

Hiking Badge Activities

1. Using a Cub book, and talking with your leaders and other Cubs, write down some ideas for taking care of your feet. If you like, you could draw pictures instead of writing.

2. Draw some pictures to show how to treat blisters, insect bites, hypothermia and overheating on the trail. Why is it important to take rest stops while hiking.

3. Write down some safety rules for hiking.

4. What should you do if you are lost while hiking?

5. How can you protect nature while hiking?