

JUNIOR SAINTS

# ACTIVITY PLAN

AGES 7–11

## BACKPACKING

### PHYSICAL CORE

Version 2026.1



## Pack and Walk

*Practice for a real hike by packing a small bag and walking together.*

🕒 60 minutes · one session

#### 🎯 WALK AWAY WITH

- Has packed a small bag with three real backpacking items.
- Has walked a practice route at a steady speed with the group.
- Knows the three-blast whistle signal for needing help.
- Has drawn a map of where he walked today.

#### 📦 BRING / SET UP

- A small backpack for each Junior Saint (or a tote bag works)
- One sample of each of the six essentials for show-and-tell: first aid kit, water bottle, trail food, sunscreen + hat, whistle, flashlight
- A water bottle and a small snack for each Junior Saint
- A whistle for each Junior Saint (cheap plastic ones are fine)
- A blank sheet of paper and a pencil for each Junior Saint
- Cones or markers to lay out an indoor or outdoor walking path

#### FOR THE LEADER

This is a Junior Saints preview of the **Backpacking** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

## PACK AND WALK

## THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one thing he would bring on a long walk. Examples: water, a snack, a hat, a friend. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **What goes in the pack**

⌚ 12 min

1. Hold up the six items one at a time: first aid kit, water bottle, trail food, sun protection, whistle, flashlight.
2. Ask the youth what each item is and what it does. Wait for short answers.
3. Hand each Junior Saint a small backpack. They put three of these items in their pack.
4. Teaching point: these are the same six the older Scouts pack. A Junior Saint can carry every one of them.

BLOCK 3 · PHYSICAL **The practice hike**

⌚ 20 min

1. Walk single file. The leader goes first. The slowest youth walks just behind the leader.
2. Walk for 8 minutes at a steady speed. No running. Watch the youth in front of you.
3. Stop for a 2-minute snack break. Sit down. Drink water. Eat slowly.
4. Whistle drill: three short blasts means "I need help." Have each youth try it once.
5. Walk back to the start. Same single-file rule.

BLOCK 4 · CREATIVE **Draw a map**

⌚ 15 min

1. Sit in a circle with paper and a pencil.
2. Mark a start dot and an end dot. They can be the same place.
3. Draw the path you walked. Show any turns you made.
4. Mark where you stopped for the snack break with a star.
5. Add one thing you saw on the walk. A tree, a rock, a window, anything.

BLOCK 5 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Stand in a circle. Stretch your legs, arms, and back. Hold each for 15 seconds.
2. Drink the rest of your water.
3. Each Junior Saint says: 'On the walk I saw \_\_\_\_.' Just one thing.
4. Group cheer: 'Pack light, walk far!' Three times.
5. Homework: ask your parent to take you on a 15-minute walk this week. Bring your map.

## AT THE CLOSE · DEBRIEF

1. What did you put in your pack? Tell the group one thing.
2. Where was your favorite spot on the walk?
3. How does the whistle sound? Try it one more time.

 This is a Junior Saints preview session. No Backpacking BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.

HANDOUT 1 OF 1

FROM SESSION — WHAT GOES IN THE PACK

# What's in Your Pack

Print and post on the wall. Hand a copy home so Junior Saints can help pack next time.

## BACKPACKING · JUNIOR SAINTS CARD

### Pack these six for a day hike.

The same six the older Scouts pack. A Junior Saint can carry every one of them.

1

#### First Aid Kit

For scrapes, cuts, and bug bites.  
*A small pouch with bandages, ointment, and wipes.*



2

#### Water Bottle

Drink a few sips every fifteen minutes.  
*A full bottle for each Junior Saint. Refill at home.*



3

#### Trail Food

Eat a few bites at every snack break.  
*A granola bar, an apple, trail mix, or dried fruit.*



4

#### Sun Protection

Hat, sunscreen, and sunglasses if you have them.  
*Put sunscreen on before the walk. Re-do every two hours.*



5

#### Whistle

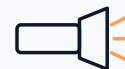
Three short blasts means "I need help."  
*Wear it on a lanyard so it cannot get lost.*



6

#### Flashlight

In case you stay out past sunset.  
*Check the batteries before you leave home.*



Lay your pack out the night before. Check each of the six.

Print this handout for in-person reference during the session.