

## **OUTDOOR ACTIVITIES**

### **Policies On Outdoor Activities.**

The Troop Leader should see to it that outdoor activities are conducted with the following standards:

1. Scouts must be registered.
2. There must be a camping permit from the institution.
3. There must be an approved program of activities.
4. The Scouts should have written parents consent.
5. They should have a medical certificate.
6. Hitch-hiking to and from the camp/activity site has no place in Scouting

### **Camping Principles**

1. Scouts camp in tents or makeshift shelters.
2. Adult Leaders do not sleep with the boys in the same tent or shelter.
3. Scouts cook by Patrols.
4. Scouts carry their own packs.
5. Adult male leadership must be provided
6. There is boy leadership in place.

### **Outdoor Program Focus**

1. Woodcraft – Knowledge about the environment and the conservation and protection of the ecology.
2. Campcraft – Knowledge and Skills for outdoor living.
3. Aquatics – All water related knowledge, skills, and activities.
4. Fitness and Health – Activities that emphasizes physical development and health habits.

### **Selecting A Good Campsite**

Here are some tips in selecting a good campsite:

1. Location – must be free from hazards and dangers.
2. Water – area should have ample and safe water supply for drinking.
3. Wood – There should be plenty of deadwoods for cooking and for making camp gadgets.
4. Food - area should have a source for food.
5. Surroundings – there should be adequate space for Scoutcraft, practice, games, and exploring.

**Some Outdoor Activities**

1. Campfires
2. Camping and hiking
3. Nature Expeditions
4. Woodcraft Explorations
5. Community Involvement
6. Aquatics
7. Wilderness Survival
8. Orienteering
9. Spiritual Encampments
10. Mountain Climbing

**Planning A Troop Camp**

The Troop Camping Plan should have the following:

1. Rationale or the aim of the Troop Camp – Why are you going to conduct a Troop Camp?
2. Purpose – What do you expect to achieve by conducting the Troop Camp?
3. Program of Activities – How do you intend to achieve your objectives?
4. Training – Do you have all the necessary skills needed to insure the success of the Troop Camp?
5. Supplies and Equipment – What supplies or equipment do you need to bring to insure the health, the safety, and the achievement of the Troop Camps objective?
6. Menus – What food are you going to eat for the duration? Where are you going to get these?
7. Transportation – How do you intend to get there and back?
8. Finances – How much is your budget? What are your requirements? How do you intend to raise this?

## **HIKE AND COOK OUT**

A Troop or Patrol hike is generally defined as a walking trip with a purpose that can last up to a day but never overnight. What this meant is that no hike that goes on continuously through the night should be attempted. A hike with an overnight camp at the destination, however, is very much in order. In fact, it is an advancement requirement. Simple hikes to a destination and back in either a day or half a day is already a big contribution to the overall program as it gives the boys the opportunity to go outdoor and in communion with nature.

It is well to remember, however, that even if the hike will go only a few hours, it still needs the same careful attention as would be given a much longer outdoor activity. The hike must have a destination, a date, and a program of activity. Decision must also be made on food and equipment. Is there water on the destination? What about transportation to and from the starting point of the hike? What about such amenities as binoculars, maps, cameras, nature guides, and first aid kits? Is there a fishing area or swimming area at the destination? What about rivers to be crossed or streams to be forged?

A very big question is, What Kind of Hike Will it be? A nature hike, a historical hike, a community service hike, a mystery hike, or just a relaxing fun hike to enjoy the grandeur of God's creation and the presence of each others.

### **Activity Periods**

There are three main activity periods in a hike. These are the following:

1. On the Way Out Period – This is that part of the hike going to the destination. In this period, activities like learning a new song, sketching, spotting wild life contest, or playing a game, orienteering, signaling, etc, may be conducted.
2. At the Destination - This is the end of the Trail. Here, the Scouts can cook their meals; undergo Scoutcraft instruction and even Scoutcraft competitions, treasure hunt, photo contest, tracking, etc.
3. On the Way Back Period - From the destination and on the way back to the starting point of the hike activities like collecting different type of insects or leaves of edible plants may be made. A surprise first aid exercise or emergency drill will be a nice idea. Spotting community service opportunities can also be one of the activities, etc.

### **Safety First**

Be safety conscious always. On the highway, walk single file on the left side facing the oncoming traffic. Hike leader in front, the Patrol Leader at the middle, and the Assistant Patrol Leader at the rear. Keep the column together. No stragglers.

At night, tie a white cloth to each hiker's right knee. Those at each end of the column should carry a light. Keep night travel at the early evening hours only. No overnight hikes.

Absolutely no hitchhiking.

***BTC-TLs/S16-HO-Hike and Cook Out/page 2***

Dress for the activity and for the season. Raincoats and jackets are in order during the rainy season; light clothing in summer. Favor sturdy, well-fitting hiking shoes and dry socks.

On the trail, keep the Patrol together. Call a rest or stop every so often. No matter how thirsty, don't drink any water unless