

## Leave No Trace

### Frontcountry Guidelines

Leave No Trace is a plan that helps people to be more concerned about their environment and to help them protect it for future generations.

We should practice Leave No Trace in our attitude and actions--wherever we go. Hiking and camping without a trace are signs of a considerate outdoorsman who cares for the environment.

#### 1. Plan Ahead

Watch for hazards and follow all the rules of the park or outdoor facility. Use the buddy system and make sure you carry your family's name, phone number, and address.

#### 2. Stick to Trails

Stay on marked trails whenever possible. Trampled wildflowers and vegetation take years to recover. Stick to trails!

#### 3. Manage your pet

Having your dog on a leash will keep people, and wildlife from feeling threatened.

#### 4. Leave what you find

When visiting any outdoor area look around and enjoy but **take nothing but photos, leave nothing but footprints.**

#### 5. Respect other visitors

Expect to meet other visitors. Be courteous and make room for others. Avoid disturbing others by making noise or playing loud music.

#### 6. Trash Your Trash

Make sure all trash is put in a bag or trash can. Trash is unsightly and ruins everyone's outdoor experience. **Pack it in – Pack it out!**

## Leave No Trace Awareness Award



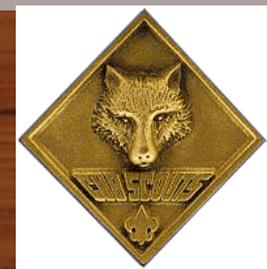
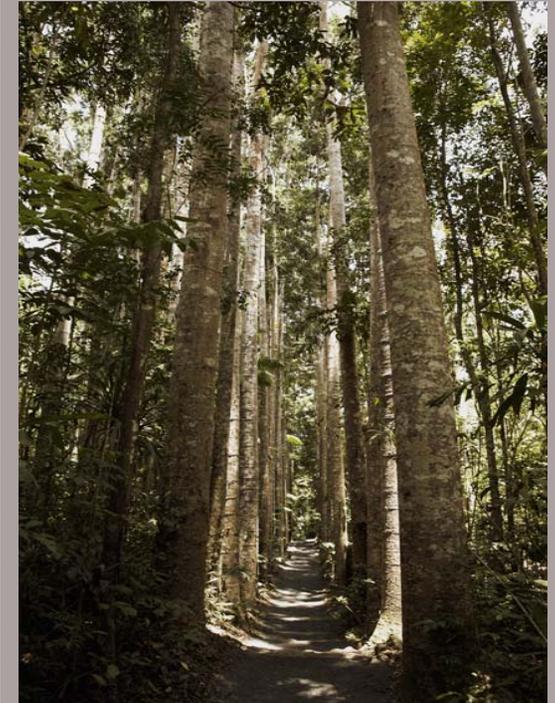
1. **Discuss with your leader or parent/guardian the importance of the Leave No Trace frontcountry guidelines**
2. **On three separate outings, practice the frontcountry guidelines of Leave No Trace**
3. **Boys in a Tiger Cub den complete the activities for Achievement 5, *Let's Go Outdoors* -Boys in a Wolf den complete requirement 7, *Your Living World* - Boys in a Bear den complete Requirement 12, *Family Outdoor Adventures* - Boys in a Webelos den earn the Outdoorsman activity badge**
4. **Participate in a Leave No Trace-related service project**
5. **Promise to practice the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge**
6. **Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting**
7. **Discuss with your den's Cub Scouts or your pack's leaders the importance of the Leave No Trace frontcountry guidelines**

**For More Information on Hiking Club  
Contact your Cubmaster or Den  
Leader, or visit the Hiking Club  
Section of our website at**

**<http://pack740.scoutlander.com>**

## Hiking Club

**NO CHILD LEFT INSIDE!**



**Cub Scout Pack 740  
Putting the Outing in Scouting!**

*“In every walk with nature one receives far more than he seeks.”*

~John Muir

## What is Hiking Club?

The best way to experience the outdoors is **step by step**. You can do that by becoming a member of the Pack 740 Hiking Club. The Hiking Club combines the best elements of an **expedition, a classroom, and a treasure hunt**.

The Hiking Club goals align with many of the goals of Cub Scouting such as **Sportsmanship and Fitness, Personal Advancement, Respectful Relationships, Fun and Adventure, and Preparation for Boy Scouts**.

The Hiking Club is open to all families of Pack 740. We will hike together on selected local trails throughout the year in all types of weather and all types of terrain. Most hikes will be between 2 and 4 miles roundtrip. Occasionally, we may offer opportunities for longer hikes.

## How much does it cost?

Hiking Club is free to all members of Pack 740. You will however be responsible for your own transportation and any trail or park fees.

## Who can come along?

You can bring the whole family if you wish, but remember we will be walking. Most places that we go will not accommodate strollers. **We will be hiking a minimum of 2 miles** on any given hike, so make sure everyone in your party can handle a good walk. Sorry, pets will not be allowed.

## Awards and Recognition

All hikes are just for fun and no one is required to go however, you will **earn patches for cumulative**

miles hiked. Scouts will earn special Miles Hiked patches at 10, 20, 30 and 40 miles. At 50 miles boys will be awarded a handmade walking stick and special awards to decorate your stick for every 10 miles earned after 50. There are also many opportunities to **earn belt loops, segment patches and to fulfill badge requirements** during hikes.

## Do I need any special equipment?

You will need a **backpack**, (school packs work great) a good pair of **hiking shoes** or boots, and come dressed appropriately for the weather, layering is best. Each Scout must also pack a lunch for himself and his parents.

It is always a good idea whenever you go out into the woods to be prepared, so we suggest each Scout begin compiling a **personal hiking kit**. See the sidebar for more details.

## What miles can I “log”?

Only miles that you **hike with the Pack or your Den** can be “logged” for patches and awards. Miles will be tracked on the Pack website.

## What will I learn?

Hikes are some of the best ways boys **can put their Scouting skills to use**. There will also be endless opportunities to learn while out on the trails. Hikers will learn **plant and animal identification, compass and map reading skills, basic first aid and survival skills, geology, fishing, and history all while gaining an appreciation of the great outdoors**. Don't forget the physical fitness aspect and health related benefits. Hiking really is the perfect way to spend a Saturday with friends and family!

## Hiking Kit

Trail whistle (pealess with neck cord)	
Compass	Pocket Knife
Binoculars	Magnifying Glass
Sunglasses	Hat
Sunscreen	Insect repellent
Kleenex/TP	Small notepad & pen
Poncho	Small first aid kit
Water bottle	Light snack
Flashlight	Extra batteries
Extra socks	Camera

Remember keep items you bring with you small and light. Everything should fit in a large zip-lock bag inside your backpack. Always bring a small grocery sack to carry garbage out.

**Whistle must be worn around your neck at all times.**

## Trail Safety

**Always stay with the group. Don't go ahead of the hike leader(s) or fall behind the Sweeper. Don't allow gaps to form on hikes. Don't wander off at rest stops, etc. The pack hikes as a single unit.**

**Know what to do if you get separated from the group or lost.**

- Stay calm and don't panic.
- Pay close attention to your surroundings.
- Stay put. We will find you.
- Blow your whistle (3) bursts, wait a minute, and repeat until found. This is the mountain distress signal used in North America.

**Always use the buddy system.**

**Know how to identify and stay clear of poisonous plants. Remember ... “Leaves of Three – Let it Be.”**

