






## Outdoor Adventure Skills by Topic

# Trail Skills, Stages 1–5 by topic

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