

Wolf pathway “Running with the Pack”

This pathway takes about 2-3 hours to complete (depending on the size and attention of your group). The activities are fun and engaging for kids and adults. These activities lean toward some of the physical fitness activities, and provide opportunity to unleash a child’s ability to work together. Great for a group of 4 – 8 people.

Place to visit	Activity	Wolf Adventure Requirement
Outside Egan Center	Play catch with someone in your den or family who is standing 5 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back and see if you can improve your throwing and catching skills.	Req. 1
Pioneering	Practice balancing as you walk forward, backward, and sideways.	Req. 2
Outside Egan Center	Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.	Req. 3
COPE & Climbing	Play a sport or game with your den or family, and show good sportsmanship.	Req. 4
COPE & Climbing	Do at least 2 of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.	Req. 5
Outdoor Cooking/Arts & Crafts Pavilion	Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family. Make a shopping list of the food used to prepare the meal.	Req. 6

Family / Den / Patrol Name: _____

On and off the trail: Feel free to jump on or off the trail to follow the interests of your child / Scout.

Important Note to Parents: PLAY! The camp is designed for you too. Your Scout or child’s highlight will be participating WITH you.