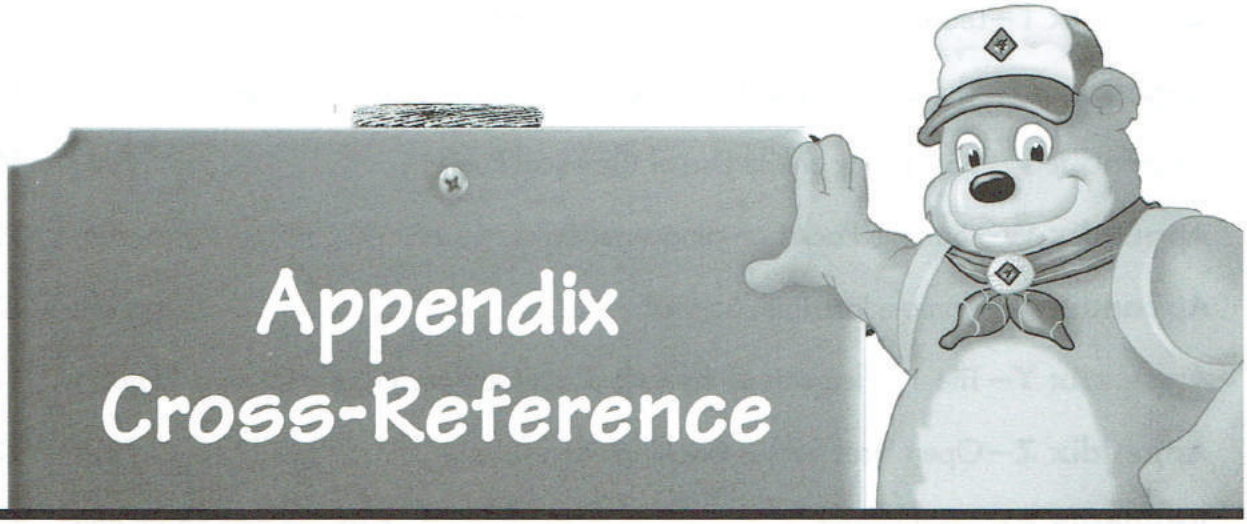

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Pack Overnighter Site Approval Form

This site approval form is to be used by the BSA council to evaluate local pack overnight family camping locations. It should be kept on file in the council office for local unit use and periodically reviewed for accuracy.

Site: _____ Phone: _____

Address: _____

Site contact: _____ Title: _____

Site managed by (check one): City ____ County ____ State ____ Federal ____ Private ____ BSA ____

Mandatory Standards	**Meets Standard Yes**	**No**
1. The camping site is clean and safe from hazards.	____	____
2. The site is not located near any natural or manmade hazards.	____	____
3. Facilities are available for the proper and sanitary disposal of garbage, with vermin-proof receptacles.These facilities are serviced regularly by the managing agency.	____	____
4. Drinking water from an approved source is provided at convenient locations and is readily accessible.	____	____
5. Emergency assistance is available 24 hours a day.	____	____
6. A public telephone is available within a reasonable distance.	____	____
7. If fires are permitted, adequate and safe equipment is provided for cooking and recreational fires.	____	____
8. Each family site is within 300 feet of a sanitary toilet facility.	____	____
9. Any individual site hook-ups provided for electricity, water, or sewer meet all appropriate local and state health codes.	____	____
10. If swimming is available, it is limited to facilities that meet state health standards. BSA safety guidelines for aquatics are followed.	____	____
11. Adequate shelter is available for program activities during inclement weather.	____	____
Site Amenities (optional)		
12. Campsites are available for tents.	____	____
13. Campsites are available for recreational vehicles.	____	____
14. Clean and warm showers are available for all campers.	____	____
15. Sufficient picnic tables are available.	____	____
16. An open area is available for group games and other recreational activities.	____	____
17. Well-marked and easy-to-follow trails are available.	____	____
18. Playground equipment is available and in good repair.	____	____
19. Recreational equipment is available for packs to check out.	____	____

Additional Opportunities

List any items of interest, historical sites, etc., in or near the vicinity of campsites. _____

_____

_____

Site inspected by: _____ Date: _____

Site approved by: _____ Date: _____

Council contact: _____ Phone: _____

Site approval expires (date): _____. (This is two years from the date of inspection.)

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APPENDIX B

Excerpts From the *Guide to Safe Scouting*

Safe Swim Defense

Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader or more must complete Safe Swim Defense training, have a commitment card (No. 34243) with them, and agree to use the eight defenses in this plan.

Safety Afloat

Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, floating in an inner tube, or other craft), adult leaders for such activity must complete Safety Afloat training, have a commitment card, No. 34242, with them, and be dedicated to full compliance with all nine points of Safety Afloat. Canoeing, row-boating, and rafting for Cub Scouts and Webelos Scouts are limited to council and district events and only on flat water.

Drug, Alcohol, and Tobacco Use and Abuse

The Boy Scouts of America prohibits the use of alcoholic beverages and controlled substances at encampments or activities on property owned and/or operated by the Boy Scouts of America, or at any activity involving participation of youth members.

Adult leaders should support the attitude that young adults are better off without tobacco and may not allow the use of tobacco products at any BSA activity involving youth participants. This includes the use of electronic cigarettes, personal vaporizers, or electronic nicotine delivery systems that simulate tobacco smoking.

All Scouting functions, meetings, and activities should be conducted on a smoke-free basis, with smoking areas located away from all participants.

Guns and Firearms

Youth members of Cub Scouting are permitted to participate only in the shooting activities named herein only:

Archery and BB gun shooting are restricted to day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or to council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced. Archery and BB gun shooting are not to be done at the pack level.

Cub Scouts are not permitted to use any other type of handgun or firearm.

Tour and Activity Plan

If a unit plans a trip within 500 miles of the home base, it is important that the unit develop a tour and activity plan. … These plans have become recognized by national parks, military institutions, and other organizations as proof that a unit activity has been well planned and organized and is under capable and qualified leadership. These organizations may require a plan for entry.

Most short, in-town den trips of a few hours do not require a plan; however, it is recommended that dens obtain permission slips from parents.

APPENDIX C

Positive Values

The aims of the Boy Scouts of America are to develop character, citizenship, and personal fitness (including mental, spiritual, and physical fitness) in today's youth. All activities, including den and pack meeting programs; adult training events or committee meetings; camp programs; and campfire programs contribute to the aims of Scouting.

Every Scouting activity should be a positive experience in which youth and leaders feel emotionally secure and find support from their peers and leaders. Everything we do with our Scouts— including songs, skits, and ceremonies—should be positive and meaningful, and should not contradict the philosophy expressed in the Scout Oath and Scout Law.

Remember to:

- Reinforce the values of Scouting.
- Make everyone feel good.
- Make every element meaningful.
- Use age-appropriate activities.
- Get the whole group involved.
- Be positive.
- Teach the ideals and goals of Scouting.

Guidelines for Scouting-Appropriate Activities

- Cheers, songs, skits, stories, games, and ceremonies should build self-esteem and be age-appropriate.
- Name-calling, put-downs, and hazing are not appropriate.
- References to undergarments, nudity, or bodily functions are not acceptable.
- Cross-gender impersonations are not appropriate.
- Derogatory references to ethnic or cultural backgrounds, economic situations, and disabilities are not acceptable.
- Alcohol, drugs, gangs, guns, suicide, and other sensitive social issues are not appropriate subjects.
- Refrain from "inside jokes" that are exclusionary to the audience.
- Wasteful, ill-mannered, or improper use of food or water should not be used.
- The lyrics to the following patriotic songs should not be changed: "America," "America the Beautiful," God Bless America," and "The Star-Spangled Banner."
- Similar respect should be shown for hymns and other spiritual songs.
- Avoid scary stories and bad language.
- Model the values of BSA and set a high standard for appropriateness in ALL Scouting activities.

IF IN DOUBT, TAKE IT OUT.

APPENDIX D

Outdoor Flag Ceremonies

A proper color guard requires two people per flag to raise and lower the colors. If more than the U.S. flag is being used, the U.S. flag is raised first in the morning and lowered last in the evening. Use the commands shown in italics to cue the bugler, if one is used.

STATIONARY FLAGPOLE

Raising the flag in the morning:

Command:	Action:
"Color guard, attention!"	The color guard comes to attention.
"Camp, attention!"	The audience stands at attention.
"Color guard, advance!"	The color guard advances to the flagpoles.
"Color guard, present colors!"	The color guard attaches the flag to the halyard.
"Hand Salute!"	All salute, except the Scout raising the colors; the assistant salutes once the flag has cleared his hands.*
"Color guard, post colors!" *(Optional: "Bugler, sound off!")*	*(Optional: bugler plays "To the Colors.")* The flag is raised briskly to the top of the pole. After the flag stops at the top, the Pledge of Allegiance, if used, is recited while the salute is held.
"Two!"	All drop salute and remain at attention. The color guard ties the halyard to secure the flag. The process is repeated with any other flags being raised together; no salute is given, and the bugler does not play. When the halyard is secure:
"Color guard, dismissed!"	Color guard returns to the starting point. A patriotic song or reading may be done at this point.
"Camp at ease!"	The audience relaxes from attention. Any announcements, awards, or recognition may be done at this point.
"Camp, dismissed!"	The ceremony is ended and the audience disperses.

***Note:** The salute is held only while the flag is moving on the pole. Once it reaches the top of the pole, or is touched by a member of the color guard, the command "TWO!" is given. Scouts should salute the pole itself, not follow the flag while it is moving up or down the pole.

Lowering the flag before sundown:

(Any announcements, awards, or recognition may be done after the audience has assembled but before the flag is lowered.)

Command:	Action:
(Optional: "Bugler, sound retreat!")	*(Optional: Bugler plays "Retreat.")*
"Color guard, attention!"	The color guard comes to attention.
"Camp, attention!"	The audience stands at attention.
"Color guard, advance!"	The color guard advances to the flagpoles. Flags other than the U.S. flag are lowered first and folded bed sheet style.
"Color guard, prepare to lower the colors!"	The color guard unties the lanyard from the pole.
"Hand salute!"	All salute, except the Scout lowering the colors; the assistant salutes until the flag is within reach.
"Color guard, lower the colors!" *(Optional: "Bugler, sound off!")*	*(Optional: bugler plays "To the Colors.")* The U.S. flag is lowered slowly, with dignity. When the flag touches the assistant's hand:
"Two!"	All stop saluting, remaining at attention while the U.S. flag is properly folded triangle-style.
"Color guard, dismissed!"	The color guard returns to their starting point.
"Camp at ease!"	Audience relaxes from attention.
"Camp dismissed!"	The ceremony is over; the audience disperses.

HANDHELD FLAGPOLE

Raising the flag in the morning:

Command:	Action:
"Color guard, attention!"	The color guard comes to attention.
"Camp, attention!"	The audience stands at attention.
"Color guard, advance!"	The color guard moves toward the flag stands (in front of the audience) and stops on arrival.
"Color guard, present colors!"	The U.S. flag is raised high and held; any other flags are dipped forward.

"Hand salute!"	All except the flag bearers salute. The Pledge of Allegiance may be recited.
"Two!"	All drop salute, remain at attention.
"Color guard, post colors!"	The flags are posted in their stands; flag bearers take one step back.
"Color guard, dismissed!"	Color guard returns to the starting point behind audience.
"Camp at ease!"	The audience relaxes from attention. Any announcements, awards, or recognition may be done at this point.
"Camp dismissed!"	The ceremony is ended and the audience disperses.

Lowering the flag before sundown:

Any announcements, awards, or recognition may be done after the audience has assembled, but before the flag is lowered.

Command:	**Action:**
"Color guard, attention!"	The color guard comes to attention.
"Camp, attention!"	The audience stands at attention.
"Color guard, advance!"	The color guard moves toward the flag, stands (in front of audience), and stops on arrival.
"Color guard, present the colors!"	The flags are removed from their stands; the color guard turns toward the audience and waits.
"Hand salute!"	All except the flag bearers salute.
"Color guard, retire the colors!"	The U.S. flag precedes all others and they exit (back of audience). When they are clear of the audience:
"Two!"	All drop salutes.
"Camp at ease!"	Audience relaxes from attention.
"Camp dismissed!"	The ceremony is over; and the audience disperses.

APPENDIX E

The Purposes of Cub Scouting

1. Character Development
2. Spiritual Growth
3. Good Citizenship
4. Sportsmanship and Fitness
5. Family Understanding
6. Respectful Relationships
7. Personal Achievement
8. Friendly Service
9. Fun and Adventure
10. Preparation for Boy Scouts

Principles for Developing Character

There are three basic principles that underlie character development: thinking, feeling, and behavior. The Scout Oath and Law are the basis of good character development.

Desired Outcomes

The Cub Scout advancement program is built around five desired outcomes. The required adventures deliver experiences that build positive skills in boys in support of these constructs:

Character Development (Scout Law and Oath, Duty to God)

Participatory Citizenship (Civic Awareness and Patriotism, Service, Stewardship)

Personal Fitness (Physical Fitness, Healthy Eating, Wellness and Healthy Habits)

Outdoor Skills and Awareness (Comfort, Safety, and Adventure in the Outdoors, Nature and Outdoor Ethics, Emergency Skills)

The outdoor program is the laboratory where many of the skills and dispositions we want to develop are learned and practiced.

- Promote the plan and the event. Have a point of contact who can answer questions.
- Consider the tools to use when communicating the adventure: social media or paper handouts? Keep in mind how the audience prefers to communicate.
- Follow up with multiple messages to keep the excitement building.

The Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. He does his best to live up to the Law every day. It is not always easy to do, but a Scout always tries.

A Scout is TRUSTWORTHY. A Scout tells the truth and keeps his promises. People can depend on him.

A Scout is LOYAL. A Scout is true to his family, friends, Scout leaders, school, and country.

A Scout is HELPFUL. A Scout volunteers to help others without expecting a reward.

A Scout is FRIENDLY. A Scout is a friend to everyone, even people who are very different from him.

A Scout is COURTEOUS. A Scout is polite to everyone and always uses good manners.

A Scout is KIND. A Scout treats others as he wants to be treated. He never harms or kills any living thing without good reason.

A Scout is OBEDIENT. A Scout follows the rules of his family, school, and pack. He obeys the laws of his community and country.

A Scout is CHEERFUL. A Scout looks for the bright side of life. He cheerfully does tasks that come his way. He tries to make others happy.

A Scout is THRIFTY. A Scout works to pay his way. He uses time, property, and natural resources wisely.

A Scout is BRAVE. A Scout can face danger even if he is afraid. He stands for what is right even if others laugh at him.

A Scout is CLEAN. A Scout keeps his body and mind fit. He helps keep his home and community clean.

A Scout is REVERENT. A Scout is reverent toward God. He is faithful in his religious duties.

The Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

The Meaning of the Scout Oath

ON MY HONOR I WILL DO MY BEST

Saying "On my honor" is like saying "I promise." It means that you will do your best to do what the Scout Oath says.

The Scout Oath has three promises. Let's look at what they mean.

TO DO MY DUTY TO GOD AND MY COUNTRY AND TO OBEY THE SCOUT LAW

A duty is something you are expected to do. At home, you might be expected to make up your bed or take out the trash. You also have duties to God and to your country. You do your duty to God by following the teachings of your family and religious leaders. You do your duty to your country by being a good citizen and obeying the law. You also promise to live by the 12 points of the Scout Law.

TO HELP OTHER PEOPLE AT ALL TIMES

Many people need help. A friendly smile and a helping hand make life easier for others. By helping other people, you are doing a Good Turn and making our world a better place.

TO KEEP MYSELF PHYSICALLY STRONG, MENTALLY AWAKE, AND MORALLY STRAIGHT

The last part of the Scout Oath is about taking care of yourself. You stay physically strong when you eat the right foods and get plenty of exercise. You stay mentally awake when you work hard in school, learn all you can, and ask questions. You stay morally straight when you do the right thing and live your life with honesty.

APPENDIX F

The Cub Scout Pack Camping Program

Cub Scout camping is an excellent way to expose Cub Scouts and their families to the positive values of Scouting found in the Scout Oath, such as duty to God and helping others.

Most boys joined Cub Scouting expecting to be involved in a program that uses the outdoors.

Each Cub Scout pack is encouraged to provide its youth members with enriching camping experiences. It is the intention of Cub Scout pack camping to be an adult–youth member camping activity organized by the pack.

Pack camping must be held on council-owned or -managed facilities, or at the local council's option in council-approved city, state, county, or national parks, or council-approved privately-owned campgrounds. Contact your local council for availability and approval. (Councils use Pack Overnighter Site Approval Form, No. 13-508.)

Adults who lead a pack camping program must complete Basic Adult Leader Outdoor Orientation (BALOO) and complete Youth Protection training before conducting the activity. At least one BALOO-trained adult must attend every camping activity of the pack.

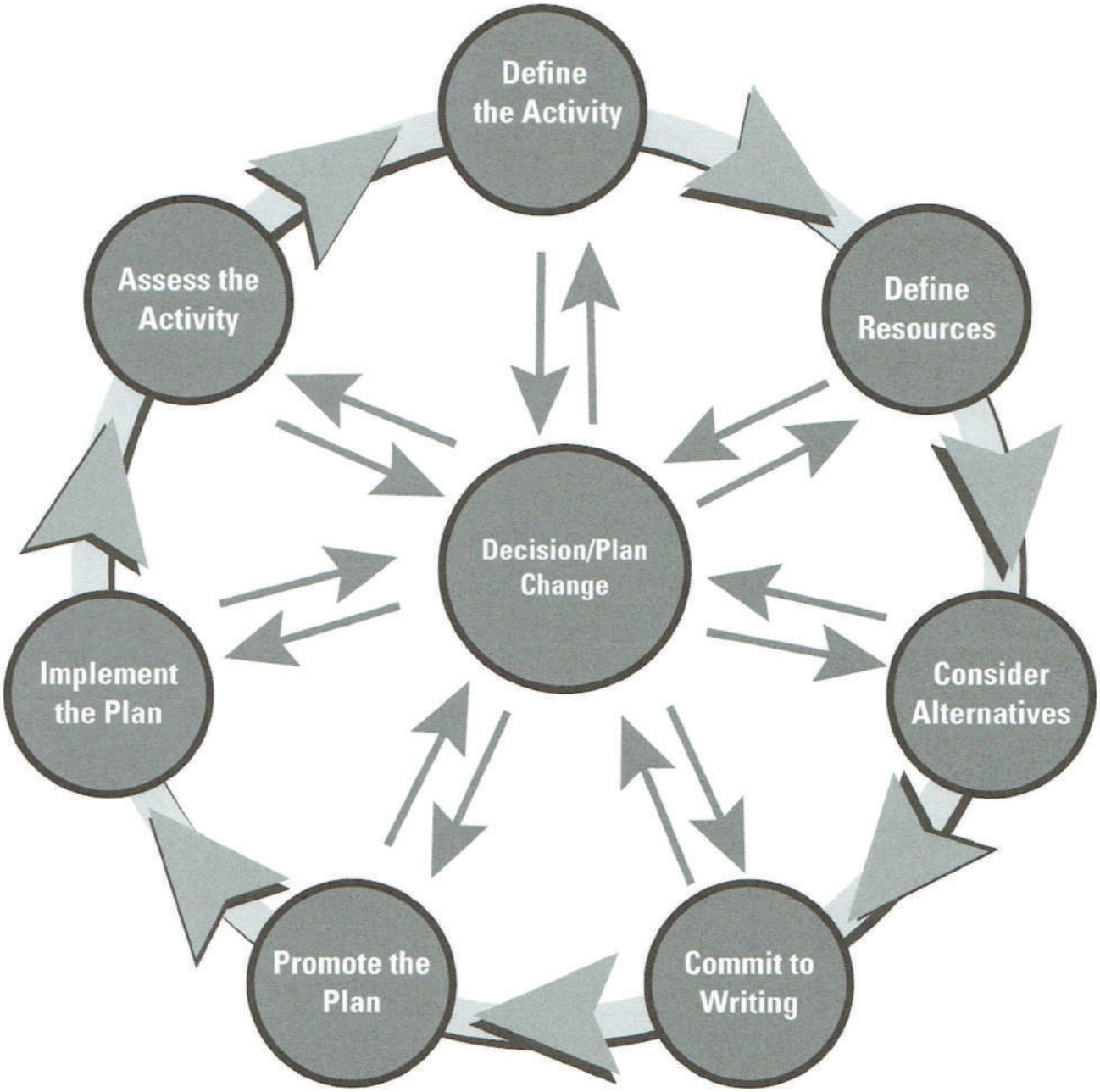
This activity is an "entry-level" camping activity. All arrangements—sleeping, cooking, and program—should be geared to Cub Scout–age boys.

It is the goal of this program that the youth involved in this activity will be registered Tigers, Wolves, Bears, or Webelos, each with a responsible adult. In some cases, families will participate, and higher adult/Scout ratios will occur, and these options should be considered in planning the activity.

The overall goal of this activity is to provide a fun, exciting camping experience for the first-time Cub Scout camper. Advancement will be included as part of the natural program, but will not be the focus of the activity.

APPENDIX G

The Seven Steps of Planning



Cub Scout Pack Overnighter Planning Calendar

Action to Be Taken	Days Before Outing	Date	Assigned to	Done?
Overnighter leader recruited	120	_____	_____	Y N
Overnighter leader trained—BALOO	120	_____	_____	Y N
Program leader recruited	110	_____	_____	Y N
Event and program assistants recruited	100	_____	_____	Y N
Initial planning meeting held	90	_____	_____	Y N
Campsite selected and reservations made	75	_____	_____	Y N
Begin promotion	60	_____	_____	Y N
Final budget completed	45	_____	_____	Y N
Permission slips/health forms and personal equipment lists distributed	45	_____	_____	Y N
Collection of fees completed	21	_____	_____	Y N
Program finalized	21	_____	_____	Y N
Tour and activity plan developed	14	_____	_____	Y N
Map(s) prepared and transportation arrangements finalized	10	_____	_____	Y N
Final equipment check made	7	_____	_____	Y N
Check on weather forecast	7	_____	_____	Y N
Food purchased	1–5	_____	_____	Y N
Conduct overnighter	0	_____	_____	Y N
Evaluation meeting held	+15	_____	_____	Y N
Final report to pack committee	+30	_____	_____	Y N

Cub Scout Outdoor Program Checklist

Date(s) _____

Location _____

❑ BSA facility ❑ Council-approved non-BSA facility

I. Administration

- ❑ Tour and activity plan
- ❑ Parent permission slips
- ❑ Health forms
- ❑ Insurance
- ❑ Camp reservation made
- ❑ Camp deposit/fee paid
- ❑ Local requirements
- ❑ Licenses and permits (fishing, boat, campfire, parking, etc.)

II. Leadership

Event leader _____ Phone (____) _____

Assistant _____ Phone (____) _____

Program leader _____ Phone (____) _____

Assistant _____ Phone (____) _____

III. Transportation

Driver	No. of seat belts	Driver License No.	Auto Insurance Yes/No

Equipment hauled by _____

IV. Location

- ❑ Maps prepared _____
- ❑ Assembly location _____
- ❑ Departure time _____
- ❑ Camp arrival time _____
- ❑ Camp departure time _____
- ❑ Anticipated return time _____
- ❑ Stops en route (meal Y/N) _____

V. Equipment

- ❑ Personal equipment lists
- ❑ Program equipment
- ❑ Group
- ❑ Emergency

VI. Feeding

- ❑ Menu planned by _____
- ❑ Who buys food? _____
- ❑ Fuel supplied by _____
- ❑ Duty roster by _____
- ❑ Food storage _____

VII. Sanitation

- ❑ Special camp requirements _____

_____

VIII. Safety

- ❑ Ranger contact _____ Phone (____) _____
- ❑ Nearest medical facility _____ Phone (____) _____
- ❑ Nearest town _____ ❑ Police number _____
- ❑ First-aid/CPR-trained leaders _____

_____

IX. Program

- ❑ Program planned
- ❑ Special program equipment needed

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

- ❑ Rainy day activities planned

_____

_____

_____

Pack Camping Evaluation

Date of outing _____ Location _____

Type of outing _____

Participation:

Tigers	_____
Wolves	_____
Bears	_____
Webelos	_____
Parents/guardians	_____
Others	_____
Total	_____

Event leadership:

Outing leader _____

Committee _____

_____

Facility:

Local contact _____ Phone _____

Cost _____

Requirements _____

_____

_____

_____

Features _____

_____

_____

_____

Problems_____

_____

_____

_____

Would you recommend using this facility again? YES NO

Program:

Program features _____

_____

_____

_____

_____

_____

Suggestions for future outings _____

_____

_____

_____

_____

_____

Budget:

Total income _____ Total expenses _____ _____

(Please attach a copy of the outing budget and itemized income and expense statement.)

Any unanticipated expenses? YES NO

If yes, explain _____

_____

_____

Additional comments _____

_____

_____

_____

_____

_____

Did the Scouts have fun? YES NO

Submitted by _____ Date_____

Cub Scout Outdoor Awards

CUB SCOUT OUTDOOR ACTIVITY AWARD

The Award

Tigers, Wolves, Bears, and Webelos have the opportunity to earn the Cub Scout Outdoor Activity Award. Scouts may earn the award in each of the program years as long as the requirements are completed again each year.

The first time the award is earned, the Scout will receive the patch, which is to be worn on the right pocket flap of the uniform shirt. Each successive time the award is earned, a Wolf track pin, No. 14236, may be added to the flap. Leaders should encourage Scouts to build on skills and experiences from previous years when working on the award for a successive year.

The Summertime Pack Award is also worn on this patch.

There is NO adult recognition for this award.

Requirements

All ranks: Attend Cub Scout day camp or Cub Scout/Webelos Scout resident camp, plus do the following.

Rank-specific Requirements

Tiger: Complete the Backyard Jungle adventure from the *Tiger Handbook*, and complete four of the outdoor activities listed below.

Wolf: Complete the Paws on the Path adventure from the *Wolf Handbook*, and complete five of the outdoor activities listed below.

Bear: Complete the Bear Necessities adventure from the *Bear Handbook*, and complete six of the outdoor activities listed below.

Webelos: Complete the Webelos Walkabout adventure from the *Webelos Handbook*, and complete seven of the outdoor activities listed below.

Outdoor Activities

These activities must be in addition to any similar activities counted for rank advancement, and can be accomplished as a family, den, or pack.

- Participate in a nature hike in your local area. This can be on an organized, marked trail or just a hike to observe nature in your area.
- Participate in an outdoor activity such as a picnic or park fun day.
- Explain the buddy system and tell what to do if lost. Explain the importance of cooperation.
- Attend a pack overnighter. Be responsible by being prepared for the event.

- Complete an outdoor service project in your community.
- Complete a nature/conservation project in your area. This project should involve improving, beautifying, or supporting natural habitats. Discuss how this project helped you to respect nature.
- Earn the Summertime Pack Award.
- Participate in a nature observation activity. Describe or illustrate and display your observations at a den or pack meeting.
- Participate in an outdoor aquatics activity. This can be an organized swim meet or a den, pack, or family swim.
- Participate in an outdoor campfire program. Perform in a skit, sing a song, or take part in a ceremony.
- Participate in an outdoor sporting event.
- Participate in an outdoor interfaith or other worship service.
- Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.
- Invent an outside game and play it with friends for 30 minutes.

WORLD CONSERVATION AWARD

The Award

The World Conservation Award provides an opportunity for individual Wolves, Bears, Webelos, Boy Scouts, Varsity Scouts, and Venturers to think globally and act locally to preserve and improve our environment. This program is designed to make youth members aware that all nations are closely related through natural resources, and that we are interdependent with our world environment.

Requirements for this award must be completed *in addition to any similar requirements completed for rank.* This award may not be earned by Tigers.

Wolf

Complete all items in this list:

1. Discuss these questions with your family or den:
   a. What things have people done to show a lack of respect to our world? Why is it important to respect the environment and natural resources?
   b. How can you show respect for the environment?
   c. How you feel when you see places in your neighborhood that have lots of litter.
2. Name one thing you can do to help the environment. Do it for one week.
3. Land, air, and water can get dirty. Discuss with your family or den ways this can happen.
4. It takes a lot of energy to make glass, cans, and paper products. You can help save energy by collecting these items for use again.

a. Find out how recycling is done where you live.

b. Find out what items you can recycle.

5. With an adult, pick up litter in your neighborhood. Wear gloves to protect your hands against germs and cuts from sharp objects.

6. With an adult, find three stories that tell how people are protecting our world. Read and discuss them together.

7. Besides recycling, there are other ways to save energy. List three ways you can save energy, and do them for one week.

8. Complete all requirements in two of the following three areas:

Birds

a. Make a list of all the birds you saw in a week and tell where you saw them (field, forest, marsh, yard, or park).

b. Put out nesting material (short pieces of yarn and string) for birds and tell which birds might use it.

c. Read a book about birds. Report to your den what you learned from reading the book.

d. Point out 10 kinds of birds (five may be from pictures).

e. Feed wild birds and tell your den which birds you fed.

f. Put out a birdhouse and tell which birds use it.

Grow Something

a. Plant and raise a box garden.

b. Plant and raise a flower bed. Grow two kinds of flowers from seed to bloom.

c. Grow a plant indoors. Take care of it for one month.

d. Plant and raise two kinds of vegetables from seed to "ready to eat."

e. Visit a botanical garden or other agricultural exhibition in your area. Report to your den or family two things you learned about gardens or plants.

Fishing

a. Identify five kinds of fish, either live or from pictures.

b. Rig a pole with the right kind of line and hook. Attach a bobber and sinker if you need them. Then go fishing.

c. Fish with members of your family or an adult. Bait your hook and do your best to catch a fish.

d. Know the rules of safe fishing.

e. Tell about some of the fishing laws where you live.

f. Show how to use a rod and reel.

9. Participate in a den or pack conservation project in addition to the above.

Bear

Complete all items in this list:

1. Choose a bird or animal that you like that is not your pet, and find out how it lives. Make a poster showing what you have learned.
2. Build or make a bird feeder or birdhouse and hang it in a place where birds can visit safely.
3. Explain what a wildlife conservation officer does.
4. Find out what you can recycle in your community. Pick one of those items and recycle with your family for one month. Take the items to the recycling center for processing.
5. Complete all requirements in two of the following three areas:

   Weather

   a. Learn how to read an outdoor thermometer. Put one outdoors and read it at the same time every day for two weeks.

   b. Build a weather vane. Record wind direction every day at the same hour for two weeks.

   c. Keep a record of each day's temperature, wind direction, and a description of the weather each day (fair skies, rain, fog, snow, etc.).

   d. Make a rain gauge.

   e. Find out what a barometer is and how it works. Tell what relative humidity is.

   f. Learn to identify three kinds of clouds. Estimate their heights.

   g. Watch a weather forecast every day for two weeks. Describe three map symbols used. Keep track of how often the forecast is correct.

   Nature Crafts

   a. Make solar prints of three kinds of leaves.

   b. Make a display of eight animal tracks with an eraser print.

   c. Collect, press, and label 10 kinds of leaves.

   d. Collect eight kinds of plant seeds and label them.

   e. Collect, mount, and label 10 kinds of rocks or minerals.

   f. Collect, mount, and label five kinds of shells.

   g. Display the crafts you made for this section at a den or pack meeting.

   Soil and Water

   a. Dig a hole or find an excavation project with an adult and describe the layers of soil you see and feel.

   b. Explore three kinds of earth by conducting a soil experiment.

   c. Visit a burned-out forest or prairie area, or a slide area, with your den or family. Talk to an official about how the area will be replanted and cared for so it can recover.

d. What is erosion? Find out the kinds of grasses, trees, or ground cover you should plant in your area to help limit erosion.

e. As a den or family, visit a lake, stream, river, or ocean. Plan and do a den project to help clean up this important source of water. Name four kinds of water pollution.

6. Participate in a den or pack conservation project in addition to the above.

Webelos

Complete all of the following on this list:

1. Complete the Into the Wild adventure.
2. Complete the Webelos Walkabout adventure.
3. Complete five of the following:

   a. Make a map of the United States. Show the types of forests growing in different parts of the country. Name some kinds of trees that grow in these forests.

   b. Draw a picture to show the plant and tree layers of a forest in your area. Label the different layers. (If you don't live in an area that has forests, choose an area that does and draw a picture of that forest.)

   c. Identify six forest trees common to the area where you live. Tell how both wildlife and humans use them. (If you don't live in a region that has forests, read about one type of forest and name six of its trees and their uses.)

   d. Identify six forest plants (other than trees) that are useful to wildlife. Tell which animals use them and for what purposes.

   e. Plant 20 forest tree seedlings. Tell how you planted them and what you did to take care of them after planting.

   f. Describe both the benefits and the harm wildfires can cause in a forest ecosystem. Tell how you can help prevent wildfire.

   g. Find out what kind of natural problems are occurring in your community. This may be drought, flooding, erosion control, air pollution, overcrowding, or others. Find out what your community is doing to improve the situation and how you can help.

4. Participate in a den or pack conservation project in addition to the above.

Leave No Trace Frontcountry Guidelines

LEAVE NO TRACE
FRONTCOUNTRY GUIDELINES

As more people use parks and recreation facilities, LEAVE NO TRACE® guidelines become even more important for outdoor visitors.

Leave No Trace is a plan that helps people to be more concerned about their environment and to help them protect it for future generations. Leave No Trace applies in a backyard or local park (frontcountry) as much as it does in the wilderness (backcountry).

We should practice Leave No Trace in our attitude and actions—wherever we go. Understanding nature strengthens our respect toward the environment. One person with thoughtless behavior or one shortcut on a trail can spoil the outdoor experience for others.

Help protect the environment by remembering that while you are there, you are a visitor. When you visit the outdoors, take special care of the area. Leave everything just as you find it.

Hiking and camping without a trace are signs of a considerate outdoorsman who cares for the environment. Travel lightly on the land.

Six Leave No Trace Guidelines for Cub Scouts

PLAN AHEAD

Watch for hazards and follow all the rules of the park or outdoor facility. Remember proper clothing, sunscreen, hats, first aid kits, and plenty of drinking water. Use the buddy system. Make sure you carry your family's name, phone number, and address.

STICK TO TRAILS

Stay on marked trails whenever possible. Short-cutting trails causes the soil to wear away or to be packed, which eventually kills trees and other vegetation. Trampled wildflowers and vegetation take years to recover. Stick to trails!

MANAGE YOUR PET

Managing your pet will keep people, dogs, livestock, and wildlife from feeling threatened. Make sure your pet is on a leash or controlled at all times. Do not let your pet approach or chase wildlife. When animals are chased or disturbed, they change eating patterns and use more energy that may result in poor health or death.

Take care of your pet's waste. Take a small shovel or scoop and a pick-up bag to pick up your pet's waste— wherever it's left. Place the waste bags in a trash can for disposal.

LEAVE WHAT YOU FIND

When visiting any outdoor area, try to leave it the same as you find it. The less impact we each make, the longer we will enjoy what we have. Even picking flowers denies others the opportunity to see them and reduces seeds, which means fewer plants next year.

Use established restrooms. Graffiti and vandalism have no place anywhere, and they spoil the experience for others. Leave your mark by doing an approved conservation project.

RESPECT OTHER VISITORS

Expect to meet other visitors. Be courteous and make room for others. Control your speed when biking or running. Pass with care and let others know before you pass. Avoid disturbing others by making noise or playing loud music.

Respect "No Trespassing" signs. If property boundaries are unclear, do not enter the area.

TRASH YOUR TRASH

Make sure all trash is put in a bag or trash receptacle. Trash is unsightly and ruins everyone's outdoor experience. Your trash can kill wildlife. Even materials, such as orange peels, apple cores and food scraps, take years to break down and may attract unwanted pests that could become a problem.

APPENDIX M

Foil Cooking

Foil pack cooking is a great way to introduce novices to the world of outdoor cooking. They are easy to prepare, great to eat, and simple to clean up after. They can be prepared in advance—at a den meeting—frozen, and then thrown right on the fire at camp. There are probably hundreds of great recipes around, but they all use the same basic concept. The pack needs to be sealed tightly—a "drug-store" fold—to hold in the moisture, turned several times during cooking, and the actual recipe can be just about whatever you want it to be. Here's a basic recipe:

Use two layers of lightweight foil, or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start. Add a hamburger patty, then sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf first, and then adding the meat will keep the meat from burning. Encourage the Cub Scouts to add a little onion, even if they're not going to eat it later—it really helps the flavor. Season with salt, pepper, garlic salt, etc., then fold the foil edges up over the food. Fold them down once, crease gently, then fold down again and crease. The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil. The trick is to be able to identify your foil pack later, so scratch your name into a small piece of foil and leave it near the outside. Cook this pack for 20 to 30 minutes. You may want to add a handful of rice; just add a few ice cubes also, and it will turn out great!

Spread the white-hot coals shallowly, and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a corner of a pack and check to see if the meat is done.

Foil Cooking Times

Hamburger	15–20 minutes
Chicken pieces	20–30 minutes
Hot dogs	5–10 minutes
Pork chops	30–40 minutes
Carrots	15–20 minutes
Ears of corn	6–10 minutes
Whole potatoes	45–60 minutes
Potato slices	10–15 minutes
Whole apples	20–30 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook. Recipes below may have to be adjusted depending on ingredients, etc. It is best to try them in advance to verify the ingredients and cooking time in your area.

Additional Cub Scout–Level Recipes

Thanksgiving foil pack. Place a layer of ice cubes on the foil. Lay turkey breast on top of the ice. Add ½ cup Stovetop stuffing mix, ½ cup regular stuffing mix. Then add ½–¾ can of chicken soup (mixed with water according to directions on can). Wrap the pack using the drug-store fold, and cook over coals about 40 minutes until done.

Baked apple. Core apple. Place on a square of foil. Fill hole with 1 tablespoon raisins, 1 tablespoon brown sugar, and a dash of cinnamon. Candy red hots also make good filling. Wrap foil around apple using the drug-store fold, and bake in coals for 20 minutes.

Hobo popcorn. In the center of a foil square (six inches square), place a teaspoon of cooking oil and a tablespoon of popcorn. Bring foil corners together to form a pouch. Seal the edges, but leave room inside for the popcorn to expand. Tie the pouch on a long stick with a string, and hold the pouch over the coals. Shake constantly until all the corn is popped.

Pizza. Place a half of an English muffin on foil. Layer on pizza sauce, grated cheese, pepperoni, or whatever else you like on your pizza. Fold the foil drug-store style and place in the coals for 5–10 minutes.

Orange surprise. Cut off top third of an orange. Remove and eat the insides, leaving a little orange on the inside. Mix up a yellow or spice cake mix according to the directions on the mix box. Pour mix into orange about half full. Place the top back on the orange, and wrap in three layers of foil, using the drug-store fold to seal the pack. Cook for 15 minutes, then remove and let cool before eating.

Stick bread. Use "refrigerator" biscuit dough, or prepare biscuit mix very stiff. Heat stick, flour it, then wind dough like a ribbon, spiraling down the stick. Keep a small space between the twists. Cook by holding about six inches from the coals at first so inside will bake, then brown by holding nearer the coals. Turn continually. Bread will slip off easily when done.

Camp doughnuts. Pour a few inches of cooking oil into a large pot. This will work on a camp stove or coal bed, but use caution as it works best when the oil is very hot. Make the "doughnuts" by poking a hole in the center of a canned biscuit. Drop in the oil, turning once with a tong or stick halfway during cooking time. They cook very fast; watch for good color. Remove to drain on paper towels, and roll in confectioner's sugar or cinnamon sugar.

Outdoor Cooking Hints

- Handy fire starters can be made by placing one charcoal briquette in each section of a paper egg carton. Cover with melted wax, and tear apart to use.
- Place a burger fresh from the grill into the bun and put it in a plastic bag for about a minute. The bun will be steamed warm.
- Put a kettle of water on the fire to heat while you are preparing your food and eating, and your dish water will be ready when you are.
- Freeze meat when putting in a cooler. It will last longer and help keep your other food cold. Make hamburger patties in advance and layer with paper.
- Give yourself plenty of time to start a fire and wait for the briquettes or wood to be ready.
- Don't forget to rub the outside of pans with liquid soap before putting on the fire; they'll clean up much more easily.

APPENDIX N

Sleeping Bags

The sleeping bag is designed to eliminate drafts. You will sleep warmer in a bag than you will with blankets of equivalent weight. Sleeping bags come rated for temperature, and in a variety of shapes, sizes, and construction. A mummy bag is warmer than a rectangular bag due to less heat loss around your feet and shoulders. Most mummy bags also come with hoods, as up to 70 percent of your body heat is lost through the top of your head. While warmer, mummy bags take some getting used to. For example, it's a little harder to roll over in a mummy bag—you'll have to roll the whole bag!

The outside fabric, or shell, of the bag is often made of nylon. Loft (space to hold heat) is created by filling the shell with a variety of natural or synthetic materials. Partitions sewn into the shell hold the filler material in place. In less expensive bags, the partition seams may go straight through the shell, which makes it easy for cold air to creep in. In better bags, mesh or nylon walls (or baffles) divide the shell into compartments that keep the fill evenly distributed without lessening the loft, thus preventing cold spots. The best bags also have tubes of fill material backing the zippers to keep warm air in, and will probably have insulated hoods that can be drawn tight around the sleeper's face.

Bags come temperature rated for 45° F to -10° F and beyond. It is possible to add range to a less expensive bag by adding a cotton sheet (-5°) or a flannel sheet (-10°), or by sleeping in sweats (-10° to -15°). A tarp or extra blanket added around the bag will make it even warmer. Matching the range of the bag you buy to the temperature you expect to use it in the most is very important. It is also important to change into clean, dry clothing before getting into your sleeping bag. Moisture on your body from a busy day will quickly cool you and your sleeping bag down, which may make it very difficult to sleep comfortably. A stocking cap is a must, unless your bag has a hood already. Small bodies in long bags will be warmer if the bottom of the bag is folded up and tucked under.

If you don't have a bag, you can make an envelope bed using two blankets and a ground cloth. Lay the first blanket on top of the ground cloth. Put the second blanket half on and half off the first. Fold the first blanket into the second, then fold the remaining half of the second on top of the first. You should have four interlocked layers—two for the top, two for below. Fold the bottom of the blankets up to size, and secure with large clips or blanket pins.

Types of Sleeping Bag Fill

Goose down. Actual feathers from geese, grown next to the skin. Ounce for ounce, the best insulator, but it is very expensive, and when wet it loses its loft and will not keep you warm. Requires careful laundering.

Synthetic fibers. Made from petroleum byproducts by a variety of manufacturers. Heavier than an equally rated down bag, but will retain its insulating value when wet. They are easier to clean and quite economically priced.

Ground cloth. Commercially available, or 4- to 6-mil plastic, an old shower curtain, or a water bed liner will work. This will be your moisture barrier from the ground, and is essential.

Sleeping Bag Terminology

Simple quilting. Loses heat where stitching passes through the fabric.

Double quilting. Two quilts fastened together in an offset manner to eliminate cold spots. Material tends to be heavier.

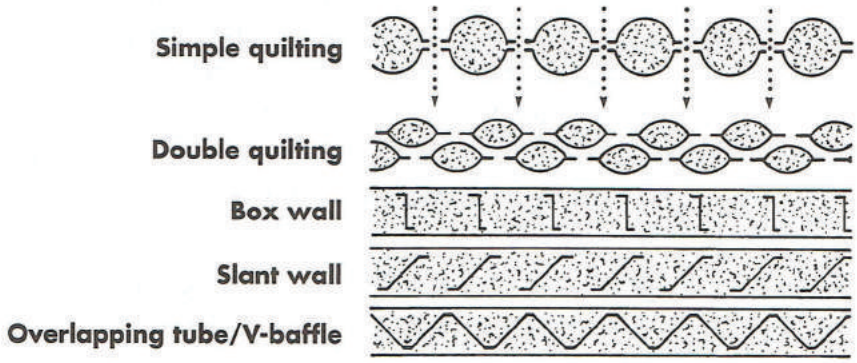
Box wall. Prevents the filling from moving about.

Slant wall. Prevents fill from moving about and gives it room to expand.

Overlapping tube or V-baffle. Very efficient, but because it uses a lot of material it tends to be heavy.

Sleeping-bag construction

The following cross-sections of various types of sleeping bags illustrate how filling is kept in place.



Caring for Sleeping Gear

If you expect wet weather, place your sleeping bag in a plastic trash bag before stowing it in its stuff sack. After your trip, and on nice days during extended trips, air out your bag thoroughly. Hang it in a closet or store it in a loose cloth sack to preserve the loft of the fill material. Clean it when it becomes soiled, according to manufacturer's instructions. Use of a bag liner will extend the life of the inside of the bag. Many campers find that the convenience of a light bag outweighs the use of sheets and blankets. Take care of it, and it will take care of you! Your sleeping bag is probably the most important piece of camping gear you will own. If you don't sleep well, the rest of the trip will not be fun.

APPENDIX O

Tents and Shelters

Desert campers need open, airy shelters to protect them from the sun. Cool- and cold-weather campers need tight, strong tents able to withstand strong winds and hold heat inside. Fortunately, there are shelters available to accommodate any user, in a variety of price and quality ranges. All your tent does is keep you sheltered from rain, wind, sun and bugs—not too important!

Tarp. The simplest of all tents, a nylon tarp weighs just a few pounds and can be set up in dozens of ways. It can be used as a sun shade, as your primary shelter, or as a dining fly protecting your cooking area from the elements. A tarp has no floor, which can pose problems in soggy areas, nor does it have mosquito netting.

A-frame tent. Like a pup tent, only made of stronger, modern materials. The A-frame is roomy and usually has a waterproof floor and mosquito netting. Breathable fabric allows moisture to escape from inside, while a rain fly protects the inside from exterior moisture. A-frame tents have lots of headroom, but this tent does not do well in heavy winds or snow.

Dome. The most common tent. Contemporary designs and fabric have made possible a variety of dome-shaped tents. Their configurations help them stand up in the wind and rain. Dome tents offer lots of useable floor space and headroom. They are usually freestanding, so they can easily be moved before taking down. Freestanding tents are convenient to set up, but still need to be staked down so they don't become free-flying in unexpected winds. Be sure to use the fly to prevent moisture from rain or dew from reaching your gear inside.

Care and Upkeep

Practice setting up and taking down your tent in your living room or backyard before you have to do it in the rain or by flashlight. Read the instructions! Seal the seams on your new tent right after you get it. Pitch it tautly, then go over fly and floor seams with waterproof seam sealer.

Air your tent out after you get back from a campout. Brush out any dirt or pine needles that have collected. After airing, store it loosely in a cool, dry place. Opening zippers completely before going through doors will prevent damage.

APPENDIX P

Cub Scout Outdoor Essentials

The following items should be available for each Cub Scout on an outdoor trip. Consider a small fanny or day pack or similar bag to organize the items and make them easy to carry without interfering with normal activities.

- ▲ First-aid kit
- ▲ Water bottle
- ▲ Flashlight
- ▲ Trail food
- ▲ Sunscreen
- ▲ Whistle

Overnighter Gear

- ▲ Tent or tarp, poles, and stakes
- ▲ Ground cloth
- ▲ Sleeping bag
- ▲ Pillow
- ▲ Air mattress or pad
- ▲ Rain gear or poncho
- ▲ Warm jacket
- ▲ Sweatshirt
- ▲ Sweatpants (for sleeping)
- ▲ Cup, bowl, knife, fork, spoon, mesh bag
- ▲ Insect repellent
- ▲ Sunscreen
- ▲ Extra clothing
- ▲ Toothpaste, toothbrush, soap, washcloth, towel, comb
- ▲ Cub Scout uniform
- ▲ Change of clothes
- ▲ Durable shoes/boots (depending on weather)
- ▲ Hat or cap

Optional Items

- ▲ Camera
- ▲ Binoculars
- ▲ Sunglasses
- ▲ Fishing gear
- ▲ Notebook and pencil
- ▲ Nature books
- ▲ Swimsuit, bath towel
- ▲ Prayer book

APPENDIX Q

Campsite Considerations

Cub Scout camping will be taking place in sites approved by the local council (council camps, local parks, campgrounds), so choices may be limited on arrival. There are still several considerations to keep in mind when laying out your campsite for a pack event.

Location. A campsite facing the south or southeast will get more sunlight and generally will be drier than one on the north side of a hill or in the shade of mountains or cliffs. Cold, damp air tends to settle, causing the bottoms of valleys to be cooler and more moist than locations a little higher. On the other hand, hilltops and sharp ridges can be very windy, and should be avoided in lightning-prone areas.

Size and shape. A good campsite has plenty of space for your tents and enough room to conduct your activities. It should be useable as it is, so you won't need to do any digging or major rock removal to reshape the area. The less rearranging you do, the easier it will be to leave the site exactly as you found it. (Leave No Trace-frontcountry guidelines)

Protection. Consider the direction of the wind and the direction from which a storm will approach. Is your campsite in the open or is it protected by a hill or a stand of trees? Is there a solitary tree nearby that may attract lightning? Don't camp under dead trees or trees with dead branches that may come down in a storm or light wind. The best campsites are found near small, forested ridges and hills.

Insects and animals. Insects and other animals all have their favorite habitats. The best way to avoid mosquitoes and biting flies is to camp away from marshes, bogs, and pools of stagnant water. Breezes also discourage insects, so you might look for an elevated, open campsite. Don't forget to check around for beehives, hornet nests, and ant mounds. Their inhabitants usually won't bother you as long as you leave them alone, but give them plenty of room. The same goes for most animals.

Ground cover. Any vegetation covering a campsite will receive a lot of wear and tear. Tents will smother it, sleepers will pack it down, and walkers will bruise it with the soles of their shoes. Some ground cover is tough enough to absorb the abuse, but much of it is not. Whenever you can, make your camp on naturally bare earth, gravelly soil, sand, or on ground covered with pine needles or leaves.

Drainage. While you'll want a campsite that is relatively flat, it should slope enough to allow rainwater to run off. On the other hand, you don't want to be in the path of natural drainage. Check uphill from where you're planning to set up your tent to make sure water won't run through your site. **Never camp in a stream bed!** Also you want to avoid depressions in the ground, as even shallow ones can collect water in a storm.

Privacy. One of the pleasures of camping is being away from crowds and the fast pace of the city life. Select campsites that are out of sight and sound of trails and other campsites. That way you'll have your privacy while you respect the privacy and peace and quiet of other campers.

Beauty. The beauty of a campsite often is what first attracts visitors to it. Being able to look out from a tent and see towering mountains, glistening lakes, or miles of canyon land or rolling prairie is part of what camping is all about. Find a campsite that gives you spectacular scenery, but use it only if it is appropriate for every other reason, too. Remember to always leave your campsite better than you found it.

Tread Lightly. You can do a lot to protect the wilderness. Try to leave no trace of your visit. Leave no marks along the trail, keep your campsite clean and tidy, and leave it cleaner than you found it. You will preserve a true wilderness character for you and others to enjoy in the future. Be gentle on Mother Nature. Don't harm plants or animals, including insects. Take nothing but pictures; leave nothing but footprints; and kill nothing but time. This philosophy is as appropriate in a county park as it is anywhere else.

APPENDIX R

Pack Camping Gear

In addition to the individual equipment listed in appendix P, Cub Scout Outdoor Essentials, the equipment listed below should be available for group use.

Required Items

- First-aid kit
- Food
- Cooking utensils as needed by menu, or cook kit
- Stove and fuel, or firewood, charcoal, and cooking grate
- Matches, fire starters, charcoal chimney-style lighters
- Aluminum foil
- Biodegradable soap
- Sanitizing agent (liquid bleach)
- Plastic scouring pads, dish mop, wash tubs
- One hundred feet of quarter-inch rope
- Water containers
- Trash bags
- Paper towels
- U.S. flag, pack flag
- Repair kit (rubber bands, safety pins, sewing gear)
- Toilet paper
- Shovel
- Cooler
- Activity gear (game material, craft supplies, etc.)

Spare Items

- Tent stakes
- Fuel canisters
- Ground cloth or tarp
- Insect repellent
- Sunscreen
- Eating utensils
- Blanket

Optional Items

- Dutch oven
- Marshmallows, popcorn, etc.
- Cooking fly or tarp
- Musical instruments
- Lawn chairs, camp stools

Campfires

Why should we do a campfire? Campfires can be an exciting and inspirational part of the Cub Scout outdoor program. Ask any Cub Scout why he likes going to campfires. His answer will be one of the following:

Fun! It's hard not to have fun at campfires! There is enjoyment for all concerned.

Entertainment! Our families, friends, neighbors, and guests get pleasure from attending a pack campfire.

Fellowship! We can bring a den or pack closer together—a deeper feeling than just "fun."

Action! Cub Scout–age boys always have extra energy. Let's use it singing songs, doing cheers, and performing skits!

Adventure! A campfire is a great place to share someone else's adventure or start one of your own!

Training. Baden-Powell said it: "Scouting is a game … with a purpose." Our Cub Scouts can learn new things in an informal setting.

Inspiration. Campfires will inspire everyone to leave with a greater commitment to Scouting's ideals.

Many packs use indoor campfires as part of their regular programs. Let's make it even better by taking our Cub Scouts out for a real campfire, if possible. Don't let them miss this great experience.

Campfire Leadership

Most leaders will take a lot of time physically building a campfire. The location and construction are important, but above all, it's the *program* that counts. Campfires can be big, little, formal, informal, and can feature storytelling, dramatics, mystery, guest night, stunts, or a songfest.

Location Considerations

A scenic spot
Good drainage
Protection from wind
Freedom from insects
Fire safety
Firewood supply

Layout Considerations

A stage area
Lighting
The fireplace
Types of fires
Sound—will it carry?
Will it get lost?

What do I need for a successful campfire? Just remember the Four *S*'s!

Songs—Scouting songs

- Can be peppy, quiet, action, special occasion, or novelty songs.

Stunts

- Fire-lighting. Adult supervision is required. Make it safe!
- Opening ceremony—sets the tone for your program.
- Stunts can be action, contests (physical/mental), humorous, mixers, "magic," or educational.
- Closing ceremony—should be quiet and inspirational, can be the "main event."

Stories—Adventure, humorous, heroic, biographical, nature, scientific

- Watch "scary" stories.
- Cubmaster's Minute—"Big idea" talk.

Showmanship—Adds sparkle and life!

- Peppy when the fire is high.
- Vary the pace and timing of stunts.
- "Dress up" the setting.
- Encourage enthusiasm, but control discipline at all times.
- Quiet down as the embers die.

Remember to "Follow the Flames"

When the flames are high, action songs, loud cheers, and noisy stunts get everyone involved! When the flames burn down, have quiet songs, inspirational stories, and a respectful tone.

Build your fire to last 45 minutes to an hour. Don't keep adding wood. Let the fire die down and use the natural quiet that goes with that to build your mood. The formula for a great campfire is:

Start FAST, reach a PEAK, slow DOWN, and give an inspiring CLOSE!

The sequence of events you choose will affect the success of your program. Make sure you let people know who they follow and where they are in the program, to keep everything running smoothly. If someone gets "lost," be prepared with a run-on or joke to fill the time. Be sure to have an impressive opening and closing so everyone knows the campfire has begun and that it is over.

Everything that happens at your campfire should be checked and approved in advance. There is no place for off-color or questionable jokes, stories, or songs. Have the groups walk you through the skit or song if you are not familiar with it. You should not be surprised by anything at *your* campfire! A good rule of thumb is "Would you do this if your saintly grandmother was in the audience?" When in doubt, leave it out!

Help your audience with campfire etiquette. Some rules are:

- Enter and leave in silence.
- Be courteous when it's not your turn on stage.
- Cheer everyone for their contributions (one Scouter tells the Cub Scouts to cheer even louder if they didn't like a skit or a joke—and no one knows that way!).
- Keep your flashlights off during the program.

Storytelling and Yarns

Baden-Powell once said "The Cubmaster can command rapt attention at any time by telling his Cubs a story and through it can convey the lessons he wants. It is the gilding of the pill which never fails if the teller is any good at all."

Stories are a favorite part of any campfire. A good storyteller can take over a whole pack with just a few key thoughts in mind! There are four types of stories:

Adventure! These have a fast-moving plot, a romantic background, and unexpected events! We all are natural "hero worshipers."

Instructive. These teach important things about nature, skills, safety, or others.

Good fun. These call for laughter and jokes. They share happiness, good fortune, and fun. Telling a funny story about a mistake can teach an easy lesson.

Inspirational. These are serious, with a moral, such as the Scout Oath or Law, or even religious themes.

How Do I Tell a Story?

Here are a few simple things to remember to help you tell a great story.

Believe in your story. Make it your own. Use names, places that are familiar to you, and it will come across in your story. Remember that you're "selling" this story by the way you tell it.

Paint your picture with words. Remember, your audience is used to "seeing" the story on a TV. Use your talents to help them develop their imaginations.

Don't hurry, except at appropriate spots to help create excitement. Let the story move at its own pace—slow to get their attention, faster when the action gets exciting. Pace your telling speed to the action in the story.

Vary the tone of your voice to fit the points of the story. When the action is exciting your voice should be louder; when it's suspenseful, lower it. Volume can be adjusted either way to get and hold attention. Use your voice as an instrument.

See the action in your mind's eye. If you live the story while you're telling it, your audience will join you in the adventure.

Be sure everyone is comfortable before you begin. Nothing kills a mood faster than someone getting up to go to the bathroom.

Songs

I sing like a frog. How can I lead a song? So, sing a frog song! Enthusiasm will cover for a lack of skill. Here's what an audience really needs from a song leader.

- The name of the song. Give the name of the song, and if it's an unfamiliar song, give the tune. You may have to sing a line or maybe a verse to get them going.
- The pitch or key. Sing that first note; make sure they can sing it with you. If you are too high or low, adjust and try it again.
- The tempo—marking time. Shout "let's go" in rhythm, or clap hands to get the beat, then start with a nod of your head. Keep director-type motions to a minimum. Keep it simple.
- Information about the song. Make sure everyone knows it. If not, teach them. If you've chosen a song that needs the songbook, then teach them with it, and then put the books down. The result will be more satisfactory.
- Pep—enthusiasm! Don't insist on volume at the start. Tell them it's "singing" you want, not "noise." If it doesn't go well, say that was a good practice, now let's do it for real. Show them you really like this song.
- Leadership—control. Plan your selections carefully. Using songs that fit the crowd and the event. Watch for parodies that might offend. Always tell them what the next song is, don't ask for suggestions.

Scouters tell stories of a famous campfire leader who had a tradition of yelling "That's my favorite song!" when a song was announced, no matter what song was being sung. What a great way to sell enthusiasm and get everyone right into it!

Singing at a campfire should be a fun, natural thing. "Old favorites" are great for this purpose. Sing a song everybody knows in the beginning, just to get everyone singing. Adults generally like to harmonize, and boys like action songs; singing rounds will help groups form together. Substituting motions for words will help you keep control. Sing in natural groups, keep the formal leadership to a minimum, and enjoy yourself, too!

And the important advice: Know the songs you are singing!

And don't forget . . . singing builds a group!

Leadership Requirements for Trips and Outings

1. Minimum two-deep leadership on all outings: Two registered adult leaders, or one registered leader and a parent of a participating Scout or other adult, one of whom must be 21 years of age or older, are required for all trips and outings.
2. Depending on the activities in your event, specific training may be required, such as first aid, Safety Afloat, or Safe Swim Defense. Youth Protection and Baloo training are required to develop a tour and activity plan.
3. During transportation to and from planned Scout outings:
   —Meet for departure at a designated area.
   —Prearrange a schedule for periodic checkpoint stops as a group.
   —Plan a destination point.
   A common departure site and a daily destination are a must. If you cannot provide two adults for each vehicle, the minimum required is one adult and two or more youth members—never one on one (unless family members). **Use the tour and activity plan as a primary event planning tool. It contains valuable information on travel, Youth Protection training, the Annual Health and Medical Record, and the *Guide to Safe Scouting*.**
4. Safety rule of four: No fewer than four individuals (always with the minimum of two adults) go on any backcountry expedition or campout. If an accident occurs, one person stays with the injured, and two go for help. Additional adult leadership requirements must reflect an awareness of such factors as size and skill level of the group, anticipated environmental conditions, and overall degree of challenge.
5. Male and female leaders require separate sleeping facilities. Married couples may share the same quarters if appropriate facilities are available.
6. Male and female youth participants may not share the same sleeping facility.
7. When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.
8. If separate shower and latrine facilities are not available, separate times for male and female use should be scheduled and posted for showers. The buddy system should be used for latrines by having one person wait outside the entrance, or provide "occupied" and/or "unoccupied" signs and/or inside door latches.
9. Additional driving and transportation safety training is available at www.scouting.org/filestore/HealthSafety/pdf/632-006_WB.pdf.

The Sweet 16 of BSA Safety

These 16 safety points, which embody good judgment and common sense, are applicable to all activities:

1. **Qualified Supervision.** Every BSA activity should be supervised by a conscientious adult who understands and knowingly accepts responsibility for the well-being and safety of the children and adults in his care. The supervisor should be sufficiently trained, experienced, and skilled in the activity to be confident of his or her ability to lead and teach the necessary skills and to respond in the event of an emergency. Field knowledge of all applicable BSA standards and a commitment to implement and follow BSA policy and procedures are essential parts of the supervisor's qualifications.
2. **Physical Fitness.** For youth participants in any potentially strenuous activity, the supervisor should receive a complete health history from a health-care professional, parent, or guardian. Adult participants and youth involved in higher-risk activity (e.g., scuba) may require professional evaluation in addition to the health history. The supervisor should adjust all supervision, discipline, and protection to anticipate potential risks associated with individual health conditions. Neither youth nor adults should participate in activities for which they are unfit. To do so would place both the individual and others at risk.
3. **Buddy System.** The long history of the buddy system in Scouting has shown that it is always best to have at least one other person with you and aware at all times of your circumstances and what you are doing in any outdoor activity.
4. **Safe Area or Course.** A key part of the supervisor's responsibility is to know the area or course for the activity and to determine that it is well-suited and free of hazards.
5. **Equipment Selection and Maintenance.** Most activity requires some specialized equipment. This equipment should be selected to suit the participants and the activity and to include appropriate safety and program features. The supervisor should also check equipment to determine whether it is in good condition for the activity and make sure it is kept properly maintained while in use.
6. **Personal Safety Equipment.** The supervisor must ensure that every participant has and uses the appropriate personal safety equipment. For example, activity afloat requires that each participant wear a life jacket; bikers, horseback riders, and kayakers need helmets for certain activities; skaters need protective gear; and all need to be dressed for warmth and utility as the circumstances require.
7. **Safety Procedures and Policies.** For most activities, common-sense procedures and standards can greatly reduce any risk. These should be known and appreciated by all participants, and the supervisor must ensure compliance.
8. **Skill Level Limits.** Every activity has a minimum skill level, and the supervisor must identify and recognize this level and be sure that the participants are not put at risk by attempting any activity beyond their abilities. A good example of skill levels in Scouting is the swim test, which defines conditions for safe swimming on the basis of individual ability.

9. **Weather Check.** The risks of many outdoor activities vary substantially with weather conditions. Potential weather hazards and the appropriate responses should be understood and anticipated.

10. **Planning.** Safe activity follows a plan that has been conscientiously developed by the experienced supervisor or other competent source. Good planning minimizes risks and anticipates contingencies that may require an emergency response or a change of plan.

11. **Communications.** The supervisor needs to be able to communicate effectively with participants as needed during the activity. Emergency communications also need to be considered in advance for any foreseeable contingencies.

12. **Plans and Notices.** BSA tour and activity plans, council office registration, government or landowner authorization, and any similar formalities are the supervisor's responsibility when such are required. Appropriate notification should be directed to parents, enforcement authorities, landowners, and others as needed, before and after the activity.

13. **First-Aid Resources.** The supervisor should determine what first-aid supplies to include among the activity equipment. The level of first-aid training and skill appropriate for the activity should also be considered. An extended trek over remote terrain obviously may require more first-aid resources and capabilities than an afternoon activity in a local community. Whatever is determined to be needed should be available.

14. **Applicable Laws.** BSA safety policies generally parallel or go beyond legal mandates, but the supervisor should confirm and ensure compliance with all applicable regulations or statutes.

15. **CPR Resource.** Any strenuous activity or remote trek could present a cardiac emergency. Aquatic programs may involve cardiopulmonary emergencies. The BSA strongly recommends that a person (preferably an adult) trained in CPR be part of the leadership for any BSA program. This person should be available for strenuous outdoor activity.

16. **Discipline.** No supervisor is effective if he or she cannot control the activity and individual participants. Youth must respect their leadership.

BSA Policy on the Use of Chemical Fuels

Purpose

This policy directs Boy Scouts of America members how to safely store, handle, and use chemical fuels and equipment. Safety and environmental awareness concerns have persuaded many campers to move away from traditional outdoor campfires in favor of chemical-fueled equipment for cooking, heating, and lighting. Be aware that chemical fuels and equipment create very different hazards than traditional wood, charcoal, and other solid fuels; this policy defines how to address those hazards.

Before any chemical fuels or chemical-fueled equipment are used, an adult knowledgeable about chemical fuels and equipment, including regulatory requirements should resolve any hazards not specifically addressed within this policy.

Definitions

Chemical Fuels—Liquid, gaseous, or gelled fuels.

Approved Chemical-Fueled Equipment—Commercially manufactured equipment, including stoves, grills, burners, heaters, and lanterns that are designed to be used with chemical fuels.

Prohibited Chemical-Fueled Equipment—Equipment that is handcrafted, homemade, modified, or installed beyond the manufacturer's stated design limitations or use. Examples include alcohol-burning "can" stoves, smudge pots, improperly installed heaters, and propane burners with their regulators removed.

Recommended Chemical Fuels—White gas (Coleman fuel); kerosene; liquefied petroleum gas fuels, including propane, butane, and isobutane; vegetable oil fuels; biodiesel fuel; and commercially prepared gelled-alcohol fuel in original containers.

Chemical Fuels Not Recommended—Unleaded gasoline; liquid alcohol fuels, including isopropyl alcohol, denatured ethyl alcohol, and ethanol; and other flammable chemicals that are not in accordance with the manufacturer's instructions for chemical-fueled equipment.

Storing, Handling, and Using Chemical Fuels and Equipment

- An adult knowledgeable about chemical fuels and equipment should always supervise youth involved in the storage, handling, and use of chemical fuels and equipment.
- Operate and maintain chemical-fueled equipment according to the manufacturer's instructions and in facilities or areas only where and when permitted.
- Using liquid fuels for starting any type of fire—including lighting damp wood, charcoal, and ceremonial campfires or displays—is prohibited.
- No flames in tents. This includes burning any solid, liquid, gel, or gas fuel; including tents or teepees that feature or support stoves or fires; and any chemical-fueled equipment or catalytic heaters.

- Store chemical fuels in their original containers or in containers designed for immediate use. Securely store any spare fuel away from sources of ignition, buildings, and tents.
- During transport and storage, properly secure chemical fuel containers in an upright, vertical position.

Sample Pack Camping Agenda

This is a sample. Remember to keep it simple—make it fun!

Day 1

9:00 A.M.	Arrive at campsite; set up tents and bedding.
10:00 A.M.	Raise U.S. flag with ceremony. Welcome families and review ground rules.
10:15 A.M.	Visit nature center.
10:45 A.M.	Go on nature hike.
11:30 A.M.	Boys and adult partners prepare and eat lunch; clean up.
12:30 P.M.	Free time
1:00 P.M.	Play large group games.
2:30 P.M.	Go swimming.
4:00 P.M.	Boy-adult teams build cooking fires and prepare dinner; dens eat as groups.
5:30 P.M.	Wash dishes and clean up.
6:30 P.M.	Free time
7:00 P.M.	Lower U.S. flag with ceremony.
7:30 P.M.	Prepare for campfire.
8:30 P.M.	Campfire program
9:30 P.M.	Cracker barrel
10:00 P.M.	Lights out

Day 2

7:00 A.M.	Reveille
7:30 A.M.	Air bedding; clean up campsite.
8:30 A.M.	Boy-adult teams prepare and eat breakfast.
9:00 A.M.	Wash dishes and clean up.
9:30 A.M.	Worship service
10:00 A.M.	Strike camp, leaving it in better condition than you found it.

This schedule assumes that each family is preparing meals separately. Group meals are also appropriate. Consider a hamburger cookout, chili cookoff, or pancake feed.

Pack Camping Activity Worksheet

Day One	Activity Scheduled	Day Two	Activity Scheduled
6:00 a.m.		6:00 a.m.	
6:30 a.m.		6:30 a.m.	
7:00 a.m.		7:00 a.m.	
7:30 a.m.		7:30 a.m.	
8:00 a.m.		8:00 a.m.	
8:30 a.m.		8:30 a.m.	
9:00 a.m.		9:00 a.m.	
9:30 a.m.		9:30 a.m.	
10:00 a.m.		10:00 a.m.	
10:30 a.m.		10:30 a.m.	
11:00 a.m.		11:00 a.m.	
11:30 a.m.		11:30 a.m.	
12:00 p.m.		12:00 p.m.	
12:30 p.m.		12:30 p.m.	
1:00 p.m.		1:00 p.m.	
1:30 p.m.		1:30 p.m.	
2:00 p.m.		2:00 p.m.	
2:30 p.m.		2:30 p.m.	
3:00 p.m.		3:00 p.m.	
3:30 p.m.		3:30 p.m.	
4:00 p.m.		4:00 p.m.	
4:30 p.m.		4:30 p.m.	
5:00 p.m.		5:00 p.m.	
5:30 p.m.		5:30 p.m.	
6:00 p.m.		6:00 p.m.	
6:30 p.m.		6:30 p.m.	
7:00 p.m.		7:00 p.m.	
7:30 p.m.		7:30 p.m.	
8:00 p.m.		8:00 p.m.	
8:30 p.m.		8:30 p.m.	
9:00 p.m.		9:00 p.m.	
9:30 p.m.		9:30 p.m.	
10:00 p.m.		10:00 p.m.	

Sample Interfaith Service

Call to Worship

How wonderful, O Lord, are the works of Your hands!

The heavens declare your glory; the arch of the sky displays Your handiwork.

In Your love You have given us the power to behold the beauty of Your world robed in all its splendor.

The sun and the stars, the valleys and the hills, the rivers and lakes all disclose Your presence.

The roaring breakers of the sea tell of Your awesome might; the beasts of the field and the birds of the air bespeak Your wondrous will.

In Your goodness You have made us able to hear the music of the world.

The voices of loved ones reveal to us that You are in our midst.

A divine voice sings through all creation.

—Jewish prayer

Hymn—*In My Father's House*

(Please stand.)

Oh, won't you come with me, to my Father's house,

To my Father's house, to my Father's house.

Oh, won't you come with me, to my Father's house.

There is peace, peace, peace.

There is sweet communion there, in my Father's house,

In my Father's house, in my Father's house.

There's sweet communion there, in my Father's house,

There is peace, peace, peace.

There'll be no more parting there, in my Father's house,

In my Father's house, in my Father's house.

There'll be no more parting there, in my Father's house,

There'll be peace, peace, peace.

Responsive Reading

Leader: Please join me in dedicating myself to living the Scout Oath.

Group: On my honor.

Leader: And being fully persuaded that, what he had promised, he was also able to perform.

—Romans 4:21

Group: On my honor, I will do my best.

Leader: I seek strength, not to be greater than my brother, but to fight my greatest enemy—myself.

—American Indian prayer

Group: On my honor, I will do my best to do my duty to God.

Leader: Fear God and keep His commandments, for this is the whole duty of man.

—Ecclesiastes 12:13

Group: To do my duty to God and my country.

Leader: Open the gates, so that the righteous nation that keeps faith may enter in.

—Isaiah 26:2

Group: On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times.

Leader: And behold I tell you these things that ye may learn wisdom, that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.

—Book of Mormon, Mosiah 2:17

Group: On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake and morally straight.

Leader: For the grace of God has appeared, saving all and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age, as we await the blessed hope, the appearance of the glory of the great God and of our savior Jesus Christ.

—Titus, 2:11-13

Silent Prayer

Prayer

How easy it is for me to live with You, O Lord!

How easy for me to believe in You!

When my mind parts in bewilderment or falters,

Then the most intelligent people see no further than this day's end and do not know what must be done tomorrow,

You grant me the serene certitude that You exist and that You will take care that not all the paths of good be closed.

Atop the ridge of earthly fame,

I look back in wonder at the path which I alone could never have found, a wondrous path through despair to this point from which I, too, could transmit a reflection of your rays.

And as much as I must still reflect You will give me.

But as much as I cannot take up You will have already assigned to others.

—Aleksandr Solzhenitsyn (1974)

Hymn—*Kum Ba Yah*

Kum ba yah, my Lord, kum ba yah,
Kum ba yah, my Lord, kum ba yah,
Kum ba yah, my Lord, kum ba yah,
Oh, Lord, kum ba yah.

1. Someone's crying, Lord, kum ba yah.
2. Someone's praying, Lord, kum ba yah.
3. Someone's singing, Lord, kum ba yah.
4. Kum ba yah, my Lord, kum ba yah.

Cubmaster's Message

Hymn—*Let There Be Peace on Earth*

(Please stand.)

Let there be peace on earth, and let it begin with me.

Let there be peace on earth, the peace that was meant to be.

With God as our Father, we are family.

Let us walk with each other, in perfect harmony.

Let peace begin with me, let this be the moment now.

With every step I take let this be my solemn vow:

To take each moment, and live each moment in peace eternally!

Let there be peace on earth, and let it begin with me.

Benediction—*Celtic Blessing on Setting Forth*

May the road rise to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields;
And, until we meet again, may
God hold you in the palm of his hand.

The 12 Elements of the Cub Scout Outdoor Program

The Cub Scout outdoor program offers 12 elements for success. A successful Cub Scout outdoor event will include several of these elements, and the year-round program should include all of them. The elements support a successful outdoor program by helping event planners focus on the key parts of the Scouting program in general, and on the specifics of the Cub Scout outdoor program.

The 12 elements of the Cub Scout outdoor program are:

1. **Training.** Each type of camping opportunity in the Cub Scout outdoor program is supported by training: National Camping School for day camps, resident camps, and family camps, and council or district BALOO and Outdoor Leader Skills for Webelos Leaders provide the skills and knowledge needed for a great event.
2. **Conservation.** Conservation has always been a part of the Scouting program. The Cub Scout Outdoor Ethics Awareness Award andAction Award and Cub Scout World Conservation Award are only the beginning of the opportunities available for service to the out-of-doors.
3. **Aquatics.** Be sure to use the principles found in Safety Afloat and Safe Swim Defense and in the *Guide to Safe Scouting*.
4. **Camping.** Day camp, resident camp, pack overnighters, Webelos den overnighters, Webelos-ree events, and council or district family camps are the keys of the Cub Scout outdoor program.
5. **Duty to God.** Be sure to include an interfaith worship service during the event, whether staying overnight or not.
6. **Nature Crafts.** Add a touch of real nature to your craft activities and make it a learning experience and fun!
7. **Four-Season Activities.** Keep your program going year-round by using the resources available in your community.
8. **Cooking, Hiking, and Games.** These are a natural part of any Scouting event; just be sure they are age-appropriate.
9. **Ceremonies, Campfires, "Pizzazz."** It's better outside—don't miss the chance to create a lasting memory.
10. **Cub Scout Adventures.** Take advantage of opportunities to incorporate rank advancement when available. Make it a natural part of your Cub Scout outdoor program!
11. **Themes.** Include a well-thought-out theme and make it Cub Scout special!
12. **National Awards.** The Journey to Excellence, Summertime Pack Award, and Cub Scout Outdoor Activity Award support a great year-round unit program.

APPENDIX Z

Open Fires Versus Cooking Stoves

Open Fire Advantages

- Creates heat suitable for cooking food and warming chilly campers.
- Requires no special equipment.
- Allows cooks to bake in Dutch ovens and reflector ovens, and to broil food on grills.
- Provides a psychological lift on cold and damp days and serves in the evening as the center of pack fellowship.

Open Fire Disadvantages

- Can scar the earth on which it is built; stains rocks with soot.
- Difficult to control temperature.
- Creates a potential hazard to surrounding forests.
- Requires an adequate supply of wood or charcoal.
- Difficult to build and maintain in rain or snow.
- Illegal or allowed only by permit in many parks and forests.
- Blackens pots and pans.
- Can destroy hiking boots or clothing in the process of drying them.

Camping Stove Advantages

- Will not scar the earth.
- Temperature is controllable.
- Provides steady heat that won't blacken rocks or cooking gear.
- Requires no firewood.
- Operates dependably under adverse conditions.
- Faster, cleaner to use.

Camping Stove Disadvantages

- Requires the handling of flammable liquids or gaseous fuels.
- Useless for drying gear or warming campers.
- Useless for baking or grilling food.
- Must be used with adult supervision.

APPENDIX AA

Sanitation

As soon as the fire or stove is cleared of cook pots, put on a pot of water to heat for washing. After the meal, the cleanup crew goes to work. Pour half the hot water into a second pot; use one for washing, the other for rinsing. While many campers find that hot water is both ecologically sound and effective for most dishwashing tasks, a little biodegradable soap in the first pot will help cut grease. In the second pot, a few drops of a rinse agent such as liquid bleach will kill any germs the heat doesn't destroy.

Each Scout should wipe his cup, bowl, or plate clean first, then wash them in the wash pot, rinse them in the rinse pot, and leave them to air dry on a clean cloth, or by hanging in the air in a mesh bag. Drying with a cloth adds to your supply list, and may actually contaminate the utensils.

Dispose of dishwater in an authorized spot, or by sprinkling it over a wide area far from camp and any sources of water. Do not leave any food scraps from the dishwater lying around. Police the cooking area to make sure there are no food scraps around, and be sure to put away all food according to any local requirements (bear bag, cooler, car trunk, etc.).

Cleanup Hints

- Wipe down with liquid dish soap the outside of any pots you are using in an open fireplace. It will prevent the pot from getting permanently fire-stained, and make cleanup simple. The black will wipe right off.
- Keep food material out of your wash water pot. Make sure all utensils are free of as much food material as possible first.
- Sand makes a great scouring medium if you forget scrubbing pads.
- Get your wash water going early. You may want to start it before you cook your meal, then move it back on the heat as space becomes available.
- Be sure to leave your fireplace clean. Don't leave any unburned material in the coals unattended.

APPENDIX BB

First-Aid Kits

A first-aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for refilling. Keep the kit in a convenient location. Make one person responsible for keeping the kit filled and available when needed. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions.

Suggested First-Aid Kit Contents

- Bar of soap
- Two-inch roller bandage
- One-inch roller bandage
- One-inch adhesive tape
- Three-inch-by-3-inch sterile pads
- Triangular bandage
- Assorted gauze pads
- Adhesive strips
- Clinical oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Lip salve
- Poison-ivy lotion
- Small flashlight (with extra batteries and bulb)
- Absorbent cotton
- Water purification tablets (iodine)
- Safety pins
- Needles
- Paper cups
- Foot powder
- Instant ice packs

Because of the possibility of exposure to communicable diseases, first-aid kits should include latex or vinyl gloves, plastic goggles or other eye protection, and antiseptic to be used when giving first aid to bleeding victims, as protection against possible exposure. Mouth barrier devices should be available for use during CPR.

Themed Hike Ideas

Paint chip hike. Distribute to groups sample paint cards from hardware stores. See if corresponding colors can be found in nature. Cub Scouts should not pick, pick up, or remove any items from their natural state. (Refer to Item 4, "Leave What You Find," in the Leave No Trace Frontcountry Guidelines.)

A-B-C hike. Each group has a paper with A–Z listed. The object is to find something in nature for each letter.

Babies hike. Look for baby plants, baby animals. This is a great one in early spring.

Another babies hike. Everyone look at eye level of a baby. What can you see down lower to the ground?

No-talking hike. Look first, talk later. What details can you remember? Key in on specific sounds: water running, bird sounds, wind, leaves crunching under feet, etc.

Blind walk. Also a controlled hike. Hikers can follow a trail laid out by stringing ropes between trees, or another hiker can lead them. Have various stations set up with things to be felt, to see if the hiker can identify items without the use of sight.

Five senses walk. Hikers travel to stations set up for each of the five senses. Caution: For the taste section, these items should be brought from home and commercially processed, not picked up off the ground in the forest. This hike takes more preparation ahead of time than most, but is one of the most rewarding.

Flashlight hike. This is a good hike to calm everyone down, possibly right after campfire when the campers are not quite ready for bed. This is a study in contrasts. Which things look and sound different during the day than they do at night?

Four on a Penny. Can you find four different things that will fit together on the head of a penny?

Circle hike. This is an excellent idea if you are dealing with physically challenged hikers. A circle is marked on the ground and you make a list of all the things you can discover about what is living in that confined circle.

Different in the dark hike. Hike a short path during the day, instructing the boys to remember what they saw and heard. Then, repeat the hike at night and have them tell you what is different.

APPENDIX DD

Large-Group Games

Large-group games involve everyone and can be a great tool for building group spirit. There are many sources in BSA literature and elsewhere for games that will be great fun for your group to learn and play! Avoid extreme physical contact and games in which large amounts of players get eliminated as play goes on. The object is for everyone to participate and have a great time.

Barnyard Bedlam

Players are divided into teams. A group of 30 might have five teams of six. One player in each team is designated captain and given a paper bag. Each team is given the name of a barnyard animal and must imitate its cry. They are told that squirrels have hidden supplies around the field; specify the area. Each team is to gather as many of these nuts as possible. The team with the most nuts is the winner. Only the captains may pick up the nuts and put them in the bag. When a player finds a pile of nuts, he stands beside it and gives the team cry. The captain then comes to pick up the nuts. It can be barnyard "bedlam"!

Equipment needed: Bags for captains. Several pounds of peanuts in shells so that you can lay out a lot of little piles of peanuts for the players to find.

Blob

Two players join hands to form the "blob." The blob grows by chasing other players and touching them. **Note:** Only the free hands at the end of the blob can be used to touch players. The blob continues to grow until only one player is left untouched. That player is the winner. As a variation, require the blob to split when it grows to four to six players; now there are two blobs, which split again when each grows to four to six players.

Spies

Hang a number of cardboard pieces about one yard above the ground. Depending on the size of the area and the cover, have one to three umpires patrolling the area. From the starting point, players move through the area, attempting to find the specific number of hanging cards and to write their names on them—while avoiding detection by the umpires. The umpires write down the names of players that they spot within five yards of a hanging card. At the end of the game, add the number of times a player has signed his name on different sheets and subtract the number of times that umpires recorded seeing him/her. The individual or team with the most points would be the winner.

Streets and Alleys

This is a tag game best played with about 20 players. Players line up as if in relay formation, but with hands touching the hands of the players beside them. This creates the streets. By turning 90 degrees and touching the hands of the players now beside them, they now have the alleys. Two players are selected. One is the pursuer and one is the quarry. The pursuer chases the quarry down the streets. Neither may break through the arms of those forming the streets. The leader calls "alleys" and players turn to form the alleys. This can change the situation dramatically. After a short time, the leader calls "streets," and the formation shifts once again. Continue to alternate between streets and alleys as the game progresses. Runners should be changed every minute or so to give runners a break and everyone a chance to run.

Steal the Bacon

Teams should be divided equally, both kids and adults. Teams line up on opposite sides of the playing area, by height. Each side counts off, starting from the short end. The shortest person on each team is number 1; the tallest person is the highest number. The tallest person on team A should be opposite the shortest person on team B, so they have to come from opposite sides when their number is called. An object like a ball, two-liter soda bottle, or even a sack of clothing will work. The object (the bacon) is placed in the center of the field. The person running the game will call out a number, and that number from each side comes out to the center of the field. The object of the game is to get the "bacon" back to your line on your side of the field. Scoring is as follows: one point for getting the bacon back to your side, untouched by the other player, or one point for tagging the other player while he or she is holding the bacon. Players can drop the bacon if they think they are going to get tagged, and the game continues. Once everyone gets the hang of the game, multiple numbers can be called.

Camp Baseball

Form two teams. One team is "batting," the other "fielding." One of the players on the batting team spins the foxtail and launches it in any direction. The batting team forms a tight circle and the batter starts running around his team, counting each complete orbit as a run. Meanwhile, the fielding team has to recover the foxtail and pass it through the legs of the entire fielding team. Once this is accomplished, they yell "out" and the batter stops counting runs. There is no prescribed rule on how to accomplish the passing; it's up to the team to decide its technique, but the foxtail must go through the legs of all players on the team. Once three outs are made, the teams switch, and the fielding team bats. Play as many innings as you want!

Campout Safety Checklist

Campout Safety Checklist

Boy Scouts of America

Campout Description: _____

Campout Date(s): _____ Campout Location: _____

Campout Organizer: _____ Health and Safety Officer: _____

The following checklist provides guidance on safety issues that you may encounter at a Scouting campout. Along with the *Guide to Safe Scouting* and the tour and activity plan, this tool will help you in having conversations on identifying risks that need to be mitigated or eliminated.

Campout Risks	Yes	No	N/A	Mitigation/Comments
Planning				
1. Does everyone attending have a current Annual Health and Medical Record?				
2. Are all leaders current on their Youth Protection training (valid for two years)?				
3. Do leaders have program-specific training (e.g., Safety Afloat, Range Safety Officer, etc.)?				
4. If swimming or boating is involved, is there a BSA-certified lifeguard responsible for the waterfront?				
5. Have weather conditions been checked and communicated?				
6. Have maps to the campsite been printed and handed out?				
7. Do parents have contact information for adult leaders attending the campout?				
8. Does the unit have a fully charged and operable fire extinguisher?				
9. Has a tour and activity plan been prepared and submitted on MyScouting?				
10. Is a seat belt available for each attendee in any vehicles that will be used?				
11. Are all drivers licensed and insured?				
12. Have all drivers taken Risk Zone driver training?				
13. Is the unit first-aid kit in good order?				
14. Has the *Guide to Safe Scouting* been reviewed for program safety requirements?				
15. Is a copy of the *Guide to Safe Scouting* available on the campout?				
16. Are the program areas age appropriate for the youth?				
17. Is at least one participant certified in CPR and first aid?				
18. Is specialized safety equipment needed and available (e.g., life jacket, safety glasses, gloves, etc.)?				
19. Have emergency plans been established for the following?				
a. Severe weather				
b. Lost Scout				
c. Sick Scout requiring urgent care (non-ER)				
d. Evacuation from campsite				
20. Has an adult been assigned to help Scouts with taking meds?				

Campout Safety Checklist

Boy Scouts of America

Campout				
1. Has the campsite been surveyed for potential hazards (e.g., glass, dead branches, large ant beds, etc.)?				
2. Has the location of the nearest hospital/ER been identified and announced to all adults?				
3. Is a mechanism in place for contacting a camp ranger or camp office (e.g., walkie-talkie, mobile phone, etc.)?				
4. Has the Unit Fireguard Plan been prepared and posted?				
5. Has a fire extinguisher been placed close to the campfire and/ or other heat sources?				
6. Is the campfire in a campfire ring or in an area designated for a fire?				
7. Is the unit first-aid kit in a conspicuous location and readily available?				
8. Have equipment or tools been inspected prior to use?				
9. Have parking plans or areas been established to minimize vehicular traffic?				
10. Has the unit conducted a quick safety meeting to convey any important safety information?				
After Campout				
1. Have any incidents been recorded and reported, if necessary, to BSA professionals?				
2. Have the adult and youth leaders captured any lessons learned from the campout?				
Miscellaneous				

Campfire Program Planner

How to use this sheet: Be sure that every feature of this campfire program upholds Scouting's highest traditions.

1. In a campfire planning meeting, fill in the top of the Campfire Program sheet (over).
2. On the Campfire Program Planner (below), list all units and individuals who will participate in the program.
3. Write down the name, description, and type of song, stunt, or story they have planned.
4. The MC organizes songs, stunts, and stories in a good sequence considering timing, variety, smoothness, and showmanship.
5. The master-of-the-campfire makes out the Campfire Program sheet (over).
6. Copies of the program are given to all participants.

Cheer Planner	Spot

Song Planner	Spot

Campfire Program Planner			
Group or Individual	Description	Type	Spot
Opening			
Closing			
Headliner	Main event		
Song leader			
Cheerleader			

Campfire Program

Place	Campers notified	Area set up by
Date	Campfire planning meeting	
Time	MC	Campfire built by
Camp director's approval:	Song leader	Fire put out by
	Cheermaster	Cleanup by

Spot	Title of Stunt, Song, or Story	By_____	Time
1	Opening—and firelighting		
2	Greeting—introduction	MC	
3	Sing— Yell—		
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22	Closing		