



*CUB HIKE RESOURCE PACK*  
*2020*

# SOUTH EAST PROVINCE YOUTH PROGRAMME EVENTS



## **Introduction:**

Welcome to the Cub Hike Resource Pack! Unfortunately, the Cub Hike for this year had to be cancelled due to Covid-19. The provincial team had so many good ideas for bases and activities for this year's hike, we decided not to let them go to waste! We have put together a small resource pack with games, recipes and base ideas for you. We hope that with this, you will be able to hold your own hike at home with your cub troop! We hope this will be helpful and that even though we were unable to hold the hike this year, the cubs will still have a fun time.

## **The Hike:**

The original hike planned for this year was 7 kilometers in length. We recommend that you should hold a hike in your locality of a similar length. Do some research! There might be some new interesting hikes or walking trails nearby that you have not discovered yet.

Our original hike had the cub groups hike to their first base and then rotate between the other 3 bases. You could set out your own hike like this or stagger your bases in a linear pattern along your hike. Do what works best for the hiking trails near you. We recommend you split your cub troop into smaller groups and stagger their start times.

Don't forget to leave time to stop for lunch!

Our hike was planned for the 13<sup>th</sup> of September, but you can hold your own hike when it suits your cubs and leaders best, just remember to check if the weather is suitable!

## **Essential gear to make sure your cubs have:**

- Comfortable walking shoes or hiking boots
- Waterproof jacket and trousers
- Packed lunch and water bottle
- Hand sanitizer

## SOUTH EAST PROVINCE YOUTH PROGRAMME EVENTS



### Our fabulous base ideas:

- Whistle commands:

For this base one leader will need a scout whistle on hand. Often when trying to get the attention of your cubs it can be hard if they are all talking. Whistle sounds can be much easily heard by cubs instead of a shout. The length of the line symbolizes the length of the whistle call.

\_\_\_\_\_ : calls for attentions.

\_\_\_\_\_ : calls for the cubs to get organized in their sixes.

\_\_\_\_\_ : calls for the sixers to come to the leaders in charge.

\_\_\_\_\_ : calls for the seconders to come to the leaders in charge.

\_\_\_\_\_ : danger call.

\_\_\_\_\_ : all cubs spread out.

Feel free to create your own whistle calls that will be individual to your cub troop.

- 60 second game:

In a small area, all cubs should sit down with their eyes closed. One leader will need a phone with their stopwatch turned on. When the stopwatch starts, all cubs begin to count to the 60 seconds in their head. When they believe it has hit the minute, they silently stand up. The leaders in charge keep an eye and the closest child to the 60 second wins. They'll be surprised to see how long 60 seconds can really be!

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### – Armpit fudge:

This may sound disgusting, but this recipe is fun and easy to make. The recipe below should make enough for two cubs sharing, so double, triple, quadruple the recipe for how many cubs you will have attending.

½ cup of confectioners' sugar or icing sugar

1 tablespoon of butter

2 teaspoons of cream cheese

¼ teaspoon of vanilla extract

2 teaspoons of unsweetened cocoa powder

Add all the ingredients to a plastic freezer bag, squish out all the air and seal the bag. Now knead the ingredients until they combine to create the fudge. For this you can use any body parts, knees, hands, elbows, even armpits! When the ingredients are combined, open the bag and eat with a spoon!

### – S'mores

You can never go wrong with a good s'more but please check if your walking trail allows fires or gas rings on site. If not keep your s'more plans for another night at your scout den.

When making the s'mores instead of using skewers, ask each cub to find a long stick to create their own. Take one end of the stick, wrap in tin foil and slide the marshmallow on top to toast!

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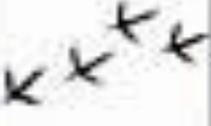


– Scavenger Hunt Bingo:

Use the below template or create your own hunt!

## Scavenger Hunt BINGO

Get Five in a Row Up, Down, Across or Diagonal to Win

 Leaf	 Nut	 Cloud	 Flower	 Animal
 Nest	 Fern	 Mushroom	 Dead Tree	 Crawling Insect
 Water	 Dirt	Free	 Stump	 Butterfly
 Live Tree	 Rock	 Spider	 Bird	 Stick
 Grass	 Web	 Flying Insect	 Tracks	 Pinecone

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### – Bomb squares:

If you have access to a tarmac area, you could try playing this game. Chalk out on the floor 20 large squares, in a 4 by 5 layout, number each square one to twenty. Draw on a piece of paper the same layout. Choose a start square on the first row, an end square on the last row and a path going from square to square in between them marked by an X. This path should be only shown on the paper and not shown to the cubs. The path can go up, down or diagonally.

Each cub takes a go one by one stepping into a square, if they step into a 'safe' square marked with an X they can move onto another square. If they step into an unmarked square they have been blown up by an imaginary bomb and must return to the end of the line. The cubs must work together to establish a safe path through the bomb squares. They must remember the previous safe steps taken by other cubs and work their way to the end of squares. When the first cub makes it to the end, the whole team are declared winners as they worked together throughout the game.

We hope that our resource pack has been helpful and that in the future you will be able to hold your own cub hike. The provincial team would love to hear any feedback or recommendations you may have for next year's hike. Also please send on any photographs of the adventures your cubs get up to and we hope to see you next year at the Provincial Cub Hike 2021!

