



# Hiking

## Baden-Powell District Roundtable

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# Why hike with Scouts?

**It's a requirement for Cubs and Scouts BSA**

**It can be a lot of fun**

**It's outside**

**It can be simple, elaborate, or in between**

**It's inexpensive**

**It's a gateway to backpacking**

**Scenery and critters**

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# How to hike

1. Plan, but don't overthink the process
  - Don't fixate on gear (e.g. boots vs. sneakers)
  - Water is a hard requirement
  - Snacks depending on distance
  - The 10 Essentials, might not be (!)
  - Moleskin is a must
2. Meet at the trail
3. Walk

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# Taking it up a level

## Track your hikes

- Use a smartphone and app
- Altitude gain might be a surprise
- Use the hiking log in ScoutBook
- Map with your hikes in meeting location (good idea for camp locations also)

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# Cubs

**Hike lengths typically 0.5-3 miles**

**- Around six would be the maximum (YMMV)**

**Good for having nature hikes**

**Frequent stops**

**Water or sports drinks, always**

**Snacks depending on trail time**

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# Cubs

**Candy**

**Adults carry most gear**

**Cubs carry a backpack (not a string pack) with drink  
and other stuff**

**Vary Cubs as hike leaders**

**Use an adult sweeper**

**Trowel, AP, hand sanitizer**

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# Scouts BSA

**Hike lengths up to 20 miles; 5-7 miles are typical**

**Scouts carry their gear**

**Start emphasizing the 10 Essentials, for independence**

**More moleskin!**

**Good campout activity**

**Scouts tend to go a lot farther without stopping**

**Adults at the rear; or, no adults**

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# Scouts BSA

**Hikes tend to be gabfests for many Scouts; don't sweat it**

**Still good for getting plant and animal signs**

**Having a trail lunch is more common**

**This is where you can do Cooking MB trail cooking**

**Good campout activity**

**More trowels and AP**

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# Hiking Merit Badge

**One of the toughest Merit Badges to earn, for such a simple activity as walking**

**Six hikes: 5 mile; three 10 mile; 15 miles; 20 miles**

**- 70 miles total**

**Schedule these hikes for a year**

**- In between monthly camps**

**- It can take a Scout a couple years to complete**

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# Hiking Merit Badge

**A 20 mile hike will take all day**

- Need a good break for lunch**
- Think about doing these October – March (shorter days, but cooler)**
- Snack while walking, significant lunch (Subway foot-long Steak and Cheese are great!)**
- Watch the altitude gain (1,000 ft in OKC, no way!)**

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# Hiking Merit Badge

**Where can you hike 15 or 20 miles?**

- **Bell Cow Lake**
- **Lake Thunderbird**
- **Sportsman Lake**
- **Lake Carl Blackwell**
- **Kaw Lake**
- **CNRA (include Veteran's Lake and Buckhorn)**
- **OKC trail network (Draper 15 miles)**

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## Places to hike

**OKC, Edmond, Norman city trail networks**

- **Mostly hard surface**

- **Some dirt at Bluff Creek, Lake Arcadia**

**Lake Draper trails (10 miles)**

**Martin Park**

**Stinchcomb (good kayaking, too)**

**Lake Arcadia (10-15 miles a couple ways)**

**Neighborhood parks**

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## Places to hike

**John Nichols (both trails and free walking)**

**St. Crispin's Episcopal Camp**

**Kerr**

**Sasakwa (10 mile loop)**

**Chickasaw National Recreation Area (20 miles)**

**Duncan Lake**

**Lake Carl Blackwell (45 miles!)**

**Lake McMurry (14 miles)**

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# Places to hike

## State Parks

- Lake Thunderbird (20 miles)
- Roman Nose (15 miles)
- Lake Murray (10 miles)
- Red Rock Canyon (10 miles)
- Kaw Lake (30 miles)

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# Places to hike

## City Parks

- Sportsman Lake (30+ miles)
- Bell Cow Lake (12, 22 mile trails)
- Prague Lake (14 miles)
- Turkey Mountain, Tulsa (25 miles)
- Soldier Creek trails

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# Special hikes

## Wichita Mountains Wildlife Refuge

- Post Oak Falls
- Mount Scott scramble
- Elk Mountain

Keystone Ancient Forest (10.5 miles)

Black Mesa (highpoint hike) (9.5 miles)

Night hikes

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# Official Awards

**Hiking Merit Badge**

**Backpacking Merit Badge**

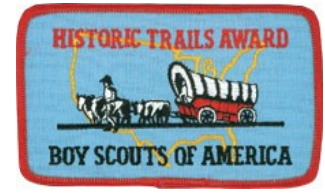
**National Outdoor Awards Program**

- Camping, Hiking, Riding, Aquatics, Conservation

**50-Miler Award**

- Backpacking 50+ miles over 5+ days

**Historic Trails Award**



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# Unit Awards

## Hiker Of The Quarter/Year

- Reward with a staff or something similar
- Certificate

Uniform rockers for milestones



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# Things To Think About

**Schedule hikes during yearly planning**

**Mix locations and trail lengths**

**If the weather is crappy, you don't have to go.**

- Thunder and lightning are dangerous
- Rain can be a PITA, and/or fun, to hike in
- Snow hikes are really cool!

**Trail crews are great service and conservation projects**



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# Takeaways

**Hiking is a quintessential Scout activity**

**It's low impact and can be a lot of fun**

**Helps build self confidence**

**Family friendly and a recruiting tool**

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# Hike ON!



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