

OUTDOOR ESSENTIALS FOR CUB SCOUTS

<https://scoutermom.com/1228/outdoor-essentials-for-cub-scouts/>

First Aid Kit

Take a small personal first aid kit. Here are some things you should put in it: Band-Aids of different sizes, soap, antibiotic ointment, tweezers, alcohol wipes, gauze bandage, scissors, safety pins.

Filled Water Bottle

Fill your water bottle before you start on your adventure. An empty bottle won't help when you get thirsty. Take enough water. You might not be able to refill it. A two quart bottle (or two one quart bottles) works for most outings.

Flashlight

Be prepared for the unexpected. Bring a small flashlight even if you don't plan to be out at night. If plans change and you have to find your way back in the dusk or night you will be glad you have it. And don't forget the extra batteries.

Trail Food

You'll probably get hungry while out on your adventure. Bring some trail food. The best food is not bulky but high in energy. Nuts, dried fruits, and granola are all good choices.

Sun Protection

Protect yourself from the sun. You can still get sunburned even if it is not hot and sunny. Put on sunscreen and wear a hat. Bring your sunscreen with you so you can reapply it when needed.

Whistle

If you get lost or in trouble, stay where you are and blow three blasts on your whistle. This is a universal help signal and when someone hears it, they will come to you to help.

Map and Compass

Know where you are and where you are going. If the trail becomes unclear, a map and compass will help you determine the right path. But if you are really lost, stay put.

Rain Gear

You never know when the weather might turn bad. You will be more comfortable if you stay dry. And in a pinch, a rain poncho can be used to make an emergency shelter.

Pocketknife

A pocketknife can help you make kindling for a fire or other small tasks. Remember, a knife is a tool, not a toy. Don't forget to bring your Whittlin' Chip card also.

Matches or Fire Starters

In an emergency situation, you might need to build a small fire to keep you warm or as a signal. Don't get these out unless you really need them though.