



### Pack 340 Safe Hiking Rules

- Stay Together – Enjoy the Hike with Your Pack
- Do NOT Cross Roads, Junctions or Water without making sure everyone is Together
- Know What To Do When Lost:

***STOP*** – Hug A Tree!  
***THINK*** – Do Not Panic!  
***Seek SHELTER*** – Get Out Of Rain, Wind, Sun, etc...  
***Be Easy To FIND*** – Signal for Help, Make Noise  
***Remember it is Your Main Responsibility to Get Found***

- Cross Streams Safely
  - On Roads (If You Must): Hike in Single File FACING Traffic (*BSA Handbook, 10th Edition, P. 177*)
    - Wear Light Colors
    - Use a Flash Light at Night
    - Don't Hitchhike
  - NO PETS / NO SMOKING
1. If you have any medical conditions, discuss your plans with your health care provider and get approval from them before engaging in strenuous exercise (such as a hike).
  2. Wear comfortable and suitable footwear – sneakers or hiking boots. No cros, flip-flops, heelys, open toed footwear, etc.
  3. All hikers on Pack Hikes must check in with the Hiking Coordinator(s) before hiking. The Hiking Coordinator(s) will check them for proper dress, supplies, etc... Anyone who is not properly dressed for the weather or who is without proper supplies will not be allowed to hike as part of the Pack Hike.
  4. All hikes will incorporate the 'buddy system' and as a group, we will stay together. We will start, stop and break together. No one should go off hiking by himself or herself. No one should also leave the hike until they have let the Hiking Coordinator(s) know that they are leaving so we can keep track of everyone.
  5. Principles and lessons of Leave No Trace will be adhered to at all times. All hikers will be expected to know and observe those rules at all times.
  6. Each hike will have a 'Leader' (no one is allowed to pass this person), a 'Trailer' (no one is allowed to get behind this person), all adults in between shall make sure everyone stays on the path, follow the principals of Leave no Trace and stays with the group.
  7. Walking sticks must only be used as walking aids – no stick fights.
  8. Each participant must have on file a BSA Medical Form. No one will be allowed to hike without one.
  9. Each participant must bring and carry it throughout the hike:
    - a. Water Bottle
    - b. Rain Gear
    - c. Whistle
    - d. Personal First Aid Kit
  10. In addition to above list, some suggested items to bring include: Flashlight, Compass, Spare Clothes (especially Warm Socks), Good Shoes (Hiking Boots Preferred – Gym Shoes do not repel water or cold), Snacks, Sunglasses, Pocket Knife (Only Wolf Cubs or older and only with Whittling Chip Card), Insect & Sun Repellant, Notebook and Writing Instruments. Gear you actually bring will vary depending on the conditions.