

### Rising Star Scout Challenges

#### Scout Spirit

1. Recite the Rising Star Scout Promise with your crew or team.
2. Recite the Rising Star Scout Promise from memory.
3. Explain the meaning of the Rising Star Scout Promise.
4. Help another Scout to memorize the Rising Star Scout Promise.
5. Do one thing that exemplifies the Rising Star Scout Promise.
6. Do two things that exemplify the Rising Star Scout Promise.
7. Do five things that exemplify the Rising Star Scout Promise.
8. Do ten things that exemplify the Rising Star Scout Promise.
9. Exemplify the Rising Scout Promise in your daily life.
10. Recite the Scout Code with your crew or team.
11. Recite the Scout Code from memory.
12. Explain the meaning of the Scout Code.
13. Help another Scout to memorize the Scout Code.
14. Do one thing that exemplifies the Scout Code.
15. Do two things that exemplify the Scout Code.
16. Do five things that exemplify the Scout Code.
17. Do ten things that exemplify the Scout Code.
18. Exemplify the Scout Code in your daily life.
19. Recite the Scout Motto with your crew or team.
20. Recite the Scout Motto from memory.
21. Explain the meaning of the Scout Motto.
22. Help another Scout to memorize the Scout Motto.
23. Do one thing that exemplifies the Scout Motto.
24. Do two things that exemplify the Scout Motto.
25. Do five things that exemplify the Scout Motto.

## Rising Star Challenges

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26. Do ten things that exemplify the Scout Motto.
27. Exemplify the Scout Motto in your daily life.
28. Recite the Scout Spirit! with your crew or team.
29. Recite the Scout Spirit! from memory.
30. Explain the meaning of the Scout Spirit!.
31. Help another Scout to memorize the Scout Spirit!
32. Do one thing that exemplifies the Scout Spirit!
33. Do two things that exemplify the Scout Spirit!
34. Do five things that exemplify the Scout Spirit!.
35. Do ten things that exemplify the Scout Spirit!
36. Exemplify the Scout Spirit! in your daily life.
37. Create a ceremony or potential award and write down your ideas.
38. Create a ceremony, have it approved, then organize and lead it.
39. Create, organize, lead and participate in a group activity.
40. Plan and create a print ad for potential use by the Scout Programs of Adventure Scouts USA.
41. Plan and create a fundraising program for the Scout Programs of Adventure Scouts USA.
42. Create, organize, and lead a fundraising program for Adventure Scouts USA.
43. Demonstrate respect for others.
44. Donate something of yours to a charity.
45. Donate five things to charity.
46. Clean out your closet, gather old toys, and get parental permission to deliver the items to charity.
47. Plan, organize, and lead a charitable donation drive for others to donate their items.
48. Volunteer your time to help a charity.
49. Volunteer your time to help an environmental group.
50. Volunteer your time at a retirement community.
51. Volunteer your time at a hospital.
52. Volunteer your time at an animal shelter.

Community, Social Responsibility and Citizenship

### Flag Handling & Knowledge

- 53. Demonstrate proper flag etiquette.
- 54. Fold a flag.
- 55. Fold the flag in a manner that allows it to break free when raised.
- 56. Conduct a flag-raising and flag-lowering ceremony.
- 57. Identify the design elements of the Flag of the United States of America and explain their meaning.
- 58. Recite the Pledge of Allegiance with your Team or Crew and explain what it means to you.
- 59. Recite the Pledge of Allegiance from memory.
- 60. Lead your Team or Crew in reciting the Pledge of Allegiance.
- 61. Create a multi-media presentation or write and perform a one-act play about the history of the Pledge of Allegiance.

### Civics

- 62. Plan, organize, and lead a recycling community awareness event.
- 63. Conduct a team meeting by parliamentary procedure. Act as parliamentarian for a meeting.
- 64. Plan, organize, and lead an environmental clean-up project within your community.
- 65. Plan, organize, and lead a community safety awareness event.
- 66. Plan, organize, and lead a school safety awareness event.
- 67. Plan, organize, and lead a first-aid community awareness event.
- 68. Plan, organize, and lead a first-aid school awareness event.
- 69. Enhance your community by planning, organizing, and leading a community improvement event.
- 70. Enhance your community by participating in a community improvement event.
- 71. Meet your neighbors.
- 72. Help a neighbor.
- 73. Interview someone who is a first generation American Citizen.
- 74. Discuss good citizenship with an elected official.
- 75. Attend a meeting of the local government.
- 76. Attend a meeting of the school board.
- 77. Attend a meeting of your city council or county/parish commissioners.

- 78. Attend a session of your State Legislative body.
- 79. Attend a session of the United States House of Representatives or Senate.
- 80. Attend a public meeting regarding an issue of interest to you, your family or community.
- 81. Tour a courthouse.
- 82. Volunteer your time to help a charity.
- 83. Volunteer your time to help an environmental group.
- 84. Attend a meeting of an environmental group.
- 85. Plan, organize, and lead a conservation community awareness event.
- 86. Write a letter expressing your opinion regarding an issue and mail it to three elected officials.
- 87. Using email, write three elected officials expressing your opinion regarding an issue.
- 88. Tour a post office.
- 89. Tour a city hall.
- 90. Tour a state capitol building.
- 91. Tour the United Nations.
- 92. Attend a session of the United Nations.
- 93. Plan, organize, and lead a small community service project.
- 94. Plan, organize, and lead a large-scale community service project.
- 95. Plan, organize, and lead a portion of a community service project.

### Leadership

- 96. Recruit and enroll two new members in the Scout Programs of Adventure Scouts USA.
- 97. Recruit and enroll five new members in the Scout Programs of Adventure Scouts USA.
- 98. Recruit and enroll ten new members in the programs of Adventure Scouts USA.
- 99. Recruit and enroll twenty new members in the programs of Adventure Scouts USA.
- 100. Assist in the creation of a new team of Adventure Scouts USA.
- 101. Meet with a coach and learn about his or her style of leadership.
- 102. Meet with a school principal and learn about his or her style of leadership.
- 103. Meet with an elected official and learn about his or her style of leadership.
- 104. Meet with a teacher and learn about his or her style of leadership.

- 105. Meet with a business executive and learn about his or her style of leadership.
- 106. Lead a meeting.
- 107. Prepare an agenda for a meeting.
- 108. Prepare an agenda for a group activity other than a meeting.
- 109. Prepare an agenda for a meeting and lead the meeting.
- 110. Prepare an agenda for a group activity other than a meeting and lead the meeting.
- 111. Plan, organize, and lead a portion of a meeting.
- 112. Plan, organize, and lead an entire meeting.

### Personal Education

#### Academics

- 113. Visit a Natural History museum.
- 114. Name your favorite dinosaur and identify its diet, where it lived, and when it became extinct.
- 115. Find a fossil.
- 116. Dig up a bone or a fossil and identify what kind of animal it came from, when the animal lived, and its environment.
- 117. Demonstrate the process of safe excavation of a fossil or artifact.
- 118. Plan an archaeological expedition. Demonstrate what gear you will need, what the cost would be, how to prepare for the weather, and create an itinerary.
- 119. Visit an Art museum.
- 120. Demonstrate your favorite art form and identify your favorite period in art history and your favorite artist.
- 121. Take an art class.

#### Home Management

- 122. Demonstrate five methods of cleaning and explain their uses.
- 123. Clean things in a house such as silverware, tiles, bathrooms, sinks, windows, floors, carpets, etc.
- 124. Write a letter and mail it to a company and express your opinion regarding a purchase or a product. In the letter, mention that you are a Scout in Adventure Scouts USA.
- 125. Write using e-mail, a company and express your opinion regarding a purchase or a product.
- 126. Name the steps in the thinking process used to select an item you wish to buy and give an example of that process.
- 127. Create and make an article of clothing or other item.

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

### Nutrition, Meal Planning and Cooking

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

130. Learn methods important to the handling of food, such as prevention of spreading germs.

131. Prepare and bake properly cookies or other desert.

132. Prepare and cook something properly.

133. Help broil a chicken.

134. Help fry a chicken.

135. Help bake a chicken.

136. Help barbeque a chicken.

137. Help bake a cake.

138. Help broil a steak.

139. Help barbeque a steak.

140. Help cook a hot dog.

141. Help cook a hamburger.

142. Cook a turkey.

143. Help clean a fish.

144. Help cook a fish.

145. Help clean, cook, and eat a fish you have caught.

146. Explain the difference between a dash and a splash.

147. Explain the difference between a tablespoon and a teaspoon.

148. Identify the differences between five herbs and seasonings.

149. Identify the differences between ten herbs and seasonings.

150. Help marinate beef.

151. Help prepare, cook, and serve a seafood dish.

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

153. Help make a pizza.

154. Help make popcorn.

- 155. Help make ice cream.
- 156. I help make snow cones.
- 157. Plan a menu for a meal cooked at home.
- 158. Plan a meal and select the items necessary to prepare the meal for a meal cooked at home.
- 159. Plan, organize, and lead the creation of a meal.
- 160. Demonstrate proper storage of fruit, vegetables, dairy, beef, and dry goods.
- 161. Make a loaf of bread.
- 162. Identify 5 vegetables and what the differences are between them and why you would select one versus the other.
- 163. Identify what is the difference between varieties of a single vegetable and why you would select one versus the other.
- 164. Identify 5 fruit and what the differences are between them and why you would select one versus the other.
- 165. Identify what is the difference between varieties of a single fruit.
- 166. Explain how to pick quality produce.
- 167. Check the expiration date on a container of milk
- 168. Check the expiration date on canned goods.
- 169. Check the expiration date on a package of vitamins.
- 170. Explain how long fruit can generally be stored.
- 171. Explain how long leftovers can generally be stored.

### Hospitality

- 172. Set a table for one person prepared for one course.
- 173. Set a table for one person prepared for four courses.
- 174. Set a table for one person prepared for seven courses.
- 175. Host a veggie tasting party for three or more persons (try to sample uncommon items.)
- 176. Host a produce tasting party for three or more persons (try to sample uncommon items.)
- 177. Plan and host a party for three or more persons.
- 178. Decorate as party location.
- 179. Plan, organize, and lead the creation of a seven-course meal for three or more.
- 180. Plan, organize, and lead a dinner party.

### Language Arts

181. Carry on a conversation in a language other than your own.
182. Read a book.
183. Read five books.
184. Read a book on how to be better at something.
185. Read several issues of a magazine about a subject of interest to you.
186. Write an article and submit it for publication in a magazine or periodical. Mention that you are a Scout in Adventure Scouts USA.
187. Write an article and submit it for publication in a magazine or periodical about your experiences in the programs of Adventure Scouts USA.
188. Learn to use sign language.
189. Learn listening techniques and explain their importance.
190. Write and present a persuasive speech.
191. Write and present two forms of speech other than persuasive.
192. Create a method for evaluating individual presentations and group meetings.
193. Attend a meeting of Toastmasters.
194. Make a poster for an event.
195. Write a letter to the editor of a newspaper or magazine. Mention you are a Scout in Adventure Scouts USA.
196. Write a letter to the editor of a newspaper or magazine about your experiences in Adventure Scouts USA.
197. Tell a story to a group of people.

### Music

198. Make a musical instrument.
199. Attend a musical performance other than a play.
200. Attend a musical performance of a play.
201. Watch a movie musical.
202. Play scales or chords on a musical instrument.
203. Play a song or other musical composition on a musical instrument.
204. Compose a song and write lyrics for it.



205. Perform a freestyle song.

206. Choose a song that you do not know and learn to play it on an instrument of your choice to the satisfaction of a competent teacher.

207. Teach others a song.

208. Choose three songs that you do not know and learn to play them on an instrument of your choice to the satisfaction of a competent teacher.

209. Perform a karaoke song.

210. Name two bands or musical personalities you like and why.

211. Attend a classical concert.

212. Attend a jazz concert.

### Personal Finance

213. Make a budget plan.

214. If you receive an allowance, keep of journal of what you spend and what you spend it on.

### Safety (Including First Aid)

#### First Aid

215. Demonstrate how to make a 911 call and demonstrate how to answer the operator's questions. (do not make actual call)

216. Create a first aid kit.

217. Demonstrate how to correctly use all of the contents of a first aid kit for their intended purpose.

218. Earn a Red Cross certification for first aid.

219. Earn a Red Cross certification for basic first aid.

220. Plan what to do when someone is seriously ill or injured. Demonstrate the nature of the illness or injury and the appropriate treatment.

221. Simulate how to stop bleeding by direct pressure.

222. Plan how to treat shock is and demonstrate proper treatment.

223. Simulate how to rescue a drowning victim.

224. Simulate how to rescue the victim of an accidental electrocution.

225. Name at least two types of light that cause sunburn.

226. Simulate how to treat a head injury and explain avoidance techniques.

227. Simulate how to provide first aid for a broken bone (fingers, toes, and limbs.)

### Household Safety

228. Identify items or ways to improve the safety of your home.

229. Plan a hazardous and flammable materials search in your home and/or garage.

230. Organize the items so that they are properly stored in a safe place and inaccessible to young children and animals.

231. Identify two ways to safely eliminate pests.

### Fire Safety

232. Locate smoke detectors in your home and help check to see if they are functioning properly.

233. Tour a fire station.

234. Simulate how to carry a fire victim using the fireman's carry.

235. Simulate how to react to a structure fire upon first discovering it from outside.

236. Simulate how to react to a structure fire upon first discovering it from inside.

237. Simulate how to extinguish an electrical fire.

238. Simulate how to extinguish an oil or grease fire.

239. Simulate how to extinguish a wood/paper fire.

240. Check the expiration date of a fire extinguisher.

### Safety in the Community

241. Plan, organize, and lead a fire safety community awareness event.

242. Plan, organize, and lead a fire safety school awareness event.

243. Plan, organize, and lead the safety precautions for a group event including fire.

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

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

246. Participate in a railroad industry safety train ride.

### Field-craft

### Boating and Water

247. Row a boat.

248. Go water skiing.

249. Use a surfboard.

### Botany

250. Identify common poisonous plants, avoidance techniques, and treatment upon contact.

251. Identify three poisonous plants, avoidance techniques, and treatment upon contact.

252. Demonstrate treatment for contact with a poisonous plant and avoidance techniques.

### Camping

253. Camp for at least three days and two nights in the desert.

254. Camp for at least three days and two nights in the snow.

255. While camping for at least three days and two nights, use canoes, kayaks, or other watercraft.

256. Camp for at least three days and two nights in the mountains.

257. Help plan, organize and lead a camping or backpacking trip.

258. Camp for at least two days and one night.

259. Create a list of personal items to bring on a camping trip.

260. Create a list of team or crew equipment to bring on a camping trip.

261. Sleep overnight in a hammock.

262. Demonstrate ten ways to make the weight of your pack and pack contents lighter.

263. Make a list of safety practices that Scouts should follow while camping.

264. Make a list of health practices that Scouts should follow while camping.

265. Demonstrate how to configure a team's campsite.

266. Plan, organize, and lead a portion of a camping trip.

267. Organize and lead a 'leave no trace' clean up of a campsite.

268. Plan, organize, and lead low impact use of a campsite.

269. Demonstrate how to pitch a tent.

270. Demonstrate how you would set up a team campsite.

271. Write a campfire story.

272. Tell a campfire story.

273. Write and tell a campfire story.

### Canoeing

274. Demonstrate how to right an overturned canoe and re-enter it.

275. Demonstrate two ways to paddle a canoe.

276. Master the basics of canoeing.

277. Canoe one mile.

278. Canoe five miles.

### Clothing and Equipment for Outdoor Adventures

279. Fold a tent.

280. Break in your hiking boots, and demonstrate how to properly care for them.

281. 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.

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

283. Make a broom.

284. Ride in a boat.

285. Ride in a canoe.

### Cooking in Camp

286. Hang food for use while backpacking and camping.

287. Protect foods for storage in a cooler.

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

289. Store food for use while backpacking.

290. Identify safe cooking techniques while backpacking or camping.

291. Light a fire using no matches.

292. Extinguish a campfire properly.

293. Light a fire using a fire bow.

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

### Diving

295. Snorkel in a lake.

296. Snorkel in a pool.

### Fishing

297. Go fishing in a pond with supervision.

298. Go fishing in a lake with supervision.

299. Go fishing in the ocean supervision.

### Hiking and Backpacking

300. Hike at least one mile.

301. Hike at least two miles.

302. Hike at least five miles.

303. Identify at least two forms of personal lighting suitable for backpacking and show how to use them.

304. Dispose of human waste while backpacking according to accepted environmental practices.

305. Go in an overnight backpacking trip.

306. Help during an overnight backpacking trip.

307. Avoid surprising wildlife while backpacking or hiking.

308. Demonstrate the health and safety practices for backpacking in the locale where you expect to hike.

309. List and show the clothing and equipment that you should carry while backpacking under at least two combinations of weather conditions and terrain.

310. Participate in a backpacking trip in at least two of the following combinations of weather conditions and terrain: rocky terrain, cold, wet, snow, and heat.

311. Participate in a backpacking trip in snow having an average depth of less than three inches.

312. Participate in a backpacking trip in snow having an average depth of greater than three inches.

313. Participate in a backpacking trip involving the use of canoes, kayaks, or other watercraft.

314. Participate in a backpacking trip on an island.

315. Prevent foot injuries while backpacking.

316. Demonstrate how to provide first aid for blisters, hotspots and other foot conditions.

317. Store your equipment before sleeping during a backpacking trip.

318. Identify the methods of crossing a stream.

319. Identify the methods of crossing a river (slow versus fast, deep versus shallow.)

320. Participate in a backpacking trip along the Appalachian Trail.

321. Participate in a backpacking trip along the Pacific Crest Trail.

322. Participate in a backpacking trip along the Continental Divide Trail.

323. Thru Hike a trail of your choice.

324. Plan, organize, and lead the creation of a trail. Use signs and labels as appropriate; create a map for the trail.

325. Demonstrate how to pack your backpack.

### Horsemanship

326. Master the basics of riding the western saddle.

327. Demonstrate the proper use and storage of western tack.

328. Master the basics of riding the English saddle.

329. Demonstrate the proper use and storage of English tack.

330. Plan, organize, and lead a horseback ride.

331. Go horseback riding.

332. Horseback ride at least one mile

333. Horseback ride at least five miles.

334. Horseback ride at least 10 miles.

335. Attend a polo match.

### Knots and Rope-work

336. Name the parts of a rope.

337. Tie an end knot and two bends.

338. Tie a bend and two hitches.

339. Tie four hitches.

340. Tie two standing loops.

341. Tie a running loop.

342. Tie a power cinch.

343. Fuse the end of a rope.

344. Whip the ends of a rope.

- 345. Back-splice the end of a rope.
- 346. Eye-splice the end of a rope.
- 347. Join two ends of a rope with a short splice.
- 348. Join two ends of a rope with a long splice.
- 349. Tie three knots in one minute.
- 350. Tie three knots and explain their purpose.
- 351. Tie five knots and explain their purpose.
- 352. Tie ten knots and explain their purpose.
- 353. Lash a tripod together to hold something.
- 354. Build an object of sticks and rope for use in camp.

### Orienteering

- 355. Make a compass using a needle and a bowl of water.
- 356. Shoot an azimuth with an orienteering compass.
- 357. Plot a back azimuth with an orienteering compass, map and protractor.
- 358. Demonstrate the use of a compass.
- 359. Correct for declination.
- 360. Determine your average pace.
- 361. Find one major and two minor terrain features on a topographic map.
- 362. Locate a position on a topographic map.
- 363. Determine a distant position on a topographic map by intersection.
- 364. Determine your own position on a topographic map by resection.
- 365. Use a compass to travel one mile.
- 366. Participate in an orienteering event.
- 367. Draw a planimetric map and use it.
- 368. Draw a topographical map and use it.
- 369. Keep a journal of a trip include maps and photographs.
- 370. Demonstrate how to use a map and what ten of the symbols on the map mean.

371. Explain what true north is and its effect on orientation.

372. Determine your position using a GPS device.

373. Plan your route using a GPS device.

374. Record your route using a GPS device.

375. Determine direction without a compass.

### Outdoor Safety and First Aid

376. Obtain safe water while backpacking. Distinguish between purification and filtration. Demonstrate at least four methods of obtaining safe water while backpacking, for example iodine and chlorine tablets, boiling, water filtration devices, water purification devices, etc.

377. Identify common poisonous animals, insects, and reptiles; describe avoidance techniques and demonstrate how to provide first aid upon contact.

378. Identify five poisonous animals, insects, and reptiles; describe avoidance techniques and demonstrate how to provide first aid upon contact.

379. Identify ten of each of the following: poisonous animals, insects, and reptiles; describe avoidance techniques and demonstrate how to provide first aid upon contact.

380. Describe avoidance techniques to keep from being bitten by a snake.

381. Describe avoidance techniques to keep from being bitten by insects.

382. Describe avoidance techniques to keep from being bitten by a reptile.

383. Demonstrate first aid for shock and describe avoidance techniques.

384. Demonstrate first aid for heat stroke and describe avoidance techniques.

385. Demonstrate first aid for heat exhaustion and describe avoidance techniques.

386. Demonstrate first aid for hypothermia and describe avoidance techniques.

387. Demonstrate first aid for sunburn and describe avoidance techniques.

388. Demonstrate first aid for burns and describe avoidance techniques.

389. Demonstrate first aid for frostbite and describe avoidance techniques.

390. Demonstrate first aid for snow blindness and describe avoidance techniques.

391. Simulate how to obtain help when someone is injured while backpacking.

392. Protect against common forms of insects while outdoors.

393. Protect against common forms of poisonous plants while outdoors.

394. Demonstrate first aid for altitude sickness and how to avoid it.



395. Simulate how to transport an injured person from an inaccessible area to a place of safety.

396. Explain why salt is a valid supplement when outdoors.

397. Explain the seriousness of tetanus and describe avoidance techniques.

### Sailing

398. Raise a sail on a sail boat.

399. Master the basics of sailing.

400. Sail one mile.

401. Sail five miles.

### Signaling

402. Send a message of at least ten words by four methods of signaling.

403. Leave a message on a trail.

404. Leave three different messages on a trail.

405. Leave ten different messages on a trail.

406. Use Morse code to send an SOS message.

407. Use Morse code to send a message of two sentences in length.

408. Use Morse code to send a message of one page.

### Skiing, Snowboarding and Snowshoeing

409. Discuss avalanche safety.

410. Go cross-country snow skiing.

411. Ski at least 1/2 mile on cross-country skis.

412. Go downhill skiing.

413. Go snowboarding.

414. Ski downhill on a slope appropriate to your skills.

415. Use a pair of snowshoes.

416. Master the basics of walking on snowshoes.

417. Travel at least 1/2 mile on snowshoes.

418. Walk 1/2 mile in snowshoes in a single day.

419. Go skateboarding.

420. Go snowboarding.

### Swimming and Water Safety

421. Earn a Red Cross certification for basic swimming.

422. Earn a Red Cross certification for intermediate swimming.

423. Earn a Red Cross certification for advanced swimming.

424. Demonstrate a leap entrance into the water in order to save someone from drowning.

425. Demonstrate two swimming strokes.

426. Demonstrate three swimming strokes.

427. Demonstrate four swimming strokes.

428. Demonstrate five swimming strokes.

### Tracking and Trailing

429. Follow the tracks of an animal in nature.

430. Identify the track of five different kinds of animals.

431. Train a dog to track.

### Wilderness Survival

432. Create a personal survival kit for use while backpacking.

433. Catch a fish with your hands.

434. Weave material found in the wild and create something useful.

435. Weave material found in the wild and create something large and useful.

436. Light a fire using two different methods none of which include a match.

437. Construct two types of improvised outdoor shelters and spend at least one night in one of them.

### Science and Nature

#### Architecture

438. Visit three unusual engineering or architecturally designed.

439. Plan and design a house.

440. Plan and design a dam.

441. Plan and design an airplane.

### Astronomy

442. Explain what the North Star is and its significance in history.

443. Locate the North Star and provide relevant information about it.

444. Explain what the South Star is and its significance in history.

445. Locate the South Star and provide relevant information about it.

446. Locate and identify three constellations. Diagram the constellations you have identified and explain their significance.

447. Use a telescope.

448. Distinguish between planets and stars in the sky and point out at least one planet.

449. Tell time without a clock.

### Bird Study

450. Visit a bird sanctuary.

451. Build and use a birdhouse to identify the birds that use the birdhouse.

### Environmental Awareness

452. Plan, organize, and lead a recycling school awareness event.

453. Plan, organize, and lead a conservation school awareness event.

454. Visit a forest that was on fire no more than a few years ago.

455. Plan, organize, and lead a tree planting.

456. Plant ten tree seedlings and tell us why you chose them for the area planted.

457. Plant a tree.

### Geology

458. Collect and identify 10 different minerals or rocks. Explain the difference between a mineral and a rock.

459. Collect a geode and explain what it is.

460. Pan for gold.

461. Visit a mining camp.

### Herpetology

462. Tour a serpentarium.

463. Tour a herpetarium.

### Meteorology

464. Identify two cloud formations in the sky and explain the significance of each.

465. Identify a way to predict rain.

466. Create a rain measurement gauge.

467. Create a wind vane.

468. Create a barometer.

469. Forecast the weather in the immediate and short term.

470. Identify weather signals (small craft warnings etc.)

### Nature Study

471. Collect, identify and mount five varieties of insects.

472. Catch a butterfly and release it.

473. Catch three species of butterfly and mount them.

474. Collect and identify ten varieties of leaves, bark, and wood from trees and plants.

475. Tour an animal sanctuary.

476. Tour a national park.

477. Tour a national forest.

478. Catch and release a firefly.

479. Catch a tadpole.

480. Identify three endangered species and how you can play a part in their preservation.

481. Identify three types of trees, identify their characteristics and discuss the uses of each species.

482. Identify five types of trees, identify their characteristics and discuss the uses of each species.

483. Identify ten types of trees, identify their characteristics and discuss the uses of each species.

484. Re-pot a plant or tree.

485. Identify five animals normally found in a jungle.

486. Identify the tracks of two animals or birds.

487. Track an animal or bird.

- 488. Identify the tracks of an animals or bird in the snow.
- 489. Track ten animals or birds in the snow.
- 490. Track two people.
- 491. Track two people in the snow.
- 492. Make plaster casts of the tracks of two animals or birds.
- 493. Identify five animals normally found in a desert.
- 494. Identify five animals normally found in the ocean.
- 495. Track two animals or birds.
- 496. Identify three varieties of snakes and tell us what we should know about each.
- 497. Visit a river.
- 498. Visit a lake.
- 499. Visit a meteor crater.
- 500. Visit a volcano.
- 501. Visit a fault line.
- 502. Visit a rain forest.
- 503. Visit a desert.
- 504. Whale watch.
- 505. Touch a non-poisonous snake with supervision.
- 506. Visit an animal preserve.
- 507. Visit a zoo.
- 508. Visit an aquarium.

### Health, Fitness and Sports

#### Athletics

- 509. Name ten sports.
- 510. Master the basics of a sport.
- 511. Participate in three sports.
- 512. Teach the fundamentals of a sport to a beginner.
- 513. Throw a ball twenty yards.

- 514. Play a game of Frisbee golf.
- 515. Participate in a game of volleyball.
- 516. Participate in a game of football.
- 517. Participate in a game of baseball, stickball, or softball.
- 518. Participate in a game of basketball.
- 519. Participate in a game of soccer.
- 520. Participate in a lesson of martial arts.
- 521. Participate in a lesson of boxing.
- 522. Play a miniature golf game.
- 523. Play a par three golf course.
- 524. Play a game of golf.
- 525. Play a game of tennis.
- 526. Identify five strategies used in a sport for instance baseball, football, soccer, karate, etc.
- 527. Jog one mile.
- 528. Jog five miles.
- 529. Shadow a staff person (other than the manager) of a sports facility.
- 530. Tour a sports facility.
- 531. Master the basics of surfboarding.
- 532. Master the basics of skating with roller-blades.
- 533. Make ten baskets in a row. (Basketball)
- 534. Make a basket from half court. (Basketball)
- 535. Make a lay-up. (Basketball)
- 536. Interview a professional Surfer.
- 537. Interview a professional Skateboarder.
- 538. Spin a basketball on your finger.
- 539. Attend a rodeo.

### Bicycling

- 540. Repair at least two things on a bicycle.

541. Change a tire on a bicycle.

542. Ride a bicycle 1/2 mile in a single day.

543. Ride a bicycle two miles in a single day.

### Health

544. Keep a log of your health including measurements of your weight and body-measurements and keep a log for seven days.

545. Keep a log of your health including measurements of your weight and body measurements; keep a log for two months.

546. Obtain a copy of your immunization records and verify that they are up to date.

### Recreation (excluding outdoor stuff)

### Hobbies

547. Name twenty hobbies.

548. 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

549. Master the rules and some basic tactics of chess.

550. Play a role-playing game.

551. Play a strategy board game.

552. Play backgammon.

### Photography

553. Photograph ten animals.

554. Photograph five birds.

555. Photograph five fish.

556. Photograph two animals in their natural environment (no pets.)

557. Photograph two birds in their natural environment (no pets.)

558. Photograph a fish in their natural environment (no pets.)

559. Photograph ten people.

560. Photograph three scenic sites.

561. Photograph five different people at varying jobs.

- 562. Photograph five objects or people in close-up mode.
- 563. Take photographs using a roll of color film of your teammates and yourself participating in scouting.
- 564. Take photographs using a roll of black and white film of your teammates and yourself participating in scouting.
- 565. Take at least twenty-four digital photographs of your teammates and yourself participating in scouting.
- 566. Take photographs using a roll of color film of your family, friends, and pets.
- 567. Take photographs using a roll of black and white film of your family, friends, and pets.
- 568. Take at least twenty-four digital photographs of your family friends, and pets.
- 569. Edit a photo.
- 570. Crop a photograph.
- 571. Remove red eye from a photograph.
- 572. Develop a roll of black and white film.
- 573. Develop a roll of color film.
- 574. Enlarge a photograph using a non-computer photo enlarger.
- 575. Print a black and white photograph.
- 576. Print a color photograph.
- 577. Take photographs underwater.
- 578. Tour a photo developing facility.
- 579. Tour a photography dark room.
- 580. Create a photo album.
- 581. Create a photo album of your experience in scouting.

### Creative Design

- 582. Design and build a model of a space colony.
- 583. Design and build a model of an ideal bedroom.
- 584. Design and build a model of an ideal residential building.
- 585. Design and build a model of a car.
- 586. Design and build a model of space vehicle.
- 587. Design and build a model of a bridge.



588. Design and build a bridge.

Vocational

589. Shadow a doctor.

590. Shadow a truck driver.

591. Shadow a museum curator.

592. Shadow a museum docent.

593. Shadow a musician.

594. Shadow a plumber.

595. Shadow a professional athlete.

596. Shadow a writer.

597. Shadow a newspaper journalist.

598. Shadow a broadcast journalist.

599. Shadow a private detective.

600. Shadow a lifeguard.

601. Shadow a dentist.

602. Shadow a personal trainer.

603. Shadow a chimney sweep.

604. Shadow a florist.

605. Shadow a furniture maker.

606. Shadow a polygraph examiner.

607. Shadow a public relations professional.

608. Shadow a real estate professional.

609. Shadow someone in the recording industry.

610. Shadow a restaurant manager.

611. Shadow a sign maker.

612. Shadow someone in the military.

613. Shadow a social worker.

614. Shadow a party/event planner.

- 615. Shadow a veterinarian.
- 616. Shadow a leader of a non-religious organization.
- 617. Shadow a religious leader.
- 618. Shadow a manager of a sports facility.
- 619. Shadow a clothing designer.
- 620. Shadow a land surveyor.
- 621. Shadow a swimming pool service attendant.
- 622. Shadow a talent agent.
- 623. Shadow a casting director.
- 624. Shadow a travel agent.
- 625. Shadow a television or film producer.
- 626. Shadow a television or film writer.
- 627. Shadow a mapmaker.
- 628. Shadow someone in the computer industry.
- 629. Shadow a retail store manager.
- 630. Shadow a principal of a school.
- 631. Shadow someone working at an airport.
- 632. Shadow a park employee.
- 633. Shadow a judge.
- 634. Shadow an attorney.
- 635. Shadow an insurance agent.
- 636. Shadow an accountant/CPA.
- 637. Shadow a contractor.
- 638. Shadow a nurse.
- 639. Shadow a mechanic.
- 640. Shadow a teacher.
- 641. Shadow a salesperson.
- 642. Shadow a banker.

- 643. Shadow five different vocational persons.
- 644. Shadow ten different vocational persons.
- 645. Shadow twenty different vocational persons.
- 646. Shadow a forest ranger.
- 647. Shadow a police person.
- 648. Shadow a fire person.
- 649. Shadow someone who works at a hospital.
- 650. Shadow a carpenter.
- 651. Shadow a gardener.
- 652. Shadow a horticulturalist.
- 653. Shadow a government employee.
- 654. Shadow an elected official.
- 655. Shadow the owner of a company.
- 656. Shadow the CEO of a company.
- 657. Shadow a librarian.
- 658. Shadow a poet.
- 659. Shadow an artist.
- 660. Shadow someone in the movie industry.
- 661. Shadow someone in the television industry.
- 662. Shadow a rancher.
- 663. Shadow an officer of an organization.
- 664. Shadow an arbitrator.
- 665. Shadow a mediator.
- 666. Shadow someone in the office of registrar of elections.
- 667. Shadow a professional in the weather industry.
- 668. Interview someone and write an article from the information obtained in the interview.
- 669. Interview a reporter or journalist.
- 670. Interview a teacher.

- 671. Interview a principal.
- 672. Interview a police officer.
- 673. Interview a firefighter.
- 674. Interview a paramedic.
- 675. Interview someone in the military.
- 676. Interview someone who fought in World War II.
- 677. Interview someone who fought in Korea.
- 678. Interview someone who fought in Vietnam.
- 679. Interview someone who fought in the Gulf War.
- 680. Interview someone who fought in Afghanistan.
- 681. Interview someone who fought in Iraq.
- 682. Interview someone who has traveled abroad.
- 683. Interview someone who has lived abroad.
- 684. Shadow a professional Surfer.
- 685. Shadow a professional Skateboarder.
- 686. Shadow an extreme sport professional.
- 687. Interview someone who served in active conflict.
- 688. Interview someone who was adopted.
- 689. Interview someone from the civil rights movement.
- 690. Name two jobs within the music industry. Tell us what each of them does.
- 691. Tour an auto mechanic shop.
- 692. Tour a gasoline station
- 693. Name three jobs within the film industry. Tell us what each of them does.
- 694. Name two jobs involved in the publication of a book. Tell us what each of them does.
- 695. Act as a salesperson's assistant.
- 696. Act as a doctor's assistant.
- 697. Act as a teacher's assistant.
- 698. Act as a salespersons assistant.

699. Visit a manufacturing plant.

700. Visit a police station.

### Miscellaneous

701. Identify ten varieties of flowers. Mount five of them and discuss the differences between them.

702. Make a floral display.

703. Distinguish between five types of flowers and two types of garnish used for floral displays.

704. Master the basics of runway modeling.

705. Master the basics of a popular dance form.

706. Tour the cab of a truck.

707. Tour a trucking company.

708. Tour a ship.

709. Tour a dry cleaning store.

710. Tour a zoo.

711. Tour an arena.

712. Tour a finger printing division of a police department.

713. Tour a stable.

714. Tour a locksmith's shop.

715. Tour a pizza establishment.

716. Tour a fast food establishment.

717. Tour a nursing home.

718. Tour a religious institution.

719. Tour a college or university.

720. Tour a restaurant.

721. Tour a fitness gym.

722. Tour a recording studio.

723. Tour a golf course.

724. Tour a pet store.

725. Tour a marina.

- 726. Tour an alarm monitoring station.
- 727. Tour a gas station.
- 728. Tour a social service organization.
- 729. Tour a college.
- 730. Tour a hotel.
- 731. Tour a motel.
- 732. Tour a kennel.
- 733. Tour a military base or facility.
- 734. Tour a home improvement store.
- 735. Tour a library.
- 736. Tour a doctor's office.
- 737. Tour a movie theatre.
- 738. Tour a printing plant.
- 739. Tour a magazine/periodical office.
- 740. Tour an election campaign office.
- 741. Tour a moving and storage facility.
- 742. Tour a greenhouse or nursery.
- 743. Tour an oil well.
- 744. Tour a television studio.
- 745. Tour a movie studio.
- 746. Tour a self-service storing facility.
- 747. Tour the offices of a telephone company.
- 748. Tour a thrift shop.
- 749. Tour an upholstery plant.
- 750. Tour a hospital.
- 751. Tour a pool store.
- 752. Tour a clothing manufacturer.
- 753. Tour a stock brokerage office.

- 754. Tour the exchange of a stock exchange.
- 755. Tour a bank.
- 756. Tour a horse stable or equestrian center.
- 757. Tour a children's hospital.
- 758. Tour a planetarium.
- 759. View an IMAX movie.
- 760. Tour an IMAX movie theatre.
- 761. Tour a museum.
- 762. Tour an art gallery.
- 763. Tour a train.
- 764. Ride a train.
- 765. Identify ten adventures you would like to do within a year.
- 766. Identify five adventures you would like to do within a month.
- 767. Identify ten adventures you would like to do within your lifetime.
- 768. Read a book and tell us why you chose it, what you liked about it, what you didn't like about it, and why we should read it or not.
- 769. Tell us about the journey of Lewis and Clark.
- 770. Tell us about an individual who changed the world, how they did so, and why.
- 771. Tell us about an individual who impacted your life, how they did so, and why.
- 772. Lead a single brainstorming session.
- 773. Plan and lead an entire brainstorming process of something.
- 774. Delegate a task.
- 775. See a movie and tell us about it. Tell us what you liked or disliked.
- 776. See three movies; name the two leading actors and actresses and the directors of each film.
- 777. Name five things you can do to improve your appearance.
- 778. Do five things to improve your appearance.
- 779. Identify the differences in three magazine periodicals.
- 780. Milk a cow.

## Rising Star Challenges

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781. Shine a pair of shoes.

782. Clean a pair of sneakers.

783. Clean a baseball hat.

784. Place a telephone call using a cellular telephone.

785. Use the directory of a cellular telephone to place a telephone call.

786. Choose a ring option for a cellular telephone.

787. Use a cellular telephone to take and send a photograph.

788. Identify three inventions and re-create the item invented.

789. Build a model.

790. Build a model made of wood.

791. Make a kaleidoscope.

792. Bind a book using the glue method.

793. Tell a story.

Hobbies and Personal Interests

Aviation and Model Rocketry

794. Launch a rocket.

795. Launch a rocket with an altitude of over five feet.

796. Build a rocket.

797. Pilot the flight of a model airplane.

798. Fly a kite.

799. Visit a hot air balloon show.

800. Visit a blimp.

801. Tour an airport.

American Native Culture

802. Visit an Indian reservation.

Art

803. Make a poster that illustrates the spirit of Adventure Scouts USA.

804. Write, create or perform a work of creative art that illustrates the Spirit of Adventure Scouts USA.



805. Make a stain glass window.

806. Create a comic book character.

807. Create a comic strip.

808. Create a comic book.

809. Create a comic book for potential use by Adventure Scouts USA.

810. Make a stained glass window.

811. Create a painting from watercolors.

812. Create a painting from pastels.

813. Create a drawing.

814. Create a self-portrait.

### Basketry

815. Make a basket.

### Computing

816. Write a document using a word processor.

817. Create a spreadsheet document.

818. Create a plan for a website.

819. Create a one page website.

820. Create a five page website.

821. Create a ten page website.

822. Create a twenty page website.

823. Create a search engine on a website.

824. Make a one-page power point presentation.

825. Make a ten-page power point presentation.

826. Demonstrate Boolean web search techniques.

827. Optimize a hard drive.

828. Type 25 words per minute.

829. Compute sales tax.

### Driving and Car- Care

830. Wax an automobile.

831. Attend an auto show.

832. Attend a monster truck show.

833. Attend a NASCAR event.

834. Tour a car dealership

### Electricity and Electronics

835. Use solar energy as the source of energy to operate something.

836. Build an electronic device.

837. Distinguish between three different electronic devices or parts and discuss the distinguishing characteristics and uses of each device.

838. Distinguish between five different electronic devices or parts and discuss the distinguishing characteristics and uses of each device.

839. Distinguish between ten different electronic devices or parts and discuss the distinguishing characteristics and uses of each device.

### Gardening

840. Plant 20 seeds and explain why they were chosen for the area in which each was planted.

841. Visit three unusual gardens or landscaped places and discuss with a professional the method of creation and specific materials involved.

842. Create a butterfly garden.

### Home Maintenance

843. Help prepare a room for painting.

844. Help paint a primer coat.

845. Help paint a room.

846. Help remove old wallpaper from a room.

847. Help prepare plaster for new wallpaper.

848. Help hang wallpaper.

849. Hang wallpaper on plaster.

850. Help lay a linoleum floor covering.

851. Master the basics of painting a wall.

852. Paint a wall.

853. Paint a door jam or bathroom.

854. Help stain a piece of furniture.

855. Stain a piece of wood.

856. Paint a piece of furniture.

857. Paint a piece of wood.

858. Antique a piece of furniture.

### Journaling

859. Create a scrapbook.

860. Keep a written journal for at least thirty days.

861. Keep a journal for a week.

862. Make a biographical picture book of events in your life.

863. Create a scrapbook regarding your experiences in scouting.

### Marksmanship

864. Learn about gun safety practices and what to do when others are handling a gun.

### Pottery

865. Create a piece of pottery.

866. Create a pottery bowl.

### Pet Care

867. Clean a pet.

868. Care for a pet for at least a week.

869. Demonstrate how to choose a pet.

870. Demonstrate proper care and feeding of a dog.

871. Demonstrate proper care and feeding of a cat.

872. Demonstrate proper care and feeding of a bird.

### Sewing and Tailoring

873. Sew a patch to an article of clothing.

874. Master the basics of sewing by hand.

875. Master the basics of sewing with a simple sewing machine.

876. Hem an article of clothing.

877. Patch an article of clothing.

Theater Arts including Film and TV

878. Create a one-minute movie or video.

879. Master the basic techniques of acting.

880. Write and present a skit.

881. Write a one-act play.

882. Write a full-length play.

883. Direct a one-act play.

884. Direct a full-length play.

885. Perform in a one-act play.

886. Perform in a full-length play.

887. Create sets for a one-act play.

888. Create sets for a full-length play.

889. Create costumes for a one-act play.

890. Create costumes for a full-length play.

891. Direct lighting for a one-act play.

892. Direct lighting for a full-length.

893. Juggle three balls.

894. Juggle two balls in one hand.

895. Perform a magic trick.

896. Perform three magic tricks.

897. Perform a card trick.

898. Perform three card tricks.

899. Conduct an experiment demonstrating how sound travels.

900. Demonstrate method and materials needed to soundproof an area.

## Rising Star Challenges

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901. Create five special effects within a video or film. (This does not include manual camera special effects such as fade in, fade out, haze, etc.)

902. Edit a soundtrack on video or film.

903. Create a soundtrack on video or film.

904. Dub speaking to match someone speaking on film or video.

905. Visit a theater. (not a movie theater.)

906. Tour a theatre (not a movie theater.)

907. Write and present a comedic presentation.

908. Write and present a film or video.

909. Plan and create using video or film an ad for potential use by Adventure Scouts USA.

910. Write and orally present a review of a film.

911. Write and using either video or film make a commercial.

912. Write and using either video or film, make a documentary.

913. Write and using either video or film, make a public service announcement.

914. Write and using either video or film, make a short film.

915. Write and using either video or film, make a feature film.

916. Plan, organize, and lead a campfire program at a group event.

917. Plan, organize, and lead a campfire program at a team event.

918. Attend a play.

919. Attend a ballet.

920. Attend an opera.

921. Attend the taping of a television show.

### Woodcarving

922. Use a knife to whittle an object.

923. Carve an object using at least two types of carving chisels.

924. Demonstrate safety practices for woodcarving.

### Woodworking

925. Drive a nail with a hammer, identify the differences between types of hammers and identify their uses.

926. Drive a screw with a screwdriver, identify the differences types of screwdrivers and identify their uses.

927. Drive a bolt with a wrench, identify the different types of wrenches and identify their uses.

928. Use pliers, identify various types of pliers and identify their uses.

929. Drive a hole using a drill, identify various types of drills and identify their uses.

930. Cut a board using a saw, identify various types of saws and identify their uses.

931. Smooth a surface using a plane, identify various types of planes and identify their uses.

932. Smooth a surface using sandpaper, identify various types and grades of sandpaper and identify their uses.

933. Make a miter box and use it to cut an angle in a board.

### Emergency Preparedness

934. Plan, organize, and create a disaster kit.

ADDITIONS for consideration: