



Provincial Cub Hike Resource Pack 2021

Introduction:

Welcome to the South Eastern Province's Cub Hike Resource Pack! This pack was put together by the Provincial Youth Representatives, as unfortunately we will be unable to hold the Cub Hike this year due to the Covid-19 pandemic. But we still want to get everyone outdoors and having fun, so we have put together some fun bases and activities for your cubs to complete. We hope that with this, you will be able to hold your own cub hike at home.

The Hike:

For your hike we recommend that you pick a nice local spot for your group to hike, in woods, by a river or if you're so lucky, on your local beach! The usual length for the Provincial cub hike is 7km and no cub will shy away from a challenge. They will love exploring new places and trying new activities.

Every year the cub hike has different bases along the way for your cubs to do. You could set your bases up in a linear pattern along your walk or in a large open area, where the cubs can alternate between bases. We would love to be with you this year on your cub hike, but the show must go on so get out there with your cubs and most importantly have fun!

Orienteering

Blind Orienteering

Primary Activity

- **EQUIPMENT NEEDED:**
 - 10 meter Tape Measure
 - Two Cones or Bases
 - Compass
 - Blindfold
 - Route cards (provided)
 - Calculator (if possible)
- **PREPARATION:**
 - This activity works best with a small group of about 6 cubs, so calculate the number of routes you'll need. If you have 30 cubs, you'll need 5 routes or squares. They will most likely already be in their sixes, but if not, divide them up as evenly as possible.
 - Find an area large enough for the routes. The squares should be aligned with magnetic north.
 - Place one of the cones or bases on the starting point. Put the second cone 10 meters east of the first one, this acts as the finishing point
 - In an area separate from the routes, mark two parallel lines 10 meters apart. We recommend using tape or sticks. This will be where the cubs measure the length of their stride.
 - Print out the 6 route cards below, give one route card to each of the 6 cubs
- **THE ACTIVITY:**
 - Go over the key items on a compass and demonstrate how a compass works.
 - Have the cubs calculate how many paces it will take them to walk 10 meters. To do this, the cubs line up on one of the parallel lines. Each cub walks at their normal stride and counts their steps to reach the other line. Repeat this 3 or 4 times. Write down the average number of steps on the route cards provided, and fill in all of the blank "paces" spaces.
 - Put the cubs into groups of 5 or 6. Each group will be assigned to a different starting location. Each location should have a leader or older scout directing the small group. Cubs will line up and take turns doing the remainder of the activity.
 - One cub is blindfolded and put at the starting position.
 - The rest of the cubs take turns in directing the blindfolded cub by giving them a direction, e.g: walk 12 paces to your left.
 - The non-blindfolded cubs must figure out which direction the blindfolded cub has to head in by using a compass and the route card.
 - Once the Cubs have finished their route, the blindfolded cub should remove the blindfold and measure how many paces they were away from the finish line.
 - The six must then work together to change this back to meters using the key they created at the top of the route card.
 - You could award a prize to the six who gets closest to the actual finish line.

- ROUTE CARDS

Route Card: 1

Name			
10 meters =			paces
Stage	Distance (m)	Distance (paces)	Bearing
1	10m		North
2	10m		East
3	10m		North
4	10m		East
5	10m		South
6	10m		West
7	10m		South
Distance from finish =			paces

Route Card: 2

Name			
10 meters =			paces
Stage	Distance (m)	Distance (paces)	Bearing
1	20m		North
2	10m		East
3	10m		South
4	10m		East
5	10m		South
6	10m		West
7			
Distance from finish =			paces

Route Card: 3

Name			
10 meters =			paces
Stage	Distance (m)	Distance (paces)	Bearing
1	10m		North
2	20m		East
3	10m		North
4	10m		West
5	20m		South
6			
7			
Distance from finish =			paces

Route Card: 4

Name			
10 meters =			paces
Stage	Distance (m)	Distance (paces)	Bearing
1	20m		North
2	10m		East
3	10m		South
4	10m		West
5	10m		South
6	10m		East
7			
Distance from finish =			paces

Route Card: 5

Name			
	10 meters =		paces
Stage	Distance (m)	Distance (paces)	Bearing
1	20m		East
2	10m		North
3	10m		West
4	10m		North
5	10m		West
6	20m		South
7	10m		East
Distance from finish =			paces

Route Card: 6

Name			
	10 meters =		paces
Stage	Distance (m)	Distance (paces)	Bearing
1	10m		East
2	20m		North
3	10m		East
4	10m		South
5	10m		West
6	10m		South
7			
Distance from finish =			paces

Map Analysis

Secondary Activity

- **EQUIPMENT NEEDED**
 - OS map
 - Locating key (provided)
 - Table
 - Counters (provided)
- **PREPARATION**
 - Spread the map across the table
 - Print out the locating key and the counters, you should have one of each for every group participating
- **THE ACTIVITY**
 - Using the locating key, ask your Cubs to find different features on the map.
 - Once they have found the feature, they must put the counter assigned to the feature on the map.
 - Once they have found all the features, give them a score out of ten (one mark per feature).
 - A prize may be awarded for the team with the most points, such as a chocolate biscuit each (a scouting luxury!).

● **LOCATING KEY**

1.  Stream	6.  Bridge
2.  Railway Line	7.  Information Office
3.  Castle/Fort	8.  Contour Lines
4.  Camp site	9.  Road
5.  Parking	10.  Path

● **COUNTERS**



Map Location

Tertiary

● **EQUIPMENT**

- OS map
- Locating key (provided above)
- Ruler
- Table
- Location log (provided below)

● **PREPARATION**

- Spread the map across the table
- Print out the location log and the counters, you will need one of each for every group participating

● **THE ACTIVITY**

- Using the locating key, ask your Cubs to find different features on the map.

- Once they have found the feature, they must find the three figure grid reference of that feature's location.
- They must then write it down on the location log
- Once they have found all the features, give them a score out of ten (one mark per feature located).
- A prize may be awarded for the team with the most points.

● LOCATION LOG

Feature	Grid Reference	Feature	Grid Reference
Stream		Bridge	
Railway Line		Information Office	
Castle/Fort		Contour Lines	
Campsite		Road	
Parking		Path	

Pioneering

Earthquake Structure

Primary Activity

● EQUIPMENT NEEDED

- Rope
- Bamboo
- Scissors/knife
- Two large boards (at least 1m×1m)

● PREPARATION

- Lie the board flat on the ground.

● THE ACTIVITY

- The six should be split into two teams (the sixer on one, the seconder on the other)
- They are told they need to build a structure that they think is sturdy, they should use their reef knots and square lashings.
- They are told that it must fit on the board provided.
- The cubs should be told that there are points for:
 - Teamwork
 - Stability
 - And creativity
- They have 15 minutes to build their structure.
- Once the 15 minutes are up, the cubs are told that their structures are buildings in a city and that their buildings are full of people.
- The structures are then put on a board and the board is shaken for 30 seconds (please be reasonable with this part, as we do not want the structure to go flying).

- After they have been shaken, they are then marked.
- The marking scheme is:
 - 10 points for creativity
 - 10 points for stability
 - 10 points for teamwork
- A prize may be awarded for the team with the most points.

Tripod Building

Secondary Activity

- **EQUIPMENT:**
 - Bamboo sticks
 - Rope
 - A knife or a scissors
- **PREPARATIONS:**
 - For this base you be making a small gate out of your bamboo sticks
 - Your cubs should divide into two groups
- **THE ACTIVITY:**
 - Both groups should make a tripod using the bamboo and their basic knots such as a reef knot, a clove hitch and a square lashing; (it is important to make sure the tripods are the same level).
 - The group should have 10 minutes to do this. Once the tripods are complete, use one long piece of bamboo placed on top of the tripods and use a square lashing to tie it on
 - When the gate is complete and sturdy, the cubs can play games such as how many can crawl under the gate or rely races from one side of the area to the other crawling under the gate.

First aid

Equipment needed:

Pair of gloves for each cub being the first aider
Roller bandage/ a necker can replace this temporarily
Square gauze or clean material. NOT COTTON WOOL!
Pen
Piece of paper

Imagine that you and your group with supervision of your leader are craving sticks, a cub accidentally hits his hand with his knife.

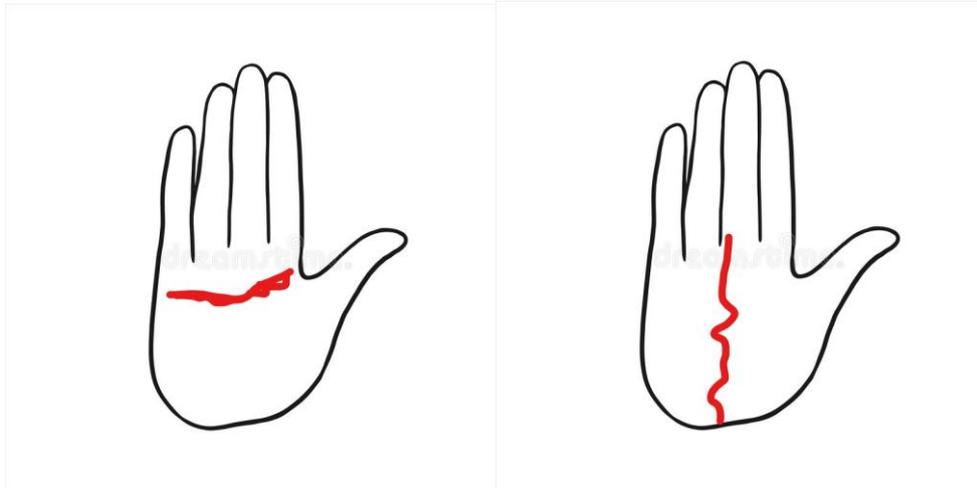
For this base your cubs will need to work in pairs. Each taking a turn to be the injured scout and the other being the first aider. The station is aimed at controlling a bleeding wound to the hand, running either from side to side and top to bottom. The first aider will wear the gloves as you should never touch a stranger's blood.

The situations the cub could find themselves in where these injuries could be picked up are many, so each group can make up their own situation where the injury happened. Some examples would be, using a knife or sharp blade, accidentally run it across the palm of their hand to cause a fast bleed with bright red blood. This needs each first aider to act quickly and stop the bleeding as quick and safely as possible.

Take the injured person's hand and see if the cut goes from side to side or from fingers to the wrist

Side to side

fingers to wrist



Side to side:

1. Raise the person's hand in the air.
2. Place a rolled up necker or bandage over the cut and tell the person to make a fist.
3. Wrap the hand in a clean bandage to hold it closed, wrap tightly to stop the bleeding.
4. Mime calling for an adult, or an ambulance if no adults are around (999/112)
5. Use the piece of paper and pen to record the person's injury.

Top to Bottom:

1. Take a rolled up necker or clean material in a roll and put it on top of the cut, in the line of the cut.
2. Wrap the hand neatly in a bandage to help keep the roll in place.
3. Mime calling for an adult, or an ambulance if no adults are around (999/112).
4. Use the piece of paper and pen to record the person's injury.

With both cuts, if the tips of the fingers go dark blue in colour it means your bandage is wrapped too tightly, remove the bandage and try again.

Nature hunt

This base is a nature hunt bingo and all cubs need a pen and the nature hunt grid below to complete the activity. The cubs should be split into teams or pairs and as they walk along the trail, try to identify the given objects. The winning team is the first to find and cross off all the items below.

If your walk has special qualities that you know of, for example you could be walking along a beach or be passing multiple farms; why not create your own nature hunt grid for the cubs? It is quick and easy to do and gets the cubs interacting with the environment around them!

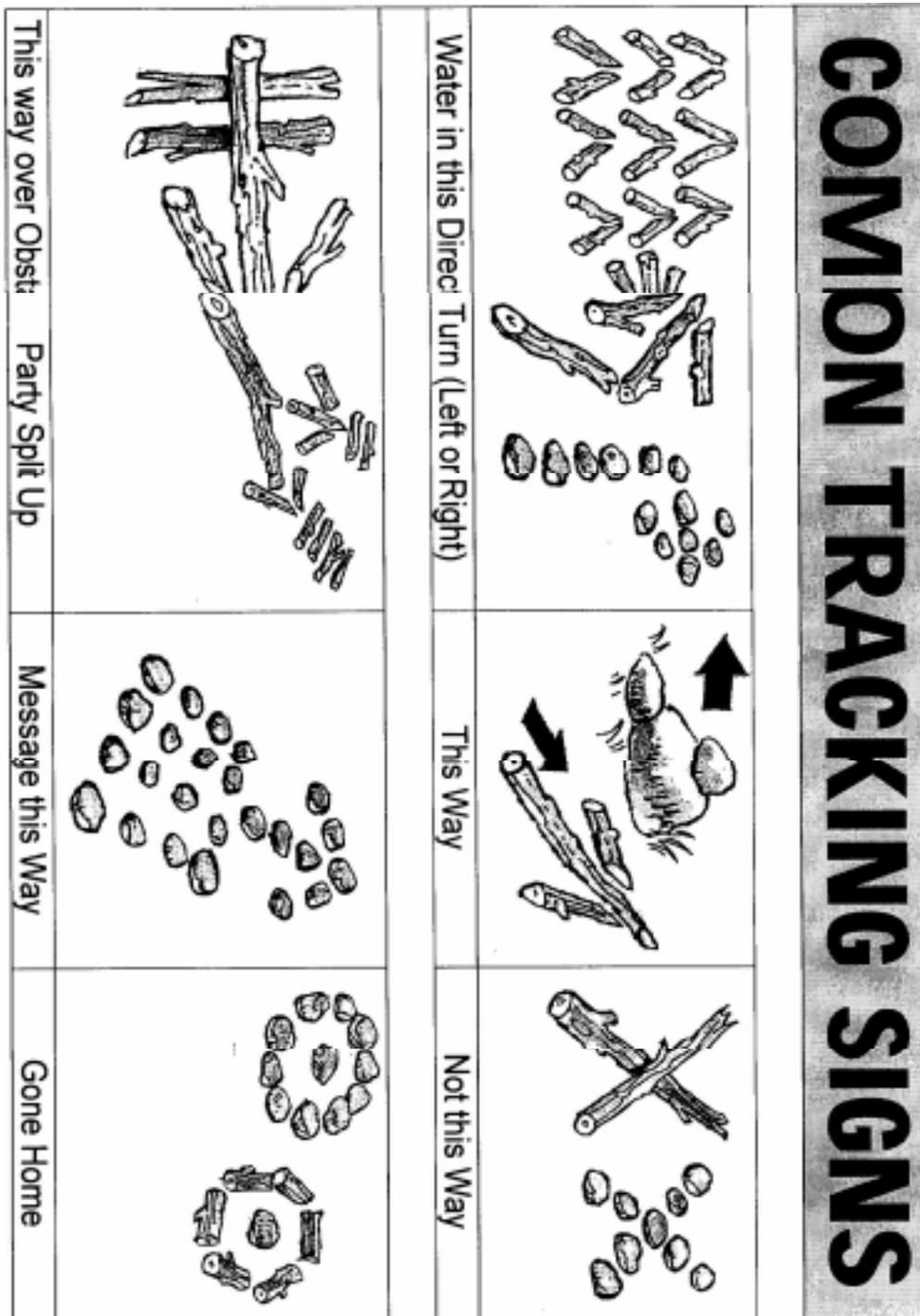
SOFT OBJECT	A FLYING INSECT	A NEST
A BIRD (an extra point if you can name the bird)	AN INTERESTING LEAF	A PINECONE
A FLOWER	SOMETHING ROUGH	A BUTTERFLY
A FERN LEAF	A CRAWLING INSECT	A ROUND STONE

Track and Trail

This activity consists of one team of cubs leaving a trail for a second team to follow. This activity shows the cubs how to leave messages and directions using natural materials from the world around us.

To complete this activity you will need to print out the tracking signs image below from the Shropshire Scouts Uk site. Using a wide area, split the cubs into pairs. Each pair will leave a short trail for another pair to follow. For example a trail leading in a figure of 8 around 2 trees and then anticlockwise around a large rock. Encourage the cubs to be as creative as possible (scouters make great obstacles to get around!). After the trail is used, the cubs should scatter their messages and directions to leave no trace.

We hope that this



resource pack has been helpful and sometime soon you will be able to hold your own cub hike. Here on the provincial youth team, we would love to hear any feedback or ideas from you and your cubs have for us. We are constantly looking for ways to improve

our events for you and your feedback would mean so much to us.
Now get out there scouting! Be safe and have fun –

Yours in scouting

Cub Hike Core Team.

Jane Coleman, Anna Ryan, Lucy Grace, Kelly Dooley

On behalf of and in conjunction with all the South East Provincial youth reps, past and present.

