

## Personal Gear for an Outdoor Adventure

### *The Activity:*

I can list and prepare personal gear and food I need for an daytime activity in the out-of-doors.

### **Beaver Scout Trail**

Bree – I can list things that might be useful to bring on an outdoor activity.

Ruarc – I can give reasons as to why items might be needed on an outdoor activity.

Conn – I pack my own bag for an outdoor activity. I also take responsibility for some Colony equipment we might use.

### **Adventure Skills Link**

Hillwalking Stage ½ – I can pack my rucksack for a day hike; I know what gear I need depending on the weather.

Backwoods Stage 1 – I know what kinds of clothes to wear when going out in nature.

### ***Whose talents can help with this activity***

Zena– Know what food is good for me.

Star – Learn to make choices and decisions.

# Plan

## The scene is set...

We are nearly all set for our big outdoor adventure- we have helped to plan our hike, farm visit, park visit, etc. so all we need to do now is make sure we have suitable personal gear and food in our backpacks!

## Planning: Lodge Discussions

With the help of experienced Beaver Scouts- and perhaps a Scouter- we will discuss what personal items we should bring on our outdoor adventure.

*What are some essentials we need to bring- raingear, warm clothes, comfortable shoes, lunch, drink, etc.*

*What items of food should we pack for lunch that we give us long-lasting energy?*

## Can the Fox Lodge help?

How can Zena help us?

*She likes to be active- what equipment and healthy food would be best to bring to ensure we are prepared for adventure?*

How can Star us?

*She likes to think – what Lodge members have been on an outdoor adventure before? Was there anything they wished they'd brought with them?*

## Do

The week of or before an outdoor event, you might like to try some of these simple activities that help us achieve our objective of knowing what to pack. This will help us and home when we do pack!

### **MESSY LAUNDRY**

A pile of assorted clothing is put in the middle of the hall. These might include suitable outdoor clothing like raingear and fleeces, and unsuitable clothing such as wet socks or high heels! One Beaver Scout at a time must rush to the centre and grab a piece of clothing, explaining why they would or would not wear or pack this item for an outdoor activity.

### **MESSY LUNCHBOX**

The same activity as above, only with suitable and unsuitable foods and drinks instead of clothes!

### **LET'S GO SHOPPING**

Clothes and food are gathered together in a mock shop. Beaver Scouts are given play money or tokens and have to 'purchase' items that they would pack in their daybag.

### **QUESTION TIME**

In Lodges, Beaver Scouts take it in turn to guess what item is placed behind their back from a packed rucksack.

### **PERFECT PACKERS**

Lodges must race against each other to pack all items laid out in front of them neatly into an empty backpack!

# Review



**Lodge Discussion and Log Chew: How did the Fox Lodge help us achieve our Beaver Trail badges?**



**Zena**

Bree: I had a balanced lunch.

Ruarc: I helped to make sure I had a healthy lunch and plenty of water.

Conn: I helped to prepare and pack my own healthy lunch for our activity.

**Star**

Bree: I chose to wear comfortable shoes and warm/ appropriate clothing.

Ruarc: I made sure I had packed raingear and/or sunscreen, where appropriate.

Conn: I packed raingear, sunscreen, spare clothes, etc. in my daybag.



# Review

Draw your backpack in the middle of the page.  
Around the outside, draw or write the items  
you put in it for your adventure!