Mountain Lion

Lion ADVENTURE

Six Things for the Trail

Requirement(s) 1



Gear up! Your adult partner and the Cub Scout Six Essentials below.

Look at the real items together. For each one, tell what it is for and show how you would use it safely, with adult help when needed. Check an item after you practice.

- ◯ First-aid kit: show it and ask your adult how to get help with an injury.
- ◯ Filled water bottle: show how you carry it and take a drink.
- ◯ Flashlight: show how to turn it on and off without shining it in anyone's eyes.
- ◯ Trail food: choose food your adult confirms is safe for you to eat.
- ◯ Sun protection: show your hat, sunscreen, or other protection and talk about using it.
- ◯ Whistle: show your adult how you can use it to signal for help. Practice only with permission, away from ears.

Draw your Six Essentials ready to carry.

Pointing to pictures alone does not demonstrate using the real items. Your adult helps with first aid, sunscreen, food needs, and safe whistle practice.

Original local activity worksheet - not an official Scouting America publication.