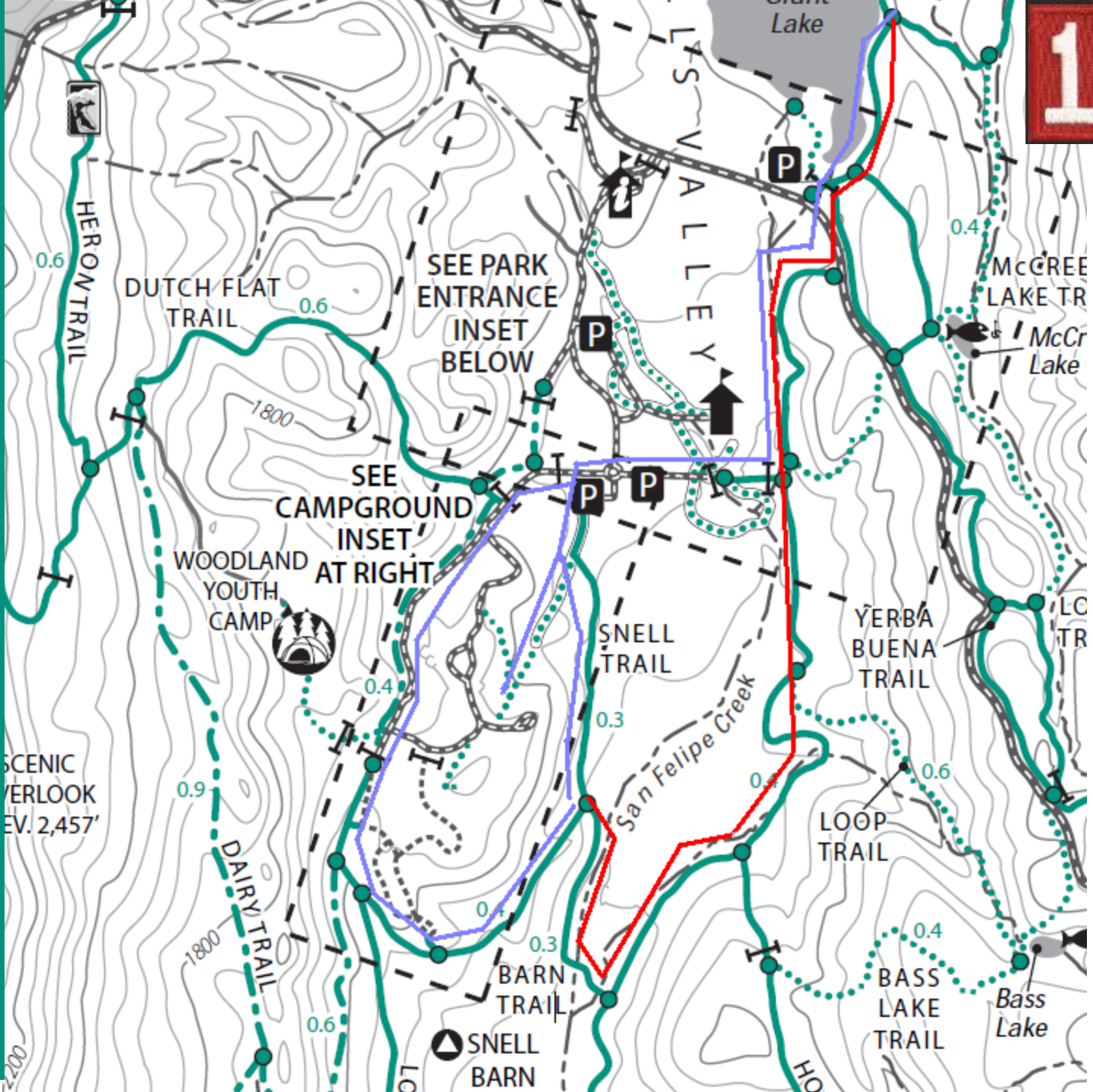


JOSEPH D. GRANT COUNTY PARK

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Hiking Belt Loop



- **Complete these three requirements:**
- Explain hiking safety rules to your den leader or adult partner. Practice these Hiking Safety rules while on a hike.
 1. Always tell someone where you are going and when you will return.
 2. Never hike alone or at night; use the buddy system.
 3. Dress properly for the weather and environment.
 4. Wear sun and insect protection
 5. Take an extra pair of socks in case you need to change.
 6. Obey traffic signs and signals.
 7. Avoid hiking along roadways.
 8. Stay on the trail.
 9. Be alert to your surroundings.
 10. Don't litter as you hike.
 11. Be alert to dangerous animals, insects, and plants. Never touch a wild animal.
 12. Take 1 pint of water for each hour you will be hiking. Never drink untreated water.
- Demonstrate proper hiking attire and equipment.
- Hike at least 30 minutes with your adult partner, family, or den

Explain WHY?



Sports Pin



- Earn the Hiking belt loop and complete five of the following requirements:
 - Make a chart and record at least five hours of hiking.
 - Help plan a den, pack, or family hike.
- 1 • **Earn Cub Scouting's Leave No Trace Awareness Award.**
 - Earn the Cub Scout Outdoor Activity Award.
 - 2 • **Learn seven trail signs and tell your den leader or adult partner what they are.**
 - 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.)
 - 3 • **Using pictures or photographs, identify three poisonous plants. (Examples are poison ivy, poison sumac, and poison oak; oleander, etc.). Watch for these plants while on a hike.**
 - 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.
 - 4 • **Explain to your den leader or adult partner what a compass is and show how to use one on a hike.**
 - Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.
 - 5 • **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.**

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Leave No Trace



Leave No Trace is about the environment
Help protect it for future generations

-  **PLAN AHEAD** An unplanned hike could cut through trails
-  **STICK TO TRAILS** Soil Erosion destroys plants
-  **MANAGE YOUR PET** Dogs are a threat to wildlife ... they can't read signs
-  **LEAVE WHAT YOU FIND** 100 people on a trail x 365 days = 36,500 flowers picked
-  **RESPECT OTHER VISITORS** The environment is shared – it belongs to everyone
-  **TRASH YOUR TRASH** An apple take years to bread down! A plastic cup -never

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Why Trail Signs?

- Alert hikers with directions, distances, arrows and information
- Prevent Hikers from loosing their way while hiking
- Reassure the hiker that he/she is in the trail
- Avoid danger: “do’s and don’ts”
- Universal method of interpreting signs and signals





Hiking & Campground Signs



Ranger Station



Trail (Horse)



First Aid



Shelter (Trail)



Campfire



Trail
(Interpretive,
Ped.)



Trail (Bicycle)



Camping (Tent)



Rest Room
(Men)



Trail (Hiking)



Picnic Area



Lodging

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Poisonous Plants



Poison oak



Poison sumac



Poison ivy

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Poison Oak

- **Poison oak** has leaves that look like oak leaves, usually with three leaflets but sometimes up to seven leaflets per leaf group.
- It grows as a vine or a shrub.



Poison oak

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Poison Sumac

- **Poison sumac** has 7 to 13 leaflets per leaf stem.
- The leaves have smooth edges and pointed tips.
- Poison sumac grows as a shrub or small tree.



Poison sumac

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Poison Ivy

- **Poison ivy** usually has three broad, spoon-shaped leaves or leaflets ("Leaves of three? Let it be!"), but it can have more.
- It may grow as a climbing or low, spreading vine that sprawls through grass



Poison ivy

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Compass



- The Earth is a Gigantic Magnet with two magnetic poles
- A **Compass** is a Magnet (Pointer marked on the North end)
- A **Compass** aligns itself with Earth's magnetic field
- A Compass is a navigational instrument that tells where North is
- Today we use a Global Positioning System (GPS) but it requires batteries

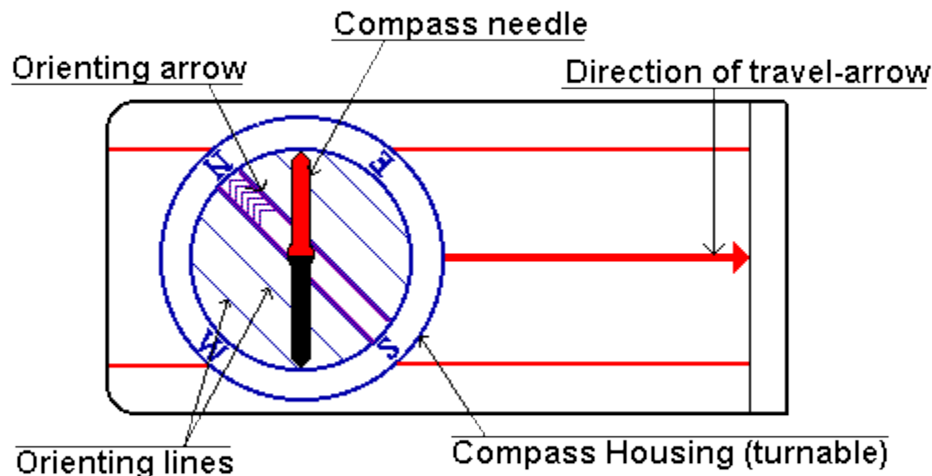
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USING A COMPASS with a MAP

3 STEPS

1. On a **flat** Surface, place compass on map with Long Edge connecting your location with desired line of travel
2. Keep Compass Still Rotate the Compass **housing** until the N on the compass dial points to N on the Map.
3. Pick up the Compass & **turn your body** until the Red End of the needle points to North on the Compass Dial. The Direction of travel arrow in the base points to your desired heading

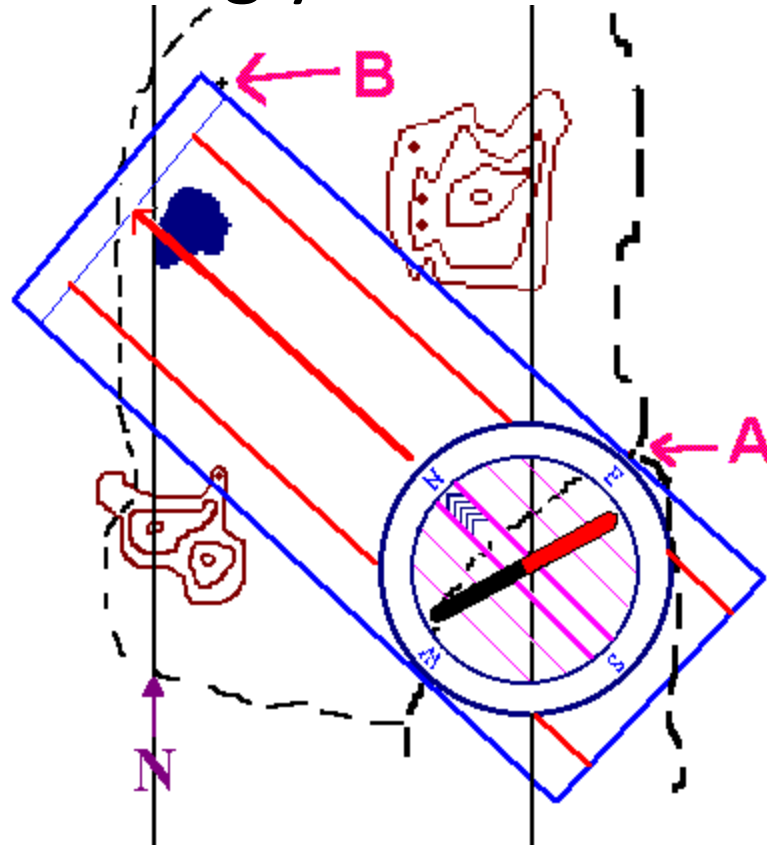
Pick landmarks along your line of travel – then repeat when you reach Landmark



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Step 1

On a **flat** Surface, place compass on map with Long Edge connecting your location with desired line o



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Step 3

Pick up the Compass & **turn your body** until the Red End of the needle points to North on the Compass Dial.

The **Direction of travel** arrow in the base points to your desired heading

