional)** – We usually have plastic utensils and paper plates on-hand.

☐ **SCOUT SPIRIT** – We'll have a great time! Be prepared for some fun & adventure!

# First Aid Kits

A first aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for refilling. Keep the kit in a convenient location. Make one person responsible for keeping the kit filled and available when needed. Quantities of suggested items for your first aid kit depend on the size of your group and local conditions.

## Suggested Group First Aid Kit Contents

- Bar of soap
- Two-inch roller bandage
- One-inch roller bandage
- One-inch adhesive tape
- Three-inch-by-3-inch sterile pads
- Triangular bandage
- Assorted gauze pads
- Adhesive strips
- Clinical oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Lip balm/salve
- Poison-ivy lotion
- Small flashlight (with extra batteries and bulb)
- Absorbent cotton
- Water purification tablets (iodine)
- Safety pins
- Needles
- Paper cups
- Foot powder
- Instant ice packs

Because of the possibility of exposure to communicable diseases, first aid kits should include *latex or vinyl gloves, plastic goggles or other eye protection*, and antiseptic to be used when giving first aid to bleeding victims, as protection against possible exposure. *Mouth barrier devices* should be available for use during CPR.

***Look to you Scout's handbook for other suggestions on First Aid Kit items***

# Sanitation

Sanitation is important to all camping trips and outdoor experiences, and it's especially true for cooking and eating utensils and equipment. Proper sanitation techniques will help to prevent food-borne illnesses and will keep wild animals out of your campsite.

Right after the meal, the cleanup crew goes to work. In order to prepare for cleanups, **as soon as the fire or stove is cleared** of cook pots, **put on a large pot of water to heat for washing.**

A three-step process is used, involving a wash basin, a hot rinse basin and a cold disinfecting basin. Pour half the hot water into a second pot; use one for washing, the other for rinsing. While many campers find that hot water is both ecologically sound and effective for most dishwashing tasks, a little biodegradable soap in the first pot will help cut grease. In the second pot, use clean tongs to pick up the rinsed items – they will be hot! In the third basin, a few drops of a rinse agent such as liquid bleach will kill any germs the heat doesn't destroy.

Each Scout should wipe his cup, bowl, or plate clean first, then wash them in the wash basin, rinse them in the rinse basin, then disinfect with the by dipping into the third basin. Finally, leave the items to air dry on a clean cloth, or by hanging in the air in a mesh bag. Drying with a cloth adds to your supply list, and may actually contaminate the utensils.

Dispose of dishwater in an authorized spot, or by sprinkling it over a wide area far from camp and any sources of water. Do not leave any food scraps from the dishwater laying around. Police the cooking area to make sure there are no food scraps around, and be sure to put away all food according to any local requirements (bear bag, cooler, car trunk, etc.). Food scraps attract animals, and nobody wants to make a new friend in the middle of the night.

## Cleanup Hints

- Wipe down with liquid dish soap the outside of any pots you are using in an open fireplace. It will prevent the pot from getting permanently fire-stained, and make cleanup simple. The black will wipe right off.
- Keep food material out of your wash water pot. Make sure all utensils are free of as much food material as possible first.
- Sand makes a great scouring medium if you forget scrubbing pads.
- Get your wash water going early. You may want to start it before you cook your meal, then move it back on the heat as space becomes available.
- Be sure to leave your fireplace clean. Don't leave any unburned material in the coals unattended.

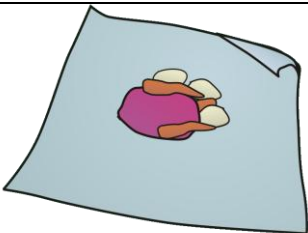
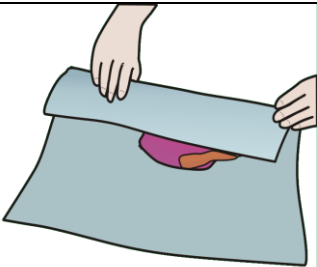



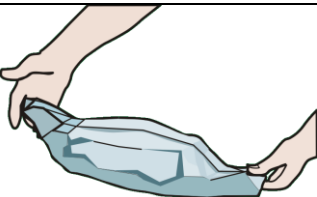

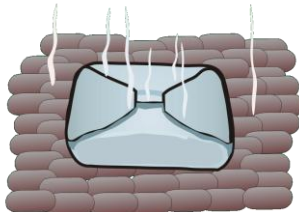
# Foil Cooking

Foil pack cooking (or hobo packs) is a great way to introduce Scouts to the world of outdoor cooking. The packets are easy to prepare, great to eat, and simple to clean up after and the food is simply delicious! They can be prepared in advance--at a den meeting-frozen, and then thrown right on the fire at camp. There are probably hundreds of great recipes around, but they all use the same basic concept.

The pack needs to be sealed tightly-a "drug-store" fold-to hold in the moisture, turned several times during cooking, and the actual recipe can be just about whatever you want it to be.

## DRUG STORE WRAP

Use two layers of light-weight, or one layer of heavy duty aluminum foil. Use heavy foil squares, three times the width of the food.

			
Place food in the center of the foil square.	Fold opposite sides up together	Make a seal by folding the two edges together.	Continue the folding until it is tight against the food.
			
Press the ends down to seal the foil and force out most of the air.	Fold the ends to form triangles to form a tight seal.	Fold the triangle ends up over the top of the wrap. Make sure there are no holes in the foil so that juices will not leak out.	Place on a shallow bed of glowing coals that will last the length of cooking time.

## Here's a basic recipe:

Use two layers of lightweight foil, or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start. Add ground hamburger, then sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf first, and then adding the meat will keep the meat from burning. Encourage the Cub Scouts to add a little onion, even if they're not going to eat it later-it really helps the flavor. Season with salt, pepper, garlic salt, etc. (Note: you will want to "over season" from your normal tastes). Concentrated

Soup (i.e., cream of mushroom or cream of chicken) really boost the flavor, and helps the steaming process.

Seal the entire package with a drug store fold (see above). The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil. The trick is to be able to identify your foil pack later, so scratch your name into a small piece of foil and leave it near the outside. Cook this pack for 20 to 30 minutes. You may want to add a handful of rice; just add a few ice cubes also, and it will turn out great!

Spread the white-hot coals shallowly, and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a corner of a pack and check to see if the meat is done.

### **Foil Cooking Times**

- Hamburger 15-20 minutes
- Chicken pieces 20-30 minutes
- Hot dogs 5-10 minutes
- Pork chops 30-40 minutes
- Carrots 15-20 minutes
- Ears of corn 6-10 minutes
- Whole potatoes 40-60 minutes
- Potato slices 10-15 minutes
- Whole apples 20-30 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook. Recipes below may have to be adjusted depending on ingredients, etc. It is best to try them in advance to verify the ingredients and cooking time in your area.

## Additional Cub Scout-Level Recipes

**Thanksgiving foil pack.** Place a layer of ice cubes on the foil. Lay turkey breast on top of the ice. Add 1/2 cup Stovetop stuffing mix, 1/2 cup regular stuffing mix. Then add 1/2-3/4 can of chicken soup (mixed with water according to directions on can). Wrap the pack using the drug store fold, and cook over coals about 40 minutes until done.



**Banana Boats. A PACK 13 favorite!** Slit each banana lengthwise through the peel, making sure not to cut all the way through to the other side. Place banana (slit side up) on a square of foil. Stuff the bananas with marshmallows, chocolate chips sprinkles or anything else that seems good when melted & gooey. Wrap foil around banana using the drug store fold, and bake in coals for 20 minutes or until chocolate is melted. Eat with a spoon.

**Baked apple.** Core apple. Place on a square of foil. Fill hole with 1 tablespoon raisins, 1 tablespoon brown sugar, and a dash of cinnamon. Candy red hots also make good filling. Wrap foil around apple using the drug store fold, and bake in coals for 20 minutes.

**Orange surprise.** Cut off top 1/3 of an orange. Remove and eat the insides, leaving a little orange on the inside. Mix up a yellow or spice cake mix according to the directions on the mix box. Pour mix into orange about 1/2 full. Place the top back on the orange, and wrap in three layers of foil, using the drug store fold to seal the pack. Cook for 15 minutes, then remove and let cool before eating.



**Hobo popcorn.** In the center of a foil square (6" by 6"), place 1 teaspoon of cooking oil and 1 tablespoon of popcorn. Bring foil corners together to form a pouch. Seal the edges, but leave room inside for the popcorn to expand. Tie the pouch on a long stick with a string, and hold the pouch over the coals. Shake constantly until all the corn is popped. Top with salt, melted butter, melted chocolate, etc.

**Pizza.** Place a half of an English muffin on foil. Layer on pizza sauce, grated cheese, pepperoni, or whatever else you like on your pizza. Drug store fold the foil, and place in the coals for five-10 minutes.



**Stick bread.** Use "refrigerator" pizza dough or biscuit dough, or prepare biscuit mix very stiff. Heat the stick (one that is about the diameter of your thumb), flour it, then have the scouts roll their dough into a "snake". Wind dough like a ribbon, spiraling down the stick. Keep a small space between the twists. Cook by holding about 6" from coals at first so inside will bake, then brown by holding nearer the coals. Turn continually. Bread will slip off easily when done. This is a great way to keep boys occupied while the rest of dinner is cooking.

**Camp doughnuts.** Pour a few inches of cooking oil into a large pot. This will work on a camp stove or coal bed, but use caution as it works best when the oil is very hot. Make the "doughnuts" by poking a hole in the center of a canned biscuit. Drop in the oil, and turn once with a tong or stick. They cook very fast; watch for good color. Remove to drain on paper towels, and roll in confectioners or cinnamon sugar.



**Bannock.** Bannock was the staple scone type bread made by settlers and trappers over open fires. It is basically, a big biscuit. Made properly, with the addition of butter/margarine and fresh berries or preserves, along with a hot cup of tea or cocoa, served in the middle of the woods, just this side of nowhere, can make even the rainiest camping trip seem sunny.

1 1/2 cups all purpose flour

1 tbs. baking powder

1/2 tbs. granulated sugar

1/2 tsp. salt

1/4 cup margarine or butter

1/2 cup water (almost) or Milk (water/powdered milk works, too)

Mix all dry ingredients together, making sure that all are mixed well. Cut in margarine or butter, using a pastry knife. Place result in a sandwich sized Baggie.

At the campsite, pour out dried ingredients into bowl. Add enough water to make a soft dough. Bake dough carefully until golden brown, using mess kit pot with a handle and lid.

Makes enough to split evenly between one adult and one Scout. To avoid complaints by a Scout about him not getting his 'fair share', ensure that the Scout has his own baggie of bannock, thereby making the portion that the adult has to consume a lot larger, making him a lot happier 😊

# Campsite Considerations

Cub Scout camping will be taking place in approved local parks and campgrounds, so choices may be limited on arrival. There are still several considerations to keep in mind when laying out your campsite for a pack event.

**Location.** A campsite facing the south or southeast will get more sunlight and generally will be drier than one on the north side of a hill or in the shade of mountains or cliffs. Cold, damp air tends to settle, causing the bottoms of valleys to be cooler and more moist than locations a little higher. On the other hand, hilltops and sharp ridges can be very windy, and may become targets for lightning strikes.

**Size and shape.** A good campsite has plenty of space for tents and enough room to conduct activities. It should be useable as it is, so you won't need to do any digging or major rock removal to reshape the area. The less rearranging you do, the easier it will be to leave the site exactly as you found it.

**Protection.** Consider the direction of the wind and the direction from which a storm will approach. Is your campsite in the open or is it protected by a hill or a stand of trees? Is there a solitary tree nearby that may attract lightning? **Don't camp under dead trees or trees with dead branches** that may come down in a storm or light wind. The best campsites are found near small, forested ridges and hills.

**Insects and animals.** Insects and other animals all have their favorite habitats. The best way to avoid mosquitoes and biting flies is to camp away from marshes, bogs, and pools of stagnant water. Breezes also discourage insects, so you might look for an elevated, open campsite. Don't forget to check around for beehives, hornet nests, and ant mounds. Their inhabitants usually won't bother you as long as you leave them alone, but give them plenty of room. The same goes for most animals.

**Ground cover.** Any vegetation covering a campsite will receive a lot of wear and tear. Tents will smother it, sleepers will pack it down, and walkers will bruise it with the soles of their shoes. Some ground cover is tough enough to absorb the abuse, but much of it is not. Whenever you can, make your camp on naturally bare earth, gravelly soil, sand, or on ground covered with pine needles or leaves.

**Drainage.** While you'll want a campsite that is relatively flat, it should slope enough to allow rainwater to run off. On the other hand, you don't want to be in the path of natural drainage. Check above the site and be sure you're not in a dry stream bed that could fill during a storm. With proper location, you'll never have to ditch a tent. Also you want to avoid depressions in the ground, as even shallow ones can collect water in a storm.

**Privacy.** One of the pleasures of camping is being away from crowds and the fast pace of the city life. Select campsites that are out of sight and sound of trails and other campsites. That way you'll have your privacy while you respect the privacy and peace and quiet of other campers.

**Beauty.** The beauty of a campsite often is what first attracts visitors to it. Being able to look out from a tent and see towering mountains, glistening lakes, or miles of canyon or rolling prairie is part of what camping is all about. Find a campsite that gives you scenery, but use it only if it is appropriate for every other reason, too. Remember to always leave your campsite better than you found it.

**Tread Lightly.** You can do a lot to protect the wilderness. Try to leave no trace of your visit. Leave no marks along the trail, keep your campsite clean and tidy, and leave it cleaner than you found it. You will preserve a true wilderness character for you and others to enjoy in the future. Take nothing but pictures; leave nothing but footprints; and kill nothing but time. This philosophy is as appropriate in a county park as it is anywhere else.

# Sleeping Bags

The sleeping bag is designed to eliminate drafts. You will sleep warmer in a bag than you will with blankets of equivalent weight. Sleeping bags come rated for temperature, and in a variety of shapes, sizes, and construction. A mummy bag is warmer than a rectangular bag due to less heat loss around your feet and shoulders. Most mummy bags also come with hoods, as up to 70% of your body heat is lost through the top of your head. While warmer, mummy bags take some getting used to. For example, it's a little harder to roll over in a mummy bag-you'll have to roll the whole bag!

The "Spongebob"	Camp Bag	Mummy Bag	Rectangular
			

The outside fabric, or shell, of the bag is often made of nylon. Loft (space to hold heat) is created by filling the shell with a variety of natural or synthetic materials. Partitions sewn into the shell hold the filler material in place. In less expensive bags, the partition seams may go straight through the shell, which makes it easy for cold air to creep in. In better bags, mesh or nylon walls, or baffles, divide the shell into compartments that keep the fill evenly distributed without lessening the loft, thus preventing cold spots. The best bags also have tubes of fill material backing the zippers to keep warm air in, and will probably have insulated hoods that can be drawn tight around the sleeper's face.

Bags come temperature rated for 45° F to -10° F and beyond. It is possible to add range to a less expensive bag by adding a cotton sheet (-5°) or a flannel sheet (-10°), or by sleeping in sweats (-10° to -15°). A tarp or extra blanket added around the bag will make it even warmer. Matching the range of the bag you buy to the temperature you expect to use it in the most is very important. It is also important to change into clean, dry clothing before getting into your sleeping bag. Moisture on your body from a busy day will quickly cool you and your sleeping bag down, which may make it very difficult to sleep comfortably. A stocking cap is a must, unless your bag has a hood already. Small bodies in long bags will be warmer if the bottom of the bag is folded up and tucked under.

If you don't have a bag, you can make an envelope bed using two blankets and a ground cloth. Lay the first blanket on top of the ground cloth. Put the second blanket half on and half off the first. Fold the first blanket into the second, then fold the remaining half of the second on top of the first. You should have four interlocked layers-two for the top, two for *below*. Fold the bottom of the blankets up to size, and secure with large clips or blanket pins.

Note: for cabin camping, the "Spongebob" sleeping bag might be fine; however, for most Scouting events, consider purchasing an upgraded bag. It is an investment that will last you a long time.

## **Sleeping Bag Terminology**

Simple quilting. Loses heat where stitching passes through the fabric.

Double quilting. Two quilts fastened together in an offset manner to eliminate cold spots.

Material tends to be heavier.

- Box wall. Prevents fill from moving around in shell.
- Slant wall. Prevents down from moving around and gives it room to expand.
- Overlapping tube or V-baffle. Very efficient, but tends to be heavy.
- Goose down. Actual feathers from geese, grown next to the skin. Ounce for ounce, the best insulator, but it is very expensive, and when wet it loses its loft and will not keep you warm. Requires careful laundering.
- Synthetic fibers. Made from petroleum by-products by a variety of manufacturers. Heavier than an equally rated down bag, but will retain its insulating value when wet. They are easier to clean and quite economically priced.
- Ground cloth. Commercially available, or 4- to 6-mil plastic, an old shower curtain, or a water bed liner will work. This will be your moisture barrier from the ground, and is essential.

An article on how to select a sleeping bag is at:

<http://www.rei.com/expertadvice/articles/sleeping+bag.html>

## **Sleeping Pads**

As important as a sleeping bag, a sleeping pad is an essential part of your sleeping system. A sleeping pad gets you off of the cold ground, and adds cushioning, allowing you to sleep without noticing those little twigs and rocks that somehow ended up under your tent.





There are many types and sizes from which to choose. What is important is that it fit the situation. You can go with a super-deluxe 8-inch air-mattress, if you are camping in a cabin or next to your car. You'll want something a little different if you decide to backpack when you are a Boy Scout – something that is light, and durable, like closed-foam, which rolls to the size of a roll of paper towels.

Weather makes is a factor in choosing a sleeping pad, too. You'll want something to insulate you from the cold ground. An air-mattress is ill-suited for the job. Go with a closed-cell type, as it's construction makes it a much better insulator.

Here is a link to help you choose a sleeping pad:

<http://www.rei.com/expertadvice/articles/right+sleeping+pad.html>

Recall that in Cub Scouts, you will be sleeping mostly in cabins, or platform tents on cots, so at this age, an inexpensive option is fine. When the boys reach Boys Scouts, start to look around for "upgraded" options.

Self-inflating Pads	Backpacking	Closed Cell Foam	Air Mattresses
			

## Caring for Sleeping Gear

If you expect wet weather, place your sleeping bag in a garbage liner before stowing it in its stuff sack. After your trip, and on nice days during extended trips, air out your bag thoroughly. Hang it in a closet or store it in a loose cloth sack to preserve the loft of the fill material. Clean it when it becomes soiled, according to manufacturer's instructions. Use of a bag liner will extend the life of the inside of the bag. Many campers find that the convenience of a light bag outweighs the use of sheets and blankets. Take care of it, and it will take care of you! Your sleeping bag is probably the most important piece of camping gear you will own. If you don't sleep well, the rest of the trip will not be fun.

# Tents and Shelters

Desert campers need open, airy shelters to protect them from the sun. Cool- and cold weather campers need tight, strong tents able to withstand strong winds and hold heat inside. Fortunately, there are shelters available to accommodate any user, in a variety of price and quality ranges. All your tent does is keep you sheltered from rain, wind, sun and bugs-not too important!

**Tarp.** The simplest of all tents, a nylon tarp weighs just a few pounds and can be set up in dozens of ways. It can be used as a sun shade, as your primary shelter, or as a dining fly protecting your cooking area from the elements. A tarp has no floor, which can pose problems in soggy areas, nor does it have mosquito netting. This type is most suited for backpackers and Boy Scouts

**A-frame tent.** Like a pup tent, only made of stronger, modern materials. The A-frame is roomy and usually has a waterproof floor and mosquito netting. Breathable fabric allows moisture to escape from inside, while a rain fly protects the inside from exterior moisture. A frame tents have lots of headroom, but this tent does not do well in heavy winds or snow.

**Dome.** The most common tent. Contemporary designs and fabric have made possible a variety of dome-shaped tents. Their configurations help them stand up in the wind and rain. Dome tents offer lots of useable floor space and headroom. They are usually freestanding, so they can easily be moved before taking down. Freestanding tents are convenient to set up, but still need to be staked down so they don't become free-flying in unexpected winds. Be sure to use the fly to prevent moisture from rain or dew from reaching your gear inside.

**Cabin-style tents.** These tents are built for car-camping, and can fit up to 8 people. The upright style offers easy in & out access. The nearly-vertical walls create livable space, which is a nice advantage. Some models come with features like room dividers and an awning. For Cub Scout events, where families camp, this style is a good option. They often take longer to setup and take down, however, so might be tough in the dark or in rainy weather.

Tarp	A-Frame Tent	Dome (backpacking)	Dome (family)	Cabin-Style
				

## Before the Trip

Practice setting up and taking down your tent in your living room or backyard, before you have to do it in the rain or by flashlight. Read the instructions! Seal the seams on your new tent right after you get it. Pitch it tautly, then go over fly and floor seams with waterproof seam sealer.



## **Tent Setup**

First, select a suitable sight, free from dead overhanging branches. You will want to remove any twigs and rocks from where you will be placing your tent to ensure a good night's sleep. Be mindful of any tree roots, too.

Use a **ground cloth** under your tent to protect the bottom of your tent. The ground cloth will keep small rocks and twigs from poking into the bottom of your tent and ruining the waterproof barrier between you and the ground. The ground cloth can be a simple sheet of plastic, cut to fit the bottom of your tent, or a purchased one designed for your tent.

Loosely stake down the corners of your tent, where you want it to be. Set up the tent according to the instructions provided with the tent. Usually, that means you first assemble the poles, then clip or slide them in place to the tent fabric.

If you are going to use a rain fly, be sure to stake it out tight. Rain flies only work when they are taught. Use the lines and stakes provided with your tent to stretch the

## **Tent Care and Upkeep**

Air your tent out as soon after you get back from a campout as possible. Mildew, which can wreck a tent's fabric, can set into a tent in as little as 48 hours, so airing out (even if it has not rained – morning dew makes tents damp, too) is very important to protect your equipment investment. Brush out any dirt or pine needles that have collected. After airing, store it loosely in a cool, dry place.

Opening zippers completely before going through doors will prevent damage. Repair any small holes with tape or sealant before putting it away. That way, you won't find a surprise the next time you take it out.

If it is raining, do not poke the tent fabric. That is a sure way to get water dripping on your head.

# Campfires

## Prepare

The first thing you must do is to prepare a safe site for your fire.

- Use only established fire rings.
- Clean the fire site down to the bare soil; remove all burnable material for a radius of 4 yards (or 4 meters) around it. Save the ground cover so you may put it back when you are finished.
- Keep a few pots of water, or buckets of sand/soil close to the fire for emergency.
- Assign one person, the Fire Warden, to be in charge of the fire. In Cub Scouts, that person is an adult of Den Chief with a valid Firem'n Chit. The Fire Warden is in charge of the fire and fire safety. Nobody may put anything into the fire without the Fire Warden's permission.
- Gather the tools required for maintaining the fire: a shovel, a rake or long stick. These tools must be on-hand to control the fire.

## Safety

- **NEVER, EVER leave a fire unattended**
- No "heat sources" or flames in tents
- Under no circumstances should a stove, lantern, or any heat source be brought inside a tent.
- Fire area should be clear of debris for a minimum of 10 feet
  - Be mindful of wind, as sparks can easily carry hot sparks into tents pitched too close
- Follow local regulations regarding fires
- Webelos scouts may build fires, under adult supervision. Tiger Cubs and Cub Scouts may not start or tend fires.

## Gather

To start a fire you will require 3 sizes of wood: Tinder, Kindling, and Fuel. Gather enough of all three before you light your fire!

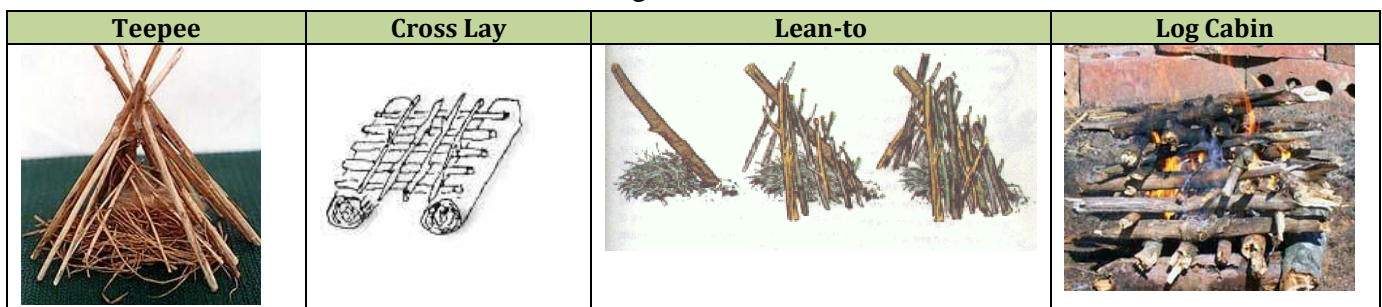
- Tinder (small twigs, dry leaves or grass, dry needles) = used to start the fire
  - Tinder catches fire easily and burns fast. Wood shavings, fuzz sticks, shredded bark, dry pine needles, birch bark (found on the ground, not off the tree) and dry grasses all make good tinder. Gather enough to fill your hat at least once.
- Kindling (sticks smaller than 1" around) = used to get the fire going
  - Kindling is dry, dead twigs no thicker than a pencil. You will need to find enough to fill your hat at least twice.
- Fuel (larger pieces of wood) = used to keep the fire going
  - The fuel can be as thin as your finger or as thick as your arm. Use dead, dry, sticks you find on the ground. Do not use green, live wood, as it is poor fuel as it is full of moisture.

## Build the Fire

Loosely pile a few handfuls of tinder in the center of the fire ring/pit

Add kindling in one of these methods:

- Teepee (Good for cooking)
  - Lay the kindling over the tinder like you're building a tent.
- Cross Lay (Perfect for a long-lasting campfire)
  - Crisscross the kindling over the tinder.
- Lean-to (Good for cooking)
  - Drive a long piece of kindling into the ground at an angle over the tinder. Lean smaller pieces of kindling against the longer piece.
- Log Cabin (Longest lasting campfire)
  - Surround your pile of tinder with kindling, stacking pieces at right angles. Top the "cabin" with the smallest kindling.



## Light and Maintain the Fire

- Ignite the tinder with a match or lighter. Wait until the match is cold, and discard it in the fire
- Add more tinder as the fire grows
- Blow lightly at the base of the fire
- Add kindling and firewood to keep the fire going
- Keep the fire small and under control
  - A campfire should never be any bigger than the shortest scout.
  -

## Extinguish the Fire

When you're ready to put out your fire and call it a night, follow these guidelines:

- Allow the wood to burn completely to ash, if possible
- Pour lots of water on the fire, drown ALL embers, not just the red ones
  - Pour until hissing sound stops
- Stir the campfire ashes and embers with a shovel
- Scrape the sticks and logs to remove any embers
- Stir and make sure everything is wet and they are cold to the touch
- If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool. **Remember: do NOT bury the fire as the fire will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.**

**A fire is extinguished when you can safely put your palm anywhere on the fire without feeling heat.**

# HIKING

Hiking is a great way to see the world around you. Hiking begins with safety, and this skills session focuses not only on how to hike, but how to hike comfortably and safely. That means devising a trip plan using the Five W's":

- **WHERE** are you going?
- **WHEN** will you return?
- **WHO** is going with you?
- **WHY** are you going?
- **WHAT** are you taking?

Don't forget **how** you will respect the land by practicing the principles of Leave No Trace.

## Choose the Right Gear

### **FOOTGEAR FOR HIKING**

If your feet feel good, chances are you'll have a great time hiking. Lightweight boots work well for short hikes on easy terrain and for most hiking in good weather. Leather boots might be heavier, but they will provide the protection and support your feet and ankles need for longer hikes and inclement weather. Whatever the type of footwear you choose, make sure your boots fit well.



Proper socks are just as important to wear. A good hiking sock wicks moisture away from your foot. A wet foot is a recipe for blisters, and blister can ruin your hike.

### **CLOTHING FOR HIKING**

Dressing properly for the outdoors calls for layering so that you can adjust your clothing to match changing weather conditions.

- Cotton is not a good outdoor material. Use wool or synthetics that wick moisture from you
- Dress for the season. A light jacket in the summer and spring, and more layers in cooler months.
- Make sure you have raingear. You never know when a sudden shower can pop up.

### **Backpack**

Cub Scouts generally need a simple day pack or fanny pack for most of their hiking. When Scouts get older, and do overnight hiking, a more substantial backpack will be needed.

### **USE A HIKING STICK**

A hiking stick comes in handy not only for stability, but also for pushing back branches and poking behind rocks. Personalize your hiking stick by whittling a small notch on it for every five miles you walk. Elsewhere on the staff, cut a notch for each night you camp out under the stars.

## **OTHER HIKING TECHNIQUES**

Walking quickly is often not very important, so hike at a pace that is comfortable for the slowest member of your group. **Take time to enjoy what's around you**, and remember that group safety and fellowship help make a hike more meaningful. Don't forget the importance of resting while hiking. Hikers need time to adjust their clothing, check their feet for signs of hot spots or blisters, take a drink, and have a snack.

Conditioning helps prepare you for longer journeys. Start with short hikes to harden your muscles, strengthen your heart and lungs, and prepare you mentally for more challenging distances. Regular exercise, jogging, and eating a healthy diet help, too.

**Remember your trail manners while hiking.** Travel single file on most trails (leave some space between you and the Scout ahead of you), and be courteous to other hikers by stepping to the side of the trail so that they can pass

### **Hike With a Buddy**

Whether hiking along quiet back roads or in the city along busy streets, **always hike with a buddy**. Why use the buddy system? It's a way for Scouts to look after each other. Buddies keep track of each other at all times, sharing the good times and preventing the bad. Periodically conduct a *buddy check* by having Scouts immediately hold up the hand of their buddy. That way if anyone is missing, everyone will know it right away.

### **Hiking on Highways and Roads**

Whenever hiking along a highway or road without a sidewalk, **stay in single file on the left side**, facing traffic. Wear light-colored clothing so that drivers can see you more easily. If you must hike at night, tie strips of white cloth or reflective ribbon around your right arm and leg. A fluorescent vest and flashlight also enhance visibility. Never hitchhike.

### **Hiking on Trails and Cross-Country**

Following a trail makes reaching your destination less complicated and helps you avoid trampling vegetation or contributing to erosion. Wherever you hike:

- Always stay on the trail
- Watch your step to avoid slipping or twisting an ankle.
- Use bridges to cross streams.
- Wade through water only as a last resort, and only if the water is shallow and the current is not too swift
- •Detour around areas that appear to be dangerous, or go back the way you came. Your safety is always much more important than reaching the destination of a hike.
- Remember to Leave No Trace!

## WHAT TO DO IF YOU ARE LOST.

Cub Scout Handbook tells how to follow the **STOP** steps when you are lost. The handbook also tells you to stay put if you have no idea where you are or which way to go, and tells how to help searchers find you.

**Stay calm**  
**Think**  
**Observe, and**  
**Plan**

- Always know where do are going
- Let someone else know where you are going and when you will return
- Buddy system – never go off alone
- Hiking on roads – Stay in single file on left side facing the traffic.
- Hiking on trails – Do not leave the trail.
- If you get lost – STOP (stay calm, think, observe, plan)
- If you have no idea where you are....stay put!
- Universal distress call is any signal repeated 3 times

## Themed Hike Ideas

Hiking is just more than a tromp through the woods. Make sure that you take frequent stops, point out interesting items (bird's nests, an edible plant, [avoid]poisonous plants, a hawk, etc). Make it fun for the boys by doing a themed hike.

**Paint chip hike.** Distribute to groups sample paint cards from hardware stores. See if corresponding colors can be found in nature.

**A-B-C hike.** Each group has a paper with A-Z. The object is to find something in nature for each letter.

**Babies hike.** Look for baby plants, baby animals. This is a great one in early spring. Another babies hike: Everyone look at eye level of a baby. What can you see down lower to the ground?

**No-talking hike.** Look first, talk later. What details can you remember? Key in on specific sounds: water running, bird sounds, wind, leaves crunching under feet, etc.

**Blind walk.** Also a controlled hike. Hikers can follow a trail laid out by stringing ropes between trees, or another hiker can lead them. Have various stations set up with things to be felt, to see if the hiker can identify items without the use of sight.

**Five senses walk.** Hikers travel to stations set up for each of the five senses. *Caution: for the taste section, these items should be brought from home and commercially processed, not picked up off the ground in the forest.* This hike takes more preparation ahead of time than most, but is very rewarding.

**Flashlight hike.** This is a good hike to calm everyone down, possibly right after campfire when the campers are not quite ready for bed. This is a study in contrasts. Which things look and sound different during the day than they do at night?

**Four on a Penny.** Can you find four different things that will fit together on the head of a penny?

**Circle hike.** An excellent idea if you are dealing with physically challenged hikers. A circle is marked on the ground and you make a list of all the things you can discover about what is living in the circle.

**Different in the dark hike.** Hike a short path during the day, instructing the boys to remember what they saw and heard. Then, repeat the hike at night and have them tell you what is different.