# WHAT TO DO IF YOU GET LOST — STOP

One day you might accidentally wander off a trail and be unsure how to find it again. Or you may take a wrong turn and not know which way to go. If you think you're lost, stop where you are and follow the four steps that spell STOP.

#### STAY CALM. THINK. OBSERVE. PLAN.

**Stay calm**. Sit down and have some water and something to eat. If you're cold, put on a jacket or sweater. Breathe slowly and relax.

**Think**. Try to remember how you got where you are. If you have a map, open it and see what you can learn from the symbols and contour lines.

**Observe**. Look for your footprints in soft ground or snow. Notice any landmarks that can be clues to your location. Listen for sounds of other Scouts.

**Plan**. If you're convinced that you know which way to go to get back on track, move carefully. Use a compass to set a bearing in the direction of your destination. Then clearly mark the way you're going with broken branches, piles of stones, or whatever else is handy in case you need to find your way back to the spot where you've been sitting. If you don't have a clear idea where you are, though, stay right where you are. People will start looking for you as soon as someone realizes you're missing.

# THE OUTDOOR CODE

The outdoors is a focus of Cub Scouting. For more than 70 years, the Outdoor Code has been a guide for Scouts in the outdoors. Remember to do your best by showing respect for the outdoors and by learning and upholding the Outdoor Code.

#### As an American, I will do my best to:

· Be clean in my outdoor manners.

A Cub Scout takes care of the outdoors and keeps the outdoors clean. A Cub Scout knows that putting marks on buildings, trees, or natural objects causes permanent damage.

· Be careful with fire.

A Cub Scout may enjoy a campfire only with adult leaders. A Cub Scout knows not to play with matches and lighters.

· Be considerate in the outdoors.

A Cub Scout shares our outdoor places and treats everything on the land and in the water with respect.

· Be conservation-minded.

A Cub Scout works to restore the health of the land so others may enjoy, live, and learn from it as a part of the Web of Life.

# LEAVE NO TRACE PRINCIPLES FOR KIDS

As a Cub Scout, you will learn to use the Leave No Trace Principles for Kids to help you take care of the outdoors.



#### 1. KNOW BEFORE YOU GO

- Be Prepared! Don't forget clothes that protect you from cold, heat, and rain.
- Use maps to show you where you'll be going so you won't get lost.
- Learn about the area you visit. Read books and talk to people before you go. The more you know, the more fun you'll have.

#### 2. CHOOSE THE RIGHT PATH

- Stay on the main trail to protect nature, and don't wander off by yourself.
- Steer clear of flowers or small trees. Once hurt, they may not grow back.
- Use existing camp areas and camp at least 100 big steps from roads, trails, and water.

#### 3. TRASH YOUR TRASH

- Pack it in, pack it out. Put litter, even crumbs, in trash cans or carry it home.
- Use bathrooms or outhouses when available. If you have to "go," act like a cat and bury poop in a small hole 4-8 inches deep and 100 big steps from water.
- Place your toilet paper in a plastic bag and put the bag in a garbage can back home.
- Keep water clean. Do not put soap, food, or poop in lakes or streams.

#### 4. LEAVE WHAT YOU FIND

- Leave plants, rocks, and historical items as you find them so the next person can enjoy them. Treat living plants with respect. Hacking or peeling plants can kill them.
- Good campsites are found, not made. Don't dig trenches or build structures in your campsite.

#### **5. BE CAREFUL WITH FIRE**

- Use a camp stove for cooking. It's easier to cook on and clean up than a fire.
- Be sure it's OK to build a campfire in the area you're visiting.
   Use an existing fire ring to protect the ground from heat.
   Keep your fire small. Remember, campfires aren't for trash or food.
- Do not snap branches off live, dead, or downed trees. Instead, collect loose sticks from the ground.
- Burn all wood to ash, and be sure that the fire is completely out and cold before you leave.

#### 6. RESPECT WILDLIFE

- Observe animals from a distance and never approach, feed, or follow them. Human food is unhealthy for all animals, and feeding them starts bad habits.
- Protect wildlife and your food by storing your meals and trash.
- · Control pets at all times, or leave them at home.

#### 7. BE KIND TO OTHERS

- Make sure the fun you have in the outdoors does not bother anyone else. Remember that other visitors are there to enjoy the outdoors.
- Listen to nature. Avoid making loud noises or yelling. You will see more animals if you are quiet.

**Remember** – you'll enjoy nature even more by caring for your special place.



\* The member-driven Leave No Trace Center for Outdoor Ethics teaches people how to enjoy the outdoors responsibly. This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics: www.LNT.org.



## **SNAPSHOT OF ADVENTURE**



The Bobcat Adventure is the first required Adventure on your trail and will get you and your den off to a great start. Once you have completed the Bobcat Adventure, you can work on the other Adventures in any order.

REQUIREMENTS	Approved by
<ol> <li>Get to know the members of your den.</li> <li>Recite the Scout Oath and the Scout Law with your den and den leader. Describe the three points of the Scout Oath.</li> <li>Learn about the Scout Law.</li> <li>With your den create a den code of</li> </ol>	
conduct.  5. Learn about the denner position and responsibilities.  6. Demonstrate the Cub Scout sign, Cub Scout salute, and Cub Scout handshake. Show how each is used.	
7. At home with your parent or legal guardian, do the activities in the booklet "How to Protect Your Children From Child Abuse: A Parent's Guide."	



- Required Adventure
- · Scan for this Adventure page

Get to know the members of your den.

Getting to know others is one way to live by the Scout Oath and the Scout Law. When you get to know other people, you're being friendly. It is also an effective way to practice being courteous, kind, cheerful, and even brave.

Your den may have Cub Scouts that you know from last year, there may be some new Cub Scouts, or you may be new to Cub Scouts. These are all good reasons why one of the first things you should do is get to know everyone in your den. If you have a new Cub Scout join your den later on, you and everyone in the den should make sure to make them feel welcome and get to know them, too.

If you don't know someone in your den, here are some things you can do to get to know them:

Introduce yourself. "Hi, my name is \_\_\_\_\_. What is your name?"

Ask them, "What are some things that you like to do?"

Share with them some of the things you like to do in Cub Scouts.

Some people are shy. They may find it hard to interact with others and tend to stay away from the group. Be respectful of that, being friendly and inclusive with that person as best as you can. You may find that they eventually decide to join you.



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Recite the Scout Oath and the Scout Law with your den and den leader. Describe the three parts of the Scout Oath.



One of the most important parts of earning the Bobcat Adventure is understanding that all Scouts believe in and work to live by the Scout Oath and the Scout Law. We learn those words and believe in them as a way to live our lives and be good members of our families, our communities, and the Cub Scout pack.

#### 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.

In the Scout Oath, we make a promise to do our duty to three things.

Our first duty is to God and our country. You do your duty to God by following the teachings of your family and religious leaders. You do your duty to your country by being a good citizen and obeying the law.

Our second duty is to help other people at all times. Many people need help. A friendly smile and a helping hand make life easier for others. By helping other people, you're doing a Good Turn and making our world a better place.

Our third duty is to ourselves: to keep ourselves physically strong, mentally awake, and morally straight. This part of the Scout Oath is about taking care of yourself. You stay physically strong when you eat the right foods, get plenty of exercise, and get enough rest. You stay mentally awake when you work hard in school, learn all you can, and ask questions. You stay morally straight when you do the right thing and live your life with honesty.

Learn about the Scout Law.



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

#### The Meaning of the Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. A Cub Scout agrees to live by the Scout Law every day, not just when you are at a Cub Scout meeting. It's not always easy to do, but a Cub Scout always does their best.

#### A Scout is TRUSTWORTHY.

Tell the truth and keep your promises so people can depend on you.

#### A Scout is LOYAL.

Be true to your family, friends, Scout leaders, school, and country.

#### A Scout is HELPFUL.

Volunteer to help others without expecting a reward.

#### A Scout is FRIENDLY.

Be a friend to everyone, even people who are very different from you.

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#### A Scout is COURTEOUS.

Be polite to everyone and always use good manners.

#### A Scout is KIND.

Treat others as you want to be treated. Never harm or kill any living thing without good reason.

#### A Scout is OBEDIENT.

Follow the rules of your family, school, and pack. Obey the laws of your community and country.

#### A Scout is CHEERFUL.

Look for the bright side of life. Cheerfully do tasks that come your way. Try to help others be happy.

#### A Scout is THRIFTY.

Work to pay your own way. Don't be wasteful. Use time, property, and natural resources wisely.

#### A Scout is BRAVE.

Face difficult situations even when you feel afraid. Do what is right despite what others might be doing or saying.

#### A Scout is CLEAN.

Keep your body and mind fit. Help keep your home and community clean.

#### A Scout is REVERENT.

Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others.

With your den create a den code of conduct.



To create a den code of conduct, think about how you should act during a den meeting and how you expect everyone else to act.

The first step is to have everyone give their ideas of what should be part of the code of conduct. Then find the ones that everyone agrees upon. If you can, make it a list of things you should do instead of a list of things you shouldn't do. It is also best to keep the list short and simple.

To get you started, here are two things you may want to add to your den code of conduct:

- ► Everyone will do their best to live by the Scout Oath and the Scout Law.
- ▶ We will do our best to make everyone feel welcome in our den.

Learn about the denner position and responsibilities.



A denner is a Cub Scout who helps the den leader during a den meeting. The den leader decides how the denner will be chosen and how long the Cub Scout will serve as the denner. Each Cub Scout should have a chance to serve as the denner for at least one meeting.

The den leader decides what the denner will help with, and that may change for each meeting. Here are some examples of things that a denner may be asked to do:

- ► Arrive early to help set up the meeting.
- ▶ Welcome everyone when they arrive at the den meeting.
- ▶ Lead the den in reciting the Scout Oath and the Scout Law.

- ► Carry the United States flag during the opening.
- ▶ Pick a game for the den to play.
- ▶ Help hand out supplies for an activity.
- ▶ Stay after the meeting to help clean up.

When you're the denner, do your best to set an example for the other Cub Scouts by acting by the Scout Oath and the Scout Law. This is the greatest responsibility of a denner. This is called leadership by example. One way you can do this is to be friendly to everyone in the den and offer to help another Cub Scout who may need it.

When you're the denner, you may wear the denner cord — a yellow cord that is worn over your left shoulder. When you're no longer the denner, you'll pass the denner cord on to the next denner.

The denner is not the leader of the den and is never to be put in charge of other Cub Scouts.

Demonstrate the Cub Scout sign, Cub Scout salute, and Cub Scout handshake. Show how each is used.



#### The Cub Scout Sign

Make the sign with your right hand. Hold your arm straight up. The two raised fingers stand for the Scout Oath and the Scout Law. The fingers look like the sharp ears of the wolf ready to listen to Akela! Remember that Akela means "good leader" to a Cub Scout. Your den leader is Akela. Your mother or father or legal guardian is also Akela. At school, your teacher is Akela.

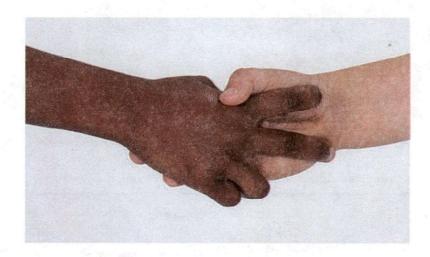
#### The Cub Scout Salute

Salute with your right hand. Hold your first two fingers close together. Touch your fingertips to your cap. If you're not wearing a cap, touch your right eyebrow. We use the Cub Scout salute to show respect to our country. Always use the Cub Scout salute



when you're in your Cub Scout uniform, both indoors and outdoors. If you're not in uniform, show respect to the flag by placing your right hand over your heart.

- ▶ We use the Cub Scout salute when the United States flag is being raised or lowered.
- ▶ We use the Cub Scout salute when the United States flag is passing by, like in a parade.
- We use the Cub Scout salute when we are saying the Pledge of Allegiance.



#### The Cub Scout Handshake

When you shake hands with another Cub Scout, do this: Hold out your right hand just as you always do to shake hands. But then put your first two fingers along the inside of the other Scout's wrist. This means that you help each other to remember and obey the Scout Oath and the Scout Law.

At home, with your parent or legal guardian, do the activities in the booklet "How To Protect Your Children From Child Abuse: A Parent's Guide."

Your parent(s) or legal guardian must read the booklet that is in front of your handbook. They can also find the online version by scanning this QR code.



#### **CONGRATULATIONS!**

You have completed your first required Webelos Adventure!

You may now earn any of the other Webelos Adventures in any order.

