Outdoor Living Skills 1- EarthÂ Â

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

Â Â Â Plan and go on a hike with a snack
Â Â Â Describe the buddy system and explain why you use it with any outdoor activity.
Â Â Â Discuss procedures for staying found.
Â Â Â Name the ten essentials you should have on every trip.
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Â Â Being Safe (Safety and Environmental Hazards)Â
Â Â Â List and discuss safety rules for hiking.
Â Â Â Explain the importance of drinking water.
Â Â Â Identify where you go and what to do if you are sick or injured.
Â Â Â Identify natural outdoor hazards and ways to avoid them.
Â Â Â Identify and draw pictures of poisonous or harmful plants.
Â Â Â Identify where to go to the bathroom on a day hike.
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Â Â Putting it on Your Plate (Selection, Storage and Preparation of Food)Â

Â Â Â Describe what makes good outdoor food.
Â Â Â Plan and prepare a snack for a hike.
Â Â Â Describe different methods (heat sources) for cooking.
Â Â Â Plan and prepare a lunch.
Â Â Â Clean up the site after lunch.
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Â **Â Tools and Ties (Use of Tools and Knots)Â**

Â Â Â Demonstrate the proper use and storage of a peeler and can opener.
Â Â Â Demonstrate two stopper knots: an overhand knot and figure eight knot.
Â Â Â Describe what those knots are for.
Â Â Â Describe and show the different parts of a rope used for knot tying.
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Â Â **Finding Your Way (Map and Compass)**Â

Â Â Â Show how to hold a compass, demonstrate how to find north, south, east and west.
Â Â Â Describe what can prevent a compass from working property.
Â Â Â Locate your home or camp on a highway or city map.
Â Â Â Draw a simple map of your camp or neighborhood.
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Â Â **Exploring Your World (The Environment and Our Place and Responsibility in It)**Â

Â Â Â Play a nature game that helps you understand ecology.
Â Â Â Using your senses of sight, touch, smell and hearing, describe 10 things in your outdoor camping area.
Â Â Â Describe what minimum impact means.
Â Â Â Draw a picture or make a poster showing animals, birds & insects in their natural environment and explain how to watch, protect and respect them.
Â Â Â While camping or hiking, identify camouflaged animals and birds.

Outdoor Living Skills 2- Sun

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

- 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

Â **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

Â **Putting it on Your Plate**
(selection, storage, preparationÂ 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, preparationÂ of food)Â

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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

FindingÂ Your Way
(map and compass)

- Explain the difference between a planimeteric 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)Â

- 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, preparationÂ of food)

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- 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)Â

- 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

FindingÂ 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

Â 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, preparationÂ of food)Â

- 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

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Â **FindingÂ 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

Â Outdoor Living Skills 5- StarsÂ Â

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

- 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

Â **Putting it on Your Plate**
(selection, storage, preparationÂ 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

FindingÂ 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 ti

Exploring Your World
(the environment and our place and responsibility in it)
oÂ Â Â Â Â Â Â Â participate in a conservation project for at least one day and write a newsletter article, story or poem on the experience oÂ Â Â Â Â Â Â Â Describe the food chain & how humans fit into the chain
oÂ Â Â Â Â Â Â Â Keep a journal ofÂ your weather prediction and the actual weatherÂ