SPORTS
Field Topic Mission

Field-Craft

Bicycling
Repair at least five things on a bicycle
Change a tire on a bicycle

Boating
Row a boat
Master the basics of water skiing
Make a surfboard

Canoeing

Demonstrate three types of canoeing strokes and explain their purpose
Right an overturned canoe and re-enter it
Demonstrate two ways to paddle a canoe
Master the basics of canoeing
Canoe one mile
Canoe five miles
Canoe ten miles
Canoe twenty miles
Canoe fifty miles
Canoe one hundred miles

Diving
Scuba dive in the ocean
Scuba dive in a lake
Scuba dive in a pool
Skin dive in an ocean
Skin dive in a lake
Skin dive in a pool
Snorkel in the ocean
Snorkel in a lake
Snorkel in a pool

Fishing
Master the basics of salt-water fishing
Master the basics fresh-water fishing
Master the basics of fly-fishing
Cook fish by frying, baking and broiling
Go fishing

Hiking and Backpacking

Hike at least one mile
Hike at least five miles
Hike at least ten miles
Hike at least twenty miles.
Hike at least fifty miles
Hike at least ten miles in a single day

Hike at least twenty miles in a single day
Hike at night
Identify at least two forms of personal lighting suitable for backpacking and show how to use them.
Compile two packing lists for a weekend backpacking trip, one of lightweight equipment and the other of traditional backpacking equipment, compare their weight and discuss the use of each item
Dispose of human waste while backpacking according to accepted environmental practices
Participate in an overnight backpacking trip
Plan, organize and lead an overnight backpacking trip.
Participate in a two-night backpacking trip
Plan, organize and lead a two-night backpacking trip.
Participate in a five-night backpacking trip
Plan, organize and lead a five-night backpacking trip
Participate in a fourteen-night backpacking trip
Plan, organize and lead a fourteen-night backpacking trip
Participate in a month-long backpacking trip
Plan, organize and lead a month-long backpacking trip
Avoid surprising wildlife while backpacking or hiking
Describe the health and safety practices for backpacking in the locale where you expect to hike
List and show the clothing and equipment that you should carry while backpacking under at least two combinations of weather conditions and terrain.
Participate in a backpacking trip in at least two of the above listed combinations of weather conditions and terrain.
Plan, organize and lead a backpacking trip in at least two of the above listed combinations of weather conditions and terrain.
Participate in a backpacking trip in snow having an average depth of less than three inches
Participate in a backpacking trip in snow having an average depth of greater than three inches
Plan, organize and lead a backpacking trip in snow having an average depth of less than three inches
Plan, organize and lead a backpacking trip in snow having an average depth of greater than three inches
Participate in a backpacking trip involving the use of canoes, kayaks, or other watercraft
Plan, organize and lead a backpacking trip involving the use of canoes, kayaks, or other watercraft.
Participate in a backpacking trip on an island
Plan, organize and lead a backpacking trip on an island
Prevent foot injuries while backpacking.
Provide first aid for blisters, hotspots and other foot conditions
Store your equipment while sleeping during a backpacking trip
Identify the differences between types of hiking boots. Discuss the differences between Gore-Tex and non Gore-Tex boots.
Identify the methods of crossing a stream
Identify the methods of crossing a river (slow versus fast, deep versus shallow.)
Participate in a backpacking trip along the Appalachian Trail
Plan, organize and lead a backpacking trip along the Appalachian Trail
Participate in a backpacking trip along the Pacific Crest Trail.
Plan, organize and lead a backpacking trip along the Pacific Crest Trail
Participate in a backpacking trip along the Continental Divide Trail
Plan, organize and lead a backpacking trip along the Continental Divide Trail
Thru hike the Appalachian Trail
Thru hike the Pacific Crest Trail
Thru hike the Continental Divide Trail
Thru hike a trail of your choice
Plan, organize, and lead the creation of a trail. Use signs and labels as appropriate; create a map for the trail.
Load your backpack

Horsemanship

Master the basics of riding the western saddle
Master the basics of riding the English saddle
Go horseback riding
Tour a horse stable or equestrian center
Attend a polo match

Sailing

Raise a sail on a sail boat
Master the basics of sailing
Sail one mile
Sail five miles
Sail ten miles
Sail twenty miles
Sail fifty miles
Sail one hundred miles

Skiing, Snowboarding and Snowshoeing

Discuss avalanche safety
Master the basics of cross-country snow skiing
Ski at least one mile on cross-country skis
Master the basics of downhill skiing
Ski downhill on a slope appropriate to your skills
Make a pair of snowshoes
Master the basics of walking on snowshoes
Travel at least one mile on snowshoes
Walk five miles in snowshoes in a single day
Master the basics of skateboarding
Master the basics of snowboarding

Swimming and Water Safety

Swim 50 yards
Earn a Red Cross certification for a water safety instructor
Earn a Red Cross certification for basic life saving
Earn a Red Cross certification for advanced life saving
Earn a Red Cross certification for basic swimming
Earn a Red Cross certification for intermediate swimming
Earn a Red Cross certification for advanced swimming
Demonstrate a leap entrance into the water in order to save someone from drowning
Swim one hundred yards
Swim one mile
Demonstrate two swimming strokes
Demonstrate three swimming strokes
Demonstrate four swimming strokes
Demonstrate five swimming strokes

Spelunking (Cave Exploration)

Visit a cave

Tracking and Trailing

Follow the tracks of an animal in nature

Train your dog to track

Wilderness Survival

Create a personal survival kit for use while backpacking
Catch a fish with your hands
Build a snow shelter and sleep at least one night in it under winter conditions involving snow
Build an igloo and sleep at least one night in it
Make a bow and arrow that will shoot twenty yards or more
Make a bow and arrow that will shoot fifty yards or more
Make a bow and arrow that will shoot one hundred yards or more
React to an encounter with a black bear
React to an encounter with a brown bear
React to an encounter with a grizzly bear
React to an encounter with a polar bear
Weave material found in the wild and create something useful
Weave material found in the wild and create something large and useful
Light a fire using 3 different methods none of which include a match.
Construct three t ypes of improvised outdoor shelters spend at least one night in one of them

Health, Fitness and Sports

Athletics

Name twenty sports
Master the basics of a sport
Participate in five sports
Teach the fundamentals of a sport to a beginner
Throw a ball twenty yards
Win a game of Frisbee golf
Participate in a game of volleyball.
Participate in a game of football.
Participate in a game of baseball, stickball, or softball
Participate in a game of basketball
Participate in a game of soccer
Participate in a lesson of martial arts
Participate in a lesson of boxing
Play a par three golf course
Play eighteen holes of golf
Play a game of tennis
Identify five strategies used in a sport for instance baseball, football, soccer, karate, etc.
Jog one mile
Jog five miles in a single day
Jog ten miles in a single day
Jog twenty miles in a single day
Shadow a manager or staff person of a sports facility
Tour a sports facility
Master the basics of surfboarding
Master the basics of skating with roller-blades
Make ten baskets in a row. (Basketball)
Make a basket from half court. (Basketball)
Make a lay-up. (Basketball)
Interview a professional Surfer
Interview a professional Skateboarder.
Interview an extreme sport professional

Spin a basketball on your finger
Design a plan to reduce daily stress
Attend a rodeo.

Bicycling

Change a tire on a bicycle
Ride a bicycle one mile in a single day
Ride a bicycle five miles in a single day
Ride a bicycle ten miles in a singe day
Ride a bicycle twenty miles in a single day
Ride a bicycle fifty miles

Health

Keep a log of your health including measurements of your weight and body-measurements and keep a log for thirty days.
Keep a log of your health including measurements of your weight and body measurements; keep a log for one year.
Visit a doctor and have a physical
Identify the risks of excessive cholesterol levels and describe ways to control it.
Identify the risks of high and low blood pressure and describe avoidance techniques.
Identify the risks of diabetes and discuss treatment
Obtain a copy of your immunization records and verify that they are up to date

Vocational

Sports
Shadow a professional athlete
Shadow a lifeguard
Shadow a personal trainer

BASE
Field Topic Mission

Principals*

Promise, Motto and Code
1. The Scout has recited from membory 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 property.
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 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)

- 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