

Webelos Walkabout

Required adventure • Outdoors

If you read nothing else

Two meetings and a two-mile walk. Meeting 1 plans the route and teaches the first aid; meeting 2 is the walk itself and the discussion afterward.

The walk does not need a mountain. A two-mile loop from your meeting place, a park trail, or a greenway all count — pick something you can reach without a caravan.

This is the outdoors requirement for Webelos rank and it feeds JTE objective 7. Do it in October or April, not January.

The requirements

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

- ☐ 1. Prepare for a 2-mile walk outside. Gather your Cub Scout Six Essentials and weather appropriate clothing and shoes.
- ☐ 2. Plan a 2-mile route for your walk.
- ☐ 3. Check the weather forecast for the time of your planned 2-mile walk.
- ☐ 4. Review the four points of the Scouting America SAFE Checklist and how you will apply them on your 2-mile walk.
- ☐ 5. Demonstrate first aid for each of the following events that could occur on your 2-mile walk: blister, sprained ankle, sunburn, dehydration and heat related illness.
- ☐ 6. With your den, pack, or family, go on your 2-mile walk while practicing the Leave No Trace Principles for Kids and the Outdoor Code.
- ☐ 7. After your 2-mile walk, discuss with your den what went well and what you would do differently next time.

Meeting 1: Plan the walk, pack the pack, learn the first aid

Goal: The den plans a real two-mile route, each Scout assembles the Six Essentials, and every Scout demonstrates first aid for the four trail injuries.

Covers requirements 1, 2, 3, 4 and 5

Before the meeting

- Print a map of the area around your meeting place at a scale where two miles is visible. Paper, not a phone — they need to draw on it.
- Scout two or three candidate routes yourself beforehand so you can steer them away from a highway crossing.

- Build one complete Six Essentials kit to show, and gather enough loose supplies for Scouts to check theirs against.
- Borrow a first aid kit with real bandages, moleskin, and an elastic wrap. Blister care taught with a picture does not stick.

Supplies

- Printed area maps, one per pair of Scouts
- Highlighters and a piece of string for measuring distance on the map
- A complete Cub Scout Six Essentials kit to display
- Moleskin, adhesive bandages, elastic wrap, triangular bandages
- Water bottles, a bottle of sunscreen, a wide-brim hat
- Printed SAFE Checklist and Leave No Trace Principles for Kids

Run of show

Time	What happens
5 min	Gathering: what is in my pack?
5 min	Opening: Outdoor Code
15 min	Activity 1: plan the route
10 min	Activity 2: Six Essentials and the weather check
20 min	Activity 3: four first aid stations
5 min	Closing: SAFE Checklist walkthrough

Activity 1 — Plan the route (15 min)

Hand out maps in pairs. Give them the string trick: lay the string along the route, then straighten it against the scale bar. Two miles, out and back or a loop.

Let them propose routes and then pressure test each one as a den. Ask the questions you want them asking themselves: Where do we cross a road? Is there water? Where is the bathroom? Where could a car reach us if someone got hurt?

Pick one route as a den and mark it. This is requirement 2 and the Scouts have to do the planning — your job is to veto the unsafe one, not to hand them the answer.

Activity 2 — Six Essentials and weather (10 min)

Lay out your kit and name each item as you go: first aid kit, filled water bottle, flashlight, trail food, sun protection, whistle.

Have every Scout list what they will bring and what they will wear. Talk about shoes specifically — the single most common reason a Webelos walk goes badly is a Scout in brand-new boots or flat-soled slip-ons.

Pull up the forecast for the day and time of your walk on a screen everyone can see. Read the temperature, the chance of rain, and the wind. Ask what changes about the packing list if it is 45

degrees and drizzling versus 85 and sunny. That is requirement 3, and it is worth doing again the night before.

Activity 3 — Four first aid stations (20 min)

Set up four stations, five minutes each, den rotates. Every Scout has to do the skill, not watch it. This is requirement 5 and “demonstrate” is the operative word.

- Blister. Show a hot spot versus a formed blister. Cut moleskin into a doughnut so the hole sits over the blister. Practice on the back of a hand.
- Sprained ankle. Rest, ice, compression, elevation. Wrap an elastic bandage from the toes up, snug but with a finger's room. Have the Scout check the toes for color and warmth after.
- Sunburn. Prevention first — hat, shirt, sunscreen applied 20 minutes before, reapplied every two hours. Then treatment: out of the sun, cool water, do not pop blisters, tell an adult.
- Dehydration and heat illness. Learn the early signs: headache, cramps, no need to use the bathroom, dark urine. Stop, shade, sip water, cool the neck and wrists. Teach them the escalation — if the person stops sweating, is confused, or stops making sense, that is an emergency and an adult calls 911.

Closing — SAFE Checklist (5 min)

Walk the four points against your actual route, out loud, as a den. Supervision: who is coming, what is our ratio. Assessment: what could go wrong on this route. Fitness and skill: can everyone walk two miles, and who has a health form on file. Equipment and environment: the Six Essentials, the shoes, the forecast.

That is requirement 4, and doing it against the real route rather than in the abstract is the difference between a checkbox and a habit.

Send home with families

Break in the shoes your Scout will wear. Walk a mile in them this week.

Make sure the Annual Health and Medical Record parts A and B are on file with the den leader.

Send a filled water bottle and weather-appropriate layers on walk day.

Meeting 2: The two-mile walk

Goal: Walk the planned route, practice Leave No Trace and the Outdoor Code on the way, and hold a real debrief at the end.

Covers requirements 6 and 7

Before the meeting

- Confirm your adult-to-Scout ratio and that every adult has current SYT. Two registered adults minimum, more for a road crossing.
- Recheck the forecast the morning of. Have a rain date and use it — a miserable first outdoor experience costs you Scouts.
- Carry the den first aid kit, a roster with emergency contacts, and a charged phone.

- Walk the route yourself in the last week if you can. Trails close.

Supplies

- Den first aid kit
- Roster with parent phone numbers and health form flags
- Trash bag for anything you pick up
- Extra water and extra snacks — someone will forget
- The marked map from meeting 1, carried by the denner

Run of show

Time	What happens
10 min	Gathering: gear check and buddy assignment
5 min	Opening: Outdoor Code and Leave No Trace for Kids
60 min	The walk, with two teaching stops
15 min	Debrief circle
5 min	Closing: Living Circle

Gathering — Gear check (10 min)

Every Scout opens their pack and shows the Six Essentials. Fix problems now: fill empty bottles, hand out spare sunscreen, swap a Scout out of the wrong shoes if you have a spare pair. This is requirement 1 verified, not assumed.

Assign buddies. Nobody walks alone, and buddies check on each other at each stop.

Opening (5 min)

Read the Outdoor Code together. Then the Leave No Trace Principles for Kids in the Scouts' own words: know before you go, choose the right path, trash your trash, leave what you find, be careful with fire, respect wildlife, be kind to other visitors.

Say something like

Everything we carry in, we carry out. If we do this right, the next family that walks here will not be able to tell we came through.

The walk (about 60 min)

Two miles is roughly an hour at a fourth grader's pace with stops. Denner sets the pace at the front with an adult; an adult sweeps at the back. Nobody passes the front, nobody falls behind the back.

Stop twice for five minutes. Water, buddy check, and one teaching moment each:

- First stop — “choose the right path.” Point out where the trail is widening because people walked around a puddle, and walk through the middle of it instead.
- Second stop — “leave what you find.” Someone will have picked something up. Use it. Talk about why the rock, the flower, or the shell is worth more where it is.

If you pass litter, pick it up. The bag makes the principle real in a way a poster does not.

Debrief circle (15 min)

Sit down at the end. This is requirement 7 and it is a real requirement, not a formality — do it before anyone gets in a car.

Three questions, and let every Scout answer at least one:

- What went well?
- What would you do differently next time?
- What did you carry that you did not need, and what did you wish you had?

Write the answers down. Read them back at the start of the campout planning next year — Scouts remember that you listened.

Send home with families

Talk about the walk at dinner. Ask what your Scout would change.

If your Scout enjoyed this, the Let's Camp Webelos and Aquanaut electives build straight off it.

Leader notes

- Two miles is the requirement. Do not stretch it to four to make it feel like a real hike — you will lose the Scouts who are not outdoor kids yet, and this adventure exists partly to recruit them.
- Combine this with a pack campout if the timing works, but the walk still has to be the den's own planned route with the den's own debrief.
- Requirement 5 says demonstrate. A Scout who watched you wrap an ankle has not completed it.

Safety

Before this adventure

Annual Health and Medical Record parts A and B on file for every participant.

Two-deep leadership, both registered, both with current Safeguarding Youth Training.

Know where the nearest hospital is and whether you have cell signal on the route. If you do not, say so out loud to the other adults before you start.

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	5	6	7