



# REQUIRED ADVENTURES



## **BOBCAT REQUIREMENTS**

1 Learn and say the Scout Oath, with help if needed.

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.

2. Learn and say the Scout Law, with help if needed.

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

3. Show the Cub Scout sign. Tell what it means.

4 Show the Cub Scout handshake. Tell what it means.

5. Say the Cub Scout motto. Tell what it means.      "Do your Best"

6. Show the Cub Scout salute. Tell what it means.

7. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children From Child Abuse: A Parent's Guide."

## What You Will Need:

Internet access  
BSA Cyber Chip blue card  
(Available from your Unit Leader)



## Cyber Chip

### Instructions

1.) With your den or family, read the Internet Safety Pledge  
2.) Sign the Internet Safety Pledge on the BSA Cyber Chip blue card.

3.) Grades 4-5 Watch the video "The Password Rap" and one other video of your choosing [HERE](http://www.NetSmartz.org)  
[www.NetSmartz.org](http://www.NetSmartz.org)

7.) Grades- 4-5 Use the Teachable Recipes to demonstrate Internet safety rules

8.) Grades 4-5 Discuss with your family the acceptable standards.

### Internet Safety Pledge

1. I will tell my trusted adult if anything makes me feel sad, scared, confused, or uncomfortable.
2. I will ask my trusted adult before posting photos or sharing information like my name, address, current locations, or phone number.
3. I won't meet face-to-face with anyone I meet in the digital world.
4. I will respect the online property of others.
5. I will always use good "netiquette" and not be rude or mean online.

## Webelos Adventure: Cast Iron Chef



Complete Requirements 1 and 2 below. Requirement 3 is optional.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site

## What You Will Need:

**In this book**  
Menu planner &  
shopping list

Pencil



## 1. Balanced Meal

## Cast Iron Chef

### Instructions

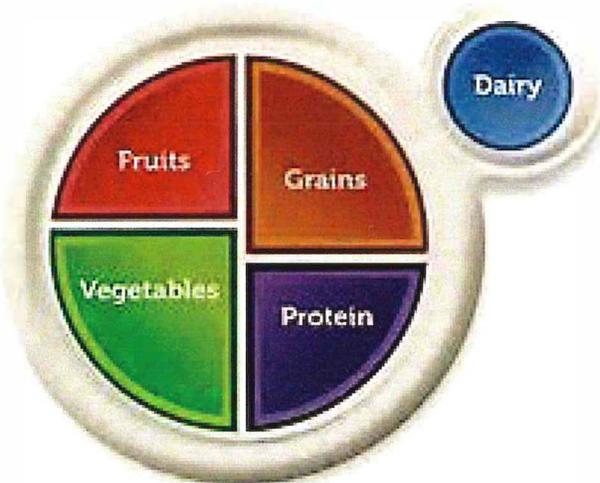
Plan a menu for a balanced meal for your den or family. Use the Menu planner & shopping list page in your book.

- ◇ What is a simple meal that is one of your favorites?
- ◇ See your Webelos Cub Scout Handbook for suggested meals.
- ◇ Discuss ideas with a friend or family member.

Determine the budget for the meal.

If possible, shop for the items on your menu. Stay within your budget.

## My Plate



Eating right helps you grow, gives you energy, and keeps your mind sharp.

A Scout is thrifty. You can show that you are thrifty by finding ways to save money when shopping.  
Find shopping tips in your Webelos Cub Scout Handbook.

Did your meal include all of the 5 food items on My Plate?



**What You Will Need:**

Pencil



**2. Cooking Methods**

**Cast Iron Chef**

**Instructions**

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

See more information about types of cooking in your Webelos Cub Scout Handbook



**Which method of cooking do you want to use to cook your next meal?**

Cookie Cheer

Crummy, crummy, crummy.

**What You Will Need:**

None

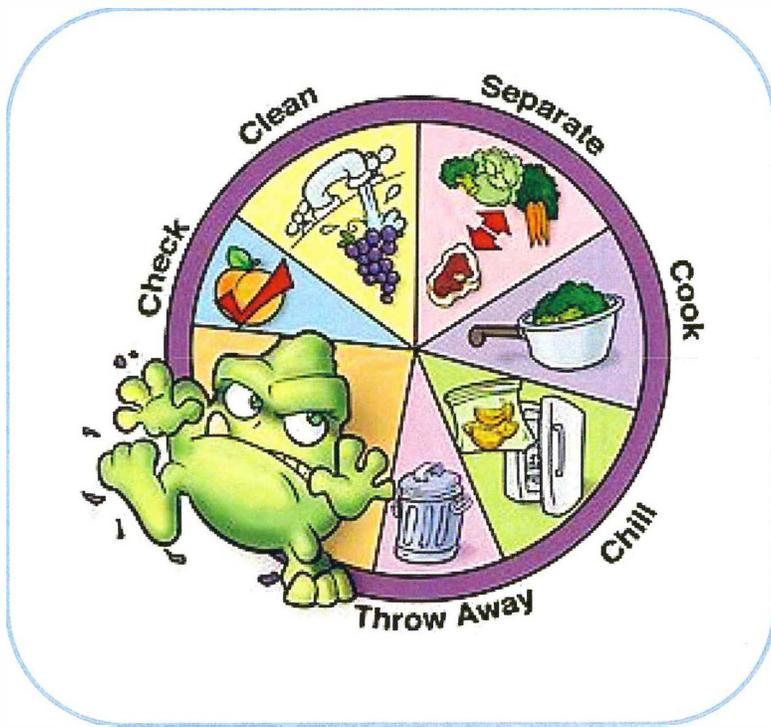


**2. Food Safety**

# Cast Iron Chef

**Instructions**

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)



**What are 3 things that you learned about food and cooking safety?**

- 1.
- 2.
- 3.

**What You Will Need:**

None



2. Prepare a meal that requires cooking

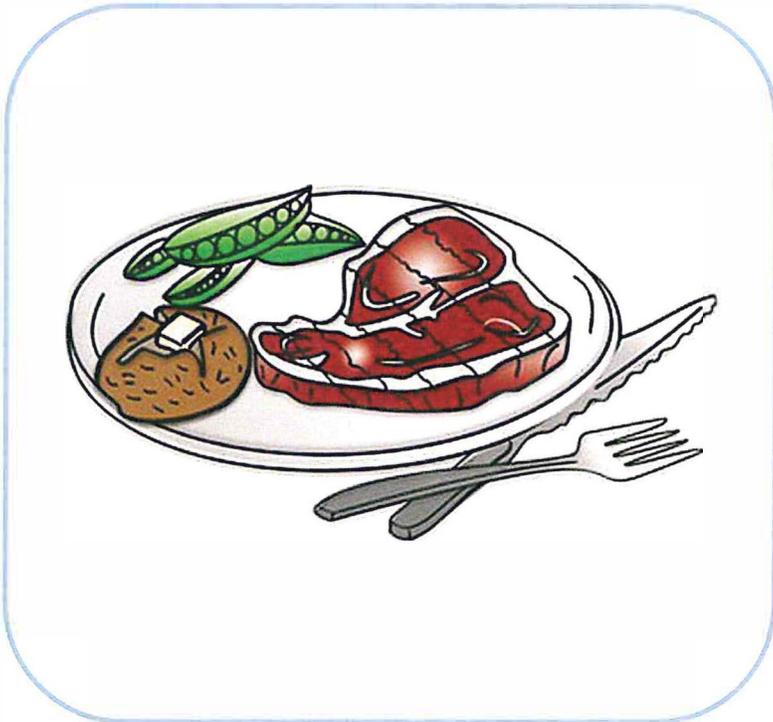
## Cast Iron Chef

**Instructions**

Prepare a balanced meal for your den of family using one of these methods:

- ◇ Camp stove
- ◇ Dutch oven
- ◇ Box oven
- ◇ Solar oven
- ◇ Open campfire
- ◇ Charcoal grill

While cooking your meal demonstrate an understanding of food safety practices.



What worked well with the meal you prepared?

What would you do differently next time?

## What You Will Need:

None



3. Prepare a fire

## Cast Iron Chef

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

Read about fire building in your Webelos Cub Scout Handbook

If circumstances permit and there is no local restriction on fires, show how to safely light the fire. Make sure to only practice lighting fire only under the supervision of an adult. After allowing the fire to burn safely, extinguish the flames in a manner that is safe and has minimal impact to the fire site.

## 5 Simple Steps to Campfire Safety

1. Look up and around. Make there aren't any low-hanging branches, dead leaves/debris and/or bushes nearby.
2. Safety proof your pit. There should be a 5-foot perimeter of bare ground around the campfire space. If there is no metal ring, circle the pit with rocks.
3. Keep water nearby. A 5 gallon bucket of water is typical.
4. Always watch. Make sure someone always has an eye on the fire.
5. Extinguish before bed. The best option is throwing water or dirt on the fire. Stir the embers around to ensure another fire won't start. The remaining coals should not feel warm when you put your hand over it.

A Scout is trustworthy. You can show that you are trustworthy by following the rules of fire safety.

A Scout is thrifty. Fire starting materials you have at home: dryer lint, cotton gauze, gum wrappers, paper products, cotton balls

## Webelos Adventure: Duty to God and You



Complete Requirement 1 and at least two others.

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. Earn the religious emblem of your faith that is appropriate for your age, if you have not done so already.
3. Discuss with your family, family's faith leader, or other caring adult how planning and participating in a service of worship or reflection helps you live your duty to God.
4. List one thing that will bring you closer to doing your duty to God, and practice it for one month. Write down what you will do each day to remind you.

## What You Will Need:

None



### 1. Duty to God

## Duty to God and You

### Instructions

Reverent is the final point of the Scout Law. Reverence starts with a feeling. Some people say it's an attitude of appreciation, even awe, for what God has created in our world.

Have you ever thought about what reverent might mean in terms of what people say or do?

What have you seen other people do to show that feeling of respect and love?

Discuss with your parent or guardian what it means to do your duty to God. Tell how you do your duty to God in your daily life.



Understanding more about your religious beliefs and the beliefs of others can help you make sense of the world around you.

**Note to Parents and Other Caring Adults:** Inspiration and support for your child's spiritual development will come primarily from your family and / or faith leaders. While reverence and duty to God have always been part of Scouting values, the Boy Scouts of America does not promote any specific religion and is completely non-sectarian. There is no requirement that Scouts identify with a particular religion of faith. In keeping with these principles, your Scout will need your guidance to complete requirements for this Duty to God Footsteps adventure.

## What You Will Need:

None



3. Participate in worship
4. Duty to God—1 month

## Duty to God and You

### Instructions

Many people show their faith by taking part in worship services or gatherings where they might praise God, pray, talk about religious teachings or sing.

In your conversation with one or more caring adults, discuss how planning and taking part in such a service or gathering helps you to feel reverent and gives you a chance to act on your idea of duty to God.

Discuss how social distancing might have changed how you are able to participate.

List one thing that will bring you closer to doing your duty to God and practice it for one month.



What is one thing I will do for a month for my duty to God?

What will I do to remember to do this one thing for the month?

## Webelos Adventure: First Responder



Complete 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
  - A. Cuts and scratches,
  - B. Burns and scalds,
  - C. Sunburn,
  - D. Blisters on the hand or foot,
  - E. Tick bites,
  - F. Bites and stings of other insects,
  - G. Venomous snakebites,
  - H. Nosebleed,
  - I. Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder or health care professional.

## What You Will Need:

**In this book**  
Emergency Contact Activity

**From home**  
Pencil



1 and 2. Basic First Aid

## First Responder

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

Read your Webelos Cub Scout Handbook to learn more information on what you should do after an accident.

With your family, complete the Emergency Contact Activity in your book on the next page.

*A scout is brave. But that doesn't mean bravery is something you're born with. You can train yourself to face emergencies with courage. In an emergency, remember to: Be strong.*



### The 4 Cs

**Check**—Make sure the scene is safe before approaching. You can't help if you become a victim.

**Calm down and think**—Assess the situation and decide what needs to be done. You will be able to make better decisions if you aren't panicked.

**Call**—If the victim seems badly hurt, send someone to call for medical help. If no one is available, call for help and then offer to assist the victim.

**Care**—Explain that you know first aid and get permission to treat the victim before doing anything else.

When sending someone to get help, point at a specific person and say, "Go call 911 and ask for an ambulance." Don't assume everyone knows what to do.

<p>Name</p> <p>_____</p>	<p>Address</p> <p>_____</p> <p>_____</p>
<p>Emergency Contact</p> <p>Name _____</p> <p>Phone _____</p>	<p>Emergency Contact</p> <p>Name _____</p> <p>Phone _____</p>
<p>Emergency Contact</p> <p>Name _____</p> <p>Phone _____</p>	<p>Emergency Contact</p> <p>Name _____</p> <p>Phone _____</p>
<p>Family Doctor</p> <p>Name _____</p> <p>Phone _____</p>	<p>Emergency Contact List</p> <p><b>911</b> for police, fire department and ambulance</p>

## What You Will Need:

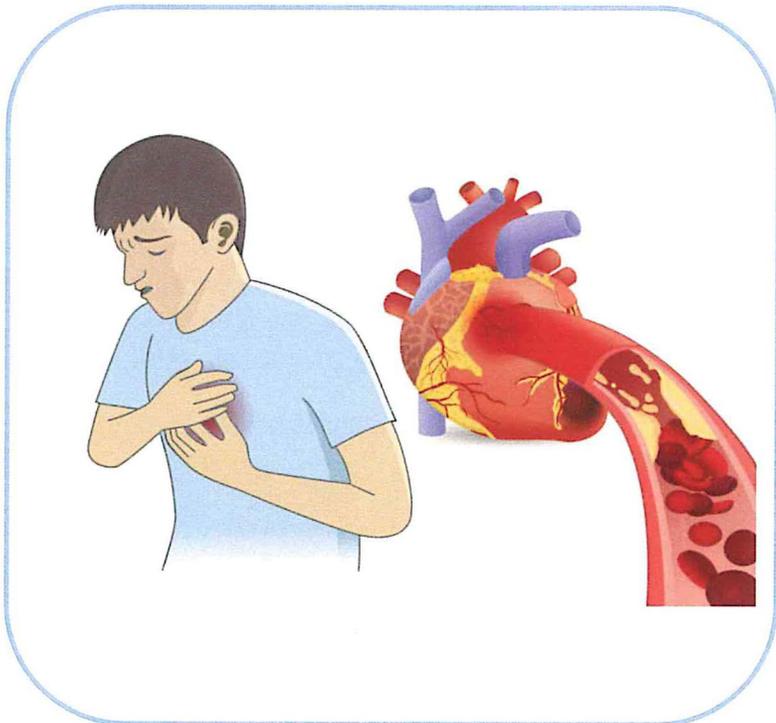
1. Emergency  
Medical Services

2. First Aid Kit

None



## 2. First Aid Treatment— Hurry-up Cases



### Five Hurry Cases:

- Serious bleeding
- Heart attack or sudden cardiac arrest
- Stopped breathing
- Stroke
- Poisoning

### Use the 3 C's:

Check

Call 911

Care

## First Responder

### Instructions

The first aid actions will be taught by watching videos for each action.

After you have watched the video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

## What You Will Need:

None

None

None



## 3. Choking

## First Responder

### Instructions

The first aid actions will be taught by watching videos for each action. The video list is below.

After you have watched the video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

[HERE](#)



Choking on food or a foreign object can lead to unconsciousness and death. If you see someone choking, take action immediately. When you see a person holding their hands to his throat and turning blue, ask if they are choking. If they can speak, cough, or breathe, encourage them to try to cough up what they have swallowed. If not, call 911, or ask a bystander to call 911. Tell the person you know first aid, and ask if you can help.

Because of the possibility of injury, do not practice actual back blows or abdominal thrusts unless you are using a special simulator.

## What You Will Need:

Webelos  
Cub Scout  
Handbook  
None



## 4. Shock

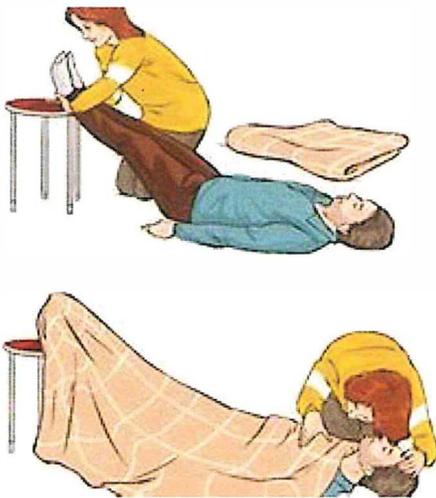
## First Responder

### Instructions

The first aid actions will be taught by watching videos for each action. The video list is on the next page.

After you have watched the video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)



When a person is injured or under great stress, the circulatory system might not provide enough blood to all parts of the body. That is called shock. The person will feel weak. Their face may get pale. Their skin will feel cold and clammy. They may shiver or vomit.

Shock is a medical term and does not mean the same thing as being surprised or scared.

## What You Will Need:

**In this book**  
Emergencies activity sheet  
First aid word search



## 5. Basic First Aid

## First Responder

### Instructions

The first aid actions will be taught by watching videos for each action. The video list is on the next page.

After you have watched the video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

Complete the Emergencies activity sheet and the First Aid word search on the next pages.



How prepared are you to provide first aid?

*The Scout motto is "Be Prepared." One way to be prepared is to learn how to do first aid before an emergency occur.*

## Emergencies

Use the following words to complete each sentence. Each word is used only once.

alarm arson ax burn call crawl drill emergency escape exit explode extinguisher  
flammable fuse hazard homes hose hot outlet panic plan roll scald  
smoke detector Sparky water

1. If trapped in smoke; \_\_\_\_\_ under the smoke to safety.
2. Gasoline can \_\_\_\_\_ near a flame or heat.
3. Electrical \_\_\_\_\_ covers protect little children from shock.
4. A \_\_\_\_\_ is used to put water on a fire.
5. Treat a minor burn with cool \_\_\_\_\_.
6. Use the enclosed stairs marked " \_\_\_\_\_," not the elevator, to escape from a burning building.
7. Have a home fire \_\_\_\_\_ now. It could save your life later.
8. Learn not to \_\_\_\_\_.
9. \_\_\_\_\_ is NFPA'S Fire safety dog.
10. If there is a fire, get out fast. Then \_\_\_\_\_ the fire department.
11. \_\_\_\_\_ is a crime. It is a fire set on purpose that does harm.
12. Unless trained to use a fire \_\_\_\_\_, a person should get out and call the fire department.
13. Most fires in which people die happen in their own \_\_\_\_\_.
14. A \_\_\_\_\_ is an unsafe condition that exists in your home.
15. A \_\_\_\_\_ can warn you of a fire before you might smell, hear, or see it.
16. If you smell smoke, don't open the door. Feel it to see if it's warm or \_\_\_\_\_.
17. Fire fighters and paramedics respond to \_\_\_\_\_ calls.
18. \_\_\_\_\_ only causes more panic; set a calm example.
19. Make a home escape \_\_\_\_\_. Practice it twice a year.
20. In case of fire, you must have two \_\_\_\_\_ routes from your home.
21. A false \_\_\_\_\_ may prevent fire fighters from getting to a real fire.
22. \_\_\_\_\_ liquids catch fire easily.
23. Fire fighters may use an \_\_\_\_\_ to break through locked doors.
24. A \_\_\_\_\_ disconnects overloaded electrical circuits.
25. If your clothes catch on fire, stop, drop, and \_\_\_\_\_.
26. A hot liquid burn is a \_\_\_\_\_.

## Word Search

Find these words:

Aid Harm Scratch Airway Help Shock Bandage Hurt Splint Bite Injury Sprain  
Blister Burn Pulse Cut Symptom Poison Tape Wound Scab Xray Fainting  
Safety Fracture Pressure

P E B L I S T E R D S M X  
O S F E V C U T M N P L R  
I L A E P R E S S U R E A  
S U I G I A I D M D A R Y  
O P N A N T T R N Y I U M  
N T T D M C A U S A N T O  
P N I N S H O C K W T C T  
L I N A S W A L H R R A P  
E L G B C B C D P I U R M  
H P N R U B I T E A H F Y  
N S A F E T Y R U J N I S

### What You Will Need:

- Band-aids
- Antibiotic ointment
- Sting Eeze pads
- Antiseptic wipes
- Zip bag



### 6. Simple First Aid Kit

## First Responder

### Instructions

If you have a first aid kit at home, compare the contents to what is listed in your Webelos Cub Scout Handbook. Determine what is missing or has expired. Add anything missing and replace anything that is expired.

If you don't have a first aid kit at home, make up a kit.

You will also want a personal first-aid kit. Look for the supplies in your box to make a personal first-aid kit to be part of your 6 Essentials.



Every home and car should have a first-aid kit so that supplies will be there when you need them. You will also want a simple first-aid kit for your backpack when hiking or camping.

### Fireman Yell

Water, Water, Water! More, More, More !

## What You Will Need:

- 1. Pencil
- 2. Paper
- 3. Pencil paper



## 7. Emergency Readiness Plan

## First Responder

### Instructions

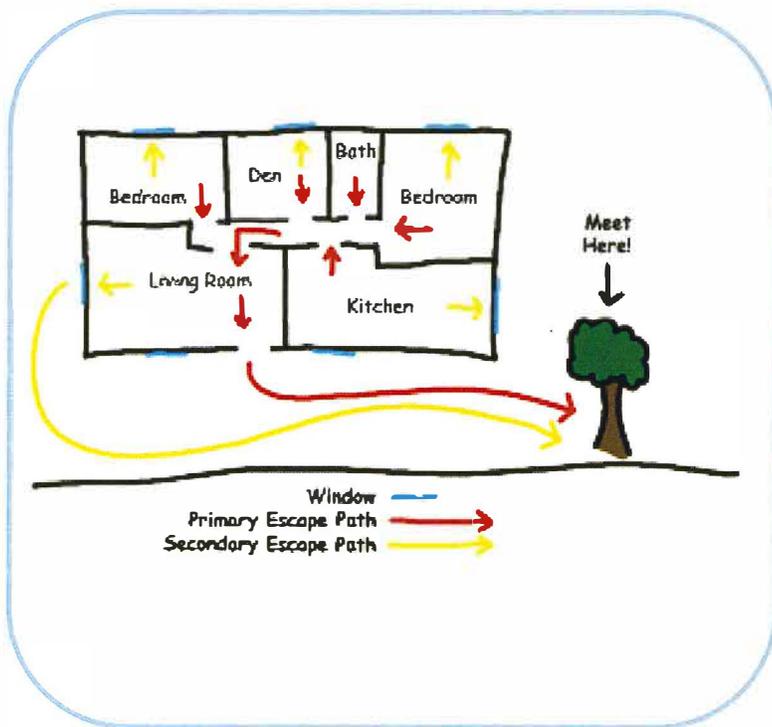
Emergencies can happen at any time. It's important to have a plan so you are prepared to react appropriately.

Sketch a floor plan of your home. Figure out two possible escape routes from each room, and draw them on your floor plan.

Decide on a place away from the building where everyone can meet once they are outside.

Discuss your plan with your family and practice what you would do in an emergency.

See your Webelos Cub Scout Handbook for a sample emergency plan and for questions to discuss with your parent or guardian.



When did you last check that your smoke alarms are working?  
Do you check them at least once a year?

Are windows easy to open?  
How do you get out if a window doesn't open?  
Are there rooms on a second floor or higher?

**Sketch your home escape plan here**

After you have sketched your home plan, put your primary escape route in red and your secondary escape route in yellow.

**What You Will Need:**

Scissors  
Tape

None



**8. Paramedic Visit**

**First Responder**

**Instructions**

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)



Did you know that when you become older, you can join a BSA Post to learn First Responder Skills?

First responders are people who keep us safe. They include police officers, firefighters, EMS workers, and search and rescue professionals. Whenever an emergency happens or someone calls for help they are the first people to respond.

## Webelos Adventure: Stronger, Faster, Higher



Complete Requirements 1-3 and at least one other.

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results: 20 yard dash, vertical jump, lifting a 5 pound weight, push-ups, curls, jumping rope.
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
4. Try a new sport that you have never tried before.
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and try to improve your time over a two week period.
6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

### What You Will Need:

Webelos  
Cub  
Scout  
None



1. Warm up and cool down

## Stronger, Faster, Higher

### Instructions

Have you ever felt really sore after you played hard. By warming up before doing physical activities and cooling down afterward, you reduce the chance that you'll get sore or hurt yourself.

Read your Webelos Cub Scout Handbook to learn simple stretching exercises. Practice these exercises.

Before your activity, stretch and warm up slowly by walking a bit before starting to run. After your activity, cool down by stretching or walking at an easy pace for a few minutes until your heart rate gets back to normal. You can check your pulse by lightly pressing two fingers in the soft area beside your Adam's apple. You should count 30–50 beats in 30 seconds.



Do you go rock climbing?

I would if I were boulder!

### End of Hike Cheer

Throw hands up in the air, yell, "We made it!"

## What You Will Need:

**In this book**  
Exercise Log

Stopwatch

Stopwatch or cell phone with  
stopwatch app  
Pen or pencil  
Tape measure  
5 pound weight or 5 pound  
bag of rice, beans, flour  
Jump rope



2. Activities  
3. Exercise 30 days

## Stronger, Faster, Higher

### Instructions

Do these activities and record your results in the chart on the next page.

- A. Measure the distance of 20 yards and then run a 20 yard dash. Record time.
- B. Vertical jump. Record how high.
- C. Lift a 5 pound weight. Did you do it?
- D. 15 push-up. Record your time.
- E. 15 curls / sit-ups. Record your time.
- F. Jump rope for 30 seconds. How many jumps could you do?

Make an exercise plan that includes at least 3 physical activities every day. Carry out your plan for 30 days. Write down your progress each week. Fill in the exercise plan sheets on the following pages in your book.

See exercise examples in your Webelos Cub Scout Handbook.



We all have things we naturally do really well. Don't stick with what you are naturally good at. By learning other physical skills and practicing, you can get stronger and faster and go higher, which is what this adventure is all about.

Do you see improvements each week?

In the Scout Oath, you promise to keep yourself physically strong. Regular exercise is a great start.

## Exercise Log

Do the following activities and record your time or measure the results

Activity	Results							
20 yard dash								
Vertical jump								
Lift a 5 pound weight								
15 push-ups								
15 curls / sit-ups								
Jump rope for 30 seconds								

## My 5 - 30 Day Exercise Plan

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	End of Week Results
1.								
2.								
3.								
4.								
5.								
6.								
7.								



### Exercise Log

Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	End of Week Results
1.								
2.								
3.								
4.								
5.								
6.								
7.								

Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	End of Week Results
1.								
2.								
3.								
4.								
5.								
6.								
7.								

# Exercise Log

Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	End of Week Results
1.								
2.								
3.								
4.								
5.								
6.								
7.								

Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	End of Week Results
1.								
2.								
3.								
4.								
5.								
6.								
7.								



**What You Will Need:**

Items for fitness course  
Stopwatch



**5. Fitness Course**

**Stronger, Faster, Higher**

**Instructions**

With your den or family, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running.

Time yourself going through the course, and try to improve your time over a two week period.

Look in your Webelos Cub Scout Handbook for suggestions for your fitness course.



*A Scout is friendly. If someone in your den or family is having a hard time with a station, offer some encouragement or help.*

What is a frog's favorite exercise?

Jumping Jacks

## Webelos Adventure: Webelos Walkabout



Complete Requirements 1-4 and at least one other.

1. Plan a hike or outdoor activity.
2. Assemble a first aid kit suitable for your hike or activity.
3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.
5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.
6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.

## What You Will Need:

None

Pencil



### 1. Plan 3 mile hike

## Webelos Walkabout

### Instructions

Look at your Webelos Cub Scout Handbook to identify what information is needed to plan a hike.

Complete the hike plan on the table in your Webelos Cub Scout Handbook on page 92.

Before your hike, plan and prepare a nutritious lunch or snack. Look in your Webelos Cub Scout Handbook for some suggestions.

Review your Webelos Cub Scout Handbook for a reminder of the Scout Basic Essentials. Pack your bag for your hike.



### How fast can you hike?

On a 3-mile hike, most Webelos can expect to average about 1-2 miles an hour, including stops.

### Homemade Trail Mix

Mix any of these items:

raisins, granola clusters, cereal, candy-coated chocolate, pretzels, dried fruit, nuts, sunflower seeds

## What You Will Need:

Band-aids  
Antibiotic ointment  
Sting Eeze pads  
Antiseptic wipes  
Zip bag



## 2. First Aid Kit

# Webelos Walkabout

### Instructions

If you have completed First Responder, this requirement has been completed.

If you haven't completed First Responder, make a personal first aid kit with supplies in your box.



When you are hiking, you have to be able to take care of any minor emergencies that come up. The Scout motto is "Be Prepared". One way to be prepared is to carry a first-aid kit whenever you go hiking.

*A Scout is brave. If an emergency occurs on your hike, remember to stay calm and use your first-aid training. Panicking doesn't help anybody.*

## What You Will Need:

In this book  
Crossword puzzle

Pencil



3. Outdoor Code  
& Leave No Trace

## Webelos Walkabout

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

### Leave No Trace Principles

I promise to practice the Leave No Trace Principles wherever I go:

1. Know Before You Go
2. Choose the Right Path
3. Trash Your Trash
4. Be Careful with Fire
5. Respect Wildlife
6. Be Kind to Other Visitors

### Outdoor Code

As an American, I will do my best to  
Be Clean in my Outdoor Manners,  
Be Careful with Fire,  
Be Considerate in the Outdoors  
And be Conservation Minded.

Show that you can recite the Outdoor Code and Leave No Trace Principles from Memory.



How you can demonstrate Leave No Trace and the Outdoor Code on your hike?

## What You Will Need:

### In this book

Poison ivy coloring sheet

Crayons, markers or colored pencils



## 5. Poisonous Plants

## Webelos Walkabout

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

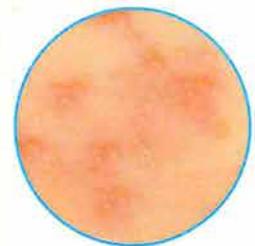
Find the Poison Ivy Coloring Sheet and review the leaf pattern to assist you in identifying poison ivy.

Color the picture.

Tell someone about what you learned and look for poison ivy (don't touch!!) on your next hike.



Poisonous plants create an itchy rash on your skin that can last several days or weeks. See picture to the right. If you think you were exposed, wash off the oil from the plant with soap and water as soon as you can. You may not be able to see the oil. If the itching has begun, use calamine lotion. Other home remedies include pouring cold coffee on the affected area or using the inside of a banana peel, cucumber slices, raw potatoes, or aloe vera juice. Do not pop the bubbles on the rash and try not to itch!



Rash

# Poison Ivy Coloring Sheet



## What You Will Need:

In this book  
Hiking journal cards  
O ring

Hole punch



5. Venomous  
Snakes  
Dangerous Insects

## Webelos Walkabout

### Instructions

Cut the Hiking Journal cards into individual cards.

In the top left corner of each card punch a hole. Be careful to not get too close to the edge. Try to punch a hole in the same position on each card.

Use the O ring to hold all of the cards.

Add these to your 6 Essentials.

Review your Webelos Cub Scout Book for other venomous snakes and dangerous insects that may exist in your area.

Your Hiking Journal Cards have these pictures on them and are laminated.



On coral snakes, the red and yellow bands touch; on other snakes, they don't.

Remember the rhyme: "Red on yellow, kill a fellow; red on black, friend of Jack."

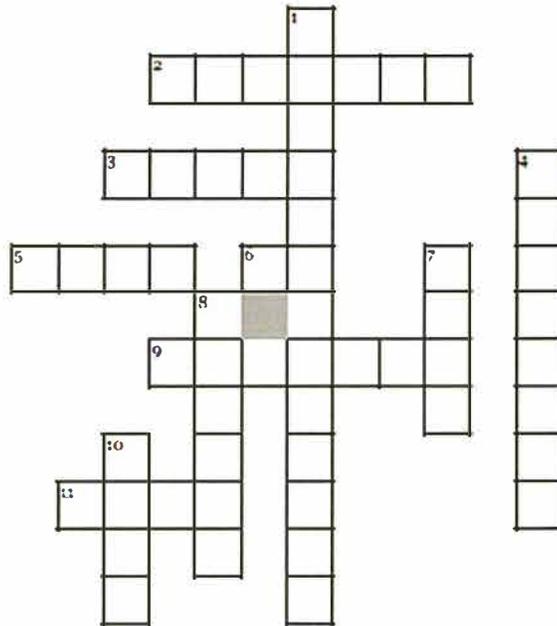
To avoid poison ivy and poison oak, remember this rhyme:

"Leaves of three, let it be; berries white, poisonous sight."

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## The Outdoor Code and Leave No Trace Crossword Puzz..



### Across

- 2. Be clean in my outdoor
- 3. Trash your
- 5. Choose the right
- 6. Know before you
- 9. Be kind to other
- 11. Be careful with

### Down

- 1. Be considerate
- 4. Respect
- 7. As an american, I will do my \_\_\_\_\_ to-
- 8. Be conservation
- 10. Leave what you

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# The Outdoor Code and Leave No Trace Crossword Puzzle



**Across**

- 2. Be clean in my outdoor
- 3. Trash your
- 5. Choose the right
- 6. Know before you
- 9. Be kind to other
- 11. Be careful with

**Down**

- 1. Be considerate
- 4. Respect
- 7. As an american, I will do my \_\_\_\_\_ to-
- 8. Be conservation
- 10. Leave what you

## What You Will Need:

### In your box

None

### From home

Pencil



4. 3-mile Hike  
6. Leadership Role

## Webelos Walkabout

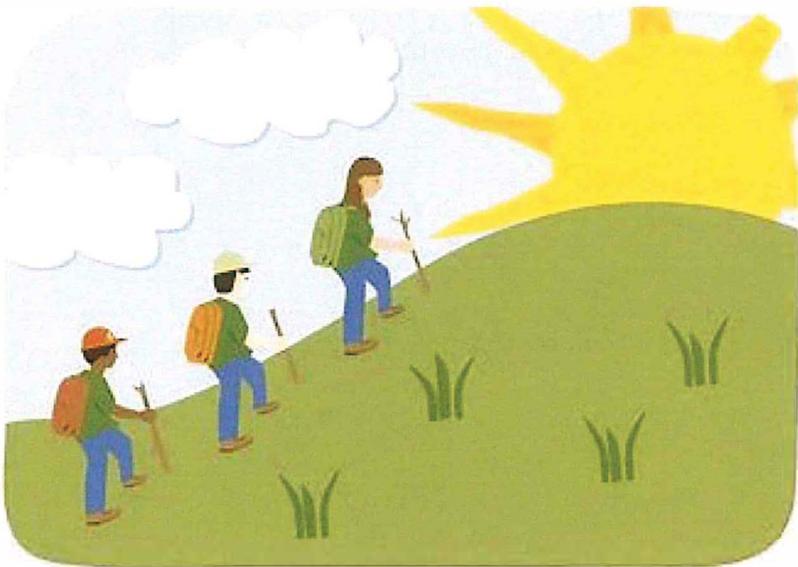
### Instructions

Bring a nutritious lunch or snack. Enjoy it on your hike. Clean up after you eat.

Review your Webelos Cub Scout Handbook to learn about leadership roles during your hike.

With your den or family members hike 3 miles. Perform leadership role on the hike.

*A Scout is cheerful, looking on the bright side when bad things happen and doing chores without complaining. How can you be cheerful on hikes?*



You may know how to walk, but hiking is different. Here are some things that make hiking easy and fun:

- **Look around.** Unless the trail is rocky or uneven, stop looking at your feet and start looking at the world around you. Spread out on the trail so you can see more than your buddy's back, but do not spread wider than the trail. Keep at the pace of the slowest hiker in your group.
- **Take breaks.** Plan to stop for 10 minutes after every 30 minutes of hiking. Stretch your muscles and study the world around you. If possible, take breaks after you climb big hills.
- **Stay on the trail.** Don't go around muddy spots or take shortcuts. That makes trails wider and damages the environment.
- **Walk in single file.** If you're hiking along a road, stay in single file on the left side. Wear white or reflective clothing or carry a flashlight.
- **Respect other hikers.** Don't be too noisy. If you meet other people, give them the right of way, especially if they are going uphill or are on horseback.



## Webelos/AOL Elective Adventure: Castaway

Complete the following requirements.

1. Complete A. and your choice of B. or C.
  - A. On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.
  - B. With the help of an adult, demonstrate one way to light a fire without using matches.
  - C. Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.
2. Do all of the following.
  - A. Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.
  - B. With your den, demonstrate two ways to treat drinking water to remove impurities.
  - C. Discuss what to do if you become lost in the woods. Tell what the letters "S-T-O-P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
  - D. Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Scout motto, "Be Prepared."

**What You Will Need:**

**None**



# Castaway

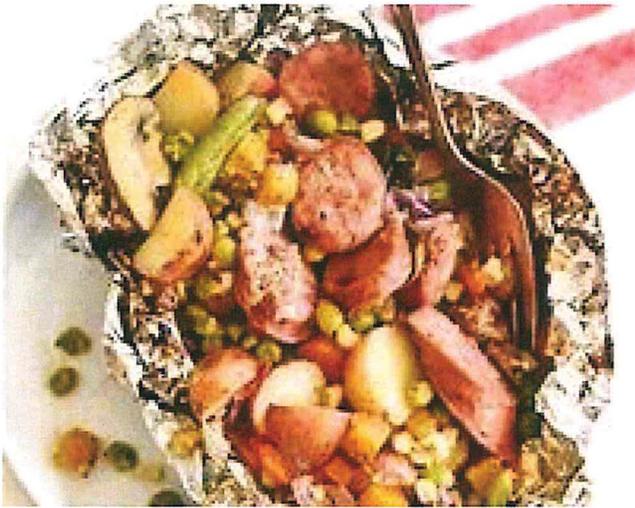
## 1A. Cooking with-out pots and pan

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

On a campout or an outdoor activity with your den or family, cook two different recipes to do not require pots and pans.

Your Webelos handbook also has some suggestions!



**What 2 recipes did you cook outdoors?**

1.

2.

**What worked well?**

**What would you do differently next time?**

## What You Will Need:

Flint and steel  
or  
Magnifying Glass

Dryer Lint



## 1B. Lighting a Fire

## Castaway

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

With the help of an adult, demonstrate one way to light a fire without using matches.

See your Webelos handbook for more information on fire building.



### Fire Building Materials

**Tinder**—fine, dry materials with burst into flame at the touch of a match. Pine needles, inner bark, dry grass, lint

**Kindling**—material that will burn with a little help. Twigs no thicker than a pencil. The drier, the better.

**Fuel**—dead or downed wood no bigger than your wrist that will keep your fire burning.

### Generating Heat to Start the Fire

**Magnifying Glass**—curved lens in a magnifying glass can focus sun's rays to produce a very small point of heat.

**Flint and Steel**—striking one hard object against another.

**Friction**—energy created when you rub things together.

**What You Will Need:**

**First Aid Kit**

- (Band aids
- Antibiotic ointment
- Sting Eeze pads
- Antiseptic wipes
- Zip lock bag)



**2A. Basic Essentials—  
First Aid Kit**

**Castaway**

**What goes into a basic first aid kit?**

- Band aids
- Antibiotic ointment
- Sting Eeze pads
- Antiseptic wipes

**Other items to consider**

- Bandana
- Tweezers
- Gauze
- Elastic band aid



You also need to build a first aid kit for First Responder. This first aid kit is for hiking and will be more compact than the first aid kit that you prepare for home or for car camping.

*The Scout motto is “Be Prepared”. You can be prepared by making a survival kit and carrying it with you on outings.*

## What You Will Need:

Paracord  
Carabiner  
Mini Flashlight  
Drawstring bag  
whistle  
water bottle

6 Essentials



## 2. Basic Essentials

## Castaway

### Scout Basic Essentials Scavenger Hunt

Find a backpack or container to gather the following Basic Essentials

- First aid kit
- Water bottle
- Pocketknife (if you have earned your Whittling Chip)
- Flashlight
- Trail food
- Sun protection
- Whistle
- Rain Gear
- Compass
- Matches and fire starters

#### Other helpful items

- Change of clothes
- Duct tape
- Signal mirror
- Thin wire
- Garbage bag
- Fishing line and hooks



What Essentials are you missing? Do you plan to add them?

## What You Will Need:

Water Purification Tablets

Water filtering system



## 2B .Treating Drinking Water

## Castaway

### Instructions

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

With your family or den show 2 ways on how to treat water.

If you don't have water filtration equipment, see if you can borrow equipment from another Scout in your neighborhood.



Water treatment filters made for hikers are quick and easy to use. They pump water through filter pores that are small enough to train out bacteria and parasites. Filtering is the most expensive way to treat water, but it is also the most effective for all types of contaminants.

A filter can become clogged if the water has a lot of dirt or sand in it. You may want to strain the water through a clean bandana before filtering it. Or place water in a pot to allow the dirt and sand to settle.

**What You Will Need:**

None

From home  
Pencil or pen



**2C. Lost in the Woods**

**Castaway**

Study the next page for the STOP method to use if you get separated from your group.

**Instructions**

Watch the videos associated with this Adventure at the Webelos Required Adventures Box Playlist [HERE](#)

See your Webelos manual for additional signaling methods

In the blue box below list four signaling methods that will work everywhere.



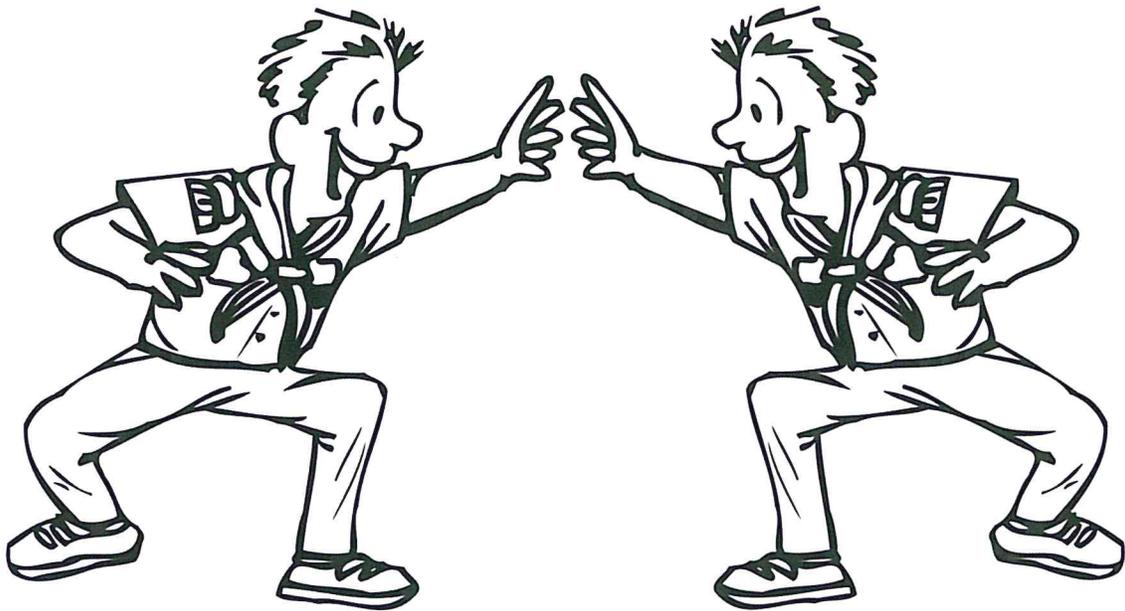
**Universal Emergency Signal**

The universal emergency signal is anything that appears in a series of three. That could be three whistle blasts, three fires, or three large Xs formed with logs in an open field.

List four signaling methods that will work everywhere

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

# Cub Scout Buddy System



A scout should never get separated from the rest of the group while hiking. But sometimes it happens. If you do find yourself away from the rest of your den while on a hike in the woods, here is what you need to do:

# S - T - O - P!

**S = Stay calm.** Stay where you are. Sit down, take a drink of water, and eat a little trail food. Stay where you can be seen. Don't hide! You are not in trouble!

**T = Think.** Think about how you can help your leaders or others find you. Stay where



Take

you are, and be sure people can see you. Hike\_Outdoor\_LeaveN Make yourself an easy target to find. Remember, people will come to look for you. Stay put, be seen, and help them find you!

**O = Observe.** Listen for the rest of your group, or people looking for you. Blow your whistle three times in a row, then listen. Three of any kind of signal means you need help, and everyone will try to help you.

**P = Plan.** Stay calm, stay put! Plan how to stay warm and dry until help arrives. Don't worry, you will be found.



**What You Will Need:**

Pencil



**2D. Leader in an  
Emergency**

**Castaway**

In the box below list four qualities you think a leader should have in an emergency. Include why you think this is important.

Pick two of these qualities and prepare a skit demonstrating these qualities. Perform your skit for your den or family.

Describe to an adult how working on this adventure gave you a better understanding of the Scout motto "Be Prepared"



**Qualities a Leader Should Have in an Emergency**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_