

What to bring to Day Hikes

Cub Scouts



Day hiking trips for Cub Scouts provide an excellent opportunity for outdoor exploration, skill-building, and bonding with fellow scouts.

These adventures foster a sense of teamwork, self-reliance, and an appreciation for nature. As they navigate through scenic trails, Cub Scouts learn to read maps, use compasses, identify wildlife, and practice Leave No Trace principles.

With backpacks filled with essentials like water, snacks, first aid kits, and proper clothing, they embark on exciting journeys, honing their physical endurance and resilience.

Guided by adult leaders, they develop a love for the outdoors, gain confidence in their abilities, and create lasting memories while embracing the spirit of adventure and camaraderie that characterizes the Cub Scout experience.



Day Hike Kit

- **Backpack:** A comfortable and appropriately sized backpack to carry all the necessary items.
- **Water:** Sufficient water to stay hydrated throughout the hike. Encourage them to bring a reusable water bottle or hydration bladder.
- **Snacks:** Healthy and energy-boosting snacks like trail mix, granola bars, fruits, or sandwiches.
- **Lunch:** If the hike is long, it's a good idea to pack a nutritious lunch. Sandwiches, wraps, or pasta salads are suitable options.
- **First aid kit:** A basic first aid kit containing band-aids, adhesive tape, gauze pads, antiseptic wipes, and any necessary personal medications.
- **Sun protection:** Sunscreen with a high SPF rating, sunglasses, and hats to protect from harmful UV rays.
- **Insect repellent:** Keep bugs at bay with a good quality insect repellent. Opt for one that is safe for children.
- **Weather-appropriate clothing:** Dress in layers, considering the weather conditions. Lightweight, moisture-wicking clothes are ideal for comfort during physical activities.
- **Rain gear:** Pack a lightweight and waterproof jacket or poncho in case of unexpected rain.
- **Extra clothing:** An extra pair of socks and a long-sleeved shirt can come in handy if they get wet or need an extra layer of warmth.
- **Proper footwear:** Sturdy and comfortable closed-toe shoes or hiking boots suitable for the terrain.
- **Whistle:** Teach them that a whistle can be used to signal for help in case of emergencies.
- **Trash bag:** Encourage them to leave no trace by carrying a small trash bag to collect their litter.
- **Hiking poles:** Hiking poles can provide stability and support, especially on uneven or challenging terrain. They can help reduce strain on the joints and improve balance.



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