

Outback Adventure

Some of these adventures can be completed at camp others will be partially complete. If you have questions about the curriculum or need help with resources, please let me know email me at rgirard@knights.ucf.edu

Cast Iron Chef--- 1, 2, 3 optional Completed

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

First Responder--- 1-5, 7 Completed

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - A. Cuts and scratches
 - B. Burns and scalds
 - C. Sunburn
 - D. Blisters on the hand or foot
 - E. Tick bites
 - F. Bites and stings of other insects
 - G. Venomous snakebites
 - H. Nosebleed
 - I. Frostbite

Webelos Walk-about---1, 2, 3, 5 Incomplete

1. Plan a hike or outdoor activity.
2. Assemble a first-aid kit suitable for your hike or activity.
3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity. a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.

Scouting Adventure---1a-c, 3a, d, 4, 5a, b, 6 Incomplete

1. Prepare yourself to become a Boy Scout by completing at least A–C 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 conducting yourself according to the Scout Oath, Scout Law, Scout motto, and Scout slogan.
 - C. Give the Boy Scout sign, salute, and handshake. Explain when to use each.
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.
 - 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.

Castaways---1a, 1b or 1c, 2b-d Incomplete

1. Complete A and your choice of B or C.

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

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

Or

C. Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.

2. Do all of the following.

B. With your den, demonstrate two ways to treat drinking water to remove impurities.

C. Discuss what to do if you become lost in the woods. Tell what the letters "S-T-O-P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.

D. Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Boy Scout motto.

Outdoorsman---1-5 Completed

1. With the help of your den leader or family, plan and participate in a campout.

2. On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.

3. Once your tents are set up, discuss with your den or family what actions you should take in the case of the following extreme weather events which could require you to evacuate:

A. Severe rainstorm causing flooding

B. Severe thunderstorm with lightning or tornadoes

C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.

4. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

Aquanaut---1-4, 5, 6, 8 Completed

1. State the safety precautions you need to take before doing any water activity.
2. Discuss the importance of learning the skills you need to know before going boating.
3. Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.
4. Attempt the BSA swimmer test.
5. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.
8. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Swim 25 feet wearing the life jacket. Get out of the water, remove the life jacket, and hang it where it will dry