

### SOCIETY & FAMILY

#### Field Topic Mission

#### Community, Social Responsibility and Citizenship

##### Flag Handling & Knowledge

Demonstrate proper flag etiquette.

Fold a flag.

Fold the flag in a manner that allows it to break free when raised.

Conduct a flag-raising and flag-lowering ceremony.

Identify the design elements of the Flag of the United States of America and explain their meaning.

Recite the Pledge of Allegiance with your Team or Crew and explain what it means to you.

Recite the Pledge of Allegiance from memory.

Lead your Team or Crew in reciting the Pledge of Allegiance.

Write a short essay about the history of the Pledge of Allegiance.

##### Civics

Plan, organize, and lead a small community service project.

Plan, organize, and lead a large-scale community service project.

Plan, organize, and lead a portion of a community service project.

Plan, organize, and lead a recycling community awareness event.

Act as parliamentarian for a meeting.

Plan, organize, and lead a clean-up project within your community.

Plan, organize, and lead a bicycle safety community awareness event.

Plan, organize, and lead a bicycle safety school awareness event.

Plan, organize, and lead a first-aid community awareness event.

Plan, organize, and lead a first-aid school awareness event.

Enhance your community by planning, organizing, and leading a community improvement event.

Enhance your community by participating in a community improvement event.

Meet your neighbors.

Help a neighbor.

Interview someone who is a first generation American Citizen.

Discuss good citizenship with an elected official.

Attend a meeting of the local government.

Attend a meeting of the school board.

Attend a meeting of your city council or county/parish commissioners.

Attend a session of your state or commonwealth legislative body.

Attend a session of Congress or the United States Senate.

Attend a public meeting regarding an issue of interest to you, your family or community.

Tour a courthouse.

Attend a session of small claims.

Attend a session of traffic court.

Distinguish between mediating versus arbitrating and mediate a dispute.

Distinguish between arbitrating versus mediating and arbitrate a dispute.

Volunteer your time to help a charity.

Volunteer your time to help an environmental group.

Attend a meeting of an environmental group.

Plan, organize, and lead a conservation community awareness event.

Write a letter, mail it to three elected officials, and express your opinion regarding an issue.

Write using email three elected officials and express your opinion regarding an issue.

Tour a post office.

Tour a city hall.

Tour a state capitol building.

Tour the United Nations.

Attend a session of the United Nations.

Tour a foreign Embassy.

Distinguish between the agencies of the National Park Service and the National Forest Service. Identify the consequence of their creation.

Plan, organize, and lead a small community service project.

Plan, organize, and lead a large-scale community service project.

Plan, organize, and lead a portion of a community service project.

Visit with an agent of the federal bureau of investigation.

Discuss persuasive methods to affect a change regarding something you care about. (Use of non-violence)

### Personal Education

#### Home Management

Demonstrate five methods of cleaning and explain their uses.

Clean things in a house such as silverware, tiles, bathrooms, sinks, windows, floors, carpets, etc.

Write a letter, mail it to a company, and express your opinion regarding a purchase or a product.

Write using e-mail, a company and express your opinion regarding a purchase or a product.

Name the steps in the thinking process used to select an item you wish to buy and give an example of that process.

Create and make an article of clothing or other item.

Plan, organize, and lead a clean-up project within your home.

#### Nutrition, Meal Planning and Cooking

Name the five food groups and explain how to use them in meal planning.

Learn methods important to the handling of food.

Prepare and bake cookies or other desert.

Prepare and cook something.

Broil a chicken.

Fry a chicken.

Bake a chicken.

Barbeque a chicken.

Bake a cake.

Broil a steak.

Barbeque a steak.

Cook a hot dog.

Cook a hamburger.

Cook a turkey.

Clean a fish.

Cook a fish.

Clean, cook, and eat a fish you have caught.

Explain the difference between a dash and a splash.

Explain the difference between a tablespoon and a teaspoon.

Separate the parts of chicken.

Identify the differences between five herbs and seasonings.

Identify the differences between ten herbs and seasonings.

Marinate beef.

Prepare, cook, and serve a seafood dish.

Show how to handle fruit prior to being eaten and explain why this is important.

Make a pizza.

Make popcorn.

Make ice cream.

Make snow cones.

Plan a menu for a meal cooked at home.

Plan a meal and select the items necessary to prepare the meal for a meal cooked at home.

Plan, organize, and lead the creation of a meal.

Demonstrate proper storage of fruit, vegetables, dairy, beef, and dry goods.

Make a loaf of bread.

Identify fifteen vegetables and what the differences are between them and why you would select one versus the other.

Identify what is the difference between varieties of a single vegetable and why you would select one versus the other.

Identify fifteen fruit and what the differences are between them and why you would select one versus the other.

Identify what is the difference between varieties of a single fruit.

Demonstrate how to pick quality produce.

Identify ten cuts of beef and what the differences are between them and why you would select one versus the other.

Name ten common food fish.

Check the expiration date on a container of milk

Check the expiration date on canned goods.

Check the expiration date on a package of vitamins.

Tell how long fruit can generally be stored.

Tell how long leftovers can generally be stored.

### Hospitality

Set a table for one person prepared for one course.

Set a table for one person prepared for four courses.

Set a table for one person prepared for seven courses.

Host a veggie tasting party for three or more persons (try to sample uncommon items.)

Host a produce tasting party for three or more persons (try to sample uncommon items.)

Plan and host a party for three or more persons.

Decorate food and plates.

Learn the difference between food garnishes.

Prepare a hors d'oeuvre.

Demonstrate proper etiquette for eating multiple courses.

Plan, organize, and lead the creation of a three-course meal for three or more.

Plan, organize, and lead the creation of a five-course meal for three or more.

### Safety (Including First Aid)

#### First Aid

Place a 911 call (simulation) and answer the operator's questions.

Create a first aid kit.

Correctly use all of the contents of a first aid kit for their intended purpose.

Earn a Red Cross certification for basic first aid.

Earn a Red Cross certification for advanced first aid.

Tell what to do when someone is seriously ill or injured.

Earn Wilderness First Responder.

Demonstrate the Heimlich maneuver (for an adult, child, and baby.)

Simulate stopping bleeding by direct pressure and with a tourniquet.

Give CPR to a person whose heart has stopped using an approved mannequin.

Treat for shock.

Rescue a drowning victim.

Rescue the victim of an accidental electrocution.

Name at least two types of light that cause sunburn.  
Treat a head injury and explain avoidance techniques.  
Provide first aid for a broken bone (fingers, toes, and limbs.)

### Household Safety

Identify items or ways to improve the safety of your home.  
Plan a hazardous and flammable materials search in your home and/or garage.  
Organize the items so that they are properly stored in a safe place and inaccessible to young children and animals.  
Identify two ways to safely eliminate pests.

### Outdoor Safety and First Aid

Demonstrate how to obtain safe water while backpacking. Distinguish between purification and filtration.  
Describe at least four methods of obtaining safe water while backpacking, for example iodine and chlorine tablets, boiling, water filtration devices, water purification devices, etc.  
Identify common poisonous animals, insects, and reptiles; describe avoidance techniques and provide first aid upon contact.  
Identify twenty poisonous animals, insects, and reptiles; describe avoidance techniques and provide first aid upon contact.  
Identify twenty of each of the following: poisonous animals, insects, and reptiles; describe avoidance techniques and provide first aid upon contact.  
Demonstrate first aid for snakebite and describe avoidance techniques.  
Demonstrate first aid for an insect bite and describe avoidance techniques.  
Demonstrate first aid for a reptile bite and describe avoidance techniques.  
Demonstrate first aid for shock and describe avoidance techniques.  
Demonstrate first aid for heat stroke and describe avoidance techniques.  
Demonstrate first aid for heat exhaustion and describe avoidance techniques.  
Demonstrate first aid for hypothermia and describe avoidance techniques.  
Demonstrate first aid for sunburn and describe avoidance techniques.  
Demonstrate first aid for burns and describe avoidance techniques.  
Demonstrate first aid for frostbite and describe avoidance techniques.  
Demonstrate first aid for snow blindness and describe avoidance techniques.  
Obtain help when someone is injured while backpacking.  
Protect against common forms of insects while outdoors.  
Protect against common forms of poisonous plants while outdoors.  
Identify common poisonous plants, describe avoidance techniques and provide first aid upon contact.  
Identify twenty poisonous plants, describe avoidance techniques and provide first aid upon contact.  
Demonstrate first aid for altitude sickness and how to avoid it.  
Transport an injured person from an inaccessible area to a place of safety.  
Explain why salt is a valid supplement when outdoors.  
Explain the seriousness of tetanus and describe avoidance techniques.

### Fire Safety

Locate smoke detectors in your home and check to see if they are functioning properly.  
Install smoke detectors in your home if you have none, or they if they are not working properly.  
Tour a fire station.  
Carry a fire victim using the firefighter's carry.  
React to a structure fire upon first discovering it from outside.  
React to a structure fire upon first discovering it from inside.  
Extinguish an electrical fire.  
Extinguish an oil/ grease fire.  
Extinguish a wood/paper fire.

Extinguish a fire using a fire extinguisher.  
Distinguish between the different types of fire extinguishers.  
Explain why the level of contents in a fire extinguisher is important.  
Check the expiration date of a fire extinguisher.

### Safety in the Community

Plan, organize and lead a hazardous and flammable materials collection of materials from your neighbor's homes and/or garages. Remember no Scout is permitted to enter the home or garage of anyone unless accompanied by their parent or guardian. Organize the items so that they are capable of easy pick-up by a local area hazardous and flammable materials agency. If the materials must be temporarily stored, they must be properly stored in a safe place and inaccessible to young children and animals.

Plan, organize, and lead a fire safety community awareness event.  
Plan, organize, and lead a fire safety school awareness event.  
Plan, organize, and lead the safety precautions for a group event including fire.  
Plan, organize, and lead a bicycle safety community awareness event.  
Plan, organize, and lead a bicycle safety school awareness event.  
Participate in a railroad industry safety train ride.

### Field-craft

#### Camping

Camping for at least three days and two nights in the desert.  
Camp for at least three days and two nights in the snow.  
While camping for at least three days and two nights, use canoes, kayaks, or other watercraft.  
Camp for at least three days and two nights in the mountains.  
Plan, organize and lead a camping or backpacking trip.  
Camp for at least two days and one night.  
Create a list of personal items to bring on a camping trip.  
Create a list of team or crew equipment to bring on a camping trip.  
Sleep overnight in a hammock.  
Demonstrate ten ways to make the weight of your pack and pack contents lighter.  
Make a list of safety practices that Scouts should follow while camping.  
Make a list of health practices that Scouts should follow while camping.  
Demonstrate how to configure a team's campsite.  
Plan, organize, and lead a portion of a camping trip.  
Organize and lead a 'leave no trace' clean up of a campsite.  
Plan, organize, and lead low impact use of a campsite.  
Plan, organize, and lead pitching camp.  
Plan, organize, and lead striking camp.  
Demonstrate how to pitch a tent.  
Configure a team campsite.  
Write a campfire story.  
Tell a campfire story.  
Write and tell a campfire story.

#### Clothing and Equipment for Outdoor Adventures

Demonstrate proper long term/short term storage of the different types of sleeping bags.  
Demonstrate proper long term/short term storage of different types of tents.  
Make a pair of snow skis.  
Fold a tent.  
Design and create a tent.  
Make a tent.

Distinguish the differences in types of hiking boots. Distinguish the differences between Gore-Tex and non-Gore-Tex boots.

Break in your hiking boots.

Demonstrate clothing that would be brought with you during at least two of the following types of backpacking trips: warm, cold wet or snow and explain their purpose.

Identify the differences between the types of tents used for backpacking, camping, three seasons, and four seasons.

Sharpen an axe.

Cut and split firewood using an axe and splitting maul.

Use an axe to fell a tree.

Sharpen a knife.

Use a knife.

Make a teepee

Design and create a tent.

Make a tent.

Design and create a backpack.

Make a backpack.

Make a broom.

Build a boat.

Build a canoe.

### Cooking in Camp

Hang food for use while backpacking and camping.

Protect foods for storage in a cooler.

Use at least three methods of storing food for use while camping.

Store food for use while backpacking.

Identify safe cooking techniques while backpacking or camping.

Light a fire using 3 different methods none of which includes a match.

Build a fire that will keep going for one hour.

Extinguish a campfire.

Build three different types of fires.

Build four different types of fires.

Make a fire bow.

Light a fire using a fire bow.

Cook with no pots, pans, etc.

Cook a dish in a Dutch oven.

Keep food cool without the use of a cooler or ice.

Plan a meal and select the items necessary to prepare the meal for a meal cooked while camping.

Plan the menu for meals while camping with input and approval from your fellow crew members, budget, collect each person's share, and select the items necessary to prepare the meals for cooking while camping. Delegate the cooking of the meals.

Delegate the menu creation, budgeting, collecting of each person's share of the money, selection of the items, and cooking for an entire camping trip.

Plan a meal and select the items necessary to prepare the meal for a meal cooked while camping.

### Recreation (excluding outdoor stuff)

#### General

Name twenty hobbies.

Organize a collection of something that interests you and meet with a professional collector of the item you collect. Discuss with that collector the value of your collection, what you can do to improve the value of your collection, and what you can do to expand your collection.

### Games

Master the rules and some basic tactics of chess.

Play a role-playing game.

Play a strategy board game.

Play backgammon.

### Vocational

#### Business & Industry

Shadow a social worker.

Shadow a religious leader.

Shadow the leader of a non-religious worldview organization

Shadow a principal of a school.

Shadow someone who works at a hospital.

Shadow an elected official.

Shadow the owner of a company.

Shadow the CEO of a company.

Shadow a religious leader.

Shadow someone in the office of registrar of elections.

Interview someone who is a first generation American Citizen.

Interview someone who fought in World War II.

Interview someone who fought in Korea.

### Miscellaneous

#### Business & Industry

Tour a nursing home.

Tour a religious institution.

Tour the cab of a truck.

Tour a trucking company.

Tour a ship.

Tour a dry cleaning store.

Lead a single brainstorming session.

Plan and lead an entire brainstorming process of something.

Delegate a task.

### Hobbies and Personal Interests

#### American Native Culture

Duplicate a ceremonial Indian garment.

#### Home Maintenance

Repair at least three things on a small engine for example, a lawnmower or outboard motor.

Replace a lamp socket.

Replace an electrical switch.

Replace an electrical socket.

Replace a faucet.

Replace a kitchen sink.

Replace a bathroom sink.

Replace a sink drain.

Replace a tub drain.  
Replace a commode.  
Prepare a room for painting.  
Determine the amount of paint necessary to paint a room.  
Choose paint suitable for the surface to be covered and the type of room.  
Paint a primer coat.  
Paint a room.  
Remove old wallpaper from a room.  
Prepare plaster for new wallpaper.  
Hang wallpaper on drywall.  
Hang wallpaper on plaster.  
Lay a linoleum floor covering.  
Solder one object to another.  
Master the basics of painting a wall.  
Paint a wall.  
Paint a door jam or bathroom.  
Stain a piece of furniture.  
Stain a piece of wood.  
Paint a piece of furniture.  
Paint a piece of wood.  
Antique a piece of furniture.

### Pet Care

Care for a pet for at least one month.

## BASE

### Field Topic Mission

#### Principals\*

##### Promise, Motto and Code

1. The Scout has recited from memory the Promise, Motto and Code of Adventure Scouts USA and explained their meaning in accordance with published guidelines.
2. The Scout's conduct conforms to the Spirit of the Promise, Motto and Code of Adventure Scouts USA.

#### Wearing of Uniform

1. The Scout wears the Uniform of Adventure Scouts USA according to published guidelines.
2. The Scout wears the Uniform of Adventure Scouts USA in accordance with written guidelines and helps others to do so.

\*Principles are available as requirements even after they have been met for the first time.

## Base

### Scout Spirit

Recite the spirit of Adventure Scouts USA with your crew or team.  
Recite the Spirit of Adventure Scouts USA from memory.  
Explain the meaning of the Spirit of Adventure Scouts USA.  
Help another Scout to memorize the Spirit of Adventure Scouts USA.  
Do one thing that exemplifies the Spirit of Adventure Scouts USA.  
Do two things that exemplify the Spirit of Adventure Scouts USA.  
Do five things that exemplify the Spirit of Adventure Scouts USA.



Do ten things that exemplify the Spirit of Adventure Scouts USA.  
Exemplify the Spirit of Adventure Scouts USA in your daily life.  
Write a ceremony.  
Write a ceremony and plan and lead it.  
Plan and participate in a group activity.  
Plan and create a print ad for potential use by Adventure Scouts USA.  
Plan and create a fundraising program for Adventure Scouts USA.  
Lead a fundraising program for Adventure Scouts USA.  
Demonstrate respect for others.  
In the movie City Slickers there is a discussion of what the one thing is, what is the one thing?  
Donate something of yours to a charity.  
Plan, organize, and lead a charitable donation drive.

### Community, Social Responsibility and Citizenship

#### Flag Handling & Knowledge

Demonstrate proper flag etiquette.  
Fold a flag.  
Fold the flag in a manner that allows it to break free when raised.  
Conduct a flag-raising and flag-lowering ceremony.  
Identify the design elements of the Flag of the United States of America and explain their meaning.  
Recite the Pledge of Allegiance with your Team or Crew and explain what it means to you.  
Recite the Pledge of Allegiance from memory.  
Lead your Team or Crew in reciting the Pledge of Allegiance.  
Write a short essay about the history of the Pledge of Allegiance.

#### Civics

Plan, organize, and lead a small community service project.  
Plan, organize, and lead a large-scale community service project.  
Plan, organize, and lead a portion of a community service project.  
Plan, organize, and lead a recycling community awareness event.  
Act as parliamentarian for a meeting.  
Plan, organize, and lead a clean-up project within your community.  
Plan, organize, and lead a bicycle safety community awareness event.  
Plan, organize, and lead a bicycle safety school awareness event.  
Plan, organize, and lead a first-aid community awareness event.  
Plan, organize, and lead a first-aid school awareness event.  
Enhance your community by planning, organizing, and leading a community improvement event.  
Enhance your community by participating in a community improvement event.  
Meet your neighbors.  
Help a neighbor.  
Interview someone who is a first generation American Citizen.  
Discuss good citizenship with an elected official.  
Attend a meeting of the local government.  
Attend a meeting of the school board.  
Attend a meeting of your city council or county/parish commissioners.  
Attend a session of your state or commonwealth legislative body.  
Attend a session of the United States House of Representatives or Senate.  
Attend a public meeting regarding an issue of interest to you, your family or community.  
Tour a courthouse.  
Attend a session of small claims court.  
Attend a session of traffic court.  
Distinguish between mediating versus arbitrating and mediate a dispute.  
Distinguish between arbitrating versus mediating and arbitrate a dispute.  
Volunteer your time to help a charity.  
Volunteer your time to help an environmental group.

Attend a meeting of an environmental group.

Plan, organize, and lead a conservation community awareness event.

Write a letter expressing your opinion regarding an issue and mail it to three elected officials.

Using email, write three elected officials expressing your opinion regarding an issue.

Tour a post office.

Tour a city hall.

Tour a state capitol building.

Tour the United Nations.

Attend a session of the United Nations.

Tour a foreign Embassy.

Distinguish between the agencies of the National Park Service and the National Forest Service. Identify the consequence of their creation.

Plan, organize, and lead a small community service project.

Plan, organize, and lead a large-scale community service project.

Plan, organize, and lead a portion of a community service project.

Visit with an agent of the federal bureau of investigation.

Discuss persuasive methods to affect a change regarding something you care about. (Use of non-violence)

### Leadership

Recruit and enroll two new members in the programs of Adventure Scouts USA.

Recruit and enroll five new members in the programs of Adventure Scouts USA.

Recruit and enroll ten new members in the programs of Adventure Scouts USA.

Recruit and enroll twenty new members in the programs of Adventure Scouts USA.

Assist in the creation of a new team of Adventure Scouts USA.

Meet with a coach and learn about his or her style of leadership.

Meet with a school principal and learn about his or her style of leadership.

Meet with an elected official and learn about his or her style of leadership.

Meet with a teacher and learn about his or her style of leadership.

Meet with a business executive and learn about his or her style of leadership.

Lead a meeting.

Prepare an agenda for a meeting.

Prepare an agenda for a group activity other than a meeting.

Prepare an agenda for a meeting and lead the meeting.

Prepare an agenda for a group activity other than a meeting and lead the meeting.

Plan, organize, and lead a portion of a meeting.

Plan, organize, and lead an entire meeting.

### Outdoor Living Skills 1- Earth

#### □□ On Your Way (Planning and Preparing for an Outing)□

□□□ Plan and go on a hike with a snack

□□□ Describe the buddy system and explain why you use it with any outdoor activity.

□□□ Discuss procedures for staying found.

□□□ Name the ten essentials you should have on every trip.

□□□

□□ Being Safe (Safety and Environmental Hazards)□

□□□ List and discuss safety rules for hiking.

□□□ Explain the importance of drinking water.

□□□ Identify where you go and what to do if you are sick or injured.

□□□ Identify natural outdoor hazards and ways to avoid them.

□□□ Identify and draw pictures of poisonous or harmful plants.

□□□ Identify where to go to the bathroom on a day hike.

□□□

□□ Putting it on Your Plate (Selection, Storage and Preparation of Food)□

Describe what makes good outdoor food.

Plan and prepare a snack for a hike.

Describe different methods (heat sources) for cooking.

Plan and prepare a lunch.

Clean up the site after lunch.

□ Tools and Ties (Use of Tools and Knots)□

Demonstrate the proper use and storage of a peeler and can opener.

Demonstrate two stopper knots: an overhand knot and figure eight knot.

Describe what those knots are for.

Describe and show the different parts of a rope used for knot tying.

**Finding Your Way (Map and Compass)**

Show how to hold a compass, demonstrate how to find north, south, east and west.

Describe what can prevent a compass from working properly.

Locate your home or camp on a highway or city map.

Draw a simple map of your camp or neighborhood.

**Exploring Your World (The Environment and Our Place and Responsibility in It)**

Play a nature game that helps you understand ecology.

Using your senses of sight, touch, smell and hearing, describe 10 things in your outdoor camping area.

Describe what minimum impact means.

Draw a picture or make a poster showing animals, birds & insects in their natural environment and explain how to watch, protect and respect them.

While camping or hiking, identify camouflaged animals and birds.

Outdoor Living Skills 2- Sun

**On Your Way (Planning and Preparing for an Outing)**

- Plan and go on an all day hike with a lunch meal that doesn't require cooking
- Pack a day pack
- Discuss appropriate clothing for your hike
- Describe different kinds of shelters and what situations to use them in
- Demonstrate how to set up a tarp tent or emergency shelter

**Being Safe**

(Safety and environmental hazards)

Discuss personal health practices in camp

- Describe your water source for the hike
- Identify 3 plants, animals and insects that are harmful to humans
- Name 3 things that might require first aid
- Explain what to do if you see a wild animal such as a bear
- Describe steps to take in the event of a thunderstorm

### **Putting it on Your Plate**

(selection, storage, preparation of food) Describe where to build an open fire and when it is appropriate

- Identify and find tinder, kindling, and small fuel
- Demonstrate how to build a fire
- Demonstrate appropriate methods for extinguishing a fire and discuss appropriate methods for disposing of the remaining contents and why you would do so
- Plan, prepare and cook one meal and one snack

### **Putting it on Your Plate**

(selection, storage, preparation of food)

- Describe where to build an open fire and when it is appropriate
- Identify and find tinder, kindling, and small fuel
- Demonstrate how to build a fire
- Demonstrate appropriate methods for extinguishing a fire and discuss appropriate methods for disposing of the remaining contents and why you would do so
- Plan, prepare and cook one meal and one snack

### **Tools and Ties**

(Use of tools and knots)

- Demonstrate the safe and proper use of a trowel and paring knife
- Demonstrate 2 joiner knots: a square knot and a sheet bend
- Describe what these knots are used for

### **Finding Your Way**

(map and compass)

- Explain the difference between a planimetric map and topographical map and how each is used
- Demonstrate where the cardinal points and inner cardinal points are on a compass
- Determine the average length of your pace
- Measure 150 feet by pacing

### **Exploring Your World**

(the environment and our place and responsibility in it)

- Recite the OLS pledge
- Describe what it means to pollute and identify three places that are polluted and why
- Describe what you can do to minimize pollution
- Describe the LAWS of nature
- While camping or hiking, identify camouflaged animals and birds
- Describe two animals that use adaptations in their environment

## Outdoor Living Skills 3- Water

### **On Your Way (Planning and Preparing for an Outing)**

- Plan and go on an overnight trip with 3 meals
- Pack an overnight backpack

- Demonstrate how to properly fit a backpack
- Describe the criteria for selecting a tent site
- Demonstrate how to set up a tent
- Describe the proper way to layer your clothing and why it is important

### **Being Safe**

(Safety and environmental hazards)

- List and discuss safety rules for an overnight trip
- Explain how to prevent injuries from happening
- Identify contents of first aid kit and for what contents are used
- Describe 2 different toilet practices and when you should use them
- Identify the signs of serious weather conditions in your area and what you should do

### **Putting it on Your Plate**

(selection, storage, preparation of food)

- Describe safety precautions for using a camp stove
- With appropriate adult supervision demonstrate proper use of a camp stove
- Plan and carry out sanitizing of cooking utensils, dishes, trash etc
- Demonstrate methods of care, storage and protection of food from insects, animals and spoilage
- Plan 3 meals, cooking at least 2

### **Tools and Ties**

(Use of tools and knots)

- Demonstrate the safe and proper use of a pocket knife
- Demonstrate the safe and proper way to sharpen a knife
- Explain the difference between a knot and a hitch
- Demonstrate a clove hitch and a half hitch

### **Finding Your Way**

(map and compass)

- Identify north, the legend and 3 landmarks on a topographic map
- Demonstrate how to take a bearing and how to find a bearing
- With a group, lay a compass course using 5 changes of direction, identifying bearings & distance at each change
- Follow a compass course another group has set

## Outdoor Living Skills 4- Weather

### On Your Way (Planning and Preparing for an Outing)

- Plan a 2-night overnight with a complete menu for 5 meals with 3 away from base camp
- Go on overnight trip with a group using tent or tarp shelter
- Plan the cooking gear needed
- Pack your personal gear and help pack the group gear for your trip

### Being Safe

(Safety and environmental hazards)

- Discuss and know your responsibilities for first aid
- Help prepare a group first aid kit
- Demonstrate at least one method for purifying water and describe one other method
- Learn effects of cold and heat related illnesses and what to do if you encounter them
- Develop and sign an individual health and safety agreement

### Putting it on Your Plate

(selection, storage, preparation of food)

- Demonstrate how to hang your food to protect it
- Describe at least 2 other ways to protect your food on trail
- Prepare one meal without cooking
- Help plan and pack the food for the trip

### Tools and Ties

(Use of tools and knots)

- Identify tools needed for overnight
- Demonstrate their use, care, safety and storage
- Discuss type, size, use & care of ropes in camp
- Demonstrate how to tie a bowline and a taughtline hitch

### Finding Your Way

(map and compass)

- Make a simple map of an outdoor area using a compass and pacing
- Describe what declination is, how and why we need to adjust for declination
- Learn about the Big Dipper and use it to find the north star
- Describe how you can determine direction without a compass

### Exploring Your World

(the environment and our place and responsibility in it)

- Draw an example of an ecosystem
- Define an omnivore, herbivore and carnivore and give an example of each
- Observing clouds, wind & temperature, predict the weather daily for a week

- Discuss the weather conditions for your trip

### Outdoor Living Skills 5- Stars

#### On Your Way (Planning and Preparing for an Outing)

- Write a trip plan for a 3 night overnight with non-motorized travel
- Write an emergency plan for your trip and include a communications plan and file it with the appropriate people
- Assist in leading the planned trip with appropriate adult supervision
- Assist a younger group in properly fitting their pack

#### Being Safe

(Safety and environmental hazards)

- Take a basic community first aid course
- Evaluate safety rules for 3 night trip
- Have your group sign a health and safety agreement, and discuss why it is necessary
- Learn common health or allergy problems of your group
- Carry out a sanitation plan having minimum impact on the environment

#### Putting it on Your Plate

(selection, storage, preparation of food)

- Plan complete menus considering nutritional needs, demands of the activity, availability of water, type of food needed for safe consumption & minimum impact on the environment
- Pack food for the trip and work with the group to decide on meal responsibilities during the trip

#### Tools and Ties

(Use of tools and knots)

- Explain why saws, axes and other cutting tools are not appropriate for use in minimum impact programs
- Demonstrate whipping a rope
- Teach how to tie a stopper knot, a joiner knot, and a hitch

#### Finding Your Way

(map and compass)

- Plan an off trail hike in an appropriate area using a map and compass
- Use a topographical map to route your trip and identify areas where the route may be more difficult
- Teach a group to use a compass course
- During your trip, identify your landmark and take a bearing at least three times

#### Exploring Your World

(the environment and our place and responsibility in it)

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- Participate in a conservation project for at least one day and write a newsletter article, story or poem on the experience
- Describe the food chain & how humans fit into the chain
- Keep a journal of your weather prediction and the actual weather