



# Getting Scouts Hiking

## Scissortail 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 6 or 10 Essentials
  - 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 0.5-2 miles**

**- Go a bit higher for experienced Cubs**

**Good for having nature hikes**

**Frequent stops**

**Water or sports drinks, always**

**Snacks depending on trail time**

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# Cubs

**Lions: Take a walk, identify natural and human-created objects, 20 minutes**

**Tigers: Take a walk, identify natural and human-created objects, and describe common animals in the area, 220 minutes**

**Wolves: Take a walk, describe four animals you might see in the area, 30 minutes**

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# Cubs

**Bears: Take a walk, identify six critter signs, 1 mile**

**Webelos: Plan, check the weather, and then take a walk, 2 miles**

**AOLs: Go camping.**

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**Cubs**

## Six Essentials

**Whistle**

**Filled Water Bottle**

**Flashlight**

**Trail Food**

**Sun Protection**

**First Aid Kit**

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# Cubs

## Maybe One More Essential

## Backpack

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# Cubs

**Candy!**

**Adults carry backups, especially drinks**

**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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# Cubs

**Where to hike?**

**Lions – Wolves, local city park or neighborhoods**

**Good den meeting activity**

**Older Cubs**

**OKC trail system**

**Martin Park or other large city parks**

**Lake Arcadia, Bluff Creek, Draper**

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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**

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# Scouts BSA

**2<sup>nd</sup> Class 3b: Take a 5 mile hike using a map and compass**

**Camping Merit Badge 9b1: Hike 1,000 vertical feet**

**Camping Merit Badge 9b2: Backpack or snowshoe 4 miles**

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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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# Scouts BSA

**Getting Scouts to plan these can be a challenge; it takes time**

**Hard and fast rules**

**Hike leaders keep the end of the group in sight**

**Stop at difficult water crossings**

**Stop at trail intersections**

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# Scouts BSA

## Couple more essentials

**Pocketknife**

**Rain Gear**

**Trail Food**

**Flashlight**

**Extra clothing**

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# Scouts BSA

## Couple more essentials

**First-aid kit**

**Sun protection**

**Map and compass**

**Matches and fire starters**

**Water bottle(s), and/or hydration bladder**

**Backpack**

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# Hiking Merit Badge

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

**Five hikes: 4x 10 miles; 20 miles**

- 60 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

**Budget 5 hours for 10 milers**

- Break every 30-45 minutes**
- Can be year round**

**Start early in the summer**

- Snack while walking, maybe lunch**

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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**
  - Backpacking meals**
- **Watch the altitude gain (1,000 ft in OKC, no way!)**

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# Hiking Merit Badge

**Where can you hike 10 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, around the lake**

**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**



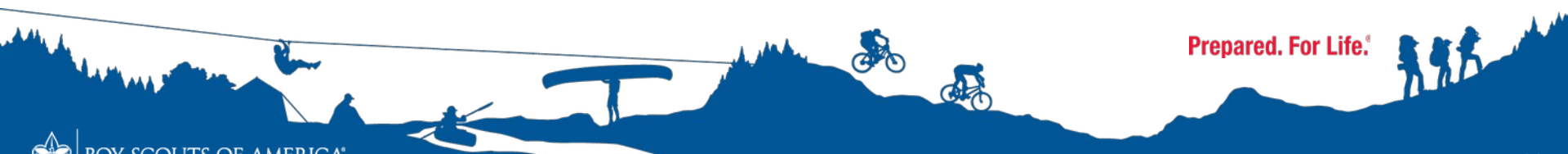


# Unit Awards

## 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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