

Outdoor Adventure Skills by Topic

Trail Skills, Stages 1–5 by topic

	Gear	Navigation	Environment	Safety	Leadership	Adventures
 1	1.1 I can help pack ... for a day hike. 1.2 ... dress myself for a day hike 1.3 ... list what food to bring ...	1.5 I can identify the main parts of a compass.	1.7 I can be responsible for myself while hiking.	1.6 ... behave safely hiking. 1.9 I can recognize the main distress signals .	1.4 ... follow directions ... 1.8 I can explain the buddy system .	1.10 ... at least two hikes.
 2	2.1 I know what gear to bring for a hike depending on the weather. 2.2 I can show how to take care of all personal gear needed for a day hike.	2.3 I can read a simple map. 2.4 I can use a compass to find basic directions.	2.5 I can obtain a weather forecast.	2.6 I can be a responsible member of my team ... 2.7 I can get help if someone is hurt.	2.9 I can explain why one brings certain foods and drinks ...	2.8 ... attended at least three hikes
 3	3.1 I can pack a rucksack ... 3.2 ... explain what clothes to bring for a day hike depending on the weather.	3.3 I can follow a route on an orienteering map. 3.4 I can identify the features of a topographical map. 3.5 ... demo the basic use of a GPS unit. 3.6 I can teach another youth how to find directions by using a compass .	3.7 I can explain the effect of weather on hiking activities. 3.9 ... main principles of Leave No Trace .	3.10 I can treat simple cuts and scratches . 3.11 I know how to avoid becoming lost , and ... what to do if I get lost.	3.8 I can be responsible for myself and aware of my surroundings while hiking.	3.12 ... at least three hiking activities, one ... involves hiking on hilly trails .
 4	4.2 I can pack a rucksack for a weekend hike. 4.3 ... care for all my personal hiking equipment ...	4.5 I can use a map and compass together ... 4.6 ... teach ... how to follow a route on an orienteering map 4.7 ... keep a map dry and safe ... 4.8 ... locate a waypoint ... pre-programmed into a GPS unit .	4.11 I can apply the Leave No Trace principles while hiking 4.12 I can minimize trail hazards ...	4.4 ... plan for and avoid food allergies in a group hike. 4.14 ... treat ... sprains / blisters. 4.15 ... identify the different emergency services ... how & when to call them. 4.16 ... build/find emerg. shelter .	4.1 I can teach another youth what to pack for a day hike. 4.13 ... responsible for younger ... members of team...	4.17 ... three hikes (incl. overnight). 4.18 I can lead a leg of a hike. 4.19 ... help plan ... 4.10 I can cross various terrains ...
 5	5.1 ... explain how the weather affects the equipment I bring ... 5.2 ... show what group equipment to bring on a weekend hike and explain why ... 5.3 ... how to use group equipment ... 5.4 ... select appropriate footwear 5.5 ... use lightweight stoves ... 5.13 ... plan effectively and recommend appropriate gear ...	5.7 I can use a map and compass to find my position on the ground. 5.8 ... plot a proposed hiking route on a map and obtain ... compass bearings. 5.9 I can input a waypoint into a GPS and then find it. 5.10 I can teach another youth the basic use of a GPS unit . 5.11 I can find directions without a compass . 5.14 ... when and how to cross a river.	5.12 I can describe the dangers of weather on hikes. 5.15 I can show how and explain when to use the main distress signals . 5.16 I can hike on steep trails safely, using appropriate gear as required. 5.18 I can recognize and respond to hazards from flora and fauna .	5.6 I can keep food and food preparation materials hygienic .	5.17 ... an active member of my team while hiking.	5.19 ... three hikes (incl. overnight). 5.20 ... written a log for at least 2.. 5.21 I can help plan an overnight hike. 5.22 ... help choose ... destination.

Edited for brevity. Be sure to consult the official documentation scouts.ca/scoutinglife/wp-content/uploads/oas/trail-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Trail_Skills and wiki.scouts.ca/en/Trail_Skills_by_Topic.