Cub Scout Handbook Sampler
What will you find there?

- The final requirements for all Cub Scout adventures
- Direction on transitioning from the current program to the new one
- Overview presentations suitable for unit committees, roundtables, and others
- Frequently asked questions
- An overview of each of the new Cub Scout adventures

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DO YOU WANT MORE FROM THE VOLUNTEERS WHO DESIGNED AND WROTE THE NEW PROGRAM?

Then attend one of the four conference sessions!

GET THE 411 ON THE NEW CUB SCOUT ADVENTURE PROGRAM:

- Week 3: June 22–28
- Week 7: July 20–26
- Week 8: July 27–August 2
- Week 10: August 10–16

Sign up now!
PhilmontTrainingCenter.org.
We are pleased to release this sampler containing just a few of the exciting adventures awaiting our youth in the new Cub Scout program. Printed handbooks will be available no later than May 2015 in both English and Spanish and are to be used effective June 1, 2015.

For each rank, the new Cub Scout program invites a boy to complete seven adventures, some defined and some elective. After completion of those seven adventures, a boy has earned his badge of rank—and more fun electives await!

WHAT’S INSIDE: This sampler includes one of the required adventures for each rank—Tiger through Arrow of Light.

The recognition devices for these adventures are shown below:

- GAMES TIGERS PLAY . . . . . 2
- FIRST RESPONDER . . . . . . . . 48
- PAWS ON THE PATH . . . . . . 16
- SCOUTING ADVENTURE . . . . 76
- BEAR NECESSITIES . . . . . . 32

Please feel free to share the excitement of these adventures!

Check out our website for the latest information on the 2015 program updates:

www.scouting.org/programupdates
GAMES
TIGERS PLAY

Backyard
Jungle
Tiger: Safe and Smart

Electives
Tiger Cub Core
Rolling Tigers
Stories in Shapes
Floats and Boats
Adventures
Tiger Tag
Tiger Tales
Tiger Theater
Curiosity, Intrigue and Magical Mysteries

Team Tiger
Tiger Bites
Tiger in the Wild
Games
Tigers Play
My Family’s Faith
Family Stories
Good Knights
Tiger-rrrrific
Earning Your Stripes
Sky is the Limit
You might be wondering why I am wearing oven mitts. Well, it is not for cooking. These mitts are gear for a great new game my den made up!

My Wolf den has the best time playing games. Some games are all about running around and getting our energy out. Everybody loves that, right? Other games test how well we can work together as a team. It is a cool feeling when we solve a tricky problem and everybody wins.

Now your den gets to take on some fun games. You will need to think, act, and sometimes, even move together as a group to reach your goal!
SNAPSHOT OF ADVENTURE

Do you like to play games? In some games, one person or one team wins. Team-building games help everyone leave the game a winner! In this adventure, you are going to find out you are part of an amazing team of Scouts who play together and work together!
REQUIREMENT 1A | Play two initiative or team-building games with the members of your den.

As Tigers, you are proud members of a Scout team. You will learn many new skills playing initiative and team-building games with your den. Initiative is a big word that means a plan to solve a problem. Your Tiger den will solve problems during initiative games by sharing ideas and working together as a team.

TEAM BUILDING TIPS

Here are a few tips for building a strong team:

♦ Get to know the members of your team. Ask the Tigers to share about their pets, favorite hobbies, and families.

♦ Trust each other. Team members must trust each other to work well together.

♦ Spend time together. When you work together on projects and get together for outings, you will feel comfortable with your den.

♦ Be cheerful and courteous. If you get too excited or upset, it can hurt your team’s chances of doing well.

A Scout is friendly. Smile and support others on your Tiger team. Whether you are working or playing, everything will go more smoothly if you are friendly to others in your group!
Here are some team-building games you can play. Your den leader will choose other fun games.

**IF THE SHOE FITS…**

**Materials needed:** One shoe of the pair you are wearing

1. Each Tiger in your den takes off one shoe and tosses it in a pile in the middle of the room.

2. On the count of three, each person grabs a shoe from the pile and then finds the person wearing the matching shoe on the other foot.

3. Learn the shoe owner’s first and last name. Then ask the shoe owner to tell you three things about himself that you didn’t know.

4. After you have listened closely to the shoe owner, take turns introducing him. Share his name and three facts you learned about him.

**If you played this game, ask yourself these questions:**

♦ Why was it important to listen to the shoe owner when he told you about himself?

♦ How did playing this game help you make new friends or build stronger friendships with your Tiger den members?
MOVING THE WORLD

Materials needed:
♦ One large yoga ball or beach ball
♦ 6 hoops placed several feet apart in a straight line

The team has to move the ball from hoop to hoop without using their hands or feet to hold the ball. All team members must be touching the ball at all times on its way from one hoop to the other. The ball must be placed on the ground inside each hoop and then carried to the next hoop. Remember, you cannot touch the ball or lower and raise the ball with your hands and feet!

If you played this game, ask yourself these questions:
♦ How did you figure out how to move the ball as a team?
♦ Was it difficult not to use your hands and feet?
♦ Could you play this game by yourself?

You will be asked later to tell your den leader what you learned by playing a team-building game. The questions you ask yourself after you play will help you think about the great things you learned!
REQUIREMENT 1B | Listen carefully to your leader while the rules are being explained, and follow directions when playing.

Listen carefully when the leader explains the rules of the game. If everyone knows the rules and plays by them, it will be easier to work together as a team. Remember to follow the rules and play the game fairly.

The listening and focusing skills you learn in games will help you in many parts of your life! These skills will help you do better in school, in sports, at home, on Scouting campouts and cookouts, and in making new friends.

1B

Akela’s OK

Den Leader’s OK
REQUIREMENT 1C  At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part.

When you play a team-building game, your leader will ask you some questions about the game. The questions help you think about what you learned. Think about the positive things the game taught you about yourself and others on your team. Before you speak to your leader, take a few minutes to ask yourself some questions about the game.

♦ Did you have to use problem-solving skills to help your team?
♦ Did the game help you get to know other Tigers better? Were you more comfortable with your team after you played?
♦ Did you support your teammates, and did they support you? Did you keep your cool?
♦ Could the things you learned help you in other parts of your life?

Share with your den leader how your words and actions helped your team.

1C

Akela’s OK

Den Leader’s OK
REQUIREMENT 2 | Make up a game with the members of your den.

What do you do if a game has no rules? You make them up! Your leader will give members of your den a ball or another object to use to make up a game. Work closely with the other Tigers to figure out the game.

Listen to everyone’s ideas, and offer a few of your own. This is called brainstorming. Brainstorming is when people toss out ideas and work together as a team to figure out how to do something. Everyone needs to support each other and share their best ideas to make a plan.

Make the game fun, and make it fair. Remember to give the game a name. Make sure that everyone gets to play the game you create and that everyone has a ton of fun!
REQUIREMENT 3 | Make up a new game, and play it with your family or members of your den or pack.

If you have ever had a great idea for a new game, now is your chance to share it! Create a game with your family. You can use ideas from the games you played with your den. You can also start with a game you already play with your family, your friends, or at school. You can change it up to make a new game!

Imagine what a baseball game might look like if it had five bases and a home plate! What if you used a big beach ball to play baseball? How many outs would you need to make the game fun and fair?

What would happen if you played a game like volleyball with a balloon? What if you used a tennis ball to shoot hoops into an empty trashcan?

I made up a game to play with my family called Saturday Night Socks. We each roll a clean pair of soft socks into a ball and toss our sock balls at one another. When people get hit three times with a sock ball, they are out. We have so much fun, we play the game every Saturday night!
Pick a game you want to play, and play it with your family first. Make sure you have rules that make it fun and fair for everyone. Bring your game to a den meeting, and show the Tigers how to play it.

**NOTE TO ADULT PARTNER:** As you help your Scout invent the game, practice with him to make sure that the rules are fair and clear to everyone. Remind him to think about what it means to be polite when playing or leading a game.

A Scout is brave. It can be scary to share your ideas with others. But your den and family will help you feel comfortable trying something new.
REQUIREMENT 4  | Find out how being active is part of being healthy. Ask someone who plays a sport why he or she thinks it is important to be active.

For this requirement, you will go to a sports game with your Tiger den or with your family. Football, soccer, and lacrosse are played in schools in the fall or spring. Swimming, diving, basketball, and wrestling happen in schools in the winter. Track and field and baseball are in the spring. With the help of an adult, set up a meeting so you can talk to one of the coaches or some of the players.

BEFORE THE GAME

Ask the coach what he or she likes about leading the team, or ask the players why they like playing the sport and how they get ready to play.

DURING THE GAME

Think about why it is important to stay active. What kind of sport or activity do you like to do to keep yourself fit? Regular exercise is a good habit you do not want to break!

What did you learn from the coaches or players? Is their reason for staying active the same as yours?
**REQUIREMENT 5 | Bring a nutritious snack to a den meeting. Share why you picked it and what makes it a good snack choice.**

Did you know that exercise can help you change what you eat? When you exercise often, you will start choosing foods that are good for you. Your body will want good foods—protein, fruits, vegetables, and whole grains—that help it grow stronger.

You can also help your den be healthy by choosing good snacks to share! With your parent or guardian, plan to bring healthful snacks to a den meeting.

**Here are some creative homemade snacks:**
- Peeled tangerine slices or sliced apples with a yogurt dip
- Bananas ghosts with chocolate chips for eyes and mouths
- Fruit kabobs

**You also can buy some great snacks at the store:**
- Veggies like carrots and celery with low-calorie ranch dressing
- Low-salt crackers
- Graham crackers
- String cheese
- Pretzels
- Pumpkin seeds or sunflower seeds
- Popcorn
Some Tigers may be allergic to certain foods. Be sure to check on allergies in your den.

After you bring snacks to a den meeting, tell your leader why you selected the food you did and what makes it a good choice.

**NOTE TO ADULT PARTNER:** Help your Tiger select and bring a nutritious food choice to this outing. Building sound habits now will form a good foundation for your Cub Scout’s future health and well-being.

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I learned a lot about being a good sport by playing these games and watching real athletes. And I found some new snacks that keep me in the game! How did this adventure make you a better member of your Tiger den? Keep playing, Tiger!
Every hike is a new adventure—you never know what will happen! Some surprises are fun, like spotting an eagle. Other surprises remind you why the things we learn in Scouting are so important.

When my Wolf den went hiking last year, it was early spring. First, we met with the park ranger. He told us that the trail we had planned to take was closed to repair a bridge. He showed us another short trail on a park map that we could hike instead. Our den leader said that it’s always a good idea to check in with a park ranger before you hike in a state park, to let someone know where you plan to go, and to check trail conditions. I’m sure glad we did!
SNAPSHOT OF ADVENTURE

Exploring far-away mountains. Traveling through deep, dark jungles. Crossing hot, dry deserts. The adventurers that mastered these journeys got their start on a short hike, just like the one you and your Wolf den are about to take! In this adventure, you will use your Scouting outdoor skills and learn more about the natural world around you. Hike on, Wolf!
REQUIREMENT 1 | Show you are prepared to hike safely by putting together the Cub Scout Six Essentials to take along on your hike.

Experienced adventurers will tell you that the success of their trip often comes down to what they are carrying along with them, whether it is in a backpack or on a pack animal.

It is important for you to have items with you to take care of any minor emergencies that could happen, even on a short, 1-mile hike! Cub Scouts who have hiked before you came up with a great list of items called the Cub Scout Six Essentials that you will bring with you.

Round up these items, and place them in a backpack before you start out on a hike with your Wolf den.

**FIRST-AID KIT**

A kit should include a few adhesive bandages, some moleskin (a sticky bandage that you can put over a blister to keep it from getting worse or rubbing), and a bandage or two.

**FLASHLIGHT**

Check your batteries to make sure they have plenty of juice. Your flashlight will be used only in an emergency, so save the batteries for times when you really need them!
FILLED WATER BOTTLE
Make sure it is big enough to carry water for you to drink through your whole hike and back. And make sure it is full when you start out! It is not safe to drink water you find along the trail.

TRAIL FOOD
Trail mix or a granola bar provides quick energy when you need it.

SUN PROTECTION
Sunscreen should be SPF 30 or greater. A hat is good to have, too!

WHISTLE
It’s only for emergencies, but a whistle will last longer than your voice.

You might want to pack an extra pair of socks in case your feet get wet or it rains. A rain poncho, waterproof jacket, or even a large plastic garbage bag with holes cut out for your head and arms will keep you dry if it rains. What other gear should you take on your hike? Remember, you’ll have to carry it all yourself and bring it all back!
REQUIREMENT 2 | Tell what the buddy system is and why we always use it in Cub Scouts.

“Two heads are better than one.” You may have heard that saying before, and it is true. Sometimes you may forget a safety rule, or not be aware of a hazard up ahead, but if you are with a buddy, it is easier to stay safe.

The buddy system is a great way for Scouts to look after each other, especially on outdoor adventures. When you go hiking or swimming or camping with your den, each Scout is assigned a buddy. You keep track of what your buddy is doing, and he knows at all times where you are and how you are doing.

A Scout leader might call for a buddy check. That means you must immediately hold up the hand of your buddy. If a Scout is missing, everyone will know it right away. The buddy system is a way of sharing the good times and keeping everyone safe.

My buddy on the hike was ________________________________

_____________________________   _______________________________

Akela’s OK Den Leader’s OK

A Scout is brave. When you go hiking, always stay with your buddy and your den. If you do get lost, be brave and stay put until you are found!
A Wolf 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 you are, and be sure people can see you. 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.

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Akela’s OK

Den Leader’s OK
REQUIREMENT 4 | Choose the appropriate clothing to wear on your hike based on the expected weather.

Talk with your den leader about what kind of clothing to wear on the hike. What you need to wear will depend on the season and where you live. It is also important to think about what time of day you will be hiking. Layering is a good way to dress for places where the weather can be cold, hot, and in between, all in one day.
REQUIREMENT 5 | Before hiking, recite the Outdoor Code and the Leave No Trace Principles for Kids with your leader. After hiking, discuss how you showed respect for wildlife.

Cub Scouts love to be outdoors. But getting to enjoy all of the fun and excitement of nature also means taking care of it.

The Outdoor Code is a way for every Scout to be a part of keeping our world beautiful and safe—today and for years to come.

Read the Outdoor Code below, and practice saying it out loud. Then, recite the Outdoor Code with your den leader.

**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.
Be conservation-minded.
The Leave No Trace Principles for Kids also help us take care of the outdoors. One of those principles is "Respect Wildlife."

Read the actions below:

◊ If an action shows respect for wildlife, mark a ✓ in the box.
◊ If an action does not show respect for wildlife, mark an x in the box.

Share with your den leader, parent, or guardian the choices you made in preparation for your hike in requirement 6.

<table>
<thead>
<tr>
<th>Action</th>
<th>Respects Wildlife</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chasing a deer off of the path</td>
<td></td>
</tr>
<tr>
<td>Keeping empty snack wrappers to throw away at home</td>
<td></td>
</tr>
<tr>
<td>Watching a bug with a magnifying glass</td>
<td></td>
</tr>
<tr>
<td>Shouting loudly to a friend down the trail</td>
<td></td>
</tr>
<tr>
<td>Leaving wildflowers where you find them</td>
<td></td>
</tr>
<tr>
<td>Feeding some of your snack to a squirrel</td>
<td></td>
</tr>
</tbody>
</table>

After completing your hike in requirement 6, reflect on the Outdoor Code and Leave No Trace. With your den leader, discuss ways that you and your den were considerate in the outdoors by respecting wildlife.
It’s time to put your paws on the path and take a hike with your den or your family, Wolf!

Studying a map will help you understand the land and see where you will be hiking. With your family or your den, look at a map of the area where you will be hiking.

♦ Does the trail have a name?
♦ Is the trail made of dirt, concrete, or another material?
♦ Is it flat or will you be climbing many hills?
♦ Is there a river, creek, or other body of water around?
♦ Will you hike in one direction and then turn around and come back, or does the trail make a circle?
♦ Look on the map and locate which direction is north.

Sometimes forks in the trail aren’t marked with signs showing you which way to go. That’s when a map can really come in handy! When you are in doubt, stop and check the map to help you stay on the right path.

Your leader or parent will tell you the rules for hiking. Be sure to follow them so everyone has a great time. You might want to do some leg and arm stretches and a few knee bends before you start out, just to get your body warmed up.
Walk at a steady pace, and leave a couple of feet between yourself and the next Wolf on the trail. Give everyone space to enjoy the woods quietly. Stop and rest when needed. Don’t drink all of your water right away. Make it last for the whole hike.

Look and listen for birds, mammals, insects, and other creatures along the way. Use your eyes, ears, and sense of smell to take in nature all around you. See if you can spy two interesting things that you have not seen before.

Two interesting things I saw on the trail:

1. ____________________________________________________
2. ____________________________________________________

A Scout is clean. Pack out anything you take with you, and pick up trash you find along the trail. The plants and animals will thank you for it!
REQUIREMENT 7 | Name two birds, two insects, and two animals that live in your area. Explain how you identified them.

Whether you live in a city, in a suburb, on a farm, by the ocean, or in the mountains—birds, bugs, and animals live there, too. What kinds of creatures live near you?

With your adult partner’s permission, go to the library or on the Internet and find information about your local wildlife. Write down two types of birds, two bugs, and two animals that live near you.

BIRDS
Do the birds that you picked live near you all the time or do they migrate (travel) there for part of the year? What do they eat? What kinds of trees or bushes do they like to nest in? Do both the male and female help build the nest and raise their young?

INSECTS
Are there bees, wasps, ants, flies, roaches, beetles, or butterflies near you? Bugs are fascinating creatures! Did you know that bees can fly up to 60 miles a day to gather food? Or that ants can lift more than 50 times their own weight? What did you find out about the two insects that you chose?
ANIMALS

Some wild animals have figured out how to live around people. Coyotes, foxes, possums, raccoons, squirrels, rabbits, deer, and other species of animals may be close by. What kinds of animals live near you?

Tell how the animals you studied can be identified. Share what you found out with your den leader.

Write down the two birds, two insects, and two animals you learned about that live in your area.

Birds __________________________________________________

_______________________________________________________

Insects _________________________________________________

_______________________________________________________

Animals ________________________________________________

_______________________________________________________

__________________________________   _______________________________

Akela’s OK  Den Leader’s OK
A map is a smaller illustration of a much larger area of land. Maps can help you figure out where something is located. They can also help you give directions to other people.

Many people look at a map before they start out on a trip so they can visualize (see) where they are going. Some hikers like to look at a computer screen or use a Global Positioning System (GPS) device to help them plan their outing.

With your parent or guardian’s help, look up a map of your town or an area near where you live. Maps use different symbols to show where roads, rivers, lakes, and other large features are located.

The map symbols are shown in a “key,” which is a box that tells what they mean. Reading a map is easy when you can use the key. Work with your adult partner to learn what the symbols on a map mean.

Look for a compass rose on the map. A compass rose is a circle or a design with points to show directions on a map. Maps are usually oriented toward true north, which will be found at the top of the compass rose.
When north is at the top of the compass rose, south will be at the bottom. East is on the right and west is on the left.

When you draw your map, show which direction is north. You will learn how to use a compass with your den so you can orient a map to north.

Did you learn a lot about hiking, the wildlife in your area, maps, and how to use a compass in this adventure? The more outdoor skills I know, the more I like exploring new places!
Do you like camping? Of course you do! One of my favorite things about camping is exploring nature, something I don’t get to do much at home. When my pack did the Bear Necessities adventure last year, we saw a box turtle, a mother deer and her fawn, and a flock of geese flying south. There must have been 50 geese, all flying in a V-formation and honking like crazy. And they flew right over our campsite. It was so cool!

I hope you see some cool things on this adventure, too. I know you will learn some skills that will make camping even more fun as you move up to Webelos Scouts next year.
SNAPSHOT OF ADVENTURE

A bear is at home in the outdoors, and so is a Bear Scout! In this adventure, you’ll learn how to plan and set up a campsite, cook a meal with your den, and watch for changes in the weather. But best of all, you’ll get to go camping! Are you ready?
REQUIREMENT 1 | While working on your Bear badge, camp overnight with your pack at resident camp or another Scouting event.

Scouts love camping because they know how to take care of themselves outdoors. For this requirement, go on a camping adventure. This could be a pack campout with your den and pack, a weekend at Cub Scout resident camp, or any other Scout campout you have the opportunity to attend.

At one of our campfires last year, our Cubmaster told us a really spooky ghost story about the place where we were camping. The end made us all jump! Then we looked around at each other and burst out laughing.

Akela’s OK
Den Leader’s OK
REQUIREMENT 2 | Attend a campfire show, and participate by performing a song or skit with your den.

Campfire shows are a fun part of any campout. Whether or not you have an actual fire, a campfire show lets you hang out with your buddies while you sing songs, listen to stories, and act in skits.

With your den leader and your den, pick a song or skit to perform. Practice it so everyone knows their parts and the audience can enjoy it. If you are doing a skit, make some simple costumes or props to help you tell the story. And when you perform, use your outside voice!
REQUIREMENT 3  |  Make a list of items you should take along on your campout.

Being comfortable in the outdoors means taking along the right gear to keep you warm, dry, and safe. You don’t need all the comforts of home, but a few key things can really help you enjoy your campout.

Make a list of personal items you should bring along on your campout, including your Cub Scout Six Essentials. You should take those on every outing.

**CUB SCOUT SIX ESSENTIALS**

<table>
<thead>
<tr>
<th>First-aid kit</th>
<th>Flashlight</th>
<th>Sun protection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filled water bottle</td>
<td>Trail food</td>
<td>Whistle</td>
</tr>
</tbody>
</table>

To go camping I’ll need:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Be sure to bring this gear along on your campout.

3

Akela’s OK

Den Leader’s OK

BEAR NECESSITIES • 37
REQUIREMENT 4 | Make a list of equipment that the group should bring along in addition to your personal gear.

Besides your personal gear, you will need some other items that the whole group will use. Make a list of some of those items below. Your leader will make sure these items are at the campout for the group to use.

Our group will need:

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

Akela’s OK  Den Leader’s OK
REQUIREMENT 5 | With your den, plan a cooked lunch or dinner that is nutritious and balanced. Make a shopping list, and help shop for the food. On a campout or at another outdoor event, help cook the meal, and help clean up afterward.

One of the best parts of camping is cooking a meal and enjoying it with your friends. You can also use the skills you have learned to cook for yourself and your family back home. In fact, you will be glad you know how to cook when you get older and have to take care of yourself.

Decide with your den and den leader which meal you are going to cook, and list some menu choices. Plan a balanced menu by picking foods from several food groups. Does your menu include the food groups shown in this picture?

After you decide what to cook, make a shopping list for your meal. Decide how you will buy the food and carry it to the campout.

Be sure to read the instructions on the packages you buy. You might also need to buy milk, butter, or something else to add to a packaged mix.
Our meal will be lunch / dinner. (circle one)

Our menu will be:

_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

Our shopping list:

_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________
_______________________________________________________

40 • Bear
When you travel to your campsite, be sure to pack your food carefully. Carry food items like milk and meat in a cooler so they don’t get too hot and spoil. You can also take food out of its original containers and freeze it in zipper storage bags ahead of time. On the campout, the frozen food will thaw out gradually and help keep the rest of your food cold.

Some food items don’t need to be refrigerated, but they do need to be protected. A cooler or plastic bin will keep things like bread from getting crushed.

Zipper storage bags also let you organize your food and reduce the number of cans and boxes you have to carry. If you need two cups of biscuit mix for your Dutch oven cobbler, pour it in a labeled storage bag and leave the box at home. If you need a mixture of spices for your beef stew, mix them at home, and put them in a labeled storage bag.

If you have a den chief, ask what he or she knows about packing food for camping.

A Scout is clean. Be sure to wash your hands before cooking and thoroughly clean your dishes after each meal so nobody gets sick.

On the campout, be sure to help clean up after the meal. Follow the campsite’s rules to dispose of any trash or food scraps. Be kind to other visitors.
REQUIREMENT 6 | Help your leader or another adult cook a different meal from the one you helped prepare for requirement 5. Cook this meal outdoors.

Once you’ve helped cook one meal, plan and prepare another one. Try something different and more challenging this time.

Our meal will be lunch / dinner. (circle one)

Our menu will be:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Akela’s OK

Den Leader’s OK
**REQUIREMENT 7** | Help set up a tent. Pick a good spot for the tent, and explain to your den leader why you picked it.

Where you put up your tent is an important part of being comfortable on a campout. Your tent should be in a flat area that is clear of any low spots where water will collect if it rains. It should also be sheltered from strong winds. During cold weather, try to face the door of your tent away from the wind.

Before you put up your tent, move any rocks, sticks, or other hard objects from the tent site. They can hurt bare feet and damage the bottom of your tent.

After you take down the tent, put back the objects you moved near where you found them. Also, pick up anything you and other campers brought to the campsite. Scouts always leave no trace!
REQUIREMENT 8 | Demonstrate how to tie the two half hitches knot. Explain what the name means and what the knot is used for.

Every knot has a specific use. The two half hitches knot is used to tie items to a post or tree trunk. The knot is easy to untie when you are ready, but it will hold tight while in use.

Tie a rope to a tree or post using two half hitches, then pull hard. Did the knot hold? Now stop pulling, and see how easy it is to untie. Just push the free end of the rope back through, and the knot is untied!
REQUIREMENT 9 | Learn how to read a thermometer and a barometer. Keep track of the temperature and barometric pressure readings and the actual weather at the same time every day for seven days.

Have you ever watched weather forecasters on TV and wondered how they know what the weather will be tomorrow? They use many tools to report and predict the weather.

One important tool is a thermometer, which tells how hot or cold it is. What is the hottest weather you’ve ever felt? What is the coldest?

Another important tool is a barometer. It reads barometric pressure, which is the pressure the air in the atmosphere places on the ground. Keeping track of changes in barometric pressure can tell us how the weather will change. If the pressure is falling, a storm is probably coming. If the pressure is steady or rising gently, the weather should be calm and nice!

A Scout is cheerful. It’s easy to be cheerful when the weather on a campout is great. If you carry the right gear, you can also be cheerful on a rainy day.

Pay attention to how the weather feels to you when you know the temperature. You’ll be able to better prepare for outings that way. When the temperature is going to be 50 degrees during the day, you know you’ll need a jacket!
Understanding barometric pressure and weather forecasts can also help you be better prepared for outings. If you know that afternoon storms are likely, you can change your campout schedule to hike in the morning and stay close to camp in the afternoon.

Use this chart to track the weather for a week. Take temperature and pressure readings at the same time every day so you can compare. Circle whether the pressure is rising or falling for each day. In the last column, write a description like “sunny and breezy” or “heavy rain.”

You can get your readings using a thermometer and a barometer. Or, with your parent’s help, you can also find temperature and pressure readings on the Internet.
### WEATHER-TRACKING CHART

<table>
<thead>
<tr>
<th>Date</th>
<th>Temperature</th>
<th>Pressure</th>
<th>Change</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>_____ degrees</td>
<td>_____ inches</td>
<td>rising / falling</td>
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<tr>
<td>2.</td>
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<td>3.</td>
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<td>4.</td>
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<td>7.</td>
<td>_____ degrees</td>
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<td>rising / falling</td>
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</tr>
</tbody>
</table>

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**Akela’s OK**

**Den Leader’s OK**

Did you have a good time? Did you cook some great food? Keep those recipes handy because you have lots of great camping trips to look forward to next year as a Webelos Scout!
FIRST RESPONDER
y mom is an emergency medical technician, and she says First Responder is the most important Webelos Scout adventure. In fact, she told me the other day that her ambulance crew was able to save a man’s life because his son—a Webelos Scout—saw that he was having a heart attack and called 911.

How cool is that? Wouldn’t it be awesome to have the skills and confidence to be prepared to save somebody’s life? Well, you never know. It just might happen. That’s what the First Responder adventure is all about.
SNAPSHOT OF ADVENTURE

In this adventure, you will put the Scout motto, “Be Prepared,” into action by learning about first aid. You’ll also build your own first-aid kit and make emergency plans for your home or den meeting location. And you’ll learn how professional first responders help keep you safe. By the time you finish this adventure, you should be ready to act if you are first on the scene when an emergency happens.

REQUIREMENT

Do all of these:  Approved by

1. Explain what first aid is. Tell what you should do after an accident.

2. Show what to do for the hurry cases of first aid:
   A. Serious bleeding
   B. Heart attack or sudden cardiac arrest
   C. Stopped breathing
   D. Stroke
   E. Poisoning

3. Show how to help a choking victim.

4. Show how to treat for shock.

5. Demonstrate that you know how to treat the following:
   A. Cuts and scratches
   B. Burns and scalds
   C. Sunburn
   D. Blisters on the hand and foot
E. Tick bites
F. Bites and stings of other insects
G. Poisonous snakebite
H. Nosebleed
I. Frostbite


7. Create and practice an emergency readiness plan for your home or den meeting place.

8. Visit with a first responder.
REQUIREMENT 1 | Explain what first aid is. Tell what you should do after an accident.

When people get hurt, they need help right away. That help is called first aid. It’s the quick help someone receives before professional help can arrive. You might be the only person at the scene of an accident who can provide first aid, so it’s important to know the right way to help.

The Scout motto is “Be Prepared.” One way to be prepared is to learn how to do first aid before an emergency occurs.

First aid is what happens when you remove a tick that’s burrowed into your skin. First aid is what happens when, after you scrape your knee, your mom cleans and bandages the wound. First aid is what happens when a server in a restaurant saves a choking victim by giving abdominal thrusts. First aid is what happens when a Boy Scout performs CPR while he’s waiting for an ambulance to arrive.

What to Do After an Accident

If you come across an accident or medical emergency, do these things:

♦ Make sure the scene is safe before approaching. You can’t help anyone if you become a victim yourself.

♦ Calm down and think. Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it’s important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.

♦ If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help, and offer to assist the victim. 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 something like, “Juan, go call 911 and ask for an ambulance.” Don’t assume everybody knows what to do.

♦ Do not move a badly hurt person unless he or she is in further danger. It may be necessary to move a person if there is a nearby fire or if the person is lying in the road. But never move an injured person unless it is absolutely necessary.

♦ Check the victim for “hurry cases” (see page 56).

♦ Treat the victim for shock (see page 64).

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.
Be calm.
Be clear.
Be careful.

How to Get Help in an Emergency

In most parts of the United States, you can dial 911 to get help for all kinds of emergencies, including medical problems. Some communities may have different phone numbers for the police, fire department, emergency medical services, or rescue squad, so ask your parent or den leader for the right phone numbers for your community.
When you call for help in an emergency, remember the three W's: who, what, and where.

♦ **Who**: Give your name and the phone number you’re calling from. (Some 911 systems can trace your phone number and location, but others can’t.)

♦ **What**: Explain the situation. Is it a fire? A car accident? How many people are hurt? What are their injuries?

♦ **Where**: Give your exact location, using either the street address or the names of both streets at the nearest corner.

Never hang up until the operator tells you to. He or she may need more information. Don’t worry; the operator can still send help.

Never call 911 except in actual emergencies. Calling in non-emergency situations is dangerous because it could prevent real emergency calls from getting through. To practice making 911 calls, use a toy phone or a cell phone that has been turned off.

My mom invited a real 911 operator she knows to one of our den meetings. He had us make pretend calls to him, which really helped us understand what to do in an actual emergency.

**How to Get Help in Other Situations**

At times, you may need to get help in non-emergency situations. Maybe you want to report a suspicious car nearby or a broken traffic light. Maybe you need help with a family problem.
Find out how to get help where you live, and make a list of the phone numbers. Post the list on your refrigerator so everyone can find the numbers quickly. It’s also a good idea to put your list on a card and carry it with you.

**IMPORTANT PHONE NUMBERS**

**Keep a list of numbers for:**

- Police or sheriff’s department __________________________
- Fire department ______________________________________
- Ambulance or emergency medical services ______________
- Utility companies (electricity, gas, water)________________
- Your family doctor ____________________________________
- Poison control center 800-222-1222
- Your religious institution (church, synagogue, mosque, etc.)
- Your parent’s cell phones ______________________________
- Your parent’s workplace ________________________________
- A friendly neighbor who can help you ___________________
REQUIREMENT 2 | Show what to do for the hurry cases of first aid:

A. Serious bleeding  
B. Heart attack or sudden cardiac arrest  
C. Stopped breathing  
D. Stroke  
E. Poisoning

A sprained ankle needs first aid, but it’s not a life-threatening injury. Other medical problems—called “hurry cases”—require immediate help. Unless someone acts fast, gets help, and gives the right first aid, the victim can die within a few minutes.

The five hurry cases are:

- Serious bleeding. When blood is spurting from a wound, it must be stopped quickly.
- Heart attack or sudden cardiac arrest. If someone’s heart has stopped, it must be restarted quickly.
- Stopped breathing. If breathing has stopped, it must be restarted quickly.
- Stroke. If someone has a stroke (a blockage of blood flow to the brain), he or she must get medical attention quickly.
- Poisoning. If someone has swallowed poison, it must be made harmless quickly.

THE THREE C’S

When dealing with hurry cases, remember the three C’s.

- **Check:** Make sure the area is safe for you. Then check the victim to identify the problem.
- **Call:** Call for help, or send someone for help.
- **Care:** Care for the victim to the best of your ability.
**Serious Bleeding**

In a bad accident, you might see blood spurting out of a wound. It doesn’t ooze or flow slowly; it gushes out like a fountain. It must be stopped immediately.

Put on disposable, latex-free gloves and eye protection (not just eyeglasses), then grab the wound with your gloved hand. Press hard. With your free hand, grab your neckerchief, handkerchief, or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Don’t remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first.

If the wound is on the arm or leg, raise that limb above the level of the victim’s heart. That can help slow the bleeding. (Don’t do this if there are other injuries such as a broken bone.)
PROTECTIVE MEASURES TO TAKE WHEN HANDLING WOUNDS AND GIVING CPR

Treat all blood as if it contains germs that can make you sick. Do not use bare hands to stop bleeding; always use a protective barrier. If you have any cuts or scrapes, cover them with a bandage. Always wash your hands and other exposed skin with hot water and soap immediately after treating the victim. When possible, don’t use a kitchen sink.

The following equipment should be included in all first-aid kits and used when giving first aid to someone in need:

♦ Disposable, latex-free gloves—to be used when stopping bleeding, dressing wounds, performing CPR, or treating a victim who is choking

♦ Plastic goggles or other eye protection—to prevent a victim’s blood from getting into the rescuer's eyes in the event of serious bleeding

♦ Antiseptic—for use in cleaning exposed skin areas, particularly if soap and water are not available

Heart Attack and Sudden Cardiac Arrest

Heart attack is the number one cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them.

The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:

♦ Pain that radiates to the arms, back, neck, or jaw
♦ Sweating when the room is not hot
♦ Feeling like throwing up
♦ Feeling weak
♦ Sudden, sharp chest pain outside the breastbone
♦ Dizziness or lightheadedness
If you think a person is having a heart attack, call for medical help at once. If the person becomes unresponsive, begin chest compressions immediately, as described below.

Another very serious heart problem is sudden cardiac arrest, which occurs when the heart stops pumping. In seconds, the victim will become unresponsive and will stop breathing or will gasp for breath. If you suspect sudden cardiac arrest, call for medical help, begin chest compressions, and locate an automated external defibrillator (AED) if available. (See page 60.)

Circulation

Cardiopulmonary resuscitation (CPR) is a way to keep the heart beating until medical help arrives. It requires instruction from a certified teacher. Your den leader can help you find more information.

The steps of CPR for adults include a cycle of 30 chest compressions followed by two rescue breaths.

1. Place the heels of your hands on the center of the victim’s chest, one on top of the other. Lace your fingers together.

2. Position yourself over the victim with your shoulders over your hands and your arms straight.


4. Perform two rescue breaths as described in the Breathing section on page 61.

5. Continue the cycle until one of the following happens:
   a. The victim shows signs of life (breathing).
   b. A trained adult or medical help arrives to take over.
   c. You are too exhausted to continue.
   d. An AED is ready to use.
   e. The scene becomes unsafe.
**Defibrillation**

Find out if there is an automated external defibrillator (AED) near the victim. If there is, you can help by retrieving it and turning it on. An AED is a special device that can shock the heart into beating normally again. AEDs are found in schools, shopping malls, airports, houses of worship, and other places where people gather. You have to complete training to use an AED; this training is usually part of CPR training.

**Stopped Breathing**

In drowning cases, electric shock, and some other accidents, the victim's breathing may stop. It must be started again quickly, or the person's heart will stop beating, and the person will die. You can help with these problems by providing care until professional medical help arrives.

**Here are the steps you can take:**

**Check**

- **Check the scene.** Be sure it is safe for you to help.
- **Check the victim.** Is the victim breathing or moving? Tap the victim's shoulder and ask, “Are you OK?” Does the victim respond?

**Call**

- **Call 911.** If the victim does not respond, get medical attention immediately.

**Care**

You can provide care while you wait for professional medical help. Some of the following steps require special training to perform, but it’s important to know what they are.

**Airway**

With the victim lying on his or her back, open the airway by pressing down on the forehead and lifting up on the chin. This will keep the tongue from blocking the flow of air. Don’t do this if you suspect a
neck injury.

If the victim starts to vomit, roll him or her onto the side away from you so the vomit doesn’t get inhaled into the lungs. Be sure to roll the body as a unit—not just the upper body. You’ll need help to do this.

**Breathing**

When the victim’s airway is open, check for breathing. Place your cheek 1 to 2 inches above the victim’s mouth. Look, listen, and feel for movement and breathing. If the person is breathing, you will feel and hear the airflow on your cheek and see and feel the chest rising and falling. If there are no signals that a person is breathing, give two rescue breaths using the following procedure.

**Rescue Breathing**

**Step 1** Place a CPR breathing barrier over the victim’s mouth to protect both of you from any diseases that could be spread.

**Step 2** While continuing to tilt the head, pinch the victim’s nostrils, seal your mouth over his or her mouth, and blow into it to fill the lungs. The breath should last about one second. Watch to see if the person’s chest rises. Remove your mouth, and then give another rescue breath.

**Step 3** For an adult: If the victim does not start breathing again after two rescue breaths, his or her heart may stop beating, too. Immediately begin CPR. (Ask your den leader about procedures for children.)

**Stroke**

Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result if the victim doesn’t get medical help. **Stroke can cause:**

- Numbness or weakness in the face, arm, or leg—especially on one side
Trouble walking, speaking, understanding, or seeing

Dizziness

Headache

A good way to remember the signs of stroke is with the acronym **FAST**:

- **Face drooping**: Does one side of the person’s face droop? Is the person’s smile uneven?
- **Arm weakness**: Is one arm weak or numb?
- **Speech difficulty**: Is the person’s speech slurred? Does the person have a hard time speaking or repeating a simple sentence?
- **Time to call for help**: If you see these signs, call 911 immediately.

**Poisoning**

Poisoning can be caused by many things, including:

- Eating certain wild mushrooms or berries
- Swallowing household cleaning supplies, weed killers, insect poisons, or even things like nail polish remover
- Taking too much medicine
- Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 or 800-222-1222 (the national Poison Help Line) immediately. Tell the operator what the poison is, if you know it, and follow the directions. Save the poison container so professionals can identify the poison.

If a person has breathed in smoke, gas, or other fumes, try to move him or her to fresh air. Be careful that you don’t become a victim yourself, however. Make sure the area is safe first.

It’s important always to keep all household cleaners, medicines, weed killers, and insect poisons out of the reach of small children. Locked cabinets are best because children are curious and quickly learn to climb.
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 his hands to his throat and turning blue, ask if he is choking. If he can speak, cough, or breathe, encourage him to try to cough up what he has 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.

**If the answer is yes, give back blows:**
- Give five back blows between the shoulder blades with the heel of your hand.

**If the object is not removed, give abdominal thrusts:**
- Position yourself behind the person, and reach your arms around his or her waist.
- Make a fist with one hand just above the person’s belly button. Cover the fist with your other hand.
- Make a series of five quick thrusts inward and upward to force air from the lungs. (Pretend like you’re trying to pick the person up.)
- Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious, or medical help arrives.

Because of the possibility of injury, do not practice actual back blows or abdominal thrusts unless you are using a special simulator.
REQUIREMENT 4  | Show how to treat for shock.

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

Don’t wait for these signals to appear. Give any badly injured person first aid for shock:

♦ Call for emergency help immediately.
♦ Have the person lie down on his or her back.
♦ Raise the feet slightly, unless you think there are injuries to the head, neck, back, hips, or legs. If you don’t know, have the person lie flat.
♦ If the person is not awake, turn him or her on the side. But first, be sure the person has no head, neck, or back injuries.
♦ If the weather is cool, cover the person with a sheet. If it’s hot, don’t.
♦ Do not give the person anything to eat or drink.
♦ Stay with the person until help arrives.
REQUIREMENT 5 | Demonstrate that you know how to treat the following:

A. Cuts and scratches  
B. Burns and scalds  
C. Sunburn  
D. Blisters on the hand and foot  
E. Tick bites  
F. Bites and stings of other insects  
G. Poisonous snakebite  
H. Nosebleed  
I. Frostbite

**Cuts and Scratches**

Cuts and scratches are openings in skin. They can let in germs that cause infections.

When treating cuts and scratches, be sure to wear disposable, latex-free gloves and eye protection. Wash your hands thoroughly with soap and water after treating any wounds.

For small wounds, wash the wound with soap and water. Then apply antibiotic ointment to help prevent infection if you have the victim’s permission and know that he or she doesn’t have any allergy to the medicine. Keep the wound clean with an adhesive bandage. Change the bandage as often as needed, but at least once daily.

For larger cuts, first stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with a sterile gauze pad or a clean cloth folded into a pad. Hold the pad in place with tape or a bandage made out of a neckerchief. Any bandage should be loose enough that you can slide two fingers between it and the person’s body. An adult leader should evaluate any large wound. Once the bleeding has stopped, clean the wound as described above.
Anyone suffering a serious wound should be treated for shock and seen by a physician.

**Burns and Scalds**

Burns and scalds range from simple sunburn to very dangerous third-degree burns. What kind of first aid to give depends on the severity of the burn.

**First-Degree Burns**

First-degree burns only affect the outer surface of the skin, which gets red and sore. Put the burned area in cold water until the pain stops. If you don’t have any water, cover the burn with a clean, dry, loose dressing.

**Second-Degree Burns**

With second-degree burns, which are also called partial-thickness burns, blisters form on the skin. Put the burned area in cold water until the pain stops. Gently dry the burned area. Cover it with a sterile gauze pad, and hold the pad loosely in place with a bandage. Be careful not to break open blisters, which could cause infection. Don’t apply creams, ointments, or sprays. If needed, treat for shock. Second-degree burns should be evaluated by an adult to determine the need for additional medical help.

**Third-Degree Burns**

With third-degree burns, which are also called full-thickness burns, the skin may be burned away, and the flesh may be charred. The victim may feel no pain because nerve endings have been burned. You will definitely need to call 911 or local emergency responders and have an adult evaluate the situation. Don’t remove clothing from around the burn. Wrap the victim in a clean sheet. Cover him or her with blankets if the weather is cool. Treat for shock if needed, and stay with the victim until professional medical help arrives.
SUNBURN

Sunburn is a common injury among people who enjoy being outdoors. Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention. All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older.

People with lighter skin are most at risk of getting sunburned, but no one is immune. You can prevent sunburn by using plenty of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you’re outside. Reapply it after swimming or if you are sweating a lot. A broad-brimmed hat, long-sleeved shirt, and long pants will give you even more protection.

You should wear sunscreen even on cloudy days. The ultraviolet radiation from the sun that causes a sunburn can pass through clouds.

Blisters on the Hand and Foot

Blisters are pockets of fluid that form as the skin’s way of protecting itself from friction. Blisters on the feet are common injuries among hikers. You can avoid getting blisters by wearing shoes or boots that fit well, by changing your socks if they become sweaty or wet, and by paying attention to how your feet feel. A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin.

If a blister forms, you can protect it with a doughnut bandage. To make one, cut moleskin in the shape of a doughnut, and fit it around the blister. Shape several more doughnuts, and stack them on top of the first. Cover with an adhesive bandage.
Tick Bites

Ticks are small, hard-shelled arachnids that bury their heads in your skin. Protect yourself whenever you’re in tick-infested woodlands and fields by wearing long pants and a long-sleeved shirt. Button your collar, and tuck your pant legs into your socks.

Inspect yourself daily, especially the warm and hairy parts of your body, and immediately remove any ticks you find. If a tick has attached itself, ask an adult to help you. The adult will grasp the tick with tweezers close to the skin and gently pull until it comes loose. It’s important not to squeeze, twist, or jerk the tick, which could leave its mouth parts in the skin. Wash the wound with soap and water, and apply antibiotic ointment. After dealing with a tick, thoroughly wash your hands. If you develop a rash or flulike symptoms or otherwise feel ill in the next days or weeks after being bitten, talk to your doctor.

Bee and Wasp Stings

Scrape away a bee or wasp stinger with the edge of card, such as your Whittling Chip card, or ask an adult to help. Another method is to put a piece of tape on top of the sting to pull out the stinger. Don’t try to squeeze it out. That will force more venom into the skin from the sac attached to the stinger. An ice pack might reduce pain and swelling.

Some people have severe allergies to bee and wasp stings. If someone has trouble breathing after being stung or feels his or her throat swelling or closing up, seek medical help immediately, and alert an adult. Find out if the person is carrying a kit for treating anaphylactic shock, and help him or her administer the medication.

Chigger Bites

Chiggers are almost invisible. Their bites cause itching and small welts. Try not to
scratch chigger bites. You might find some relief by covering chigger bites with calamine lotion or hydrocortisone cream.

**Spider Bites**

Only a few types of spiders' bites cause serious reactions. Victims of spider bites should be treated for shock and seen by a doctor as soon as possible. When possible, try to identify the spider, or take the dead spider to the physician’s office. Be sure that you don’t put yourself in danger to do so.

The bite of a female black widow spider can cause redness and sharp pain at the wound site. The victim might suffer sweating, nausea and vomiting, stomach pain and cramps, severe muscle pain and spasms, and shock. Breathing might become difficult. The bite of a brown recluse spider doesn’t always hurt right away, but within two to eight hours there can be pain, redness, and swelling at the wound. An open sore is likely to develop. The victim might suffer fever, chills, nausea, vomiting, joint pain, and a faint rash.

**Snakebite**

Snakes are common in many parts of the country, but bites from them are rare. Snakes try to avoid humans and normally strike only when they sense danger. Snakebites seldom result in death.

Use a hiking stick to poke among stones and brush ahead of you when you walk through areas where snakes are common. Remember to stay on the trails. Watch where you put your hands as you collect firewood or climb over rocks and logs.

The bite of a nonpoisonous snake causes only minor puncture wounds. You can treat these like other puncture wounds; just wash with soap and water, then apply antibiotic ointment and an adhesive bandage. Before applying medicine, put on disposable, non-latex gloves; ask about any drug allergies; and get permission. Get medical attention if you see signs of an infection.
The bite of a poisonous snake can cause sharp, burning pain. The area around the bite might swell and become discolored.

If you think a person has been bitten by a poisonous snake, call for help, and follow these steps:

♦ Keep the person calm and still.
♦ Do not let the victim walk unless it is unavoidable—for example, if you have to evacuate the area. If possible, have an adult carry the victim to a safer area or to medical help.
♦ Immobilize the part of the body that was bitten, and position it below the level of the heart.
♦ Remove any rings or jewelry from the bitten extremity.
♦ Clean the wound with antiseptic, and cover it with a clean bandage.
♦ Don’t apply ice or a tourniquet.
♦ Don’t cut the wound or try to suck out the venom.
♦ Don’t give the victim caffeine or alcohol.
♦ Try to remember the snake’s shape and color pattern so you can describe it later, but don’t try to capture it.

Nosebleed

A nosebleed can look bad, but it will usually stop in just a few minutes. Have the victim sit up and lean forward to prevent blood from draining into the throat. Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding. Apply a cool, wet cloth to the victim’s nose and face above where you are pinching. (As always, wear latex-free, disposable gloves.) Watch for symptoms of shock and treat if needed. Call for help if the bleeding doesn’t stop after 15 minutes.
Frostbite

Frostbite happens when the skin gets cold enough to freeze. A sure sign of frostbite is grayish-white patches on the skin. Some victims will complain that their ears, nose, fingers, or feet feel painful and then numb. Others won’t notice anything.

If you suspect frostbite, get the person into a tent or building, then gently warm the affected area and keep it warm. If an ear or cheek is frozen, remove your glove, and warm the injury with the palm of your hand. Slip a frostbitten hand under your clothing, and tuck it beneath an armpit. Treat frozen toes by putting the victim’s bare feet against the warm skin of another person.

Avoid rubbing frostbitten flesh. That can damage tissue and skin.

You can also warm a frozen part by holding it in warm—not hot—running water. Have the patient exercise injured fingers or toes, and don’t let the injured area freeze again. Get the victim to a doctor.

What’s the best way to avoid frostbite? Stay warm and dry. Wear warm gloves, socks, and a hat. Wool and synthetic materials will keep you warm when they get wet; cotton won’t. Dress in layers so you can regulate your body temperature by adding or removing articles of clothing.
REQUIREMENT 6 | Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

Every home and car should have a first-aid kit so that supplies will be there when you need them.

Home First-Aid Kit

Here are the things you should include:

♦ Tweezers
♦ Box of latex-free adhesive bandages (different sizes)
♦ Twelve each of 3-by-3-inch and 4-by-4-inch sterile pads
♦ Roll of 1-inch and roll of 2-inch latex-free adhesive tape
♦ Scissors
♦ Safety pins
♦ Two 1-inch roller bandages
♦ Two 2-inch roller bandages
♦ Three cravat, or triangular, bandages
♦ Two 17-inch splints of thin board
♦ Antibiotic ointment
♦ Calamine lotion
♦ Latex-free, disposable gloves
♦ Mouth-barrier device
♦ Goggles
♦ Hand sanitizer

Car First-Aid Kit

All the items listed above plus:

♦ Small flashlight and spare batteries
♦ White handkerchief (to attach to the car so you can attract attention if the car is disabled)
♦ Blanket
♦ Large red and white sign that reads “Send help!” (Place in the front or rear window in an emergency.)

**Personal First-Aid Kit**

You should also make a first-aid kit to carry on outings. Include these items:

♦ Six latex-free adhesive bandages
♦ Two sterile gauze pads, 3-by-3-inch
♦ Latex-free adhesive tape (one small roll)
♦ Moleskin, 3-by-6-inch
♦ Soap (one small bar) or alcohol-based hand-sanitizing gel
♦ Antibiotic ointment
♦ Small scissors
♦ Latex-free, disposable gloves
♦ Mouth-barrier device
♦ Pencil and paper
**REQUIREMENT 7** | Create and practice an emergency readiness plan for your home or den meeting place.

Emergencies can happen at any time—even in the middle of the night. What would you do if you woke up and smelled smoke or heard your smoke alarm going off? It’s important to have a plan.

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

Discuss these questions with your parents:

- Are our smoke alarms working?
- Are our windows easy to open? How could we get out through windows, such as picture windows, that don’t open?
- Are there rooms on a second floor? Should we buy escape ladders for those rooms?
- Would anyone in the family need special assistance in an emergency?
REQUIREMENT 8 | Visit with a first responder.

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.

Many first responders were once Webelos Scouts just like you. Some enjoyed learning about first aid and wanted to provide emergency medical care for a living. Others became police officers or firefighters because they wanted to help other people, just like the Scout Oath says.

In fact, first responders are helpful all the time, even when they aren’t working. If an emergency happens in the woods, on an airplane, or in a restaurant, they quickly take action.

Meet with a first responder, and learn more about his or her work. If possible, meet at a place like a fire station or police station so you can see the equipment and vehicles the first responder uses. Ask the first responder what training or education he or she has had. Find out how you can be helpful in your role as a Scout first responder.

A Scout is courteous. When you visit a first responder, show good manners, follow instructions, and say “thank you” as you leave.

Maybe someday I’ll be an EMT like my mom. But I can help my community, even if I don’t become a first responder, because I know what to do in an emergency. In fact, Mom said people usually look to Scouts in emergencies because we have special training. I think I’m up to the task. What about you?
When I became a Webelos Scout, I thought it was the best thing I’d ever done. And it was great! But then I became a Boy Scout and found out that it’s even better. In Boy Scouting, you get to do a lot of the same stuff you’ve been doing, like camping and earning badges, but you get to do more stuff, too. Like electing your own leaders. And going on bigger adventures. And working to become Eagle Scouts, which is the coolest thing of all.

I’ve only been a Boy Scout for about a year, but I’m already planning to go on my first backpacking trip. I can’t wait!
SNAPSHOT OF ADVENTURE

The Scouting Adventure is all about what happens when you leave your Webelos den and become a Boy Scout. In this adventure, you’ll learn about things like the Scout Oath and the patrol method. You’ll find out about merit badges and ranks, and then you’ll visit a Boy Scout troop meeting. Best of all, you’ll go along with a Boy Scout troop on one of their outdoor activities. By the time you finish this adventure, you’ll be ready for the new adventures that await you in Boy Scouting.

REQUIREMENT

Do all of these: Approved by

1. Prepare yourself to become a Boy Scout by completing all of the items below:

   A. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian. __________

   B. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan. __________

   C. Give the Boy Scout sign, salute, and handshake. Explain when they should be used. __________

   D. Describe the First Class Scout badge, and tell what each part stands for. Explain the significance of the First Class Scout badge. __________

   E. Repeat from memory the Outdoor Code. In your own words, explain what the Outdoor Code means to you. __________

2. Visit a Boy Scout troop meeting with your den members, leaders, and parent or guardian. After the meeting, do the following:
A. Describe how the Scouts in the troop provide its leadership.  

B. Describe the four steps of Boy Scout advancement.  

C. Describe ranks in Boy Scouting and how they are earned.  

D. Describe what merit badges are and how they are earned.  

3. Practice the patrol method in your den for one month by doing the following:  

   A. Explain the patrol method. Describe the types of patrols that might be part of a Boy Scout troop.  
   B. Hold an election to choose the patrol leader.  
   C. Develop a patrol name and emblem (if your den does not already have one), as well as a patrol flag and yell. Explain how a patrol name, emblem, flag, and yell create patrol spirit.  
   D. As a patrol, make plans to participate in a Boy Scout troop’s campout or other outdoor activity.  

4. With your Webelos den leader, parent, or guardian, participate in a Boy Scout troop’s campout or other outdoor activity. Use the patrol method while on the outing.  

5. Do the following:  

   A. Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.  
   B. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.  

6. Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip card.
**REQUIREMENT 1** | Prepare yourself to become a Boy Scout by completing all of the items below:

A. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian.

B. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.

C. Give the Boy Scout sign, salute, and handshake. Explain when they should be used.

D. Describe the First Class Scout badge, and tell what each part stands for. Explain the significance of the First Class Scout badge.

E. Repeat from memory the Outdoor Code. In your own words, explain what the Outdoor Code means to you.

**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.

If you’ve been in Cub Scouting very long, you might have heard the Scout Oath. As a Boy Scout, however, it becomes more of a big deal. Have you ever made a “cross my heart” promise? The Scout Oath is sort of like that, but it’s a lot more serious. When you become a Boy Scout, you promise to live by the Scout Oath. And if you’re like most Boy Scouts, you’ll keep living by the Scout Oath for the rest of your life. But what do the words really mean?
On my honor I will do my best. Your honor is your reputation, what you are deep inside. When you promise on your honor to do something, you’re putting your whole self into that promise. But you don’t have to be perfect; you just have to do your best.

To do my duty to God and my country and to obey the Scout Law. As a Boy Scout, your first job is to serve your Creator in the ways your parents and faith leaders have taught you. Next comes your country. Countless men and women have worked and fought and even died to make the United States a great country; you can help make it even greater. Like our country, Scouting has some rules to follow. Those rules are found in the Scout Law, which every Scout promises to obey.

To help other people at all times. You can make the world a better place by helping people in need. That means big things like working on service projects and little things like reaching out to classmates at school who are having trouble.

To keep myself physically strong, mentally awake, and morally straight. You can’t do your duty and help other people if you aren’t taking care of yourself. You stay physically strong when you exercise, eat right, and avoid things that can damage your body. You stay mentally awake when you study and learn and ask questions. You stay morally straight when you are honest in your actions, clean in your thoughts and speech, and faithful in your religious duties.
Scout Law

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

Some groups have thick books of rules you have to follow. Scouting is different. The most important rules you need to follow are found in the Scout Law, which is so short that you can memorize it.

**Trustworthy.** A Scout tells the truth. He is honest, and he keeps his promises. People can depend on him.

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

**Helpful.** A Scout cares about other people. He happily helps others without expecting a reward.

**Friendly.** A Scout is a friend to all and a brother to every other Scout. He offers friendship to people of all races and nations, and he respects people even if their beliefs and customs are different from his.

**Courteous.** A Scout is polite to everyone regardless of their age or position. He knows that using good manners makes it easier for people to get along.

**Kind.** A Scout knows there is strength in being gentle. He treats others the way he would like to be treated. He does not harm or kill any living thing without reason.

**Obedient.** A Scout follows the rules of his family, school, and troop. He obeys the laws of his community and country. If he thinks a rule or law is unfair, he tries to have it changed in an orderly manner instead of disobeying it.

**Cheerful.** A Scout looks on the bright side of life. He cheerfully does tasks that come his way. He tries to make other people happy.

**Thrifty.** A Scout works to pay his way and to help others. He saves for the future and uses time and property carefully. He protects and conserves natural resources.

**Brave.** A Scout can face danger even if he is afraid. He has the courage to stand for what he thinks is right even if others laugh at him or threaten him.

**Clean.** A Scout keeps his body and mind fit. He chooses friends who live by high standards. He keeps his home and community clean.

**Reverent.** A Scout is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.
**Scout Motto**

*Be prepared.*

What’s a motto? It’s a short phrase that describes a person or a group’s guiding principle. The Scout motto is “Be prepared.”

Somebody once asked Robert Baden-Powell, the founder of Scouting, exactly what Scouts should be prepared for. “Why, for any old thing!” B-P said.

That’s the idea behind the Scout motto. It means you’re ready to do your duty as a Scout at any time.

Do your teachers ever give pop quizzes? My uncle says life is one big pop quiz. That’s why you always need to be prepared!

**Scout Slogan**

*Do a Good Turn Daily.*

What’s a slogan? It’s a short statement of a goal you want to reach. The Scout slogan is “Do a Good Turn Daily.”

A good turn is an act of kindness, something you do to help another person. It doesn’t have to be big, but it should be something beyond what’s expected of you. (Doing your chores doesn’t count as a Good Turn. Doing your little brother’s chores does.)

**Scout Spirit**

Scout spirit is an attitude that sets Scouts apart from other people. It’s hard to define Scout spirit, but it’s easy to see it in action. When you live by the Scout Oath, Scout Law, Scout motto, and Scout slogan every day, you are showing Scout spirit.
Scout Sign

The Scout sign is a universal symbol of Scouts. To make it, hold up the three middle fingers of your right hand, and cover the nail of your little finger with your thumb. Hold your elbow at a right angle. And stand up straight; you’re a Scout!

The Scout sign is used to get people’s attention. When you see a leader holding up the Scout sign, get quiet and hold up the Scout sign, too. Pretty soon, everybody in the room will do the same.

Scout Salute

The Scout salute is used to salute the United States flag. You can also use it to salute other Scouts and leaders. To make the salute, form the Scout sign with your right hand, then bring your hand up, palm down, so your forefinger touches the brim of your hat or the tip of your right eyebrow.

If you are not in uniform, salute the flag by placing your right hand over your heart.

Scout Handshake

Unlike most people, Scouts shake hands with their left hands. The left hand is closer to the heart, so the Scout handshake symbolizes friendship. It’s sort of like a secret handshake, but the secret is shared by millions of Scouts around the world.

According to a story Baden-Powell told, some warriors he met in Africa shook with their left hands. To do that, they had to put down their shields, thus showing trust in the people they were greeting.
The First Class Scout Badge

The Scout badge is an important symbol of the Boy Scouts of America. Scouts in other countries have their own badges that look similar.

**Fleur-de-lis.** The basic shape of the Scout badge is the fleur-de-lis (the French word for an iris flower). Its center point is shaped like the north arrow on an old compass. The three main parts, like the three raised fingers of the Scout sign, stand for the three parts of the Scout Oath: duty to God and country, duty to others, and duty to self.

**Two stars.** The two stars symbolize truth and knowledge. They also represent Scouting’s outdoor adventures.

**Eagle and shield.** The Scout badge includes the emblem of the United States of America, representing freedom and a Scout’s willingness to defend that freedom.

**Scroll.** The scroll at the bottom displays the Scout motto. The ends are turned up like a smile as a reminder that Scouts smile as they do their duty.

**Knot.** The knot below the scroll is a reminder to do a good turn daily.
The 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.

The Scout Law talks about how you
should live as a Scout at all times. The
Outdoor Code explains how you should
live in the outdoors.

Being clean in your outdoor manners
means taking care of the places you
camp and hike and cleaning up after
those who make a mess. Being careful
with fire means preventing forest fires. Being considerate in your
outdoor manners means respecting the plants, animals, and humans
you encounter in the woods. Being conservation-minded means not
wasting natural resources.

As a Scout, you have a special responsibility to take care of the
natural areas you enjoy. By living by the Outdoor Code, you can help
make sure future Scouts can enjoy nature just as much as you do.

The Webelos Camper adventure tells you more about how to
take care of the environment.
REQUIREMENT 2 | Visit a Boy Scout troop meeting with your den members, leaders, and parent or guardian. After the meeting, do the following:

A. Describe how the Scouts in the troop provide its leadership.
B. Describe the four steps of Boy Scout advancement.
C. Describe ranks in Boy Scouting and how they are earned.
D. Describe what merit badges are and how they are earned.

As part of this adventure, you will visit a Boy Scout troop meeting. You might even visit the meetings of more than one troop so you can see how they are different and which one you want to join.

The troop you visit may be chartered to the same organization as your Cub Scout pack and may even meet right down the hall from your den. If so, you’ll see a lot of familiar faces. But you may visit a troop in a different part of town where you don’t know anybody. That can be a little scary, but don’t worry. Most of the Scouts you’ll meet were Webelos Scouts just a few years ago.

Inside a Troop Meeting

Troop meetings are a lot different from the den and pack meetings you’re used to attending, so you may not know exactly what’s going on at first. In fact, you may not even think the Boy Scouts know what’s going on! They really do, however.

So what is going on? Here’s what a typical troop meeting looks like:

First, the senior patrol leader—he’s the top elected leader—calls the troop to order using the Scout sign. One of the patrols—they’re sort of like dens—leads a flag ceremony, and everybody recites the Pledge of Allegiance or Scout Oath and Scout Law.
Next, one of the older Scouts (or maybe an adult leader) teaches the group a skill like how to navigate using a compass. After the Scouts practice that skill for a while, they break up into patrols. One patrol might work on advancement requirements, another might decorate its patrol flag, and a third might make plans for an upcoming patrol hike. During this time (and really during the whole meeting) individual Scouts may be running around working on advancement, doing their troop jobs, or meeting with the Scoutmaster.

After the patrol meetings, everybody comes back together to play a game. This may be a game just for fun, or it may give the Scouts a chance to practice the skill they learned earlier. For example, they might navigate a compass course out in the parking lot.

Finally, the whole troop gets back together for the closing ceremony. The senior patrol leader makes a few announcements. The Scoutmaster gives some words of wisdom—called a Scoutmaster’s Minute. The patrol that led the flag ceremony retires the colors. And just like that, the meeting’s over.

**Who Runs the Troop?**

A Scout is obedient. One way you can show obedience is by paying attention to your patrol leader and senior patrol leader.

If things are going well, about the only time an adult says anything during a troop meeting is when the Scoutmaster gives the Scoutmaster’s Minute. Other than that, the meeting is run by the Scouts themselves. The same thing is true for hikes, campouts, service projects, and everything else.

Adult leaders are there, of course, but they’re more like coaches. The Scoutmaster and assistant Scoutmasters train the youth leaders and then stand on the sidelines watching them in action.
You can identify the youth leaders by the badges of office they wear on their left sleeves. Adult leaders also wear badges of office. When you visit a troop meeting, look for these leaders:

- **Senior patrol leader**: leads the troop
- **Assistant senior patrol leader**: supports the senior patrol leader
- **Troop guide**: helps a patrol of young Scouts, much like a den chief helps a Cub Scout den
- **Quartermaster**: takes care of the troop’s equipment
- **Scribe**: takes care of the troop’s records
- **Instructor**: teaches skills
- **Patrol leader**: leads a patrol
- **Assistant patrol leader**: assists the patrol leader
- **Scoutmaster**: coaches the senior patrol leader and other youth leaders
- **Assistant Scoutmaster**: supports the Scoutmaster

If you get a chance at the troop meeting, ask some youth and adult leaders what they do. Be on the lookout for other badges of office, and find out about those leadership roles, too.
How Boy Scout Advancement Works

There are four steps of advancement in Boy Scouting:

♦ You learn.
♦ You are tested.
♦ You are reviewed.
♦ You are recognized.

You learn.

Learning and practicing skills that lead to advancement happens all the time in a Boy Scout troop. All the skills you need to learn are outlined in the Boy Scout Handbook, so you can start learning them on your own. You can also learn new skills at every troop meeting, working on your own or with your patrol, and you can practice those skills daily and on every outing.

You are tested.

Once you feel you have learned an advancement requirement, you must demonstrate to a leader that you have mastered that skill. That leader might be an assistant Scoutmaster, the troop guide assigned to your patrol, the instructor, or even your patrol leader. After testing you, that leader signs off on the requirement in your book.

When you get your copy of the Boy Scout Handbook, it will be your personal record of your advancement. It is your responsibility to ask for and obtain the necessary signoffs when you are tested and to keep your Handbook in good shape. If there is ever any question about your achieving a requirement, your Handbook is the official record. So don’t lose it!
THE SCOUTMASTER CONFERENCE

One requirement for every rank is the Scoutmaster conference. During this visit with your Scoutmaster, you talk about your progress in Scouting and how things are going at home and at school. The Scoutmaster can help you set goals for your next rank and answer any questions you have about Scouting. If you’re having problems, the Scoutmaster can help you figure out how to solve them. You can ask for a Scoutmaster conference any time you want one, and your Scoutmaster will make every effort to schedule it as soon as possible after your request—maybe right then!

You are reviewed.

After you have completed all the requirements for a rank (described on page 92), you go before a board of review. This is a group of adults from the troop committee who talk with you about what you’ve learned and double-check that you’ve done all the requirements, but not re-test you. They will ask you how you are enjoying Scouting and what the troop can do to help you get more out of the program. They might even give you tips about completing the next rank.

You are recognized.

Now comes the fun part. Not long after you pass the board of review, you will receive your rank patch, which you can wear on the left pocket of your Boy Scout uniform shirt. Many troops will provide it to you the next week. Later, you’ll be recognized again at a troop court of honor. This is a special awards ceremony the troop holds every three or four months. It’s a big deal; parents, grandparents, brothers, sisters, and everybody in the troop attends.
Ranks

The first badge you’ll earn as a Boy Scout is the Scout badge, which you earn by completing the Boy Scout joining requirements. As you complete this adventure, you will be learning all of the requirements for earning your Scout badge.

After earning the Scout badge, you work through six ranks: Tenderfoot, Second Class, First Class, Star, Life, and Eagle Scout. Only about five in every 100 Scouts become an Eagle Scout, so it’s a really big deal!

To become an Eagle Scout, you have to:

- Master basic skills in camping, first aid, nature study, and more
- Earn 21 merit badges
- Serve your troop as a leader
- Serve your community through service projects, including a big one you plan and lead yourself

That’s a lot of work, but you have your whole time as a Boy Scout to complete it. Many adults look back at earning their Eagle and realize that it set them on a path for success in life. You may
find a lifelong hobby or career from your work toward earning your Eagle Scout award.

In Cub Scouting, you’ve worked on most of your advancement requirements together as a den. In Boy Scouting, you work at your own pace, especially after the first year. Some Scouts work really hard and become Eagle Scouts when they’re 13 years old. Others take their time and reach the Eagle rank when they’re seniors in high school. The choice is yours.

**Merit Badges**

Merit badges are awards you can earn as a Boy Scout for learning about a specific topic. There are more than 130 different merit badges, but most Scouts earn maybe 20 or 30. Once you become a First Class Scout, you must earn merit badges to advance in rank.
I’m on the robotics team at my school, so I’m all over earning the Robotics merit badge!

Here are some examples:

- Scout skills merit badges: Camping, First Aid, Hiking
- Sports merit badges: Cycling, Skiing, Whitewater
- Hobby merit badges: Chess, Game Design, Geocaching
- Career merit badges: Fire Safety, Medicine, Programming
- Personal growth merit badges: Personal Fitness, Personal Management, Scholarship
- Citizenship merit badges: Citizenship in the World, Crime Prevention, Sustainability

To earn a merit badge, you meet with an adult expert in the field and work through a set of requirements. Depending on the badge, you might get to tour a factory, fly in an airplane, or go on an adventure. Along the way, you might discover a hobby or career you can pursue for your whole life.

To advance in rank beyond First Class, you have to earn a certain number of merit badges. For the Eagle Scout rank, you must earn a total of 21 merit badges: 13 from a list of Eagle-required merit badges and nine that you choose yourself. Some Scouts actually earn all the merit badges! Merit badges are worn on a merit badge sash, but usually just on special occasions.

A Scout is brave. One way you can demonstrate bravery is by pursuing merit badges that are especially challenging, like Lifesaving or Medicine.
REQUIREMENT 3 | Practice the patrol method in your den for one month by doing the following:

A. Explain the patrol method. Describe the types of patrols that might be part of a Boy Scout troop.

B. Hold an election to choose the patrol leader.

C. Develop a patrol name and emblem (if your den does not already have one), as well as a patrol flag and yell. Explain how a patrol name, emblem, flag, and yell create patrol spirit.

D. As a patrol, make plans to participate in a Boy Scout troop’s campout or other outdoor activity.

Your patrol is the basic team you will work with as a Boy Scout. Your patrol will work together, cook together, camp and hike together, and celebrate successes together. In fact, many patrols stay together from the time they join Boy Scouting until the members get too old to be in the troop any longer.

Your patrol will select its own name, make its own flag, come up with its own yell, and elect its own leader. That leader, the patrol leader, represents the patrol to a group called the patrol leaders’ council (PLC). This is the group that plans the troop meetings and outings. If your patrol wants to learn about geocaching, for example, your patrol leader will take that idea to the PLC, which will vote on it.

Your patrol can also plan its own activities. Sometimes, these will be part of a bigger troop outing, like a day hike during a weekend campout. Sometimes, they will be just for your patrol.

A well-functioning patrol is what makes a Boy Scout troop work.
PATROL SPIRIT

Patrol spirit is the glue that holds the patrol together and keeps it going. Your patrol will develop spirit as you enjoy experiences together. Your name, flag, and yell help give your patrol a unique identify.

♦ **Patrol name.** Every patrol needs a good name, one that really describes what the patrol is all about. If your members like to swim, you might become the Sharks. If you’re all into science fiction, you might become the Alien Patrol.

♦ **Patrol flag.** Your flag is your trademark. It shows your patrol name, emblem, troop number, and the names of your members. As you win competitions, you can hang ribbons from it as reminders of your accomplishments.

♦ **Patrol yell.** Your yell lets other patrols know you’ve arrived. It should be short and snappy and reflect your patrols’ goals. Some patrols also have a patrol song. It’s easy to make one up if you use a melody that everyone already knows.

What patrol am I in?
The Trekking T. rex Patrol. We call ourselves that because we all like to go hiking.
Types of Patrols

A Boy Scout troop can have three different kinds of patrols, depending on how it’s organized. Some troops will have one of each kind of patrol; some troops will have several.

New-Scout Patrol

A new-Scout patrol is for Scouts who have just joined the troop. An older Scout called a troop guide works with the Scouts. An assistant Scoutmaster supports the troop guide.

Scouts usually stay in a new-Scout patrol for their first year in the troop or until they reach First Class rank, whichever comes first. Sometimes, a new-Scout patrol will stay together as a traditional patrol for the rest of their time in Scouting.

Traditional Patrol

A traditional patrol includes Scouts who have similar interests and abilities and who like to spend time together. If the troop has new-Scout patrols, members of traditional patrols will usually be at least First Class in rank.
REQUIREMENT 4 | With your Webelos den leader, parent, or guardian, participate in a Boy Scout troop’s campout or other outdoor activity. Use the patrol method while on the outing.

The real fun of Boy Scouting happens when the troop leaves its meeting place and heads “out there.” For this requirement, your den gets to tag along and participate in a troop’s activity.

**During the activity, think about these questions:**

- How did the Boy Scouts in charge of the activity show leadership?
- How did the activity help the Boy Scouts who participated advance in rank?
- What was the most fun thing you did?

When you visit the members of a troop, ask what some of their favorite campouts were. Most have probably been to summer camp, and some may have gone on a high-adventure trip. When you see one of the patches shown here on an older Scout’s uniform, you’ll know he’s been on a very special trip. Ask him about it!
A. Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.

B. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.

**Square Knot**

The square knot has many uses, from securing packages and the sails of ships to tying the ends of bandages. It is called a joining knot because it joins together two ropes and because it is the knot you learn when you become a Boy Scout. You may also recognize it as part of the World Crest Badge that you already wear on your uniform.

1. Hold a rope end in each hand.
2. Pass the right end over and under the rope in your left hand.
3. Pass the rope end now in your left hand over and under the one now in your right hand.
4. Pull the knot snug.

Remember “right over left, left over right.” If you go right over left and then right over left again, you’ll end up with a granny knot, which is not very secure.
Two Half Hitches

A hitch is a knot that ties a rope to something. Use two half hitches when you want to tie a rope (called a guy line) to a tent or dining fly. The knot will slide down easily to secure the rope.

1. Pass the end of the rope through the grommet or around the post.
2. Bring the end over and under the body of the rope (known as the standing part), then back through the loop that has formed. This makes a half hitch.
3. Take the end around the standing part a second time, and tie another half hitch.
4. Pull the knot snug.

Taut-Line Hitch

A taut-line hitch is similar to two half hitches, but it creates a loop that doesn’t slide. Use it to attach the guy line on your tent or dining fly to a stake in the ground. You can easily adjust it to tighten the rope. (Taut is another word for tight.)

1. Pass the end of the rope around the tent stake.
2. Bring the end under and over the standing part of the line to form a loop, then twice through the loop.
3. Again bring the rope end under, over, and through a loop, but this time farther up the standing part.
4. Work any slack out of the knot.
5. Slide the hitch to tighten or loosen the rope.

**Whipping and Fusing Rope**

As you use rope, the ends can become frayed. To make the ends more durable, you can whip them if the rope is made of natural fibers like sisal, or fuse them if they are made out of synthetic material like nylon.

### Whipping Rope

Cut off the part of the rope that is already unraveled. Cut a piece of strong string, dental floss, or thin twine at least 8 to 10 inches long. Make a bight, or loop, and place it on one end of the rope.

Wrap the string tightly around the rope several times. When the whipping is as wide as the rope is thick, slip the end through the loop. Then pull both string ends hard, and cut them off.

### Fusing Rope

Rope and cord made from plastic or nylon will melt when exposed to high heat. Cut away the frayed part of the rope. Then, working in a well-ventilated area, hold each end a few inches above a lighted match or candle to melt and fuse the strands together. Melted rope is hot and sticky, so don’t touch the end until it is completely cool.
REQUIREMENT 6 | Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip card.

A pocketknife is a useful tool to take along on Scout outings. Like any tool, you must follow certain safety rules. Otherwise, you can damage your pocketknife and hurt yourself or other people.

The Whittling Chip

The Whittling Chip is a special card that gives you permission to use a pocketknife.

You can earn it by doing these things:

1. Know the safety rules for handling a knife.
2. Show that you know how to take care of and use a pocketknife.
3. Make a carving with a pocketknife. Work with your den leader or other adult when doing this.
4. Read, understand, and promise to abide by the “Knives Are Not Toys” guidelines.
5. Read, understand, and promise to abide by the “Pocketknife Pledge.”

Later, when you become a Boy Scout, you can earn the Totin’ Chip. It is similar to the Whittling Chip, but it also gives you permission to use axes and saws.

Safety Rules

- A knife is a tool, not a toy.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
- Keep the blade clean.

102 | Arrow of Light
Never carry an open pocketknife.
When you are not using your knife, close it and put it away.
Keep your knife dry.
When you are using the cutting blade, do not try to make big shavings or chips. Easy does it.
Make a safety circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can’t touch anyone else, it is safe to use your knife.

Knives Are Not Toys
Close the blade with the palm of your hand.
Never use a knife on something that will dull or break it.
Be careful that you do not cut yourself or any person nearby.
Never use a knife to strip the bark from a tree.
Do not carve your initials into anything that does not belong to you.

POCKETKNIFE PLEDGE

In return for the privilege of carrying a pocketknife to designated Cub Scout functions, I agree to the following:

I will treat my pocketknife with the respect due a useful tool.
I will always close my pocketknife and put it away when not in use.
I will not use my pocketknife when it might injure someone near me.
I promise never to throw my pocketknife for any reason.
I will use my pocketknife in a safe manner at all times.

Signature ___________________________
I hope you’re excited about joining a troop like mine. You have so much to look forward to!

I can’t wait to go to the next national jamboree. Jamborees are held every four years at the Summit Bechtel Reserve in West Virginia. Scouts from all over the country go there for 10 days to do amazing adventure sports like whitewater rafting, mountain biking, skateboarding, archery and rifle shooting, zip-lining, and more.

Who knows? Maybe I’ll see you at the next jamboree. I’ll be the guy in the Boy Scout uniform.
For the latest on the new Cub Scout program, including final adventure requirements, please visit:
http://www.scouting.org/programupdates

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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.

A Scout Is:

Trustworthy
Loyal
Helpful
Friendly
Courteous
Kind
Obedient
Cheerful
Thrifty
Brave
Clean
Reverent