

**Event**

This is a day hike for Cubs. The objective is to get the Cub used to hiking and show them the fun things that can be done on a hike. The activities will be a combination of learning and fun (and even the fun ones will teach skills).

**Logistics**

Sunday June 27<sup>th</sup>, 2004

8:30am to 4:00pm

Marlborough Forest

Cost: \$5

**Directions to Trail Head**

From Burritts Rapids, go north on Upper Dwyer Hill Road. Turn right on Roger Stevens Drive. The parking lot is several kilometers along Roger Stevens Drive on the right. It is marked with the sign "18-5".

**Activities During Hike**

- Air rifle pellet shooting.
- "Pairs" wide game.
- "Capture the Flag" wide game (optional if time filler needed).
- Learn how to light a fire using flint and steel.
- Learn how to light a white gas backpacking stove.
- Make chocolate fondue.

**Leaders Attending**

Allan Yates, Alex Beelich, Kevin Bacon, Keith Skelhorne, Peter Cornelisse, Mike Jackman.

**Qualifications**

- All leaders have current standard first aid and CPR certifications.
- Allan, Alex, and Kevin have extensive back woods hiking experience.

**Route**

A survey of the route will be performed the weekend before the hike. This will ensure that the ground is in good condition, the trail is adequately marked, and locations have been found for lunch and activities.

**Risks**

- *Cubs becoming lost:* Each Cub must wear a whistle on a lanyard so they can call for help if they become lost. The buddy system will also be enforced. Head and tail leaders will be appointed. The Cubs will be instructed not to go ahead of the head leader, nor go behind the tail leader.
- *Minor injuries:* Treated with first aid kit.
- *Major injuries:* Evacuation to parking area at trail head and transport to hospital; alternatively a leader will be sent to fetch medical personnel by returning to the trail head and driving to a telephone.

**Attendance**

Approximately 10-15 Cubs are expected to attend. Permission forms will be collected when the parents drop their Cub off.

**In Case of Emergency**

- Any injured person will be evacuated back to the parking lot at the trail head where the leader's automobiles will be present.
- The nearest hospital is the Queensway Carleton in Ottawa at Baseline and Richmond. Take Roger Stevens drive to the 416 north. Proceed towards Ottawa. Exit at Hunt Club Road and take Cedarview Road north and follow the signs.
- Two first aid kits will be carried by different leaders.

**Schedule**

8:30am	Cubs arrive
9:00am	Start hike
10:00am	Snack (trail mix)
11:00am	Arrive at lunch location
11:00am	Free time
11:30am	Lunch
12:00pm	"Pairs" game
12:30pm	Stove lighting
1:00pm	Fire lighting
1:30pm	Air rifle shooting
2:00pm	Depart for return hike
3:00pm	Snack (trail mix)
4:00pm	Arrive at parking area

**"Pairs" Wide Game**

- This game is based on the card game where cards are placed face down on a table, the person looks at them one at a time, has to remember where they are, and try to remember a pair so they can both be picked up.
- 27 pairs of pictures of animals have been prepared on ½ sheets of paper.
- The pieces of paper are distributed randomly around the woods in fairly obvious places.
- Working in teams, the Cubs have to find the cards, remember where they are, and collect pairs. They are not allowed to carry a single card with them unless they are going straight to its pair and know where it is.
- When they have two pairs they can bring them back to base so a tally can be kept and a halt can be called when all the cards have been found.

**Chocolate Fondue**

- Place cream and chocolate bars in a pot. Melt over a low heat stirring constantly.
- Dip fruit into mixture and enjoy!

**Cub Equipment List**

- Knapsack
- Lunch
- Two full water bottles
- Rain coat
- Hat
- Sunscreen
- Insect repellent
- Survival kit (optional)
- Flint & steel (optional)
- Whistle on a lanyard
- Dryer lint in a zip lock bag (for flint & steel fire lighting)
- Sturdy shoes or sneakers - no rubber boots

**Pack Equipment List**

- Pack flag for marking parking area on the road.
- Two first aid kits.
- Three backpacking stoves with full fuel tanks.
- Three air rifles, pellets, targets, and target stands.
- Trail mix for snack.
- Physical fitness forms for all youth and leaders.
- Chocolate, cream, and fruit for fondue.
- Pot and stirring spoon for chocolate fondue.
- Matches.
- Kindling for fire lighting.
- Water.
- Flags for "Capture the Flag".
- Animal cards for "Pairs" game.
- Flint & steel.