



Supplemental Bear Den Meeting Q

Family Outdoor Adventure

Achievement 12b. Hiking Belt Loop.

Preparation and Materials Needed

- ▶ Select a location for your Family Den Hike.
 - It could be in the city or in your neighborhood, in the woods or a park, or at a Scout camp owned by your local Boy Scout council.
 - Invite the family members of the boys in the den well in advance.
- ▶ Designate a meeting time and a place for the start of the hike. Remind everyone to dress appropriately for the weather, including proper footwear. Ask everyone to bring a water bottle, sunscreen, and possibly a healthy snack.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring plastic bandages in case of blisters.
 - Bring maps of your hiking route.
 - Other items depend on where you go and what you'll do on the hike.

Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Explain the buddy system and what to do if lost. Explain the importance of cooperation.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 12b:** Go on a hike with your family.
- ▶ **Hiking belt loop** requirements:
 1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike.
 2. Demonstrate hiking attire and equipment.
 3. Hike at least 30 minutes with your adult partner, family, or den.



Want More Fun Activities?

A hike doesn't have to be just a walk. Try a hike plus: Don't just walk; do something:

- ▶ Alphabet hike. Find things to cover each letter (keep a list as you go).
- ▶ Color hike. Find as many colors as you can (keep a list as you go).
- ▶ Sense-of-touch hike. Find things that are: hairy, smooth, rough, cool, dry, wet, sticky, bumpy.
- ▶ Hula-hoop hike. Lay your hoop (or a loop of rope) on the ground, what can you find inside the circle?
- ▶ Inch-high hike (take rulers along). What do you find that is that high (or smaller)?
- ▶ Silent hike (well, try it for a while). Hike or stand still for a few minutes. What do you hear?
- ▶ Give-it-a-name hike. Identify trees and plants, or come up with your own names and descriptions if you don't know the name.
- ▶ Or do knot hikes or first aid hikes (where every so often they stop and work on the subject you pick).

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.