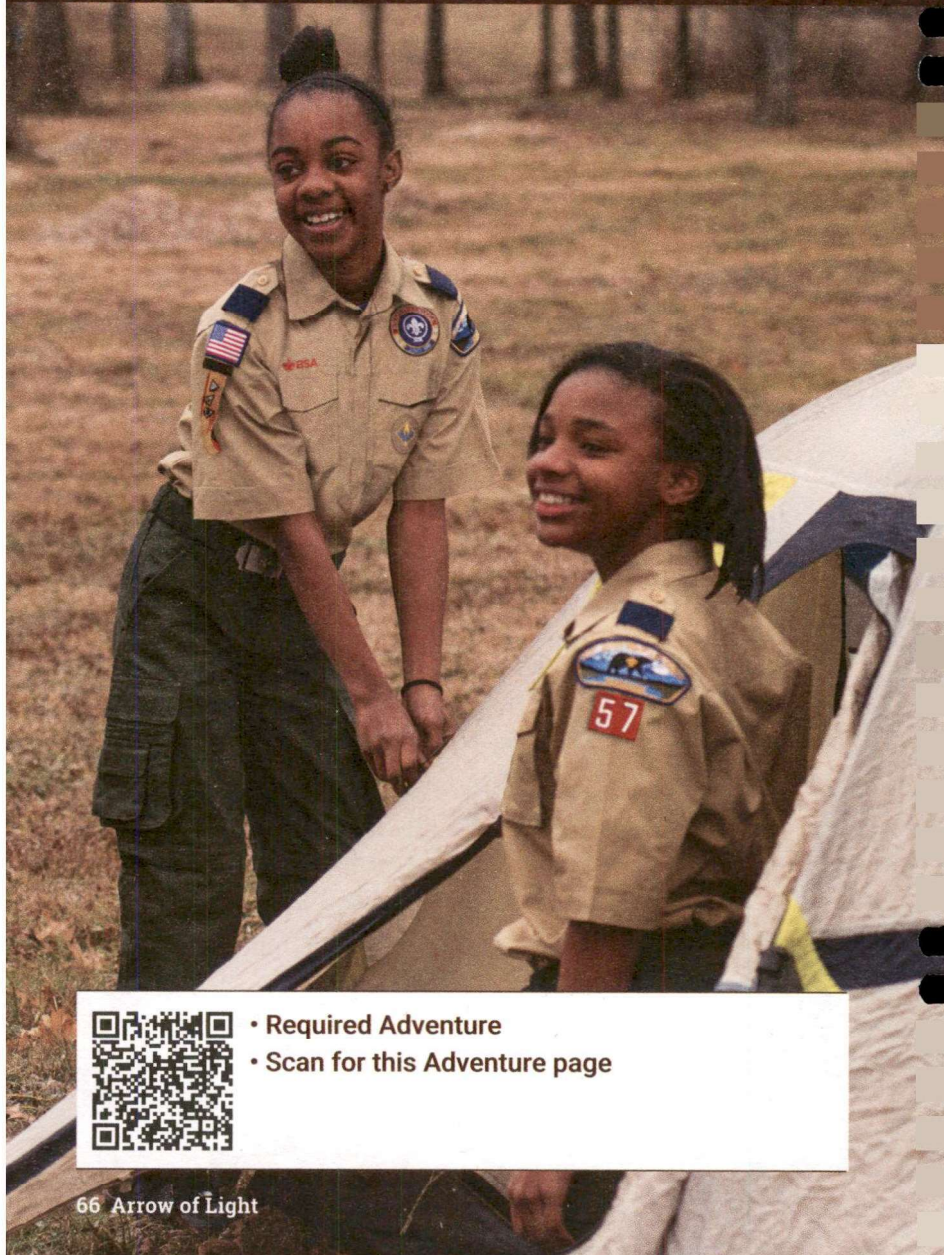


OUTDOOR ADVENTURER

OUTDOORS



- Required Adventure
- Scan for this Adventure page

SNAPSHOT OF ADVENTURE



There's nothing like the great outdoors. In this Adventure, you will plan and participate in a campout with your Arrow of Light patrol or a Scouts BSA troop. You'll learn how to pack, help plan using the BSA SAFE Checklist, set up camp, and discover how Scouts camp.

REQUIREMENTS

Approved by _____

1. Learn about the Scout Basic Essentials. _____
2. Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear. _____
3. Review the four points of the BSA SAFE Checklist and how you will apply them on the campout. _____
4. Locate the camp and campsite on a map. _____
5. With your patrol or a Scouts BSA troop, participate in a campout. _____
6. Upon arrival at the campout, determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent. _____
7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout. _____
8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids. _____

REQUIREMENT 1

Learn about the Scout Basic Essentials.

Be Prepared. That is the Scouts BSA motto.

Be prepared for what?

For anything.

Cub Scouts have the Cub Scout Six Essentials. Scouts BSA members have the Scout Basic Essentials, which are the things Scouts bring on every outdoor activity, especially a campout.



Pocketknife. A pocketknife or multitool could be the most useful tool you can own. Keep yours clean, sharp, and secure, and don't pick one so heavy that it pulls your pants down.

In order to carry a pocketknife as an Arrow of Light Scout, you must first earn the Knife Safety Adventure, even if you earned the Whittling Adventure as a Bear Cub Scout and/or the Chef's Knife Adventure as a Webelos.

Rain Gear. A poncho or a rain parka can protect you from light showers and heavy storms. It can also block the wind and help keep you warm.



Trail Food. A small bag of granola, some raisins and nuts, or a couple of energy bars can give you a boost when you get hungry on the trail. High-energy foods are especially important if you are out longer than you had expected.



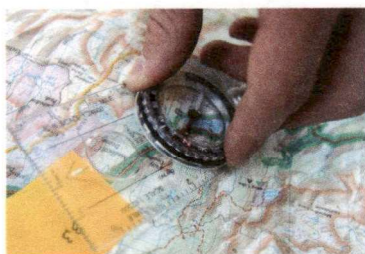
Flashlight. An LED flashlight will cast a strong beam with just one or two AA batteries. LED headlamps are a good option, too, because they leave your hands free. Carry spare batteries in case you need them.

Extra Clothing. Layers of clothing allow you to adjust what you wear to match the weather. During an afternoon hike, a jacket might provide all the extra warmth you need. On camping trips, bring along additional clothing to deal with changes in temperature.



First-Aid Kit. Your patrol leader or a Scouts BSA troop leader will bring a group first-aid kit on most Scout trips, but you should also carry a few personal supplies to treat blisters, small cuts, and other minor injuries.

Sun Protection. Guard your skin by applying a good sunscreen (SPF 30 or greater) and wear a broad-brimmed hat, sunglasses, and lip balm that contains sunscreen ingredients. Apply sunscreen 20 minutes before you hit the trail and every two hours after that — more often if you sweat a lot.



Map and Compass. A map and a compass can show you the way in unfamiliar areas. Learn the basics, and then practice using a compass and a map when you're in the field.

Matches and Fire Starters. With strike-anywhere matches, a butane lighter, or a ferro rod and striker, you can light a stove or kindle a fire in any weather. Protect matches and other fire starters from moisture by storing them in a self-sealing plastic bag or canister.

Before you can use matches or fire starters you must first earn the Firem'n Chit. You may want to ask for help from your local Scouts BSA Troop. If you earn this certification as an Arrow of Light Scout you will be required to earn it again in Scouts BSA before you are permitted to use matches or fire starters in Scouts BSA.

Firem'n Chit Requirements – The Scout must show their Scout leader, or someone designated by their leader, an understanding of the responsibility to do the following:

- | | |
|--|--|
| ▶ I have read and understand use and safety rules from the <i>Scouts BSA Handbook</i> . | materials. |
| ▶ I will build a campfire only when necessary and when I have the necessary permits (regulations vary by locality). | ▶ I will see that fire is attended to at all times. |
| ▶ I will minimize campfire impacts or use existing fire lays consistent with the principles of Leave No Trace. I will check to see that all flammable material is cleared at least 5 feet in all directions from fire (total 10 feet). | ▶ I will make sure that water and/or a shovel is readily available. I will promptly report any wildfire to the proper authorities. |
| ▶ I will safely use and store fire-starting | ▶ I will use the cold-out test to make sure the fire is cold out and will make sure the fire lay is cleaned before I leave it. |
| | ▶ I follow the Outdoor Code, the Guide to Safe Scouting, and the principles of Leave No Trace and Tread Lightly! |

The Scout's "Firem'n Rights" can be taken away if they fail in their responsibility.

Water Bottle. Always take along at least a 1-quart bottle filled with water. On long hikes, on hot days, in arid regions, and at high elevations, carry two bottles or more.

Learn more about the Scout Basic Essentials in the front of this handbook.

REQUIREMENT 2

Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.

PERSONAL CAMPING GEAR CHECKLIST

Use this checklist every time you go on a Scout outdoor trip. Use a pencil to check off each item as you pack it.

The Scout Basic Essentials

- ☐ Pocketknife
- ☐ Water bottle
- ☐ Matches and fire starters
- ☐ First-aid kit
- ☐ Flashlight
- ☐ Sun protection
- ☐ Extra clothing
- ☐ Trail food
- ☐ Map and compass
- ☐ Rain gear
- ☐ Clothing appropriate for the season and the weather
- ☐ Backpack with rain cover

Sleeping gear

- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Ground cloth

Eating kit

- ☐ Eating utensils
- ☐ Plate
- ☐ Bowl
- ☐ Cup

Cleanup kit

- ☐ Soap
- ☐ Dental floss
- ☐ Toothbrush
- ☐ Comb
- ☐ Toothpaste
- ☐ Small camp towel

Optional personal items

- ☐ Personal medications
- ☐ Watch
- ☐ Fishing pole and gear
- ☐ Camera
- ☐ Pencil or pen
- ☐ Insect repellent
- ☐ Small notebook
- ☐ Swimsuit
- ☐ Bible, testament, or prayer book, according to your faith
- ☐ Other gear for specific activities

Choosing a Backpack

For most camping trips you can carry your gear, clothing, and food in a backpack. Your pack should be comfortable enough for a long day on the trail.

Most backpacks have a stiff internal frame. Outside pockets on many packs are ideal for storing water bottles, maps, and other items you might want to reach quickly. Another useful feature is a daisy chain that lets you attach gear (or wet socks) to the outside with carabiners.

A hip belt shifts much of the weight of a pack from your shoulders to the strong muscles of your legs, while a sternum strap keeps the shoulder straps in the right position. Compression straps on the sides or back of internal frame packs help keep the load from shifting. Investing the time to properly adjust the straps and hip belts will make your pack much easier to carry.

Many backpacks will have either external water-bottle pockets or ports that let you run a drinking tube from a water reservoir inside the pack. These features help ensure that you drink enough water while you're hiking.

Shop for packs at stores with salespeople who know how to match you with the right pack for your height, experience, and the kinds of adventures you are planning. One of the most key factors is your torso length — the distance from your shoulder blades to the top of your pelvis; an experienced salesperson will measure your torso and steer you to the right sized pack. If you're still growing, choose a pack that you can adjust as you get taller.

Packing

Your backpack should be a bag of bags. Instead of dumping everything into your pack, sort your personal gear and clothing into nylon stuff sacks or resealable plastic bags. Stuff sacks and

plastic bags will help keep everything dry and organized inside your pack. When you get home, store the bags in your pack so you can use them on future trips.

Place softer items in your pack so that they will cushion your back. Keep your rain gear, flashlight, first-aid kit, water bottle, map, and compass near the top of the pack or in outside pockets where they will be easy to reach.

Stuff your sleeping bag into its storage sack, then put it inside your pack if there is room. If not, tuck it under the pack's top flap or strap it to the frame.

For maximum comfort, balance the weight in your pack carefully. If the center of gravity is too high, or too far from your back, you'll feel top-heavy. If it's too low, you'll feel like the pack is dragging you down.

Along with your personal gear, expect to carry some of your patrol's equipment and food. Your share might include a pot, the dining fly and poles, a camp stove, and ingredients for a breakfast.

You and your patrol will come up with the best way to divide up group gear, but here are a few suggestions.

- ▶ Divide up your tent so that one Scout carries the tent itself and another Scout carries the rain fly, poles, and stakes.
- ▶ Give stronger Scouts heavier items like cook pots and fuel bottles.
- ▶ Keep like items together as much as possible. For example, one Scout should carry all the cooking utensils.
- ▶ As you use up food and fuel, rebalance the loads among patrol members.

A rain cover will shield your pack when bad weather catches you on the trail. Put the cover over your pack to protect it from nighttime rains and morning dew.

Keeping Your Pack Light



Comfortable pack weights vary based on physical condition, age, and experience. However, a fully loaded backpack should rarely exceed 25-30% of your body weight. Consider these tips to keep your backpack light.

- ▶ Start with a light pack. Choosing a 3-pound pack instead of a 6-pound pack makes a significant difference when your total weight allowance is 25 pounds.
- ▶ Remember that ounces add up to pounds. Every ounce you save makes a difference — for example, by choosing a flashlight or lantern that uses AAA batteries or solar power instead of D batteries.
- ▶ Share items. On most backpacking trips, one pocketknife is probably sufficient for your whole patrol.
- ▶ Look for multiuse items. Your water bottle can double as a cup. A flying disc can double as a plate. A jacket stuffed with clothes can double as a pillow.
- ▶ Don't forget food and water. The water in your pack weighs a lot whether it's in your water bottles or in your food. A gallon of water weighs more than 8 pounds! Choose dehydrated food and plan to treat water along the trail.

Tents

When choosing a tent, consider sleeping capacity, cost, and weight. (The ideal per-person weight is 3 pounds or less.) The best tents tend to have abundant windows and vents, as well as rain flies that extend to the ground. Many tents are three-season models, which means they can stand up to only moderate snow and wind. For adventures in more rugged weather conditions, choose a sturdier four-season tent.

Tents range in size from one-person bivy sacks that are barely bigger than a sleeping bag to multiroom cabin tents big enough to stand up in. For most Scout outings, the best tent is an A-frame or dome tent that sleeps two or three Scouts. It will be roomy enough to stretch out inside, but light enough to take backpacking.

Most Scout tents are made of nylon that allows moisture from your breath to escape rather than being trapped inside the tent, which would make it feel damp and clammy. Large windows let summer breezes blow through to keep you cool, while a waterproof rain fly that fits over the body of a tent sheds rain and snow and blocks winter wind.

Sleeping Bags

When you sleep at home, a mattress beneath you and blankets on top trap your body heat and keep you warm. A sleeping bag and a pad can become a bed you can carry anywhere. They are easy to pack and to use. Most sleeping bags fit closely around your body and will keep you warmer and more comfortable outdoors than blankets.

The cloth part of a sleeping bag is called the shell. Inside the shell is fill material made of synthetic fibers or the down and feathers of ducks and geese. Air pockets in the fill trap your body heat and hold it close to you.

Sleeping bags are rated by temperature. For example, a 30-degree bag should keep you comfortable when the temperature drops just below freezing — assuming you're wearing a hat and long underwear and have a sleeping pad underneath you.



Sleeping bag ratings are just a starting point. As you become a more experienced camper, you might discover that you sleep colder than average and need a bag rated to a lower temperature than what you expect.

Adding a wool blanket or a sleeping-bag liner made of polar fleece will help a summer-weight sleeping bag keep you warm during cool nights. On hot summer nights, a sleeping-bag liner might be all you need.

On winter campouts, a mummy-style sleeping bag will keep you warmer than a rectangular sleeping bag. A mummy bag's integrated, adjustable hood makes it much harder for body heat to escape and for cold air to rush in.



REQUIREMENT 3

Review the four points of the BSA SAFE Checklist and how you will apply them on the campout.



The BSA SAFE Checklist is used for all activities. Review the four points with your den leader and patrol and discuss how each of the four points will be applied to your campout.

Supervision — Youth are supervised by qualified and trustworthy adults who set the example for safety.

Assessment — Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.

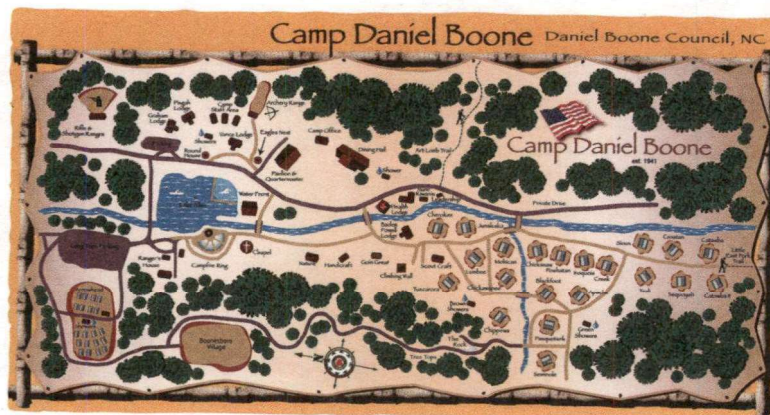
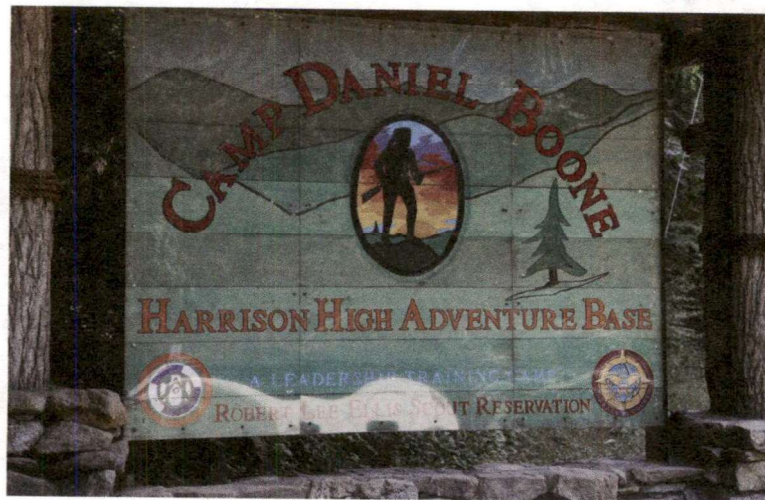
Fitness and Skill — Participants' BSA Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.

Equipment and Environment — Safe and appropriately sized equipment, courses, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.

REQUIREMENT 4

Locate the campsite where you will be camping on a map.

A good camp will have a map of the overall campsite that identifies campsites, buildings, and program areas. Campsites are often named or numbered. Know the name or number of the campsite you will be camping in, and then identify it on the map.



REQUIREMENT 5

With your patrol or a Scouts BSA troop, participate in a campout.

"Camping" is a term that covers all sorts of activities, from pitching a tent in your backyard to venturing deep into a wilderness area. In Scouting, camping means staying overnight in a temporary shelter such as a tent, lean-to, or snow cave. Depending on your interests, you might spend all your time in or near your campsite or use it as a trailhead for other activities.

Before going on a campout, Scouts plan. We ask the following questions: where, when, who, why, what, and how. Answer these six questions as your Arrow of Light patrol gets ready for a camping trip, and you'll be prepared for whatever you meet along the way.

The experience of filling out a trip plan will guide you to make good decisions before setting out on a camping trip.



CAMPING TRIP PLAN

Before you begin your plans, check out the Campout Safety Checklist at www.scouting.org/health-and-safety/gss/gssax.

Name of this trip: _____

WHERE are we going and how will we get there? _____

WHEN will we go and return? _____

WHO is going with us? Adult leaders: _____

Patrol members: _____

WHY are we going? (Write a sentence or two about the purpose of the camping trip.) _____

WHAT do we need and what are we taking? (Attach a copy of your camping checklists and a copy of your menus/food list.)

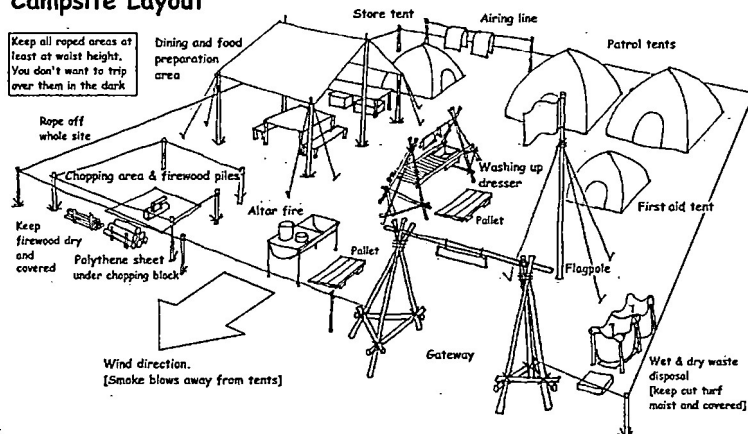
HOW will we respect the environment by following the principles of outdoor ethics? _____

Finally, check with those in charge of your destination for regulations you'll need to follow on matters including group size, campfire regulations and restrictions, and permits your Scouts BSA troop or patrol must have.

REQUIREMENT 6

Upon arrival at the campout, determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.

Campsite Layout



A good campsite is more than a convenient place to sleep and eat. Its setting offers you safety and comfort and takes advantage of features like great views and natural windbreaks. Keep the following information in mind as you decide where to spend the night.

ENVIRONMENTAL IMPACT

The principles of outdoor ethics will help guide you as you select a campsite. Use established campsites whenever you can, or camp on durable surfaces — that is, surfaces that won't be harmed by tents and footsteps. Good campsites are found, not made. If you must move a log, a few rocks, or anything else as you pitch your tents, return everything to its original location before you leave.

SAFETY

Pitch tents away from dead trees or trees with limbs that might fall in a storm. Stay out of ditches or depressions in the ground that could fill during a flash flood and other areas that could fill with water. (If you see debris caught in underbrush or if all the grass is bent over in the same direction, choose another site.) Avoid lone trees, the tops of hills and mountains, high ridges, and other targets of lightning. Camp away from hiking and game trails, especially in bear country. (Look for animal tracks and worn pathways that are too low or narrow for humans.)

SIZE

A campsite must be large enough for your Arrow of Light patrol to set up its tents and cook its meals in separate areas. Also, make sure there is enough space to move around without tripping over tent stakes and tent guylines.

COMFORT

In the summer, look for a shady site where breezes can help cool your tent and chase away mosquitoes. In the winter, find a site where trees and hillsides provide a natural windbreak. Regardless of the time of year, place your tent on the flattest spot possible. (If the ground slants a bit, sleep with your head uphill and the opening downhill.) Consider the sun as well; the morning sun will help dry out your tent, while evening sun can be uncomfortably hot in the summer.

WATER

Each Scout in your patrol will need several gallons of water every day for drinking, cooking, and cleanup. Treat water you take from streams, rivers, lakes, and springs. In dry regions, you might need to carry all your water to camp. That information will be important when you put together the trip plan.

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You must first earn the Firem'n Chit certification before you are permitted to use matches, fire starters, or start campfires.

REQUIREMENT 7

Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.

Before you start to cook, make sure you wash your hands, wipe down any surfaces that may come in contact with food, and check that all kitchen tools and utensils are clean.



Only those who are cooking should be in the camp kitchen when food is being prepared.

Plan how you will store food while you're on the campout. Fresh meats, dairy products, and other perishable items can be kept chilled by stowing them with chunks of ice in an insulated cooler. Other foods won't need to stay cold but could require protection from mice, raccoons, and even bears.

If your camp is near a cabin or other building that is safe from animals, you might be able to store your food inside. Some campgrounds have metal boxes where you can leave your food and know it's protected from wildlife and weather. You also can keep food out of reach of animals by hanging it 20 feet in the air from a tree.

Whether you cook with a stove or over an open fire, put on a pot of water before you serve a meal. You'll have hot water for cleanup by the time you finish eating. As your meal is cooking, you can also do some other things to make cleanup easier.

- ▶ Separate clean and dirty pots and utensils. Put the clean items away.
- ▶ Scrape excess food into a trash bag.
- ▶ Pour some water in the pots you've used if they contain stuck-on food.
- ▶ Throw away food wrappers, vegetable peels, and other waste.
- ▶ Close and put away food packages you've opened.

Begin cleanup by setting out three pots:

Follow these steps to wash a pot:

1. Scrape excess food into a garbage bag so the pot is as clean as possible.
2. Dampen a scrub pad with water from the wash pot and scrub the pot to loosen the remaining food.
3. Dunk the pot in the wash pot to remove the loosened food. If food is still stuck to the pot, scrub some more.
4. Use hot-pot tongs to dip the pot in the hot-rinse pot. Be sure no soap bubbles remain on the pan.
5. Dunk the pot in the cold-rinse pot. If the pot is too big, dip some water from the cold-rinse pot into the pot and slosh it around.

Lay clean dishes, pots, and utensils on a plastic ground sheet or hang them in a mesh dish hammock and let them air dry. Dispose of dirty wash water properly, either in a designated area such as a drain or by dispersing 200 feet away from camp and water sources.

Each Scout can wash and rinse their own plate, cup, and utensils. If everyone also does one pot, pan, or cooking utensil, the work will be finished in no time.

REQUIREMENT 8

After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids.



You can do this requirement as an Arrow of Light patrol. If you're camping with a Scouts BSA troop, you should do this together. After each campout, Scouts will identify those things that went well and those things that could be improved. Here are two common methods to do this.

1. When conducting a discussion, give everyone the opportunity to contribute. Even if something has already been identified by someone else, it's good to hear how many other people felt the same way.

2. **Start, Stop, Continue**

Gather everyone to identify the things you should start doing, things you should stop doing, and things you should continue to do. You can gather this by having everyone name one item to start, one to stop, and one to continue, or you can lead a group discussion. This works best when the list is written in a place everyone can see.

Here is an example of what a start, stop, and continue list may look like after a campout.

Start: Checking that each patrol has a duty roster before the campout.

Stop: Bringing Dutch ovens when no one is planning to use them.

Continue: Having patrol competitions and patrol time during the campout.