

Mountain Lion

Required adventure • Outdoors

If you read nothing else

Two 45-minute meetings. Meeting 1 is indoors and teaches the Cub Scout Six Essentials and S.A.W.; meeting 2 is the 20-minute outdoor walk with the Six Essentials in hand.

Every Lion walks with their adult partner holding their hand or within arm's reach. This is a kindergarten walk, not a hike — a loop around the block, a neighborhood park, or the field behind your meeting place all count.

Scout the walk route yourself before meeting 2 and identify the hazards, especially road crossings. Send the address and directions to families in advance if it is not your usual meeting place.

Ask every family to bring their Six Essentials to meeting 2. Say it twice, and send a reminder the day before.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Identify the Cub Scout Six Essentials. Show what you do with each item.
- ☐ 2. With your den, pack, or family, take a walk outside spending at least 20 minutes exploring the outdoors with your Cub Scout Six Essentials. While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.
- ☐ 3. Discover what S.A.W. means.
- ☐ 4. Identify common animals that are found where you live. Separate those animals into domesticated and wild.

Meeting 1: The Six Essentials, and what to do if you get lost

Goal: Every Lion can name the Six Essentials and say what each one is for, and knows to Stay, Answer, and Whistle if they get separated outdoors.

Covers requirements 1 and 3

Before the meeting

- Watch the four-minute Cub Scout Six Essentials video at vimeo.com/498051015 and take notes, so you can explain each item without reading from a card.
- Gather a full set of Six Essentials in youth sizes — a five-year-old cannot carry an adult daypack — plus four other random items to mix in.

- Write each of the Six Essentials on a 3x5 card, twice, making two identical decks for charades. Twelve cards total.
- Buy a whistle for every Lion if your budget allows. A Lion who owns a whistle takes S.A.W. seriously; a Lion who watched you hold one does not.
- Set up table space for pairs to work on handbook pages 9 and 11.

Supplies

- Lion handbooks — pages 9 and 11
- Crayons and pencils, enough to share
- A complete youth-sized Cub Scout Six Essentials set: filled water bottle, whistle, flashlight, sun protection (sunscreen, hat, sunglasses), trail mix, small first aid kit
- Four other items to mix in with the essentials
- Twelve 3x5 index cards and a black marker
- A whistle for each Lion, if you can

Run of show

Time	What happens
5 min	Gathering: what is in the bag?
5 min	Opening: Pledge, Scout Oath, Scout Law
15 min	Activity 1: Guess the Cub Scout Six Essentials
12 min	Activity 2: S.A.W. Maze
8 min	Closing: walk plan and gear reminder

Gathering — What is in the bag? (5 min)

Put the Six Essentials and the four extra items on a table under a cloth. As pairs arrive, lift the cloth for ten seconds, cover it again, and let them whisper to each other about what they saw.

Do not turn it into a memory test with a winner. It is a five-minute holding pattern that points at tonight's subject.

Activity 1 — Guess the Cub Scout Six Essentials (15 min)

Guess the Cub Scout Six Essentials — scouting.org/cub-scout-activities/guess-the-cub-scout-six-essential/

Gather the Lions and adult partners and tell them that whenever we go outside there are six things we always want with us, and they have a name: the Cub Scout Six Essentials.

Hold up each item and say what you do with it. Say what you do with it, not just what it is — that is the second half of requirement 1 and it is the half dens skip.

- Filled water bottle — you drink from it before you are thirsty, not after.
- Whistle — three short blasts, over and over, if you get lost. It carries much further than your voice and it does not wear out.

- Flashlight — you use it if it gets dark, and you check the batteries before you leave the house.
- Sun protection — sunscreen goes on twenty minutes before you go out and again every couple of hours, and the hat and sunglasses stay on.
- Trail mix — you eat it when you run out of energy, and you share it.
- First aid kit — you hand it to a grown-up when somebody gets hurt.

Adult partners then work with their Lion on the activity on page 9.

Finish with charades. Split into two teams, keeping each Lion with their adult partner. One person draws a card, looks at it without showing anyone, and acts it out; their team has two minutes to guess. If they get it, a point; if not, the other team goes. Most points at the end of the deck wins.

A five-year-old acting out sunscreen is the whole reason this activity works. Let it be silly. Also works: Kim's Game Cub Scout Six Essentials — scouting.org/cub-scout-activities/kims-game-cub-scout-six-essentials/

Activity 2 — S.A.W. Maze (12 min)

S.A.W. Maze — scouting.org/cub-scout-activities/s-a-w-maze/

Tell the Lions and adult partners plainly: sometimes a person gets separated from their group when they are outside. It happens, and it is not because you did something wrong. If it happens to you, there are three things you do, and they spell S.A.W.

- Stay — do not go looking and do not wander. When you get lost, the people looking for you go back to the last place they saw you. If you stay where you are, they will find you there.
- Answer — when you hear someone calling your name, answer back. Loud.
- Whistle — use your whistle. Three short blasts, over and over, until someone finds you.

Then adult partners work with their Lion on the activity on page 11.

If you bought whistles, hand them out now and let every Lion blow three blasts once, together, outdoors or in a corridor. Then collect nothing and let them keep them. A whistle in a pocket is the requirement working; a whistle in your bin is not.

Say the hard part out loud to the adults as much as to the Lions: staying put is the opposite of what a frightened five-year-old wants to do. That is exactly why we practice it before it matters. Also works: Does My Whistle Work — scouting.org/cub-scout-activities/does-my-whistle-work/ · Reverse Hide and Seek — scouting.org/cub-scout-activities/reverse-hide-and-seek/

Closing — Walk plan and gear reminder (8 min)

Tell families exactly where the walk starts next meeting, what time, and what to wear. Closed shoes, weather layers, and their own Six Essentials.

Hand out a half-page reminder. Then send the same thing by text the day before — the paper will be at the bottom of a backpack.

Send home with families

Build your Lion's own Six Essentials kit this week and let them pack it themselves. A small backpack, a small water bottle, a whistle on the zipper.

Practice three short whistle blasts in the backyard once, so the sound is familiar.

Bring the kit, closed shoes, and weather-appropriate clothes to the next meeting. The walk happens rain or shine unless we tell you otherwise.

Meeting 2: The 20-minute walk

Goal: The den walks outside for at least twenty minutes with their Six Essentials, names what is natural and what is manmade, and sorts local animals into wild and domesticated.

Covers requirements 2 and 4

Before the meeting

- Walk the route yourself in the week before. Identify every road crossing, every driveway, and anything a five-year-old will want to climb on. Plan around them.
- This works in any environment — urban, suburban, or rural, a park or just your own neighborhood. It does not have to be a trail and it does not have to be far.
- If the start point is not your usual meeting place, send the address and directions to every family, twice.
- Print the Outdoor Scavenger Hunt worksheet, one per Lion. It is in the Lion adventure resources on filestore.scouting.org.
- Gather photos of animals — domesticated and wild — that Lions actually see where you live. Local matters here. A photo of a lion is fun; a photo of a raccoon is the requirement.
- Confirm your adult count. Every Lion has their partner, plus two registered adults with current SYT for the den.

Supplies

- Lion handbooks — pages 10 and 12
- Outdoor Scavenger Hunt worksheets, one per Lion, on clipboards
- Pencils, one per Lion
- Crayons, enough to share
- Every Lion's own Cub Scout Six Essentials, plus spares — someone will forget
- Photos of local domesticated animals and local wild animals
- Den first aid kit, roster with parent phone numbers, charged phone

Run of show

Time	What happens
5 min	Gathering: Six Essentials gear check
5 min	Opening and route briefing
22 min	Activity 1: the walk and the scavenger hunt
8 min	Activity 2: Wild or Domestic

Time	What happens
5 min	Closing

Gathering — Gear check (5 min)

Every pair opens their bag and shows the Six Essentials. Fix problems now: fill empty bottles, hand out spare sunscreen, lend a whistle. This is requirement 1 verified rather than assumed, and it takes five minutes.

Check shoes. A Lion in sandals is a Lion who will be carried back.

Opening and route briefing (5 min)

Short opening — Pledge, and the Scout Law read aloud. Then the briefing, which is the part that matters.

Tell everyone the route you are walking. Name the hazards you found when you scouted it and say exactly what you want people to do at each one: where you stop, where you hold hands, where nobody crosses without an adult.

Set the order before you move: an adult in front, an adult at the back, nobody in front of the front and nobody behind the back. Every Lion stays with their adult partner the whole way.

Activity 1 — The walk and Outdoor Scavenger Hunt (22 min)

Outdoor Scavenger Hunt Lion — scouting.org/cub-scout-activities/outdoor-scamenger-hunt-lion/

Hand each Lion a scavenger hunt worksheet on a clipboard and tell them to check things off as they spot them. The clipboard is what keeps a five-year-old walking for twenty minutes.

Twenty minutes is the requirement and it is a floor, not a target. At Lion pace, twenty minutes is a short distance and a lot of stopping. Let them stop.

The teaching happens as you walk, and it belongs to the adult partners. Ask them out loud, once, at the start: as you go, point at things and ask your Lion whether that is natural or whether a person made it. That question, asked ten times on a walk, is requirement 2.

Expect arguments about hard cases — a mown lawn, a planted tree, a bird's nest in a gutter. Those are the good ones. Let the pair reason it out; there is no answer key you need to enforce.

When you get back, each Lion draws in the handbook on page 10 one thing they saw that was natural and one thing that was manmade.

Also works: A Different Point of View — scouting.org/cub-scout-activities/a-different-point-of-view/ · I Spy Something Natural — scouting.org/cub-scout-activities/i-spy-something-natural/

Activity 2 — Wild or Domestic (8 min)

Wild or Domestic — scouting.org/cub-scout-activities/wild-or-domestic/

Sit down with the animal photos. Ask what makes an animal wild, and let them give examples. Then ask what makes an animal domesticated, and let them give examples.

Then give them the two definitions in plain words. Wild animals live outdoors and do not rely on people. Most wild animals avoid us, so you often will not see them — their sight, hearing, and smell are all better than ours, which is how they stay out of our way. You watch wild animals. You never walk up to one.

Domesticated animals live with people and rely on us for food and shelter. Some became domesticated for food or for work, and some are pets. Being domesticated does not mean an animal is safe.

Then the sentence that is the actual safety content of this requirement, and say it slowly:

Say something like

Never walk up to an animal you do not know. You cannot tell just by looking whether an animal is wild or tame. Most dogs you see live with people — but some dogs do not, and you cannot tell which is which from across the street. So you ask a grown-up first, every time.

Adult partners then work with their Lion on the activity on page 12.

Also works: Animal Craft — scouting.org/cub-scout-activities/animal-craft/ · Visit to Animal Rescue — scouting.org/cub-scout-activities/visit-to-animal-rescue/

Closing (5 min)**Say something like**

Today you learned that every great outdoor adventure begins with being prepared — knowing your Six Essentials, paying attention to your surroundings, and staying safe with S.A.W. You explored nature, discovered what is wild and what is not, and practiced the skills that help Lions enjoy the outdoors with confidence. Keep noticing the world around you, keep staying safe, and keep exploring with curiosity. That is how Lions grow strong on every adventure.

Announce the next meeting. Living Circle, and send them home.

Send home with families

Take the same twenty-minute walk again as a family this week with the Six Essentials. The requirement allows den, pack, or family — a family walk counts fully.

Keep playing natural-or-manmade on the way to school. It costs nothing and it is the whole skill.

Name the animals you see in your own yard and neighborhood, and decide together which are wild.

Leader notes

- The walk can be anywhere — urban, suburban, or rural. Do not delay this adventure waiting for a trailhead. A twenty-minute loop from the church parking lot completes it.
- Twenty minutes is the requirement. Do not stretch it to an hour to make it feel like a real hike; you will lose the Lions who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Buy whistles if you possibly can. S.A.W. is the one thing in this adventure that could matter in a real emergency, and it lands with an object in the hand.
- Use local animals for requirement 4. A Lion who can sort a raccoon, a deer, a stray cat, and their own dog has met the requirement better than one who can sort a tiger.
- Check the forecast the day before and say clearly whether the walk is on. Kindergarteners in unexpected rain end the meeting early.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training, plus every Lion’s own adult partner, for the walk.

Annual Health and Medical Record parts A and B on file for every participant before an outdoor den activity.

Scout the route in advance. Identify road crossings, driveways, water, and any drop-off, and brief the adults on each one before you set off.

Every Lion stays within arm’s reach of their adult partner for the entire walk. At road crossings, hold hands.

Sun protection and full water bottles on a warm day; layers and a hard stop on a cold one. Carry the den first aid kit, a roster with emergency contacts, and a charged phone.

Check your council for any local tour or activity notification requirement before an off-site den activity.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4