

## Appendix I

# HOW TO CHOOSE AND USE A GPS

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Once revolutionary, GPS technology is in everything from drones to dog collars now. Nonetheless, a handheld GPS receiver remains a valuable outdoor tool for hikers and other backcountry explorers. A GPS can give you vital information about where you are, where you've been and where you want to go.

This article discusses choosing and using handheld units for the outdoors. GPS units for vehicle navigation and fitness tracking are not covered here, nor are GPS-enabled satellite messengers that offer navigation features.

This article does not cover phone apps and maps. Innovation in phone technology is rapidly mimicking traditional GPS handhelds. A dedicated outdoor GPS unit, though, offers key advantages:

- Much more rugged and water resistant
- Field-replaceable batteries
- Superior satellite reception in remote places
- Robust features developed specifically for outdoor use

Don't buy a GPS receiver with the idea of ditching your map and compass. Finding your way out of the wilds isn't something you can trust solely to battery-operated electronics. To learn about those classic navigational essentials, read *How to Use a Compass* and *How to Use a Topo Map*.

## GPS Buying Made Easy

If you find exhaustive lists of GPS specs and features to be a little daunting, you can simplify your decision by considering three key areas:

1. **Size of unit versus size of screen.** As screen size increases, so does the size and weight of a unit. Deciding where you are on the low-weight to large-screen spectrum is a good first step.
2. **Interface preference.** If you can't imagine not having a touch screen, your choices narrow further. For winter activities consider a unit solely controlled by buttons because it's easier to use while wearing gloves.
3. **Advanced features.** More expensive units offer features like a barometer, an electronic compass, and wireless transmission. If these capabilities are important to you, that also narrows your final choices.

## Advanced GPS Features

All handheld GPS models do basic navigation. What you pick—and pay—largely depends on which and how many of the following features a unit has:

**Barometer/altimeter:** While all GPS receivers can tell you altitude based on satellite data, a unit with the barometer/altimeter feature provides more accurate elevation readings by also considering barometric data. This feature also lets you gauge weather trends.

**Electronic compass:** All GPS receivers can tell you what direction you're going while you're moving. If you get a unit with an electronic compass, though, it will also tell you what direction you're facing while you're standing still. That's a big convenience as it lets you orient yourself and plan your route at any rest stop.

**Wireless data transfer:** This allows your GPS to communicate with compatible (same-brand) GPS units. It provides a quick and easy way to share data like tracks, waypoints, and routes with others.

**Preloaded maps:** All GPS units come with a simple base map. Some units also include full-fledged topo maps. Most units also accept separately purchased topo maps that are downloaded or provided on a CD or a microSD card. You can manage all your maps and plan trips by connecting to your PC or Mac, then using the program that the maker of your GPS unit provides.

**Third-party maps and software:** Because maps from GPS makers can be pricey, you can search online and find an ever-changing array of sites that have inexpensive (or free) maps. If you aren't a tech wiz or prefer guaranteed products, then stick with maps and software from your GPS manufacturer.

**Memory and waypoint totals:** The more you have, the more map and navigation data you can store. In addition, most units also let you expand your memory, usually via a microSD card.

Unless you're doing a thru-hike, almost any unit you get will have enough internal memory (and waypoint capacity) to store detailed maps and key location data for a single trip. And it's easy to delete unneeded maps and waypoints as you go to free up memory for another trip or another section of a thru-hike.

**Geocaching features:** Many units have geocaching functions that allow for paperless geocaching and managing your found caches. To learn more about the activity, read "Geocaching: How to Get Started" at <https://www.rei.com/learn/expert-advice/gps-geocaching.html>.

(Note: You don't need to buy a GPS receiver to try geocaching; phone apps work fine for that. If you're already a geocacher and want a GPS unit for backcountry navigation, then geocaching features are handy to have.)

**Digital camera:** Offering comparable quality to a basic phone camera, it can also geotag photos so you can see where on the map you snapped each shot.

**Two-way radio:** Allows unit-to-unit calls so you can communicate with nearby friends in the backcountry and identify where other members of your group are; you can also receive NOAA weather-radio forecasts. Radio-equipped GPS units are especially useful for search-and-rescue teams.

## Using Your GPS

Even a simple GPS unit has a wide range of settings and features. Because every unit's operation varies, this article won't provide step-by-step details. Read the owner's manual to familiarize yourself with it. Then practice in the neighborhood or a park until you're comfortable with how everything works.

Though steps vary, all GPS receivers do the following basic functions:

1. **Display position.** A GPS tells you where you are by displaying your coordinates; it also shows your position on its base map or topo map.
2. **Record tracks.** When tracking is turned on, a GPS automatically lays down digital bread crumbs, called "track points," at regular intervals. You use those later to retrace your steps or to evaluate the path you traveled.
3. **Navigate point-to-point.** A GPS directs you by giving you the direction and distance to a location, or "waypoint." You can pre-mark waypoints by entering their coordinates at home. In the field you can have the unit mark a waypoint at a place you'd like to

return to, such as the trailhead or your campsite. A GPS unit provides the bearing and distance “as the crow flies” to a waypoint. Because trails don’t follow a straight line, the bearing changes as you hike. The distance to travel also changes (decreasing, unless you’re heading the wrong direction) as you approach your goal.

4. **Display trip data.** This odometer-like function tells you cumulative stats like how far you’ve come and how high you’ve climbed.

## GPS and Your Computer

GPS units come with a powerful software program that lets you manage maps, plan routes, analyze trips, and more. Invest the time to learn it and to practice using all of its capabilities.

## Setting Up Your GPS

### Before-Trip Settings

In order to let you customize your unit’s functions, the setup menu offers what can be an overwhelming number of options. You can get started doing basic navigation without worrying about most of these. The position format menu, which includes both position format and map datum, is one you should set up:

**Position format (coordinates):** Your GPS can display coordinates in dozens of systems. You can change this setting to whichever system you are most comfortable with at any time. When marking waypoints, though, you should choose the same system as your book, map, or other source of location information. (Whenever you change this setting, the GPS will seamlessly convert your information to match the current setting.)

**Map Datum:** This is both obscure and important. The key idea is that the datum you set on your GPS must match your topographic map’s datum (found in the legend), or the datum of any trail guide or other source of location information you are using. If it doesn’t, then position coordinates in your GPS will place a point in the wrong location on your map. Datum has to do with geographic modeling of the Earth at the time a map was produced. Note that this will automatically fill in the same info for the related setting, “Map Spheroid,” which is fine.

### Locking Onto Satellites

“GPS” stands for “Global Positioning System,” the worldwide network of satellites that broadcasts the signals that a GPS unit receives. Because many of today’s GPS receivers can also get signals from Russian GLONASS satellites, they function much more reliably than their predecessors, especially in situations like having a heavy tree canopy overhead.

To facilitate initial satellite calibration, simply go outside, turn your GPS on and let it begin searching. Acquiring satellites after startup takes a few minutes. After that, it readily locates satellites as you travel.

When you turn off the unit, satellites overhead continue to move. So your unit will always need a few minutes to reacquire satellites each time it’s turned back on. If it’s off for a long time or you travel a long distance before turning it on again, acquisition takes a few minutes longer.

If you’re under a dense tree cover or in a slot canyon, signals get blocked. Once you reach a point where overhead sky isn’t obstructed, it takes a few minutes to recalibrate with satellites. Note that GPS signals are not impaired by cloud cover, even though clouds block your view of the sun and moon.

When you're hiking, don't block satellite signals by stashing your GPS deep inside a big pocket or at the bottom of your pack. Carrying the unit in your hand or a strap pocket will work fine.

Note: GPS units can display signal strength (accuracy) in multiple ways, including a detailed satellite page, a series of bars or a feet of accuracy spec. If your GPS lets you customize fields on your compass, trip computer, and map pages, you should add a signal strength field. Keeping an eye on that will help you decide how much to trust the GPS when precise navigation is needed.

### Startup Routine

Develop steps to follow each time you're at a trailhead. The routine will vary with the features of your GPS unit, but it should include many of the following:

- Acquire satellites
- Reset trip data
- Clear track log
- Set a waypoint at the trailhead
- Calibrate compass
- Calibrate barometer/altimeter

Calibration instructions for the compass and barometer/altimeter can typically be found in the unit itself.

### GPS Battery Tips

- Rechargeables are great for day hikes.
- For overnight trips, long-life lithium batteries are your best bet.
- Make sure batteries are fresh before you start.
- Always carry spares.
- Dimming your backlight extends battery life.
- Switching to a short screen timeout setting also helps preserve batteries.

## **Appendix J**

# **HIDING YOUR FIRST GEOCACHE**

**Source:** <https://www.geocaching.com/about/hiding.aspx> (Reprinted by permission of Geocaching.com)

### **Step 1 – Research a Cache Location**

Geocaching is just like real estate—location, location, location! It is common for geocachers to hide caches in locations that are important to them, reflecting a special interest or skill of the cache owner. These unique locations on the planet can be quite diverse. A prime camping spot, great viewpoint, unusual location, etc., are all good places to hide a cache.

When thinking about where to place a cache, keep these things in mind:

- Does it meet all requirements and Geocache Listing Guidelines to be listed on Geocaching.com? (See [www.geocaching.com/about/guidelines.aspx](http://www.geocaching.com/about/guidelines.aspx).) Make sure to review these during your research. Issues of concern include cache saturation, commerciality, solicitation, and long-term cache maintenance.
- Did you consider accessibility? If it is too visible or too close to busy roads and trails, there is a good chance someone may stumble upon it by accident. It is best to place a cache just off trail to preserve the environment but keep it out of sight of people casually passing by.
- Did you seek permission from the land owner or manager? If you place a cache on private land, you must ask permission before hiding your cache. If you place it on public lands, contact the land manager to find out about any rules or restrictions.
- Will the location placement cause unnecessary concern? Please use common sense when choosing a location for your cache. Do not design your cache such that it might be confused with something more dangerous.

You are ultimately responsible for the cache, so make sure you know the rules for the area where your cache is being placed. Respect the area around your chosen location. Keep in mind that others will be walking in these areas.

- If it's the location of a wild animal nest, or if it is off-trail with delicate ground cover, too much activity may damage the very nature of why this area is cool.
- Do not place caches on archaeological or historical sites. In most cases these areas are highly sensitive to the extra traffic that would be caused by vehicles and humans.
- A cache hidden in full view of office or apartment building windows exposes a geocacher to being seen by someone who may think the cache search looks suspicious.

## Step 2—Preparing Your Cache

### Cache Containers

Start by choosing a container that will withstand the weather all year round. Geocachers have had good success with clear, watertight containers. Whatever the container, make sure to clearly identify your cache as a geocache. Most geocachers mark the cache container with the words “Official Geocache,” the name of the cache, and appropriate contact information. The more information you can provide, the better.

### Cache Contents

Next, you will need a logbook. If the container is big enough, consider placing a writing utensil in the cache as well. If you are in an area where the temperature drops below freezing, make sure to provide a soft lead pencil. Pens tend to freeze and are rendered useless.

Include a note to welcome the cache finder. The note, available at [www.geocaching.com/seek/default.aspx](http://www.geocaching.com/seek/default.aspx), can be translated into several languages and explains the activity in case someone accidentally finds your cache.

Lastly, you can put items for trading into the cache. It is highly recommended, but not necessary. What you place into your cache is up to you, budget permitting. Some ideas of items to give as goodies:

- Toys for children (action figures, games, playing cards, etc.)
- Trackable items (See [www.geocaching.com/track/default.aspx](http://www.geocaching.com/track/default.aspx).)

People of all ages hide and seek caches, so think carefully before placing an item into a cache. Do not place items such as explosives, ammunition, knives, drugs, and alcohol in a cache. Respect the local laws.

Food items are always a bad idea. Animals have better noses than humans, and in some cases caches have been chewed through and destroyed because of food items in a cache. Do not put food in a cache.

## Step 3—Placing Your Cache

Once you arrive at the location of your hide, it is critical to obtain accurate GPS coordinates. This is the very heart of the activity, after all. Be aware that during bad weather, the accuracy of the GPS unit may be poor.

Some GPS units have the ability to take an average set of coordinates. If your device cannot, it is best to mark a waypoint, walk away from the location, then return and mark another waypoint. Continue marking waypoints at the location, around seven to 10 times, and then select the best waypoint.

Once you have your waypoint, write it in permanent marker on the container and in the logbook. Make sure you have a copy to bring back with you. Write a few notes in the logbook if you like, place it in a zippered plastic bag for extra protection, and place it in the cache container.

## Step 4—Submitting Your Cache

Take time to review the Geocache Listing Guidelines again. After placing your cache, does it still meet all requirements for placement? If so, fill out the online form at [www.geocaching.com/hide/createcache.aspx](http://www.geocaching.com/hide/createcache.aspx), paying careful attention to the helpful notes provided. Write a description that attracts geocachers to your location, including images of interest.

Add descriptive attributes so that others can make a quick assessment of your cache. (See [www.geocaching.com/about/icons.aspx](http://www.geocaching.com/about/icons.aspx).) For example, is this area dog-friendly? Is the hike over an hour long? Is the area accessible in a wheelchair? Is a boat required?

Double check the accuracy and the format of your work and make any needed edits. A community volunteer will review your cache listing before it is published for the general public.

### **Step 5 – Maintaining Your Cache**

Cachers will expect your cache to remain in place for a realistic and extended period of time. Once you place the cache, it is your responsibility to maintain the cache and the area around it. You will need to return regularly to ensure that your cache is not impacting the area negatively, and to check that the container is in good shape.

Does the area look disturbed? Are visitors disrupting the landscape in any way? If you eventually have concerns about the location, remove the container and make appropriate changes to your online listing.

Happy Geocaching!

# Appendix K UNIT SWIM CLASSIFICATION RECORD

## Unit Swim Classification Record

This is the individual's swim classification as of this date. Any change in status after this date i.e., non-swimmer to beginner or beginner to swimmer, would require a reclassification test by the Camp Aquatics Director.

**SPECIAL NOTE:** When swim tests are conducted away from camp or at the point of activity, the Aquatics Director shall at all times reserve the authority to review or retest all participants to assure that standards have been maintained. (Changes and/or corrections to the following chart should be initialed and dated by the test administrator.)

Unit Number \_\_\_\_\_

Date of Swim Test \_\_\_\_\_

	Full Name (Print) (Draw lines through blank spaces)	Medical Recheck	Swim Classification		
			Non-Swimmer	Beginner	Swimmer
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

**NAME OF PERSON CONDUCTING THE TEST:**

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Type of Authorization / Training

\_\_\_\_\_  
Expiration Date if applicable

**UNIT LEADER:**

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature



## SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. **The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season.** Traditionally, the swim classification test has only been conducted at a long term summer camp; however, there is no restriction that this be the only place the test is conducted. It may be more useful to conduct the swim classification prior to a unit going to summer camp.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water. The Swimmer's Test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth and with shallow water footing or a pool or pier edge always within 25 feet of the swimmer.

### ADMINISTRATION OF SWIM CLASSIFICATION TEST (THE LOCAL COUNCIL CHOOSES ONE OF THESE OPTIONS):

#### OPTION A (at camp):

The swim classification test is completed the first day by Camp Aquatics personnel.

#### OPTION B (Council conducted/council controlled):

The council controls the swim classification process by predetermined dates, locations and approved personnel to serve as aquatics instructors. When the unit goes to a summer camp, each individual will be issued a buddy tag under the direction of the Camp Aquatics Director for use at the camp.

#### OPTION C (At unit level with **council-approved** aquatics resource people):

The swim classification test done at a unit level should be conducted by one of the following council-approved resource people: **Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or certified lifeguard, swimming instructor, or swim coach.** When the unit goes to a summer camp, each individual will be issued a buddy tag under the direction of the Camp Aquatics Director for use at the camp.

### TO THE TEST ADMINISTRATOR

The various components of each test evaluate the several skills essential to the minimum level of swimming ability. **Each step of the test is important and should be followed as listed below:**

#### SWIMMER'S TEST:

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: side stroke, breast stroke, trudgen, or crawl; then swim 25 yards using an easy resting back stroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

#### BEGINNER'S TEST:

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

#### SPECIAL NOTE:

**When swim tests are conducted away from camp or at the point of activity, the Aquatics Director shall at all times reserve the authority to review or retest all participants to ensure that standards have been maintained.**

## **Appendix L**

### **CUB SCOUT SIX ESSENTIALS**

The following items should be available for each Cub Scout on an outdoor trip. Consider a small fanny pack, day pack, or similar bag to organize the items and make them easy to carry without interfering with normal activities.

- First-aid kit
- Trail food
- Water bottle
- Sunscreen
- Flashlight
- Whistle

#### **Overnighter Gear**

- Tent or tarp, poles, and stakes
- Ground cloth
- Sleeping bag
- Pillow
- Air mattress or pad
- Rain gear or poncho
- Warm jacket
- Sweatshirt
- Sweatpants (for sleeping)
- Cup, bowl, knife, fork, spoon, mesh bag
- Insect repellent
- Sunscreen
- Extra clothing
- Toothpaste, toothbrush, soap, washcloth, towel, comb
- Cub Scout uniform
- Change of clothes
- Durable shoes/boots (depending on weather)
- Hat or cap

#### **Optional Items**

- Camera
- Notebook
- Binoculars
- Nature books
- Sunglasses
- Swimsuit, bath towel
- Fishing gear
- Prayer book

## Appendix M

# CLOTHING CHECKLIST

### For Warm-Weather Camping:

- T-shirt or short-sleeved shirt (lightweight)
- Hiking shorts
- Underwear
- Socks
- Long-sleeved shirt (lightweight)
- Long pants (lightweight)
- Sweater or warm jacket
- Brimmed hat
- Bandannas
- Rain gear

### Layering

For the most comfort in the outdoors with the least weight in your pack, use the layering system. Choose layers of clothing that, when combined, will meet the most extreme weather you expect to encounter. On a chilly autumn day, for example, you might set out from the trailhead wearing long pants, a wool shirt, a fleece sweater, mittens, and a stocking hat. As you hike, the effort will cause your body to generate heat. Peel off the sweater and stuff it in your pack.

Still too warm? Loosen a few buttons on your shirt or slip off your mittens and hat. You also can use layering to keep cool in hot climates by stripping down to hiking shorts, a T-shirt, and a brimmed hat. Lightweight long pants and a long-sleeved shirt will shield you from insects, brush, and the sun.

### Footwear for Camping

Almost any durable shoes will do for a frontcountry camping trip. When your plans include walking to a backcountry campsite with all your food and gear in your pack, hiking boots can give your feet and ankles protection and support.

In addition to boots for hiking, you might want to carry a pair of running shoes or other comfortable, lightweight shoes to wear around camp. Any shoes or boots you use for camping must fit well. Your heels should not slip much when you walk, and your toes should have a little wiggle room.

Clean your boots or shoes after every outing. Use a stiff brush to remove mud, or wash them off with water and mild soap, then allow footwear to dry at room temperature. (Placing shoes too close to a campfire can dry out leather and damage nylon.) The manufacturers of leather boots might recommend treatment with a boot dressing or waterproofing agent; follow their instructions.

Be sure to break in new boots before using them in the field. Wear them several times, gradually extending the length of time you wear them until they feel like a natural part of your feet.

## **Appendix N**

### **PACK CAMPING GEAR**

In addition to the individual equipment listed in Cub Scout Six Essentials and personal overnight camping gear, the equipment listed below should be available for group use.

#### **Required Items**

- Activity gear—game material, craft supplies, etc.
- Aluminum foil
- Backpacking stove and fuel—or firewood, charcoal, and cooking grate
- Blanket
- Cleanup kit: sponge or dish cloth, biodegradable soap, sanitizing agent (liquid bleach), plastic scouring pads (no-soap type), dish mop, wash tubs, plastic trash bags, toilet paper in plastic bag
- Cooking utensils appropriate to your menu, or cook kit: pots and pans, spatula, large spoon and/or ladle, a pair of plastic sheets (4×4 feet), matches and/or butane lighters in waterproof containers, fire starters, charcoal chimney-style lighters
- Cooler
- Eating utensils
- First-aid kit
- Food
- Fuel canisters
- Ground cloth or tarp
- Insect repellent
- Nylon cord—50 feet
- Paper towels
- Plastic water containers
- Repair kit—rubber bands, safety pins, sewing gear (thread, needles, safety pins)
- Rope—quarter-inch, 100-foot length
- Shovel, ax, and saw
- Sunscreen
- Tent stakes
- Toilet paper
- U.S. flag, pack flag

#### **Optional Items**

- Cooking fly or tarp
- Dutch oven
- Grill
- Lawn chairs and camp stools
- Marshmallows, popcorn, etc.
- Musical instruments
- Pot rods
- Hot-pot tongs

## **Appendix O**

### **PERSONAL OVERNIGHT CAMPING GEAR**

Carry your outdoor essentials on every Cub Scout outing. When you want to camp out under the stars, add personal and group overnight gear.

#### Overnighter Gear

- Backpack with a rain cover
- Cleanup kit: soap, toothbrush, toothpaste, dental floss, comb, washcloth, towel
- Clothing for the season (see Appendix M, Clothing Checklist, for warm and cold-weather camping)
- Eating kit: spoon, plate, bowl, cup
- Ground cloth and pad
- Sleeping bag, or two or three blankets

#### Personal Extras (Optional Items)

- Binoculars
- Camera and film
- Fishing gear
- Gloves
- Nature books
- Notebook
- Pencil or pen
- Prayer book
- Small musical instrument
- Sunglasses
- Swimsuit and bath towel
- Watch

## Appendix P

# OPTIONS FOR PURCHASING GEAR

**Source:** <http://scoutingmagazine.org/2015/10/money-saving-tips-to-help-you-experience-scouting-to-the-fullest/>

### Special Discounts for Scouts

The following stores offer varying discounts for youth and adult members of the BSA. Check with individual locations to see if the discounts apply.

- **Bass Pro Shops:** Get a 10 percent in-store discount when you present a BSA membership card.
- **Cabella's:** Get a 10 percent in-store discount when you present a troop checkbook.
- **Campmor:** Save 10 percent on troop orders.
- **Coleman:** Register for access to discounted products at [www.coleman.com/youth](http://www.coleman.com/youth).
- **Dick's Sporting Goods:** Get a 10 percent in-store discount when you present a BSA membership card.
- **Eastern Mountain Sports:** Call individual stores for "Club Day" dates when Scouts can save up to 25 percent on EMS-brand merchandise and up to 20 percent on any other merchandise. Stores are located in New York, Massachusetts, New Hampshire, Vermont, New Jersey, and Maryland.
- **Hikerdirect.com:** Register to receive discounted prices on outdoor equipment.
- **Gander Mountain:** Get a 10 percent in-store discount when you present a BSA membership card.
- **Great Outdoor Provision:** Discounts for Scouts range from 10 to 25 percent off in-store purchases at locations in North Carolina and Virginia when you present a BSA membership card.
- **L.L.Bean:** Get a troop discount for gear that will remain property of your unit by registering at [www.llbean.com/customerService/aboutLLBean/charitable\\_giving.html](http://www.llbean.com/customerService/aboutLLBean/charitable_giving.html). Call 800-458-3058 with questions.
- **Moosejaw:** Save 10 percent with your BSA membership card at stores in Colorado, Illinois, Michigan, and Missouri.

Here are more ideas for saving money on gear:

- Go to [scoutstuff.org](http://scoutstuff.org) first. The buyers at the BSA's Supply Group work hard to bring Scouts quality equipment and top-of-the-line brands at Scout-friendly prices. **Plus, all purchases at local Scout shops and on [scoutstuff.org](http://scoutstuff.org) help support the future of Scouting.**
- Take a look at the following online clearance stores:
  - [TheClymb.com](http://TheClymb.com)
  - [SierraTradingPost.com](http://SierraTradingPost.com)
  - [SteepandCheap.com](http://SteepandCheap.com)
- Check thrift stores or Army surplus stores for discounted outdoor gear or clothing that's gently used. Yard sales can also turn up surprisingly good finds.

- If you don't find the used equipment you're searching for at a thrift store, check out used-gear websites such as
  - [Craigslist.org](http://Craigslist.org)
  - [Ebay.com](http://Ebay.com)
  - [FreeCycle.org](http://FreeCycle.org)
  - [GearTrade.com](http://GearTrade.com)
  - [GearX.com](http://GearX.com)
  - [GoSwitchback.com](http://GoSwitchback.com)
- Cristian Navas, a Cubmaster from Nutley, New Jersey, suggests designating a member of your unit to periodically check websites like Craigslist for equipment and send out an email to unit members with good deals.
- Rent outdoor equipment to test items before buying or to fill a gap in your equipment. Check local gear outfitters for available rentals or look at gear-rental websites such as
  - [GeartoGoOutfitters.com](http://GeartoGoOutfitters.com)
  - [LowerGear.com](http://LowerGear.com)
  - [OutdoorsGeek.com](http://OutdoorsGeek.com)
  - [MountainSideGearRental.com](http://MountainSideGearRental.com)
- Check with your nearest REI store to visit the next REI Garage Sale, open exclusively to store members.

## Appendix Q

# SLEEPING BAGS

The sleeping bag is designed to eliminate drafts. You will sleep warmer in a bag than you will with blankets of equivalent weight. Sleeping bags come rated for temperature, and in a variety of shapes, sizes, and construction. A mummy bag is warmer than a rectangular bag due to less heat loss around your feet and shoulders. Most mummy bags also come with hoods, as up to 70 percent of your body heat is lost through the top of your head. While warmer, mummy bags take some getting used to. For example, it's a little harder to roll over in a mummy bag—you'll have to roll the whole bag!

The outside fabric, or shell, of the bag is often made of nylon. Loft (space to hold heat) is created by filling the shell with a variety of natural or synthetic materials. Partitions sewn into the shell hold the filler material in place. In less expensive bags, the partition seams may go straight through the shell, which makes it easy for cold air to creep in. In better bags, mesh or nylon walls (or baffles) divide the shell into compartments that keep the fill evenly distributed without lessening the loft, thus preventing cold spots. The best bags also have tubes of fill material backing the zippers to keep warm air in, and will probably have insulated hoods that can be drawn tight around the sleeper's face.

Bags come temperature rated for 45 to -10 F and beyond. It is possible to add range to a less expensive bag by adding a cotton sheet (-5 F) or a flannel sheet (-10 F), or by sleeping in sweats (-10 to -15 F). A tarp or extra blanket added around the bag will make it even warmer. Matching the range of the bag you buy to the temperature you expect to use it in the most is very important. It is also important to change into clean, dry clothing before getting into your sleeping bag. Moisture on your body from a busy day will quickly cool you and your sleeping bag down, which may make it very difficult to sleep comfortably. A stocking cap is a must, unless your bag has a hood already. Small bodies in long bags will be warmer if the bottom of the bag is folded up and tucked under.

If you don't have a bag, you can make an envelope bed using two blankets and a ground cloth. Lay the first blanket on top of the ground cloth. Put the second blanket half on and half off the first. Fold the first blanket into the second, then fold the remaining half of the second on top of the first. You should have four interlocked layers—two for the top, two for below. Fold the bottom of the blankets up to size, and secure with large clips or blanket pins.

### Types of Sleeping Bag Fill

**Goose down.** Actual feathers from geese, grown next to the skin. Ounce for ounce the best insulator, but it is very expensive, and when wet it loses its loft and will not keep you warm. Requires careful laundering.

**Synthetic fibers.** Made from petroleum byproducts by a variety of manufacturers. Heavier than an equally rated down bag, but will retain its insulating value when wet. They are easier to clean and quite economically priced.

**Ground cloth.** Commercially available—or an old shower curtain, a waterbed liner, or 4- to 6-mil plastic will work. This will be your moisture barrier from the ground, and is essential.



## Sleeping Bag Terminology

**Simple quilting.** Loses heat where stitching passes through the fabric.

**Double quilting.** Two quilts fastened together in an offset manner to eliminate cold spots. Material tends to be heavier.

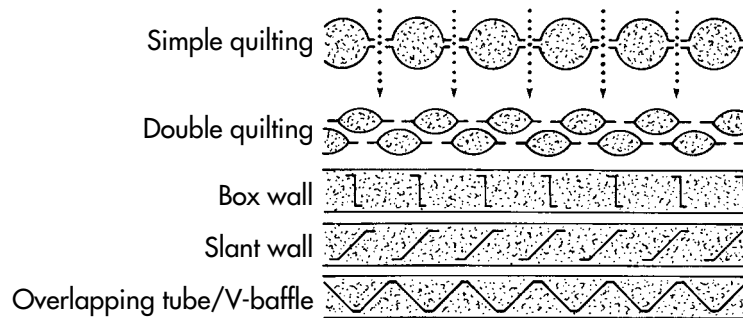
**Box wall.** Prevents the filling from moving about.

**Slant wall.** Prevents fill from moving about and gives it room to expand.

**Overlapping tube or V-baffle.** Very efficient, but because it uses a lot of material it tends to be heavy.

## Sleeping Bag Construction

The following cross sections of various types of sleeping bags illustrate how filling is kept in place.



Different stitching techniques will contribute to the sleeping bag's warmth rating. A bag which has stitches through the entire material (A) will not be as warm as the alternating method used in (B). Bags C through E will result in an even lower temperature rating, as there is a minimal path for cold air to flow through to the camper. There is a corresponding increase in cost as the techniques get better, so it is important to be aware of how a potential sleeping bag is made and what temperature range it will be used in, before purchasing it.

## Caring for Sleeping Gear

If you expect wet weather, place your sleeping bag in a plastic trash bag before stowing it in its stuff sack. After your trip, and on nice days during extended trips, air out your bag thoroughly. Hang it in a closet or store it in a loose cloth sack to preserve the loft of the fill material. Clean it when it becomes soiled, according to manufacturer's instructions. Use of a bag liner will extend the life of the inside of the bag. Many campers find that the convenience of a light bag outweighs the use of sheets and blankets. Take care of it, and it will take care of you! Your sleeping bag is probably the most important piece of camping gear you will own. If you don't sleep well, the rest of the trip will not be fun.

## Appendix R

# TENTS AND SHELTERS

Desert campers need open, airy shelters to protect them from the sun. Campers in cool or cold weather need tight, strong tents able to withstand strong winds and hold heat inside. Your tent keeps you sheltered from rain, wind, sun, and bugs—all of which is very important! Fortunately, there are shelters available to accommodate any user, in a variety of price and quality ranges.

**Tarp.** The simplest of all tents, a nylon tarp weighs just a few pounds and can be set up in dozens of ways. It can be used as a sunshade, as your primary shelter, or as a dining fly protecting your cooking area from the elements. A tarp has no floor, which can pose problems in soggy areas, nor does it have mosquito netting.

**A-frame tent.** Like a pup tent, only made of stronger, modern materials. The A-frame is roomy and usually has a waterproof floor and mosquito netting. Breathable fabric allows moisture to escape from inside, while a rain fly protects the inside from exterior moisture. A-frame tents have lots of headroom, but this tent does not do well in heavy winds or snow.

**Dome.** This is the most common type. Contemporary designs and fabric have made possible a variety of dome-shaped tents. Their configurations help them stand up in the wind and rain. Dome tents offer lots of useable floor space and headroom. They are usually freestanding, so they can easily be moved before taking down. Freestanding tents are convenient to set up, but still need to be staked down so they don't become free flying in unexpected winds. Be sure to use the fly to prevent moisture from rain or dew from reaching your gear inside.

**Hybrids.** Mix geometry, modern materials, and the imaginations of tent makers, and you get an astounding variety of shapes. Among the most interesting are hybrid tents that combine features of A-frames and domes. Some look like rounded A-frames, tunnels, or domes cut in half. Doors may be at the ends, or sewn into one or both sides. Many include a vestibule—a porch-like extension of the rain fly that provides shelter outside the tent body for storing packs, crew gear, and muddy boots.



Tarp



A-frame tent



Dome tent



Hybrid tent

### Care and Upkeep

Practice setting up and taking down your tent in your living room or backyard before you have to do it in the rain or by flashlight. Read the instructions! Seal the seams on your new tent right after you get it. Pitch it tautly, then go over the fly and floor seams with waterproof seam sealer. New tents usually include seam sealer and the manufacturer's instructions for applying it.

Air out your tent after you get back from a campout. Brush out any dirt or pine needles that have collected. After airing, store the tent loosely in a cool, dry place. Opening zippers completely before going through doors will prevent damage.

## **Appendix S**

### **THEMED HIKE IDEAS**

**Paint chip hike.** Distribute to groups sample paint cards from hardware stores. See if corresponding colors can be found in nature. Cub Scouts should not pick, pick up, or remove any items from their natural state.

**A-B-C hike.** Each group has a paper with A–Z listed. The object is to find something in nature for each letter.

**Babies hike.** Look for baby plants, baby animals. This is a great one in early spring.

**Another babies hike.** Everyone look at eye level of a baby. What can you see down lower to the ground?

**No-talking hike.** Look first, talk later. What details can you remember? Key in on specific sounds: water running, bird sounds, wind, leaves crunching under feet, etc.

**Blind walk.** Also a controlled hike. Hikers can follow a trail laid out by stringing ropes between trees, or another hiker can lead them. Have various stations set up with things to be felt, to see if the hiker can identify items without the use of sight.

**Five senses walk.** Hikers travel to stations set up for each of the five senses. Caution: for the taste section, these items should be brought from home and commercially processed, not picked up off the ground in the forest. This hike takes more preparation ahead of time than most, but is one of the most rewarding.

**Flashlight hike.** This is a good hike to calm everyone down, possibly right after campfire when the campers are not quite ready for bed. This is a study in contrasts. Which things look and sound different during the day than they do at night?

**Four on a Penny.** Can you find four different things that will fit together on the head of a penny?

**Circle hike.** This is an excellent idea if you are dealing with physically challenged hikers. A circle is marked on the ground and you make a list of all the things you can discover about what is living in that confined circle.

**Different in the dark hike.** Hike a short path during the day, instructing the youth to remember what they saw and heard. Then, repeat the hike at night and have them tell you what is different.

## Appendix T CAMPFIRES

Why should we do a campfire? Campfires can be an exciting and inspirational part of the Cub Scout outdoor program. Ask what any Cub Scout likes about going to campfires, and the answer will be one of the following:

**Fun!** It's hard not to have fun at campfires! There is enjoyment for all concerned.

**Entertainment!** Our families, friends, neighbors, and guests get pleasure from attending a pack campfire.

**Fellowship!** We can bring a den or pack closer together—a deeper feeling than just “fun.”

**Action!** Cub Scout-age youth always have extra energy. Let's use it singing songs, doing cheers, and performing skits!

**Adventure!** A campfire is a great place to share someone else's adventure or start one of your own!

**Training!** Baden-Powell said it: “Scouting is a game ... with a purpose.” Our Cub Scouts can learn new things in an informal setting.

**Inspiration!** Campfires will inspire everyone to leave with a greater commitment to Scouting's ideals.

Many packs use indoor campfires as part of their regular programs. Let's make it even better by taking our Cub Scouts out for a real campfire, if possible. Don't let them miss this great experience.

### Campfire Leadership

Most leaders will take a lot of time physically building a campfire. The location and construction are important, but above all, it's the program that counts. Campfires can be big, little, formal, or informal, and can feature storytelling, dramatics, mystery, guest night, stunts, or a songfest.

#### Location Considerations

- Scenic spot
- Good drainage
- Protection from wind
- Freedom from insects
- Fire safety
- Firewood supply



#### Layout Considerations

- Stage area
- Lighting
- Fireplace
- Types of fires
- Sound—Will it carry?  
Will it get lost?

What do I need for a successful campfire? Just remember the Four S's!

#### Scouting songs

- Can be peppy, quiet, action, special occasion, or novelty songs.

#### Stunts

- Fire-lighting. Adult supervision is required. Make it safe!
- Opening ceremony—sets the tone for your program.
- Stunts can be action, contests (physical/mental), humorous, mixers, “magic,” or educational.
- Closing ceremony—should be quiet and inspirational, can be the “main event.”

#### Stories—adventure, humorous, heroic, biographical, nature, or scientific

- Watch out for “scary” stories.
- Cubmaster's Minute—inspirational talk

### **Showmanship—Adds sparkle and life!**

- Peppy when the fire is high.
- Vary the pace and timing of stunts.
- “Dress up” the setting.
- Encourage enthusiasm, but control discipline at all times.
- Quiet down as the embers die.

### **Remember to “Follow the Flames”**

When the flames are high, action songs, loud cheers, and noisy stunts get everyone involved! When the flames burn down, have quiet songs, inspirational stories, and a respectful tone.

Build your fire to last 45 minutes to an hour. Don’t keep adding wood. Let the fire die down, and use the natural quiet that goes with that to build your mood. The formula for a great campfire is: Start FAST, reach a PEAK, slow DOWN, and give an inspiring CLOSE!

The sequence of events you choose will affect the success of your program. Make sure you let people know who they follow and where they are in the program, to keep everything running smoothly. If someone gets “lost,” be prepared with a run-on or joke to fill the time. Be sure to have an impressive opening and closing so everyone knows the campfire has begun and that it is over.

Everything that happens at your campfire should be checked and approved in advance. There is no place for off-color or questionable jokes, stories, or songs. Have the groups walk you through the skit or song if you are not familiar with it. You should not be surprised by anything at your campfire! A good rule of thumb is “Would you do this if your saintly grandmother was in the audience?” When in doubt, leave it out!

Help your audience with campfire etiquette. Some rules are

- Enter and leave in silence.
- Be courteous when it’s not your turn on stage.
- Cheer everyone for their contributions. (Support the effort of every Scouter.)
- Keep your flashlights off during the program.

### **Storytelling and Yarns**

Baden-Powell once said, “The Cubmaster can command rapt attention at any time by telling the Cubs a story and through it conveying the intended lessons. It is the gilding of the pill which never fails if the teller is any good at all.”

Stories are a favorite part of any campfire. A good storyteller can take over a whole pack with just a few key thoughts in mind! There are four types of stories:

**Adventure.** These have a fast-moving plot, a romantic background, and unexpected events! We all are natural “hero worshipers.”

**Instructive.** These teach important things about nature, skills, safety, or others.

**Good fun.** These call for laughter and jokes. They share happiness, good fortune, and fun. Telling a funny story about a mistake can teach an easy lesson.

**Inspirational.** These are serious, with a moral, such as the Scout Oath or Law, or even religious themes.

## How Do I Tell a Story?

Here are a few simple things to remember to help you tell a great story.

Believe in your story. Make it your own. Create names, use places that are familiar to you, and it will come across in your story. Remember that you're "selling" this story by the way you tell it.

Paint your picture with words. Remember, your audience is used to "seeing" the story on a TV. Use your talents to help them develop their imaginations. Don't hurry, except at appropriate spots to help create excitement. Let the story move at its own pace—slow to get their attention, faster when the action gets exciting. Pace your telling speed to the action in the story.

Vary the tone of your voice to fit the points of the story. When the action is exciting your voice should be louder; when it's suspenseful, lower it. Volume can be adjusted either way to get and hold attention. Use your voice as an instrument.

See the action in your mind's eye. If you live the story while you're telling it, your audience will join you in the adventure. Be sure everyone is comfortable before you begin. Nothing kills a mood faster than someone getting up to go to the bathroom.

## Songs

I sing like a frog. How can I lead a song? So, sing a frog song! Enthusiasm will cover for a lack of skill. Here's what an audience really needs from a song leader:

- **The name of the song.** Give the name of the song, and if it's an unfamiliar song, give the tune. You may have to sing a line or maybe a verse to get them going.
- **The pitch or key.** Sing that first note; make sure they can sing it with you. If you are too high or low, adjust and try it again.
- **The tempo—marking time.** Shout "Let's go!" in rhythm, or clap hands to get the beat, then start with a nod of your head. Keep director-type motions to a minimum. Keep it simple.
- **Information about the song.** Make sure everyone knows it. If not, teach them. If you've chosen a song that needs the songbook, teach them with it and then put the book down. The result will be more satisfactory.
- **Pep—enthusiasm!** Don't insist on volume at the start. Tell them it's "singing" you want, not "noise." If it doesn't go well, say that was a good practice, now let's do it for real. Show them you really like this song.
- **Leadership—control.** Plan your selections carefully, using songs that fit the crowd and the event. Watch for parodies that might offend. Always tell them what the next song is; don't ask for suggestions.

Scouters tell stories of a famous campfire leader who had a tradition of yelling, "That's my favorite song!" when a song was announced, no matter what song was being sung. What a great way to sell enthusiasm and get everyone right into it!

Singing at a campfire should be a fun, natural thing. "Old favorites" are great for this purpose. Sing a song everybody knows in the beginning, just to get everyone singing. Adults generally like to harmonize, and youth like action songs. Singing rounds will help groups form together. Substituting motions for words will help you keep control. Sing in natural groups, keep the formal leadership to a minimum, and enjoy yourself too!

And the important advice: Know the songs you are singing!

And don't forget: Singing builds a group!

## Appendix U CAMPFIRE PROGRAM PLANNER

How to use this sheet: Be sure that every feature of this campfire program upholds Scouting's highest traditions.

1. In a campfire planning meeting, fill in the top of the Campfire Program sheet (over).
2. On the Campfire Program Planner (below), list all units and individuals who will participate in the program.
3. Write down the name, description, and type of song, stunt, or story they have planned.
4. The Master of Ceremonies organizes songs, stunts, and stories in a good sequence considering timing, variety, smoothness, and showmanship.
5. The MC makes out the Campfire Program sheet (over).
6. Copies of the program are given to all participants.

Cheer Planner	Spot

Song Planner	Spot

Campfire Program Planner			
Group or Individual	Description	Type	Spot
	Opening		
	Closing		
	Headliner	Main event	
	Song leader		
	Cheerleader		





## **Appendix V**

### **POSITIVE VALUES**

The aims of the Boy Scouts of America are to develop character, citizenship, and personal fitness (including mental, spiritual, and physical fitness) in today's youth. All activities, including den and pack meeting programs; adult training events or committee meetings; camp programs; and campfire programs contribute to the aims of Scouting.

Every Scouting activity should be a positive experience in which youth and leaders feel emotionally secure and find support from their peers and leaders. Everything we do with our Scouts—including songs, skits, and ceremonies—should be positive and meaningful, and should not contradict the philosophy expressed in the Cub Scout Promise and the Law of the Pack.

Remember to:

- Reinforce the values of Scouting.
- Make everyone feel good.
- Make every element meaningful.
- Use age-appropriate activities.
- Get the whole group involved.
- Be positive.
- Teach the ideals and goals of Scouting.

### **GUIDELINES FOR SCOUTING-APPROPRIATE ACTIVITIES**

- Cheers, songs, skits, stories, games, and ceremonies should build self-esteem and be age-appropriate.
- Name-calling, put-downs, and hazing are not appropriate.
- References to undergarments, nudity, or bodily functions are not acceptable.
- Cross-gender impersonations are not appropriate.
- Derogatory references to ethnic or cultural backgrounds, economic situations, and disabilities are not acceptable.
- Alcohol, drugs, gangs, guns, suicide, and other sensitive social issues are not appropriate subjects.
- Refrain from “inside jokes” that are exclusionary to the audience.
- Wasteful, ill-mannered, or improper use of food or water should not be used.
- The lyrics to the following patriotic songs should not be changed: “America,” “America the Beautiful,” “God Bless America,” and “The Star-Spangled Banner.”
- Similar respect should be shown for hymns and other spiritual songs.
- Avoid scary stories and bad language.
- Model the values of BSA and set a high standard for appropriateness in ALL Scouting activities.

## Appendix W

# CUB SCOUT OUTDOOR ETHICS

### Outdoor Code

As an American, I will do my best to be

- *Clean in my outdoor manners:* We will clean up after ourselves. We will not leave graffiti, fire rings, camp gadgets, or other signs of our presence.
- *Careful with fire:* Fire is an important tool, but one that can be devastating if it gets out of hand.
- *Considerate in the outdoors:* We will think about other visitors in the outdoors and how our presence impacts them.
- *Conservation-minded:* We will think about our impacts on the environment.

### Leave No Trace Principles for Kids

*Source: Help Kids “Leave No Trace”; National Parks Conservation Association blog post by Jennifer Chambers, January 2015. Reprinted by permission of the author.*

Since 1994, the Leave No Trace Center for Outdoor Ethics has been one voice among many hoping to inspire youth to be stewards of the earth through their engagement in the outdoors. Leave No Trace implemented a few tools to educate kids about reducing their personal footprint on nature: a “PEAK program” (six activities to engage elementary-age children), a teen curriculum, a manual of 101 activities, and seven principles specifically written for kids. Leave No Trace educators teach young people how they can be stewards of nature in small ways that make a big impact while having fun outdoors.

Below are seven tips on encouraging children to practice Leave No Trace.

1. **Know Before You Go:** Children have few choices in life, so finding ways to give them a choice helps build confidence. Get their input when planning an outdoor adventure. Have them plan the best clothing to wear based on the weather forecast. Provide trail choices within their ability. Allow them to choose their lunch and snack food.
2. **Choose the Right Path.** Play a game of “ninjas and detectives.” Encourage children’s imaginations while guiding their powers of awareness and role-playing. Ask them to pretend they are ninjas or spies—or any characters who might observe their surroundings without leaving clues as to where they have been. Parents can play the detectives, following the ninjas’ trails as they attempt to remain unseen and unheard.
3. **Trash Your Trash.** Play “I Spy” with trash by creating a competition among kids (or between child and parent) to see who can collect the most litter. This activity gets kids thinking about the accumulation of trash and its impact on parks and communities.
4. **Respect Wildlife.** Kids are naturally fascinated by animals they encounter outside, often wanting to touch or get close to them. Help them to understand how close they can safely be from an animal: Ask them to stand with one arm raised straight out at shoulder height with the thumb raised. Tell them to look at the animal with one eye closed and try to cover their view of the animal with the thumb. If they are far enough away, their thumbs will completely block out the animal.
5. **Be Careful With Fire.** When camping, play a firewood relay race. Create groups of two or more (or have a competition between children and parents). The objective is to gather dead and downed firewood of appropriate size. Then arrange the firewood from the smallest to the largest in diameter. Any firewood larger than a child’s wrist is disqualified. The team with the most appropriate firewood wins. Finish this game by explaining that firewood should be no larger in diameter because it takes too long to burn into ash, hindering the decomposition process.

6. **Leave What You Find.** Give the kids a camera to take photos of treasures they find on the trail. Then have them put their photos together with a photo collage app so they can save and share their outdoor adventures. This reinforces that they can keep the memory while leaving the actual objects in nature.
7. **Be Kind to Others.** Encourage kids to be inclusive and polite when playing outdoors. Model and teach good manners, such as sharing the trail with others, and avoid bad behaviors like talking on cell phones while exploring.

*Extensive guidelines for teaching Leave No Trace principles are on the BSA website at [www.scouting.org/scoutsources/BoyScouts/TeachingLeaveNoTrace.aspx](http://www.scouting.org/scoutsources/BoyScouts/TeachingLeaveNoTrace.aspx)*

### Contact Information and Resources

Leave No Trace Inc.

P.O. Box 997

Boulder, CO 80306

303-442-8222

Toll-free 800-332-4100

Email: [dana@lnt.org](mailto:dana@lnt.org) (Dana Watts, executive director)

Website: [www.lnt.org](http://www.lnt.org)

Leave No Trace Inc. is a private, not-for-profit organization established to administer the national Leave No Trace program while partnering with the following federal agencies: U.S. Forest Service, U.S. Bureau of Land Management, U.S. Fish and Wildlife Service, and National Park Service.

Staff members of Leave No Trace Inc. serve as the primary source of program information and coordination. In addition, more than 1,100 individuals throughout the country are Masters of Leave No Trace. These individuals can assist in the Leave No Trace program.

### National Outdoor Leadership School (NOLS)

288 Main Street

Lender, WY 82520

307-332-8800

Email: [lnt@nols.edu](mailto:lnt@nols.edu)

Website: [www.nols.edu](http://www.nols.edu)

The following booklets from the Leave No Trace Outdoor Skills and Ethics series provide techniques for specific regions. These booklets are available through Leave No Trace Inc. or from the National Outdoor Leadership School.

*Alaskan Tundra*

*Desert and Canyon Country*

*Lakes Region*

*North American*

*Northeast Mountains*

*Pacific Northwest*

*Rocky Mountain*

*Sierra Nevada Mountains*

*Southeastern States*

*Temperate Coastal Zones*

*Tropical Rainforests (also available in Spanish)*

*Western River Corridors*

### Other Written Materials

*Backcountry Horse Use*

*Caving*

*Mountain Bicycling*

*Rock Climbing*

*Soft Paths, Second Edition*

*Teaching Leave No Trace: An Activity Guide*

## Appendix X

# CAMP OHNO!

**Overview:** Teach participants Leave No Trace principles by showing them a firsthand example of a high-impact campsite. This works well for stationed events where participants rotate through various educational stations.

**Objective:** Participants will be able to list at least four of the seven principles and one way to follow each of them.

**Materials:** tent; litter; food scraps; fake fire, rocks, ax, and flowers; washing tub; dishes; fake dish soap; water or a blue towel to represent water; Inspiration Point sign; boom box; LNT principle signs—Know Before You Go; Choose the Right; Trash Your Trash; Leave What You Find; Be Careful With Fire; Respect Wildlife; Be Kind to Other Visitors

**Time Considerations:** Can be adjusted for station lengths from 15 to 30 minutes

**Directions:** Have Camp Ohno set up before participants arrive. The list below matches the high impacts with corresponding LNT principles, and the information in parentheses is what should be done. When participants arrive, have the music playing loudly. Turn it off and welcome them to Camp Ohno. Tell them to have a look around for a few minutes and try to spot what you've done wrong. Then you'll come back together and discuss it.

1. **Know Before You Go:** Tent doesn't have a rain fly (should always be brought in case it rains)
2. **Choose the Right Path:** Tent set up too close to water (should be 200 feet away)
3. **Trash Your Trash:** Litter (put in trash can), washing tub in creek or lake (should be 200 feet away)
4. **Leave What You Find:** Pulled flower (cannot pollinate and make more)
5. **Be Careful With Fire:** Setting up a fire (use existing fire ring if available), litter in fire (can be hazardous, paper products may blow away and start forest fires), ax in tree (use dead-and-down wood)
6. **Respect Wildlife:** Food scraps on ground (don't feed wildlife—it damages their health, alters natural behaviors, and exposes them to predators and other dangers)
7. **Be Kind to Other Visitors:** Boom box (volume should be kept low or use headphones; otherwise, leave at home)

**Extension:** This is a station at the TIC (Trout in the Classroom) Release and Nature Day. For this event, each participant keeps a journal. In the past, the LNT station's journaling has included participants writing down what they see being done wrong, how they would fix it, and two new LNT practices they have learned.

**Sources:** Camp OhNo in *Leave No Trace 101* (Leave No Trace Center for Outdoor Ethics, 2007); Quick Leave No Trace Activities: [http://nevadaoutdoorschool.org/OutdoorEthics/OE\\_LessonPlans/LNT\\_Quick.pdf](http://nevadaoutdoorschool.org/OutdoorEthics/OE_LessonPlans/LNT_Quick.pdf)

## Appendix Y

### WILL YOU MAKE IT?

**Overview:** This match game introduces the Leave No Trace principle “Know Before You Go.” Using the event and solution cards below, participants will consider problems they might encounter on an upcoming trip and find the solutions.

**Objective:** Participants will be able to list two solutions to avoiding problems on the trail.

**Time:** 15 minutes

**Directions:** Distribute the event and solution cards, one to each participant, with the goal of having people find their corresponding event or solution card to form a pair. Once all the cards have been matched, have each pair share their event and solution. Then open the discussion to other solutions or personal experiences.

**Source:** Will You Make It? in *Leave No Trace 101* (Leave No Trace Center for Outdoor Ethics, 2007)

#### Will You Make It?

<p><b>Event Card:</b> Blisters! You have a nasty blister and can no longer carry your pack. You are not even sure that you can walk to your campsite.</p>	<p><b>Solution Card:</b> An adhesive felt-like material acts like a second skin and can be applied to the feet or other areas of human skin to prevent rubbing. Always carry this with you and break in new footwear BEFORE a trip.</p>
<p><b>Event Card:</b> Lightning! A storm is quickly blowing into your area. From your vantage point high on the trail, you can see a lot of lightning. You estimate you have about five minutes before the storm reaches you.</p>	<p><b>Solution Card:</b> Before your trip, you researched lightning safety. You remember that lightning is attracted to the highest point and that water and metal conduct an electrical charge. You take off your metal-frame pack, stay away from water and the tallest tree, choose a low spot to crouch in on your jacket, and stay 20 feet from your fellow hikers.</p>
<p><b>Event Card:</b> Pack weight! Your pack did not feel heavy when you left, but now you can hardly move. You’re so tired you would just as soon sit down and not walk another step.</p>	<p><b>Solution Card:</b> The weight of your pack should generally be no more than <math>\frac{1}{4}</math> of your body weight. Weigh your pack before you leave, and leave some items behind if necessary. Some things like food and cooking supplies can be shared by several people in the group.</p>
<p><b>Event Card:</b> Fire restrictions! You were planning on cooking with a small fire, but when you get to the trailhead you discover fire restrictions are in place. Those dehydrated meals aren’t going to taste very good.</p>	<p><b>Solution Card:</b> Call ahead to the area you’re going and find out about restrictions and regulations. Bring a backpacking stove for cooking or bring food that doesn’t require cooking.</p>
<p><b>Event Card:</b> Bear country! You are traveling in bear country and had planned on hanging your food to keep it and the bears safe. Unfortunately, there aren’t any suitable trees. You hang your food on a branch that’s too close to the tree and your food gets eaten.</p>	<p><b>Solution Card:</b> Bear canisters are a great solution to food storage issues. There’s no need to hang them from a tree; simply place them 200 feet from camp in a spot where it won’t roll away.</p>

## **Appendix Z**

### **SANITATION**

As soon as the fire or stove is cleared of cook pots, put on a pot of water to heat for washing. After the meal, the cleanup crew goes to work. Pour half the hot water into a second pot; use one for washing, the other for rinsing. While many campers find that hot water is both ecologically sound and effective for most dishwashing tasks, a little biodegradable soap in the first pot will help cut grease. In the second pot, a few drops of a rinse agent such as liquid bleach will kill any germs the heat doesn't destroy. If you have sufficient water, a third pot with fresh water can be used as a final rinse.

Each Cub Scout should wipe their own cup, bowl, or plate clean first, then wash them in the wash pot, rinse them in the rinse pot, and leave them to air dry on a clean cloth, or by hanging in the air in a mesh bag. Drying with a cloth adds to your supply list, and may actually contaminate the utensils.

Dispose of dishwater in an authorized spot, or by sprinkling it over a wide area far from camp and any sources of water. Do not leave any food scraps from the dishwater lying around. Police the cooking area to make sure there are no food scraps around, and be sure to put away all food according to any local requirements (bear bag, cooler, car trunk, etc.).

#### **Cleanup Hints**

Wipe down with liquid dish soap the outside of any pots you are using in an open fireplace. It will prevent the pot from getting permanently fire-stained, and make cleanup simple. The black will wipe right off.

Keep food material out of your wash water pot. Make sure all utensils are free of as much food material as possible first.

Sand makes a great scouring medium if you forget scrubbing pads.

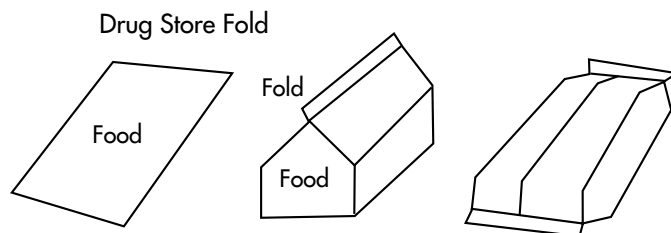
Get your wash water going early. You may want to start it before you cook your meal, then move it back on the heat as space becomes available.

Be sure to leave your fireplace clean. Don't leave any unburned material in the coals unattended.

## Appendix AA FOIL COOKING

Foil cooking is a great way to introduce novices to the world of outdoor cooking. The meals are easy to prepare, great to eat, and simple to clean up after. Foil meals can be prepared in advance (e.g., at a den meeting), frozen, and then placed right on the campfire.

There are hundreds of great recipes around, but they all use the same basic concept. The foil pack needs to be sealed tightly using a “drugstore” fold to hold in the moisture, then turned several times during cooking. The actual recipe can be just about whatever a Cub Scout wants it to be.



Here's a basic recipe:

Use two layers of lightweight foil or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some Scouts smear a layer of butter or margarine on the foil to start.

Add a hamburger patty, then sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf and then adding the meat will keep the meat from burning. Encourage the Cub Scouts to add a little bit of onion because it really helps the flavor. Season with salt, pepper, garlic salt, etc., then fold the foil edges up over the food. Fold them down once, crease gently, then fold down again and crease. The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil. The trick is to be able to identify your foil pack later, so scratch your name into a small piece of foil and leave it near the outside. Cook this pack for 20 to 30 minutes. A twist might be to add a handful of rice and just a few ice cubes. This will make a great addition!

Spread the white-hot coals shallowly, and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a corner of a pack and check to see if the meat is done.

### Foil Cooking Times

Hamburger: 15–20 minutes

Chicken pieces: 20–30 minutes

Hot dogs: 5–10 minutes

Pork chops: 30–40 minutes

Carrots: 15–20 minutes

Ears of corn: 6–10 minutes

Whole potatoes: 45–60 minutes

Potato slices: 10–15 minutes

Whole apples: 20–30 minutes

Cooking times are approximate, and will be affected by the depth of the charcoal bed, altitude, temperature of food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook. The recipes on the next page may need to be adjusted depending on ingredients, etc. It is best to try them in advance to verify the ingredients and cooking time in a local outdoor setting.

## ADDITIONAL CUB SCOUT-LEVEL RECIPES

**Thanksgiving foil pack.** Place a layer of ice cubes on the foil. Lay turkey breast on top of the ice. Add ½ cup Stovetop stuffing mix, ½ cup regular stuffing mix. Then add ½–¾ can of chicken soup (mixed with water according to directions on can). Wrap the pack using the drug store fold, and cook over coals about 40 minutes until done.

**Baked apple.** Core apple. Place on a square of foil. Fill hole with 1 tablespoon raisins, 1 tablespoon brown sugar, and a dash of cinnamon. Candy red hots also make good filling. Wrap foil around apple using the drug store fold, and bake in coals for 20 minutes.

**Hobo popcorn.** In the center of a foil square (six inches square), place a teaspoon of cooking oil and a tablespoon of popcorn. Bring foil corners together to form a pouch. Seal the edges, but leave room inside for the popcorn to expand. Tie the pouch on a long stick with a string, and hold the pouch over the coals. Shake constantly until all the corn is popped.

**Pizza.** Place a half of an English muffin on foil. Layer on pizza sauce, grated cheese, pepperoni, or whatever else you like on your pizza. Fold the foil drugstore style and place in the coals for 5–10 minutes.

**Orange surprise.** Cut off top third of an orange. Remove and eat the insides, leaving a little orange on the inside. Mix up a yellow or spice cake mix according to the directions on the mix box. Pour mix into orange about half full. Place the top back on the orange, and wrap in three layers of foil, using the drugstore fold to seal the pack. Cook for 15 minutes, then remove and let cool before eating.

**Stick bread.** Use “refrigerator” biscuit dough, or prepare biscuit mix very stiff. Heat stick, flour it, then wind dough like a ribbon, spiraling down the stick. Keep a small space between the twists. Cook by holding about six inches from the coals at first so inside will bake, then brown by holding nearer the coals. Turn continually. Bread will slip off easily when done.

**Camp doughnuts.** Pour a few inches of cooking oil into a large pot. This will work on a camp stove or coal bed, but use caution as it works best when the oil is very hot. Make the “doughnuts” by poking a hole in the center of a canned biscuit. Drop in the oil, turning once with a tong or stick halfway during cooking time. They cook very fast; watch for good color. Remove to drain on paper towels, and roll in confectioner’s sugar or cinnamon sugar.

## OUTDOOR COOKING HINTS

- Handy fire starters can be made by placing one charcoal briquette in each section of a paper egg carton. Cover with melted wax, and tear apart to use.
- Place a burger fresh from the grill into the bun and put it in a plastic bag for about a minute. The bun will be steamed warm.
- Put a kettle of water on the fire to heat while you are preparing your food and eating, and your dish water will be ready when you are.
- Freeze meat when putting in a cooler. It will last longer and help keep your other food cold. Make hamburger patties in advance and layer with paper.
- Give yourself plenty of time to start a fire and wait for the briquettes or wood to be ready.
- Don’t forget to rub the outside of pans with liquid soap before putting on the fire; they’ll clean up much more easily.



## Appendix BB BOX OVEN AND SOLAR COOKING



### The Box Oven

The cardboard boxes typically used to hold 10 reams of 8½×11 or 8½×14 paper will make very nice box ovens. Line the inside of the box and lid with aluminum foil. Use a sponge to dab some glue around the inside and the cover to hold the foil in place. Make two holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom to let oxygen in. Make a tray to hold the charcoal using one or two metal pie plates. You can either make feet for a single

pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom. Cut two coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through one side and into the other. Two pieces will usually do fine. Put several lit briquettes on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in and that enough gases are escaping to keep the charcoal burning.



### Solar Cooking

Solar cooking is gaining in popularity due to the excitement around the STEM programs. There are two different ways to cook in a solar cooker. The first way is to refocus the oven to follow along with the sun's rays every 25 to 30 minutes. This allows for food to be prepared the same way it would with a classic stove or oven. The solar oven can also be used as a slow cooker similar to a Crock-Pot. It is possible to prepare food, put it in the solar oven, point the oven where the sun will be, leave, and come back to a savory, slow-cooked dinner.

## Appendix CC

# FREEZER BAG COOKING

Freezer bag cooking (also known as FBC) involves making your own meals just the way you want. They are similar to commercial freeze-dried meals but without the cost, and you can customize them exactly the way you want!

### How to Do FBC

Most people who do freezer bag cooking will package their meals at home before the trip. You should note on each bag what the meal is and how much water is required. Some people prefer to tuck a tiny note inside; others use a permanent marker on the outside.

When getting ready to cook your meal, bring your water to a near boil. Pour the water into your cup to measure, then add it to your freezer bag. This way you avoid the chance of burns, adding too much water, or touching your freezer bag with a burning hot piece of metal which risks melting the bag. You **DO NOT** need boiling water to rehydrate meals; boiling is at 212 Fahrenheit, but 180 degrees will work just fine in this case. However, if you choose to boil your water to remove any chance of water-borne pathogens, let it cool for a couple of minutes and then proceed.

Stir with a long-handled metal, wooden (bamboo), or heat-safe plastic spoon. After you have mixed it well, zip up the bag tightly and wrap in a fleece hat, jacket, or coozy made for the purpose. Then let the bag sit for 5 to 15 minutes; the recipe and altitude will determine how long. Make yourself a drink and wait for your meal. Once ready, stir well and eat. It's a good idea to put the bag into your coozy before you add the water. This way, the coozy holds the bag upright for you while the water is added.

### Coozies

What is a coozy? Coozies are like hot pads designed to hold freezer bag meals. They are made of fabric and measure 8 inches in width and 7½ inches in length. Weight on average is 1 to 1.2 ounces, depending on the weight and thickness of the outer fabric. Coozies are open at the top to save weight.

### Eating From the Bag

If you squeeze or knead your bags to mix up the food, be very careful—be sure you have pushed out all the air before you do this. The steam from the hot liquid can cause a buildup, and your kneading could cause the bag to pop open. Kneading works well, if done carefully, for items like mashed potatoes and stuffing.

Eating out of the bag may take a little practice. When your food is ready, roll the top one-third of the bag down, sort of like cuffing your socks. This will turn your bag into its own bowl. If eating soup or chowder, be careful. With a sharp camp knife, cut off the top half to make a “bowl.”

### Alternatives

Alternatives to FBC include

- Cook in a pot or in a mug.
- Use plastic food containers that have a lid. The containers can be placed in soft-sided coozies.
- Use roasting bags or slow-cooker liners found in the plastic bag section at stores.
- Use vacuum sealer bags (or boil-in-bags) that are rated for submerging in boiling water for extended periods. These are some of the strongest food bags on the market.
- Use foldable bowls and plates (e.g., Fozzil bowls and Orikaso dishes).

## Recipes

Many of the recipes below will feed two people, which might make one wonder how two people can eat out of one bag. The best way to handle this is to bring an extra bag. When the meal is ready, do the final stirring, then divide the meal between the two bags.

### **Breakfast Taters**

Serves one; total time: 5 minutes

- ½ cup instant mashed potatoes
- 2 tablespoons cheese sauce powder (This can be found online or in some grocery stores. You can also use cheese sauce powder from boxed mac 'n' cheese or use 1 ounce of cheddar cheese, diced up and added in with the water.)
- 1 tablespoon dry milk
- 3 tablespoons shelf-stable bacon or bacon bits
- ½ cup water

At home, pack everything in a pint freezer or sandwich bag. If taking shelf-stable bacon, pack separately in a small plastic bag.

**Freezer bag cooking method:** Add near boiling water and mix well. Add a bit more water if needed. Let cool.

**Insulated mug method:** Add boiling water and mix well. Add a bit more water if needed. Let cool.

### **BBQ Chicken Wraps**

Serves two; total time: 5 minutes

- 7 ounce pouch chicken breast
- 2 flour tortillas (soft taco size)
- ¼ cup barbecue sauce (This is shelf stable and can be carried in a leak-proof container, or you can use two tubs from a fast-food restaurant.)
- 2 ounces pepper-jack cheese (If purchasing at a grocery store in sticks similar to string cheese, bring along 2 sticks. If you cannot find these, carry 2 ounces of the cheese. Colby cheese or cheddar will also work.)
- ¼ cup french-fried onions

At home, pack the fried onions into a snack bag. Tuck in two paper towels with the ingredients.

When you're ready for lunch while camping, open the chicken pouch and add in the barbecue sauce, stirring well to break up the chicken. Lay out a clean paper towel for each tortilla, and divide the chicken between the two. Dice up a piece of cheese on each tortilla, then sprinkle on the onions. Roll up and enjoy! Bring some extra fried onions, and those can serve as a side treat!

## **Chicken, Gravy, and Stuffing**

Serves one; total time: 5 minutes

- 1½ cup stuffing mix (low sodium will help with salt intake)
- 1 pouch chicken or turkey gravy (use 1-cup size package)
- 1 pouch (5 ounces) or can (7 ounces) of chicken or turkey

Put the stuffing in one freezer bag, and the gravy mix in another. At camp, pour 1 cup boiling water into the gravy, stir well, and add the chicken or turkey. Stir again and seal securely. Then place in the coozy. To the stuffing bag, add ¾ cup boiling water, stir, and seal well. Wrap in a towel or jacket and let sit for 5 minutes. Fluff up the stuffing, and pour the gravy over it. Very salty, but good!

## **Pecan Brownies**

Serves up to four; total time: 10 minutes

- 1 sleeve graham crackers or 1¼ cup crushed cookies
- ¼ cup diced toasted pecans
- 2 tablespoons powdered sugar
- ¾ cup chocolate chips
- 3 tablespoons dry milk

At home, crush the graham crackers into crumbs and pack in a sandwich bag with the pecans and sugar. Put the chocolate chips and milk in a quart freezer bag. To make the dessert at camp, add ¼ cup water to the chocolate bag. Bring a small pot of water to a gentle simmer (warm). Turn off the heat. Dip the tightly sealed chocolate bag to melt the chocolate. When melted, add the graham cracker crumbs to the chocolate bag and knead to mix thoroughly. Eat warm with long-handled spoons or let it cool and break into chunks.

This recipe can serve up to four people, but that depends on what you consider “dessert”! If you want larger helpings, it may serve only one or two.

## Appendix DD

### FIRST AID KITS

A first-aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for refilling. Keep the kit in a convenient location. Make one person responsible for keeping the kit filled and available when needed. Quantities of suggested items for your first-aid kit depend on the size of your group and local conditions.

#### Suggested First-Aid Kit Items

- Absorbent cotton
- Adhesive strips
- Antibiotic ointment
- Assorted gauze pads
- Bar of soap
- Box of latex-free adhesive bandages (assorted sizes)
- Calamine lotion
- Clinical oral thermometer
- 3 cravat (triangular) bandages
- Foot powder
- Goggles
- Hand sanitizer
- Instant ice packs
- Latex-free, disposable gloves
- Lip salve
- Mouth barrier device
- Needles
- Paper cups
- 4 roller bandages (a pair of the 1-inch size, and a pair of the 2-inch)
- 2 rolls of latex-free adhesive tape (one 1-inch size and one 2-inch)
- Safety pins
- Scissors
- Small flashlight (with extra batteries and bulb)
- Sterile pads (3×3-inch and 4×4-inch sizes)
- Sunscreen lotion
- Thin board splints (1 pair, 17-inch)
- Tweezers
- Water purification tablets (iodine)

Because of the possibility of exposure to communicable diseases, first-aid kits should include latex or vinyl gloves, plastic goggles or other eye protection, and antiseptic to be used when giving first aid to bleeding victims, as protection against possible exposure. Mouth barrier devices should be available for use during CPR.

If creating the first-aid kit for the car, consider adding a white handkerchief or towel to use to attract attention, a blanket, a large red and white sign that reads “Send help!” that you can place in the front or rear window in an emergency, and several bottles of water.

# Appendix EE

## BSA WHITTLING CHIP CERTIFICATION



### Boy Scouts of America Whittling Chip Certification

This certification grants a Bear Scout or Webelos Scout the right to carry and use a pocketknife. The Scout must show the Scout leader, or someone designated by that leader, an understanding of the responsibility to do the following:

1. Know the safety rules for handling a knife and show, using these rules, that you know how to care for and use your pocketknife safely.

Date completed \_\_\_\_\_ Approved by \_\_\_\_\_

2. Make a carving with a pocketknife. Work with your den leader or other adult when doing this. (One of the items carved for Bear Claws requirement 3 may be used to fulfill Whittling Chip requirement 2.)

Date completed \_\_\_\_\_ Approved by \_\_\_\_\_

3. Read, understand and promise to abide by the "Pocketknife Pledge."

Date completed \_\_\_\_\_ Approved by \_\_\_\_\_

Information on these Whittling Chip requirements can be found in the Bear Claws adventure of the *Bear Handbook*.

The Whittling Chip patch is considered a temporary patch and, if worn, should be centered on the right pocket of the Cub Scout or Webelos uniform shirt. It should not be sewn on a pocket flap.

The following Scout has successfully completed the requirements for the Whittling Chip:

Scout's name \_\_\_\_\_

Pack No. \_\_\_\_\_

Date completed \_\_\_\_\_ Approved by \_\_\_\_\_

Den Leader's approval \_\_\_\_\_

Whittling Chip emblem, No. 8598

Whittling Chip pocket certificate, No. 34223

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## Appendix FF

# CAMPSITE CONSIDERATIONS

Cub Scout camping will be taking place in sites approved by your local council (council camps, local parks, campgrounds), so campsite selection may be limited. That being said, there are still several considerations to keep in mind when laying out your campsite for a pack event.

**Location.** A campsite facing the south or southeast will get more sunlight and generally will be drier than one on the north side of a hill or in the shade of mountains or cliffs. Cold, damp air tends to settle, causing the bottoms of valleys to be cooler and moister than locations a little higher. On the other hand, hilltops and sharp ridges can be very windy, and should be avoided in lightning-prone areas.

**Size and shape.** A good campsite has plenty of space for your tents and enough room to conduct your activities. It should be useable as it is, so you won't need to do any digging or major rock removal to reshape the area. The less rearranging you do, the easier it will be to leave the site exactly as you found it.

**Protection.** Consider the direction of the wind and the direction from which a storm will approach. Is your campsite in the open or is it protected by a hill or a stand of trees? Is there a solitary tree nearby that may attract lightning? Don't camp under dead trees or trees with dead branches that may come down in a storm or light wind. The best campsites are found near small, forested ridges and hills.

**Insects and animals.** Insects and other animals all have their favorite habitats. The best way to avoid mosquitoes and biting flies is to camp away from marshes, bogs, and pools of stagnant water. Breezes also discourage insects, so you might look for an elevated, open campsite. Don't forget to check around for beehives, hornet nests, and ant mounds. Their inhabitants usually won't bother you as long as you leave them alone, but give them plenty of room. The same goes for most animals.

**Ground cover.** Any vegetation covering a campsite will receive a lot of wear and tear. Tents will smother it, sleepers will pack it down, and walkers will bruise it with the soles of their shoes. Some ground cover is tough enough to absorb the abuse, but much of it is not. Whenever you can, make your camp on naturally bare earth, gravelly soil, sand, or on ground covered with pine needles or leaves.

**Drainage.** While you'll want a campsite that is relatively flat, it should slope enough to allow rainwater to run off. On the other hand, you don't want to be in the path of natural drainage. Check uphill from where you're planning to set up your tent to make sure water won't run through your site. **Never camp in a streambed!** Also you want to avoid depressions in the ground, as even shallow ones can collect water in a storm.

**Privacy.** One of the pleasures of camping is being away from crowds and the fast pace of the city life. Select campsites that are out of sight and sound of trails and other campsites. That way you'll have your privacy while you respect the privacy and peace and quiet of other campers.

**Beauty.** The beauty of a campsite often is what first attracts visitors to it. Being able to look out from a tent and see towering mountains, glistening lakes, or miles of canyon land or rolling prairie is part of what camping is all about. Find a campsite that gives you spectacular scenery, but use it only if it is appropriate for every other reason, too. Remember to always leave your campsite better than you found it.

**Tread Lightly!** You can do a lot to protect the wilderness. Try to leave no trace of your visit. Leave no marks along the trail, keep your campsite clean and tidy, and leave it cleaner than you found it. You will preserve a true wilderness character for you and others to enjoy in the future. Be gentle on Mother Nature. Don't harm plants or animals, including insects. Take nothing but pictures; leave nothing but footprints; and kill nothing but time. This philosophy is as appropriate in a county park as it is anywhere else.

## Appendix GG

# LARGE-GROUP GAMES

Large-group games involve everyone and can be a great tool for building group spirit. There are many sources in BSA literature and elsewhere for games that will be great fun for your group to learn and play! Avoid extreme physical contact and games in which large numbers of players get eliminated as play goes on. The object is for everyone to participate and have a great time.

## Barnyard Bedlam

### Supplies

- Peanuts in the shell (double the amount needed for each Scout to have a handful)
- Lunch bags or similar containers

### Playing Area

A large field or lightly wooded area (where you can still see all the boys)

### Preparation

- Shortly before game time, when the Scouts aren't around and they won't be coming to that spot, have a leader distribute little piles of three or so peanuts in obvious and not-so-obvious spots around the field—at the base of a tree, on top of a stump, in the shadow of a rock, etc. Make lots of piles if you want a long, fun, loud game!
- Away from the site, divide the Scouts into two or three groups. Make someone in each group the farmer; the other members in each group decide on one animal they will be (e.g., birds, or forest or farm animals—whatever theme you've chosen). Each group must have a different animal. Practice making the animal sound, then give each "animal" a bag to collect peanuts. Explain why you are using peanuts: If they aren't found, they will feed the animals or biodegrade. Note: You can also use wrapped candy if there is a problem with nut allergies, but you will need to make sure all of the candy is found and nothing is left behind.

### Rules

- Players cannot go out of bounds for safety reasons. Show them the boundaries, don't just tell them.
- On "go," the animals (not farmers) from all groups will spread out and look for peanuts hidden around.
- Players cannot talk at any time, for reasons explained below.
- Once an "animal" finds a hoard of peanuts, the animal does not touch them or talk about them but stands with toes pointing toward the peanuts and making the animal's noise as loud as possible. (Cub Scouts have no trouble with this at all!)
- The farmer has to listen for the animals' noises. The farmer hustles over to the animal making the noise (there's often more than one at once) and picks up the peanuts.
- Then comes the "bedlam" part:
  - After a while, Scouts are everywhere making loud noises. The strategy is for teams to split up so that, for example, there may be three "horses" neighing in different spots.
  - If a "horse" sees a pile of peanuts and is neighing, a "cow" can run over and start mooing. Whichever farmer hears first and reaches the spot, gets the peanuts. The farmers have to listen well, and judge which pile to pick up first.



- Bring the Scouts to the site, and turn them loose! You don't need to have winners if you don't want, but the youth may! If you play it a few times over the day, with only a few piles each time, different teams have a chance to win.
- Compost the peanuts that were used in the game, but give the Scouts the extras that weren't on the ground as a snack.

## **Blob**

### Rules

- No preparations are needed. Just pick two players to join hands and form the “blob.” On “go,” the blob tries to tag as many other players as possible. When tagged, a player joins the blob by grabbing the last hand in line. The blob grows by chasing other players and touching them. The players try not to be tagged. They cannot go out of bounds for safety reasons. (Again, show them the boundaries, don't just tell them.)
- Only the free hands at the end of the blob can be used to touch players. The blob continues to grow until only one player is left untouched. That player is the winner. The last three players to join begin the next round as the blob.
- As a variation, require the blob to split when it grows to six players; now there are two blobs, which split again when each grows to six players.

## **Spies**

### Supplies

- Several 8½×11 sections of cardboard hung about one yard above the ground
- Markers for players to write their names on the cardboard pieces

### Preparation

- Shortly before game time, when the Scouts aren't around and they won't be coming to that spot, have a leader hang the cardboard pieces around the area about one yard above the ground.
- Depending on the size of the area and the cover, identify one to three umpires who will patrol the playing area.
- Give each youth a marker to write their names on the cards.

### Rules

- From the starting point, players move through the area attempting to find a specific number of hanging cards and write their names on them—while avoiding detection by the umpires.
- The umpires write down the names of players that they spot within five yards of a hanging card.
- At the end of the game, add the number of times a player has signed their name on different sheets and subtract the number of times that umpires recorded seeing that player. The individual or team with the most points wins.

## Streets and Alleys

### Rules

- No supplies are needed for this tag game, which is best done with about 20 players in a large field.
- Have two players volunteer to be “it.” One will be the pursuer and the other is the quarry. A facilitator will be in charge of the other players, who will divide into lines. A square-shaped group is best, so if you have say 25 players, divide into five rows of five.
- With the players in lines, have them face the facilitator with their arms stretched out. This creates the “streets,” and the pursuer and the quarry are able to run in the openings between the lines but they can’t break through the players’ arms. When the facilitator yells “Alleys!” the campers turn 90 degrees to the left and touch the hands of the players now beside them, forming the “alleys.” This changes the layout so that the pursuer and the quarry now have to cope with a different path. This can change the situation dramatically.
- The pursuer chases the quarry down the streets. Neither may break through or duck under the arms of those forming the streets or alleys. After a short time, the leader calls “Streets!” and the formation shifts once again.
- Continue to alternate between streets and alleys as the game progresses. Runners should be changed every minute or so to give them a break and allow everyone a chance to run.

### Safety

- **Physical:** Don’t let the players hold hands, which can cause injuries. If the ground is gravel or asphalt, remind the players to be careful. If necessary, limit the pursuer and the quarry to very fast walking to prevent slips and further injury.
- **Emotional:** Don’t let one player become alienated by having to always chase the other players. Switch them out after a period of time.

## Steal the Bacon

### Supplies

An object like a ball, a 2-liter soda bottle, or even a sack of clothing, to serve as the “bacon.”

### Rules

- Mark off a large playing field, identify a goal for each side, and mark the middle of the field. Split the group in half. Teams should be divided equally, both kids and adults.
- Teams line up on opposite sides of the playing area, by height. Each side counts off, starting from the short end. The shortest person on each team is number 1; the tallest person is the highest number. The tallest person on team A should be opposite the shortest person on team B, so they have to come from opposite sides when their number is called.
- Draw a goal line for each team about 20 feet apart. Place the “bacon” object at the center of the playing area.
- The person running the game will call out a number, and that number player from each side comes out to the center of the field. The object of the game is to get the bacon back to your line on your side of the field.
- One point is scored for getting the bacon back to your side, untouched by the other player, or one point for tagging the other player while that player is holding the bacon.

- Players can drop the bacon if they think they are going to get tagged, and the game continues. Once everyone gets the hang of the game, multiple numbers can be called.
- The leader can call multiple numbers to have multiple players from each team active. They can also have multiple bacons if using multiple players at once.

#### Alternative

**True/False.** Have a red and a blue bacon—one for “true” and one for “false.” Call out the number, and then ask a true/false question. The players should then retrieve the correct bacon. If a player returns with the wrong one or tags another player with the wrong one, the player’s team loses a point. The leader walks down the line asking true/false questions instead of calling out numbers.

## Camp Baseball

### Supplies

A foxtail

### Rules

- Form two teams in a large field. One team is “batting,” and the other is “fielding.”
- The batting team spins the foxtail and launches it in any direction. The batting team forms a tight circle and the batter starts running around the batting teammates, counting each complete orbit as a run.
- Meanwhile, the fielding team has to recover the foxtail and pass it through the legs of the entire fielding team. Once this is accomplished, they yell “out” and the batter stops counting runs.
- There is no prescribed rule on how to accomplish the passing; it’s up to the team to decide its technique, but the foxtail must go through the legs of all players on the team.
- Once three outs are made, the teams switch, and the fielding team bats. Play as many innings as you want.

# Appendix HH CUB SCOUT OUTDOOR PROGRAM CHECKLIST

Date(s) \_\_\_\_\_ Location \_\_\_\_\_

BSA facility

Council-approved non-BSA facility

## I. Administration

Camp reservation made

Parent permission slips

Camp deposit/fee paid

Health forms

Local requirements

Insurance

Licenses and permits  
(fishing, boat, campfire, parking, etc.)

## II. Leadership

Event leader \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Assistant \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Program leader \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Assistant \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

## III. Transportation

Driver	No. of Seat Belts	Driver License No.	Auto Insurance Yes/No
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Equipment hauled by \_\_\_\_\_

## IV. Location

Maps prepared \_\_\_\_\_

Assembly location \_\_\_\_\_

Departure time \_\_\_\_\_

Camp arrival time \_\_\_\_\_

Camp departure time \_\_\_\_\_

Anticipated return time \_\_\_\_\_

Stops en route (meal Y/N) \_\_\_\_\_

V. Equipment

- Personal equipment lists
- Program equipment
- Group
- Emergency

VI. Feeding

- Menu planned by \_\_\_\_\_
- Who buys food? \_\_\_\_\_
- Fuel supplied by \_\_\_\_\_
- Duty roster by \_\_\_\_\_
- Food storage \_\_\_\_\_

VII. Sanitation

- Special camp requirements \_\_\_\_\_  
\_\_\_\_\_

VIII. Safety

- Ranger contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_
- Nearest medical facility \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_
- Nearest town \_\_\_\_\_  Police number \_\_\_\_\_
- First aid/CPR-trained leaders \_\_\_\_\_  
\_\_\_\_\_

IX. Program

- Program planned
- Special program equipment needed
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
  - Item(s) \_\_\_\_\_ Provided by \_\_\_\_\_
- Rainy day activities planned  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Appendix II

# SAMPLE CAMPING MEAL PLANNING GUIDE

### Breakfast

In camp, plan a hearty breakfast that's easy to prepare.

- **Fruit.** Use fresh, dried, or canned fruit—whichever best suits the type of outing your pack has planned.
- **Cereal.** Choose from oatmeal or some other type of hot cereal for cold days, and granola for warm-weather camping.
- **Eggs.** They come boiled, fried, and scrambled—take your pick.
- **Bacon and ham.** Fried bacon or ham makes any breakfast more satisfying.
- **Breakfasts from the griddle.** Try pancakes or French toast.
- **Breakfast drinks.** There's a variety to choose from—milk (dried or fresh, depending on the type of camping your pack has planned), cocoa mixes, and fresh or powdered fruit drinks.

### Lunch

Refuel with lunch. Pack a lunch right after breakfast and take it with you, or stop for a hot meal if you will be near the camp kitchen.

- **Sandwiches.** Make some to take with you, or stop to build your own on the trail.
- **Hot dishes.** Hot soup (from a can or mix) served with grilled cheese sandwiches hits the spot on a cold day.
- **Quick one-pot camp stew.** They say variety is the spice of life, and the one-pot camp stew provides plenty of it!
- **Meat.** Whether grilled, fried, or stewed, meat makes the meal complete.
- **Chicken.** Frying, grilling, or broiling makes preparing chicken easy.
- **Fish.** Fresh fish tastes great fried or poached. Try either method.
- **Side dishes.** Side dishes help make sure your meal has something from every group in the food pyramid.
  - Vegetables: boiled carrots, corn, cabbage, string beans, peas, potatoes—boiled, fried, or mashed
  - Rice and pasta: white or brown rice, spaghetti, macaroni, ramen noodles
- **Bread.** There are lots of options for meals: Try biscuits, Dutch oven bread, stove-top oven bread, frying pan bread, or dumplings.

### Desserts

Round out the meal with a tasty dessert as simple as cookies or instant pudding. As a special treat, serve cobbler or brownies.

## **Appendix JJ**

### **SAMPLE INTERFAITH SERVICE**

#### **Call to Worship**

How wonderful, O Lord, are the works of Your hands!

The heavens declare your glory; the arch of the sky displays Your handiwork.

In Your love You have given us the power to behold the beauty of Your world robed in all its splendor.

The sun and the stars, the valleys and the hills, the rivers and lakes all disclose Your presence.

The roaring breakers of the sea tell of Your awesome might; the beasts of the field and the birds of the air bespeak Your wondrous will.

In Your goodness You have made us able to hear the music of the world.

The voices of loved ones reveal to us that You are in our midst.

A divine voice sings through all creation.

—Jewish prayer

#### **Hymn—In My Father’s House**

*(Please stand.)*

Oh, won’t you come with me, to my Father’s house,  
To my Father’s house, to my Father’s house.

Oh, won’t you come with me, to my Father’s house.  
There is peace, peace, peace.

There’s sweet communion there, in my Father’s house,  
In my Father’s house, in my Father’s house.

There’s sweet communion there, in my Father’s house,  
There is peace, peace, peace.

There’ll be no more parting there, in my Father’s house,  
In my Father’s house, in my Father’s house.

There’ll be no more parting there, in my Father’s house,  
There’ll be peace, peace, peace.

#### **Responsive Reading**

*Leader:* Please join me in our dedication to living the Scout Oath.

*Group:* On my honor.

*Leader:* And being fully persuaded that, what he had promised, he was also able to perform.

—Romans 4:21

*Group:* On my honor, I will do my best.

*Leader:* I seek strength, not to be greater than my brother, but to fight my greatest enemy—myself.

—An American Indian Prayer

*Group:* On my honor, I will do my best to do my duty to God.

*Leader:* Fear God and keep His commandments, for this is the whole duty of man.

—Ecclesiastes 12:13

*Group:* To do my duty to God and my country.

*Leader:* Open the gates, so that the righteous nation that keeps faith may enter in.

—Isaiah 26:2

*Group:* 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.

*Leader:* And behold I tell you these things that ye may learn wisdom, that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.

—Book of Mormon, Mosiah 2:17

*Group:* 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.

*Leader:* This we know. The earth does not belong to us: we belong to the earth. This we know. All things are connected like the blood which unites one family. All things are connected. This we know.

—Chief Seattle

## **Silent Prayer**

### **Prayer**

How easy it is for me to live with You, O Lord!

How easy for me to believe in You!

When my mind parts in bewilderment or falters,

Then the most intelligent people see no further than this day's end and do not know what must be done tomorrow,

You grant me the serene certitude that You exist and that You will take care that not all the paths of good be closed.

Atop the ridge of earthly fame,

I look back in wonder at the path which I alone could never have found, a wondrous path through despair to this point from which I, too, could transmit a reflection of your rays.

And as much as I must still reflect You will give me.

But as much as I cannot take up You will have already assigned to others.

—Aleksandr Solzhenitsyn (1974)

## **Hymn—Kum Ba Yah**

Kum ba yah, my Lord, kum ba yah,

Kum ba yah, my Lord, kum ba yah,

Kum ba yah, my Lord, kum ba yah,

Oh, Lord, kum ba yah.

1. Someone's crying, Lord, kum ba yah.
2. Someone's praying, Lord, kum ba yah.
3. Someone's singing, Lord, kum ba yah.
4. Kum ba yah, my Lord, kum ba yah.



## **Cubmaster's Message**

### **Hymn—*Let There Be Peace on Earth***

*(Please stand.)*

Let there be peace on earth, and let it begin with me.

Let there be peace on earth, the peace that was meant to be.

With God as our Father, we are family.

Let us walk with each other, in perfect harmony.

Let peace begin with me, let this be the moment now.

With every step I take let this be my solemn vow:

To take each moment, and live each moment in  
peace eternally!

Let there be peace on earth, and let it begin with me.

### **Benediction—*Celtic Blessing on Setting Forth***

May the road rise to meet you.

May the wind always be at your back.

May the sun shine warm upon your face,

The rains fall soft upon your fields;

And, until we meet again, may

God hold you in the palm of his hand.

## **Appendix KK**

# **SAMPLE GRACES, PRAYERS, AND INSPIRATIONAL SONGS**

### **Graces**

#### **Armenian Grace**

In peace let us eat this food, which the Lord has provided for us.

Blessed be the Lord in His gifts. Amen.

#### **A Blessing**

For what we are about to do, may the Lord make us truly responsible.

For what we are about to think, may the Lord make us truly wise.

For what we are about to say, may the Lord make us truly sensible.

For what we are trying to achieve, may the Lord accept and bless our efforts.

—*Thanks to Sergio Laurenti*

#### **Indian/Native Thanks**

The eagles give thanks for the mountains. (Spread arms like wings, then raise and bring them together to form mountain peaks.)

The fish give thanks for the sea. (Bring hands together and move them in a waving motion like swimming fish.)

We give thanks for our blessings. (Raise arms in front as if receiving something being passed down from a height.)

And for what we're about to receive. (Lower arms with hands cupped as if they are holding something.)

—*Thanks to Lori Purvis*

#### **Brotherhood Camping Grace**

We thank the Lord for all that's good,

For food, for life, for brotherhood.

For friends and family, near and far,

For fellowship right where we are.

#### **Buddhist Grace**

The food comes from the Earth and Sky.

It is the fruit of the entire universe

And the fruit of much hard work;

I vow to live a life which is worthy to receive it.

#### **Camp Grace**

For food and health and happy days,

Accept our gratitude and praise.

In serving others, Lord may we

Repay our debt of love to Thee. Amen.

**For Health and Strength**  
For health and strength and daily bread,  
We praise your name, O Lord.

**Gracious Giver**  
Gracious giver of all good, we thank you for food and rest.  
Grant that all we say or do pleases you.

**Lebanon Grace**  
May the abundance of this table never fail and never be less.  
Thanks to the blessing of God, who has led us and satisfied our needs.  
To Him be the glory forever. Amen.

**Hawaiian Grace**  
*E Ke Akua* (Dearest Lord,)  
*Mahalo*. (Know our thanks to Thee.)  
*Mahalo ia `Oe* (We especially thank Thee)  
*No Keia. `Ai*. (For this food.)  
*`Amene*. (Amen.)

**Philmont Grace**  
For food, for raiment,  
For life, for opportunity,  
For friendship and fellowship,  
We thank thee O Lord. Amen.

**Simple Thanks Camping Grace**  
Thank God for the food we eat,  
For camping fun and campers we meet,  
For rushing streams and the calm cool breeze,  
For rolling meadows and tall, green trees.

**Thank You, God**  
Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you, God, for everything.

**The Sailors Grace**  
O God the Giver, take the thanks we give,  
For life and for the food by which we live,  
Thinking of those who carry it by sea,  
Upon our sailors may Thy blessing be.

**The World Hunger Grace**  
For food in a world where many walk in hunger,  
For faith in a world where many walk in fear,  
For friends in a world where many walk alone,  
We give thee humble thanks, O Lord.

## We Gather

We gather to ask for your blessing.

We gather to thank you in prayer.

Please bless all this food we are sharing,

And keep us in your tender care.

## Prayers

### An Irish Blessing

May the road rise up to meet you,

May the wind be always at your back,

May the sun shine warm on your face,

And rain fall soft upon your fields,

And until we meet again,

May God hold you in the palm of his hand. Amen.

### A Leader's Prayer

Please God grant me

The spark to imagine,

The daring to innovate,

The discipline to plan,

The skill to do,

The will to achieve,

The commitment to be responsible,

The leadership to motivate.

—*Thanks to Bob Slater, London, Ontario*

### A Prayer of Thanks

For each new morning with its light,

Father, we thank you.

For rest and shelter of the night,

Father, we thank you.

For health and food, for love and friends,

For everything your goodness sends,

Father, in heaven, we thank you.

—*Ralph Waldo Emerson*

### Scout Prayer

Dear God, help us to carry your spirit in our lives, that we may share it with others by living it ourselves.

Help us to offer all that we have and are in your service.

And help us to live the spirit of Scouting so that the spirit will live on through us.

—*"A Memorial to a Scouter" by Laird Vanni*

## Time

Thank you, God, for time:

Time for talking and time for walking,

Time for caring and time for sharing,

Time for working and time for playing,

Time for running and time for resting,

You give us time, God; Help us make the most of it.

—Scouting *magazine*

## Wolf Scout Prayer, Bolivia

Kind and good Lord,

teach me to be humble and generous,

to imitate your example,

to love you with all my heart,

and to follow your path.

## Songs: Inspirational Graces and Prayers

### Day Is Done

**Tune:** Taps bugle call

Day is done, gone the sun,

From the lake, from the hills, from the sky,

All is well, safely rest, God is nigh.

### God Made the Mountains

**Tune:** “I Love the Mountains”

God made the mountains,

God made the rolling hills,

God made the flowers,

God made the daffodils,

God made the field of wheat,

For all the bread we eat,

Alleluia, alleluia, alleluia, alleluia. (Repeat and fade out.)

### God Is Great

**Tune:** “Michael, Row Your Boat”

God is great, God is good. Alleluia.

Let us thank him for this food. Alleluia.

By his hand we all are fed. Alleluia.

Thank God for our daily bread. Alleluia.

### God Our Father Camping Grace

**Tune:** “Frere Jacques”

God our father, God our father

Once again, once again,

We would ask thy blessing,

We would ask thy blessing.

Amen, amen.

### Johnny Appleseed Grace

Oh, the Lord is good to me,  
And so I thank the Lord,  
For giving me the things I need,  
The sun and the rain and the apple seed.  
The Lord is good to me.

### He's Got the Whole World in His Hands

He's got the whole world in His hands,  
He's got the whole world in His hands,  
He's got the whole world in His hands,  
He's got the whole world in His hands.

He's got my brothers and my sisters in His hands,  
He's got my brothers and my sisters in His hands,  
He's got my brothers and my sisters in His hands,  
He's got the whole world in His hands.

He's got the sun and the rain in His hands,  
He's got the moon and the stars in His hands,  
He's got the wind and the clouds in His hands,  
He's got the whole world in His hands.

He's got the rivers and the mountains in His hands,  
He's got the oceans and the seas, in His hands,  
He's got you and he's got me in His hands,  
He's got the whole world in His hands.

He's got everybody here in His hands,  
He's got everybody here in His hands,  
He's got everybody everywhere in His hands,  
He's got the whole world in His hands.

### Scout Vespers

Softly falls the light of day,  
While our campfire fades away.  
Silently each Scout should ask:  
"Have I done my daily task?  
Have I kept my honor bright?  
Can I guiltless sleep tonight?  
Have I done and have I dared  
Everything to be prepared?"

### Singing Grace

**Tune:** “Frere Jacques”

Our Provider, our Provider,  
Once again, once again,  
Thank you for your blessing,  
Thank you for your blessing,  
A-men. A-men.

### Von Trapp Grace

**Tune:** “Edelweiss”

Bless our friends, bless this food,  
Come O Lord and be with us.  
May our words glow with peace,  
May Your love surround us.  
Friendship and love may it bloom and grow,  
Bloom and grow forever.  
Bless our friends, bless our food,  
Come O Lord and be with us.

### ‘We Gather’ Camp Grace

**Tune:** “My Bonnie”

We gather to ask for your blessing,  
We gather to thank you in prayer,  
Please bless all this food we are sharing,  
And keep us in your tender care.

### We Stand Before You

**Tune:** “I’d Like to Teach the World to Sing”

O God, we stand before You now,  
Asking once again.  
Please bless this food, and all we have,  
We thank You God. Amen.

## Appendix LL

# OUTDOOR FLAG CEREMONIES

A proper color guard requires two people per flag to raise and lower the colors. If more than the U.S. flag is being used, the U.S. flag is raised first in the morning and lowered last in the evening. Use the commands shown in italics to cue the bugler, if one is used.

## STATIONARY FLAGPOLE

### Raising the Flag in the Morning

<b>Command</b>	<b>Action</b>
<b>“Color guard, attention!”</b>	The color guard comes to attention.
<b>“Camp, attention!”</b>	The audience stands at attention.
<b>“Color guard, advance!”</b>	The color guard advances to the flagpoles.
<b>“Color guard, present colors!”</b>	The color guard attaches the flag to the halyard.
<b>“Hand salute!”</b>	All salute, except the Scout raising the colors; once the flag is raised and the hand used for doing this is free, this Scout joins the salute.*
<b>“Color guard, post colors!”</b> <b>(Optional: “Bugler, sound off!”)</b>	The flag is raised briskly to the top of the pole. After the flag stops at the top, the Pledge of Allegiance, if used, is recited while the salute is held. <i>(Optional: Bugler plays “To the Colors.”)</i>
<b>“Two!”</b>	All drop salute and remain at attention. The color guard ties the halyard to secure the flag. The process is repeated with any other flags being raised together; no salute is given, and the bugler does not play. When the halyard is secure:
<b>“Color guard, dismissed!”</b>	Color guard returns to the starting point. A patriotic song or reading may be done at this point.
<b>“Camp at ease!”</b>	The audience relaxes from attention. Any announcements, awards, or recognition may be done at this point.
<b>“Camp, dismissed!”</b>	The ceremony is ended and the audience disperses.

**\*Note:** The salute is held only while the flag is moving on the pole. Once it reaches the top of the pole or is touched by a member of the color guard, the command “Two!” is given. Scouts should salute the pole itself, not follow the flag while it is moving up or down the pole.



## Lowering the Flag Before Sundown

Any announcements, awards, or recognition may be done after the audience has assembled but before the flag is lowered.

### Command

### Action

<i>(Optional: "Bugler, sound retreat!")</i>	<i>(Optional: Bugler plays "Retreat.")</i>
<b>"Color guard, attention!"</b>	The color guard comes to attention.
<b>"Camp, attention!"</b>	The audience stands at attention.
<b>"Color guard, advance!"</b>	The color guard advances to the flagpoles. Flags other than the U.S. flag are lowered first and folded bed sheet style.
<b>"Color guard, prepare to lower the colors!"</b>	The color guard unties the lanyard from the pole.
<b>"Hand salute!"</b>	All salute, except the Scout lowering the colors; the assistant salutes until the flag is within reach.
<b>"Color guard, lower the colors!"</b> <i>(Optional: "Bugler, sound off!")</i>	<i>(Optional: Bugler plays "To the Colors.")</i> The U.S. flag is lowered slowly, with dignity. When the flag touches the assistant's hand:
<b>"Two!"</b>	All stop saluting, remaining at attention while the U.S. flag is properly folded triangle-style.
<b>"Color guard, dismissed!"</b>	The color guard returns to their starting point.
<b>"Camp at ease!"</b>	Audience relaxes from attention.
<b>"Camp dismissed!"</b>	The ceremony is over; the audience disperses.

# HANDHELD FLAGPOLE

## Raising the Flag in the Morning

### Command

### Action

“Color guard, attention!”

The color guard comes to attention.

“Camp, attention!”

The audience stands at attention.

“Color guard, advance!”

The color guard moves toward the flag stands (in front of the audience) and stops on arrival.

“Color guard, present colors!”

The U.S. flag is raised high and held; any other flags are dipped forward.

“Hand salute!”

All except the flag bearers salute. The Pledge of Allegiance may be recited.

“Two!”

All drop salute, remain at attention.

“Color guard, post colors!”

The flags are posted in their stands; flag bearers take one step back.

“Color guard, dismissed!”

Color guard returns to the starting point behind audience.

“Camp at ease!”

The audience relaxes from attention. Any announcements, awards, or recognition may be done at this point.

“Camp dismissed!”

The ceremony is ended and the audience disperses.

## Lowering the Flag Before Sundown

Any announcements, awards, or recognition may be done after the audience has assembled but before the flag is lowered.

### Command

### Action

“Color guard, attention!”

The color guard comes to attention.

“Camp, attention!”

The audience stands at attention.

“Color guard, advance!”

The color guard moves toward the flag, stands (in front of audience), and stops on arrival.

“Color guard, present the colors!”

The flags are removed from their stands; the color guard turns toward the audience and waits.

“Hand salute!”

All except the flag bearers salute.

“Color guard, retire the colors!”

The U.S. flag precedes all others and they exit (back of audience). When they are clear of the audience:

“Two!”

All drop salutes.

“Camp at ease!”

Audience relaxes from attention.

“Camp dismissed!”

The ceremony is over; and the audience disperses.

## Flying the Flag at Half-Staff

When flying the flag at half-staff, the flag should be briskly run up to the top of the staff before being lowered slowly to the half-staff position.

Similarly, when retiring the colors, the flag should be briskly run up to the top of the staff before being lowered all the way down as normal.

The term *half-staff* means the position of the flag when it is one-half the distance between the top and bottom of the staff. The term *half-mast* is used when the flag is being flown on a ship.

An easy way to remember when to fly the United States flag at half-staff is to consider when the whole nation is in mourning. These periods of mourning are proclaimed either by the president of the United States, for national remembrance, or the governor of a state or territory, for local remembrance, in the event of a death of a member or former member of the federal, state, or territorial government or judiciary. The heads of departments and agencies of the federal government may also order that the flag be flown at half-staff on buildings, grounds, and naval vessels under their jurisdiction.

On Memorial Day the flag should be flown at half-staff from sunrise until noon only, then raised briskly to the top of the staff until sunset, in honor of the nation's battle heroes.

According to the U.S. Department of Veterans Affairs, the flag should fly at half-staff for 30 days at all federal buildings, grounds, and naval vessels throughout the United States and its territories and possessions after the death of the president or a former president. It is to fly 10 days at half-staff after the death of the vice president, the chief justice or a retired chief justice of the United States Supreme Court, or the speaker of the House of Representatives. For an associate justice of the Supreme Court, a member of the Cabinet, a former vice president, the president pro tempore of the Senate, the majority leader of the Senate, the minority leader of the Senate, the majority leader of the House of Representatives, or the minority leader of the House of Representatives the flag is to be displayed at half-staff from the day of death until interment.

The flag is to be flown at half-staff at all federal buildings, grounds, and naval vessels in the Washington, D.C., area on the day and day after the death of a United States senator, representative, territorial delegate, or the resident commissioner from the Commonwealth of Puerto Rico. It should also be flown at half-staff on all federal facilities in the state, congressional district, territory, or commonwealth of these officials.

Upon the death of the governor of a state, territory, or possession, the flag should be flown at half-staff on all federal facilities in that governor's state, territory, or possession from the day of death until interment.

The president may order the flag to be flown at half-staff to mark the death of other officials, former officials, or foreign dignitaries. In addition to these occasions, the president may order half-staff display of the flag after other tragic events.

See <http://halfstaff.org/> for half-staff flag notifications.

## Appendix MM

# SAMPLE PACK CAMPING AGENDA

This is a sample. Remember to keep it simple—make it fun!

### Day 1

9:00 A.M.	Arrive at campsite; set up tents and bedding.
10:00 A.M.	Raise U.S. flag with ceremony. Welcome families and review ground rules.
10:15 A.M.	Visit nature center.
10:45 A.M.	Go on nature hike.
11:30 A.M.	Cub Scouts—each with their parent, guardian, or other caring adult—prepare and eat lunch; clean up.
12:30 P.M.	Free time
1:00 P.M.	Play large-group games.
2:30 P.M.	Go swimming.
4:00 P.M.	Cub Scout-adult teams build cooking fires and prepare dinner; dens eat as groups.
5:30 P.M.	Wash dishes and clean up.
6:30 P.M.	Free time
7:00 P.M.	Lower U.S. flag with ceremony.
7:30 P.M.	Prepare for campfire.
8:30 P.M.	Campfire program
9:30 P.M.	Cracker barrel
10:00 P.M.	Lights out

### Day 2

7:00 A.M.	Reveille
7:30 A.M.	Air bedding; clean up campsite.
8:30 A.M.	Cub Scout-adult teams prepare and eat breakfast.
9:00 A.M.	Wash dishes and clean up.
9:30 A.M.	Interfaith service
10:00 A.M.	Strike camp, leaving it in better condition than you found it.

This schedule assumes that each family is preparing meals separately. Group meals are also appropriate. Consider a hamburger cookout, chili cookoff, or pancake feed.

## Appendix NN

# THE 12 ELEMENTS OF THE CUB SCOUT OUTDOOR PROGRAM

The Cub Scout outdoor program offers 12 elements for success. A successful Cub Scout outdoor event will include several of these elements, and the year-round program should include all of them. The elements support a successful outdoor program by helping event planners focus on the key parts of the Scouting program in general, and on the specifics of the Cub Scout outdoor program.

### The 12 Elements of the Cub Scout outdoor program are:

- 1. Training.** Each type of camping opportunity in the Cub Scout outdoor program is supported by training: National Camping School for Day Camps, Resident Camps and Family Camps and council or district BALOO and Outdoor Leader Skills for Webelos Leaders provide the skills and knowledge needed for a great event.
- 2. Conservation.** Conservation has always been a part of the Scouting program. The Leave No Trace Awareness Award and Cub Scout World Conservation Award are only the beginning of the opportunities available for service to the out-of-doors.
- 3. Aquatics.** Be sure to use the principles found in Safety Afloat and Safe Swim Defense and in the *Guide to Safe Scouting*.
- 4. Camping.** Day camp, resident camp, pack overnights, Webelos den overnights, Webelos-ree events, and council or district family camps are the keys of the Cub Scout outdoor program.
- 5. Duty to God.** Be sure to include an interfaith worship service during the event, whether staying overnight or not.
- 6. Nature Crafts.** Add a touch of real nature to your craft activities and make it a learning experience and Fun!
- 7. Four-Season Activities.** Keep your program going year-round by using the resources available in your community.
- 8. Cooking, Hiking, and Games.** These are a natural part of any Scouting event; just be sure they are age-appropriate.
- 9. Ceremonies, Campfires, “Pizzazz.”** It’s better outside—don’t miss the chance to create a lasting memory.
- 10. Cub Scout Adventures.** Take advantage of opportunities to incorporate rank advancement when available. Make it a natural part of your Cub Scout outdoor program!
- 11. Themes.** Include a well-thought-out theme and make it Cub Scout special!
- 12. National Awards.** The Journey to Excellence, Summertime Pack Award, and Cub Scout Outdoor Activity Award support a great year-round unit program.

## Appendix OO

# BSA POLICY ON THE USE OF CHEMICAL FUELS

policy on use of chemical fuels ::

National Council, Boy Scouts of America



## Policy on the Storage, Handling, and Use of Chemical Fuels and Equipment

### Purpose

This policy directs Boy Scouts of America members how to safely store, handle, and use chemical fuels and equipment. Safety and environmental awareness concerns have persuaded many campers to move away from traditional outdoor campfires in favor of chemical-fueled equipment for cooking, heating, and lighting. Be aware that chemical fuels and equipment create very different hazards than traditional wood, charcoal, and other solid fuels; this policy defines how to address those hazards.

Before any chemical fuels or chemical-fueled equipment is used, an adult knowledgeable about chemical fuels and equipment, including regulatory requirements should resolve any hazards not specifically addressed within this policy.

### Definitions

**Chemical Fuels**—Liquid, gaseous, or gelled fuels.

**Approved Chemical-Fueled Equipment**—Commercially manufactured equipment, including stoves, grills, burners, heaters, and lanterns that are designed to be used with chemical fuels.

**Prohibited Chemical-Fueled Equipment**—Equipment that is handcrafted, homemade, modified, or installed beyond the manufacturer's stated design limitations or use. Examples include alcohol-burning "can" stoves, smudge pots, improperly installed heaters, and propane burners with their regulators removed.

**Recommended Chemical Fuels**—White gas (Coleman fuel); kerosene; liquefied petroleum gas fuels, includ-

ing propane, butane, and isobutane; vegetable oil fuels; biodiesel fuel; and commercially prepared gelled-alcohol fuel in original containers.

**Chemical Fuels not Recommended**—Unleaded gasoline; liquid alcohol fuels, including isopropyl alcohol, denatured ethyl alcohol, and ethanol; and other flammable chemicals that are not in accordance with the manufacturer's instructions for chemical-fueled equipment.

### Storing, Handling, and Using Chemical Fuels and Equipment

An adult knowledgeable about chemical fuels and equipment should always supervise youth involved in the storage, handling, and use of chemical fuels and equipment.

Operate and maintain chemical-fueled equipment according to the manufacturer's instructions and in facilities or areas only where and when permitted.

Using liquid fuels for starting any type of fire—including lighting damp wood, charcoal, and ceremonial campfires or displays—is prohibited.

No flames in tents. This includes burning any solid, liquid, gel, or gas fuel; including tents or teepees that feature or support stoves or fires; and any chemical-fueled equipment or catalytic heaters.

Store chemical fuels in their original containers or in containers designed for immediate use. Securely store any spare fuel away from sources of ignition, buildings, and tents.

During transport and storage, properly secure chemical fuel containers in an upright, vertical position.

## **Appendix PP**

# **OPEN FIRES VERSUS COOKING STOVES**

### **Open Fire Advantages**

- Creates heat suitable for cooking food and warming chilly campers.
- Requires no special equipment.
- Allows cooks to bake in Dutch ovens and reflector ovens, and to broil food on grills.
- Provides a psychological lift on cold and damp days and serves in the evening as the center of pack fellowship.

### **Open Fire Disadvantages**

- Can scar the earth on which it is built; stains rocks with soot.
- Difficult to control temperature.
- Creates a potential hazard to surrounding forests.
- Requires an adequate supply of wood or charcoal.
- Difficult to build and maintain in rain or snow.
- Illegal or allowed only by permit in many parks and forests.
- Blackens pots and pans.
- Can destroy hiking boots or clothing in the process of drying them.

### **Camping Stove Advantages**

- Will not scar the earth.
- Temperature is controllable.
- Provides steady heat that won't blacken rocks or cooking gear.
- Requires no firewood.
- Operates dependably under adverse conditions.
- Faster, cleaner to use.

### **Camping Stove Disadvantages**

- Requires the handling of flammable liquids or gaseous fuels.
- Useless for drying gear or warming campers.
- Useless for baking or grilling food.
- Must be used with adult supervision.



## Appendix QQ

# BASIC KNOTS FOR CUB SCOUTS

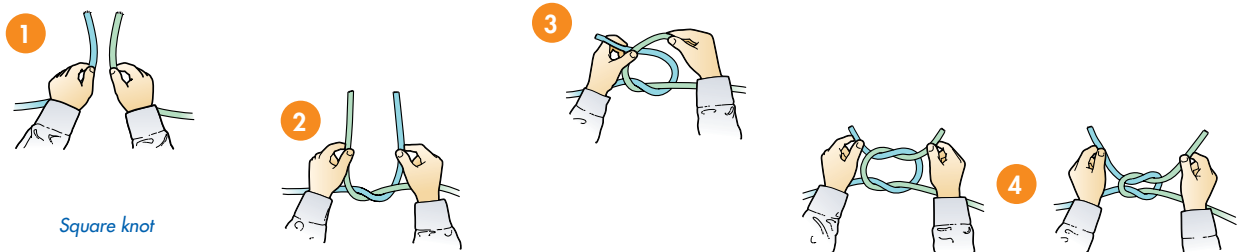


### Overhand Knot

The simplest of all knots, the overhand knot has been in use for as long as there has been material that can be knotted. It also forms the basis of many other knots, particularly in the loop, bend, and hitch families. Once tied and put under strain, it is very difficult to untie.

1. Make a crossing loop turn by taking the working end of a rope behind the standing part.
2. Bring the working end to the front of the knot, then pass it through the crossing turn.
3. Pull on the working end and on the standing part to tighten the knot.

For more examples, reference these web pages: [www.animatedknots.com/overhand/](http://www.animatedknots.com/overhand/) and [www.wikihow.com/Tie-an-Overhand-Knot/](http://www.wikihow.com/Tie-an-Overhand-Knot/).



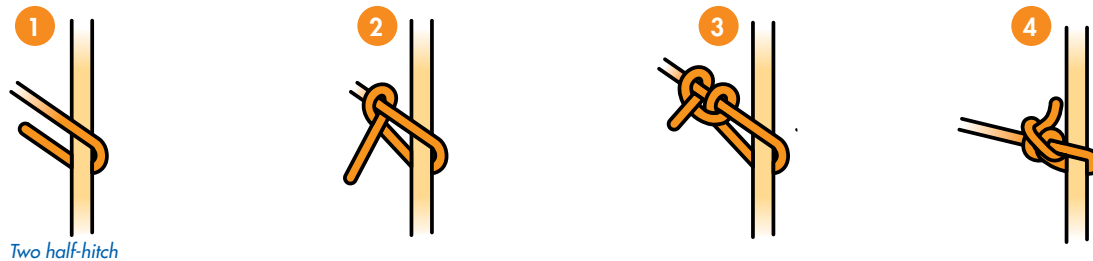
### Square Knot

The square knot has many uses, from securing bandages and packages to joining two ropes together. A square knot works best when the ropes are of the same diameter and pressed against something else. This knot should not be used to hold a heavy load.

Tying a square knot is as easy as right over left, left over right. Here's how:

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 that is now in your left hand over and under the one in your right.
4. Tighten the knot by pulling both running ends at the same time.

For more examples, reference the following web pages: [www.animatedknots.com/reef/](http://www.animatedknots.com/reef/) and [www.wikihow.com/Tie-a-Square-Knot/](http://www.wikihow.com/Tie-a-Square-Knot/)

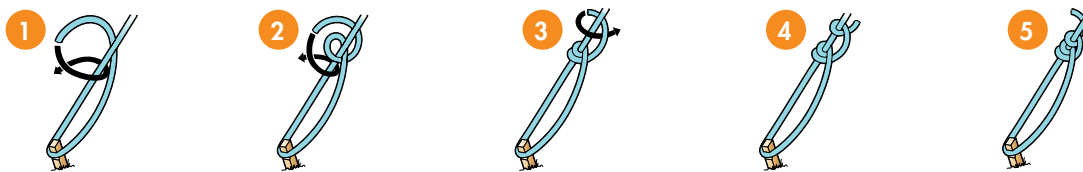


Two half-hitch

### Two Half-Hitches

Two half-hitches can be described as a clove hitch tied around its own standing part instead of a pole, or another way as a taut-line hitch with an extra loop. However you describe it, two half-hitches (also called a double half-hitch) form a loop that can secure the rope to a post or grommet.

1. Pass the running end of the rope around the post or through the grommet.
2. Bring the end over and around the standing part of the rope, then back through the loop that has formed. This makes a half-hitch.



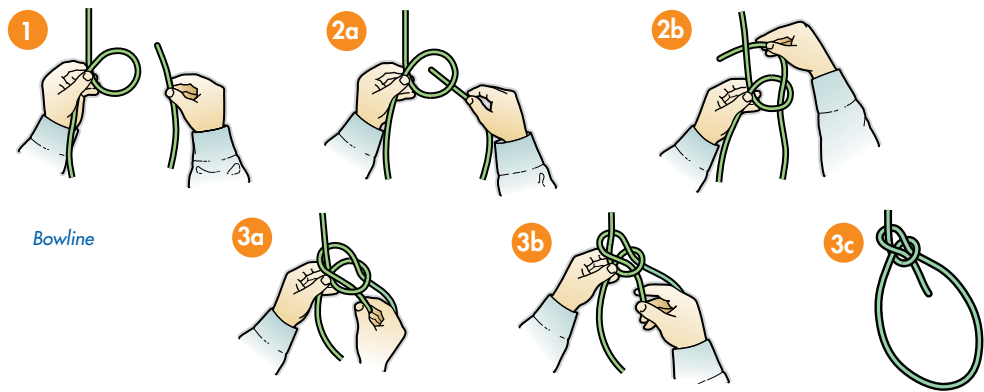
Taut-line hitch

### Taut-Line Hitch

Two half-hitches will tend to slide until the knot is cinched close to the post or grommet. To create an adjustable loop that stays in place, use the taut-line hitch.

1. Pass the running end of the rope around the tent stake.
2. Bring the end over and around the standing part, then back through the loop that has formed. Go around the standing part inside the loop again (this time closer to the tent stake).
3. Going in the same direction, take the end around the standing part outside to tie another half-hitch.
4. Work any slack out of the knot.
5. Slide the hitch to tighten or loosen the line.

For more examples, reference the following web pages: [www.animatedknots.com/midshipmans/](http://www.animatedknots.com/midshipmans/) and [www.wikihow.com/Tie-a-Taut-Line-Hitch/](http://www.wikihow.com/Tie-a-Taut-Line-Hitch/)



## Bowline

The bowline forms a loop that will not slip but is easy to untie. Learn to tie the bowline around yourself, around a post, and in the free end of a rope. With practice, you can even tie it with one hand.

1. Make a small overhand loop in the standing part of a rope.
2. Bring the rope end up through the loop, around and behind the standing part, and back down into the loop. The amount of rope remaining below the loop determines the size of the fixed loop in the finished bowline.
3. Bring the working end back down through the overhand loop so it exits the knot toward the inside of the fixed loop. Tighten the knot by pulling the standing part of the rope away from the loop while holding the bight.
4. To untie the bowline, turn the knot over. Notice the collar-shaped bight of the rope in the bowline. To untie the knot, push the collar away from the loop as if you were opening the top on a soda can. That will break the knot so that you can loosen it.

For more examples, reference the following web pages:

[www.animatedknots.com/bowline/](http://www.animatedknots.com/bowline/) and [www.wikihow.com/Tie-a-Bowline-Knot/](http://www.wikihow.com/Tie-a-Bowline-Knot/)

### Uses for the Basic Knots

**Overhand knot:** This knot is not very tight, nor large, but it still has uses. It serves as the initial portion of the knot used to tie shoes, packages, or any situation where a secure knot is needed that can be quickly and simply untied. Useful as a handhold as well as a stopper, it is tied at regular intervals along lifelines to prevent the rope from slipping through the hands or a hole or opening (like a rock climbing belay). It can also help prevent the end of a hanging rope from fraying.

**Square knot:** The square knot has many uses, from securing bandages and packages to joining two ropes together. A square knot works best when the ropes are the same diameter and pushed against something else. This knot should not be used to hold a heavy load.

**Two half-hitches:** Use two half-hitches to tie a rope around a post.

**Taut-line hitch:** This is the knot to use for staking out the guy lines of your tent or dining fly. It can be used to tighten or loosen a tent guy line by pushing the hitch up or down.

**Bowline knot:** Properly tied, a bowline never slips or jams. It holds permanent or adjustable loops and may be used to attach a cord to a pack frame, secure tarps and tents, or secure a line to a canoe. It's just what you want for tying a rope around your waist or around someone requiring rescue. A bowline also works well for securing guy lines through the grommets on a tent or dining fly. It is easy to untie.

## Fusing and Whipping Rope

### Fusing Rope

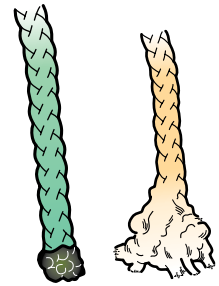
Rope is made by twisting together the stringy fibers of certain plants, or by twisting together or weaving strands of nylon, plastic, or other modern materials. Wear and tear sometimes causes a rope to unravel. For a temporary fix, tie a knot in each end or wrap it with duct tape. For a more permanent fix, whip or fuse the ends.

Fusing is a technique that you can use with rope and cord made of plastic or nylon. Plastic or nylon rope and cord melt when exposed to high heat. This method uses heat to melt (fuse) the fibers, forming a permanent bond that will prevent unraveling.

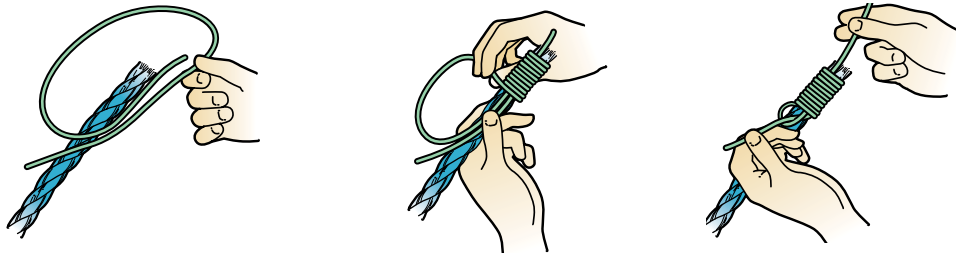
1. Cut off the frayed part of the rope. (With rope that comes untwisted very easily, it's helpful to wrap the ends with electrical tape before cutting.)
2. Working in a well-ventilated area, hold the rope end a few inches above a lighted match or candle to fuse the strands together.

Do not touch a newly fused rope end until it has cooled—melted rope will be hot and sticky. Remember to fuse both ends of the rope.

Do not try to fuse ropes made of manila, sisal, hemp, cotton, or other natural fibers, because they will burn rather than melt.



Fusing a rope



Whipping

### Whipping Rope

1. To whip the end of a rope or cord, use your pocketknife to cut away any of the rope that has already unraveled.
2. Next, using a 2-foot piece of strong rope or cord, preferably waxed, form a loop and lay it along one end of the rope or cord.
3. Tightly wrap, or whip, the cord around the rope, working your way toward the loop formed in the cord.
4. When the whipping is at least as wide as the rope is thick, tuck the end of the cord through the loop, then pull hard on the free ends to tighten the cord and secure the wrapping.
5. Unlay the end of the rope that sticks out so the whipping won't pull off.
6. Trim away the extra cord, then whip the rope's other end.

# PARTICIPANT EVALUATION FORM

## BALOO Leader Skills for Cub Scout Leaders

We hope you have learned new skills that will make your job in Cub Scouting easier—and that you had fun, too.

Please help us improve future courses by completing the following:

1. How did you learn about the BALOO training course?  
District/council newsletter  Roundtable  Pack  Website  Other
2. How soon before this event did you first learn about it?  
Two months  One month  One week  Other
3. Do you think the registration fee (\$\_\_\_\_\_) was a fair price?  
Yes  No  If no, why not? \_\_\_\_\_
4. Did the round-robin sessions give you ideas to help with activities and camping skills?  
Yes  No  Comments: \_\_\_\_\_
5. Check how you would rate each element:

	Excellent	Good	Fair	Poor
Round-Robin	_____	_____	_____	_____
Campfire	_____	_____	_____	_____
Meals	_____	_____	_____	_____
Training Staff	_____	_____	_____	_____
Online Portion	_____	_____	_____	_____

6. What did you like the best? \_\_\_\_\_
7. What did you like the least? \_\_\_\_\_
8. Did we meet your expectations? Yes  No   
If yes, how? \_\_\_\_\_  
If no, why not? \_\_\_\_\_
9. How do you plan to implement the knowledge gained in this training?  
\_\_\_\_\_

Would you like to be considered for staff at some future date? Yes  No

If so, please complete the following:

District \_\_\_\_\_ Pack \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Complete address \_\_\_\_\_

Email \_\_\_\_\_

# FACULTY EVALUATION FORM

## BALOO Leader Skills for Cub Scout Leaders

(To be completed by the end of the training course.)

1. Did we meet our objectives? Yes  No  If no, why not? \_\_\_\_\_
2. Did we provide information, ideas, materials, and skills that will help leaders do a good job? Yes  No   
If no, what was lacking? \_\_\_\_\_
3. Were materials and handouts available? Yes  No   
Or did you make your own? Yes  No   
If you made your own, why? \_\_\_\_\_
4. Did the sessions open and close on time? Yes  No   
If no, why not? \_\_\_\_\_
5. Were you prepared for your session(s)? Yes  No
6. Was a variety of training aids and techniques used at this training course? Yes  No
7. Were Cub Scouting values modeled in these sessions? Yes  No
8. Did we identify the resource materials available to participants? Yes  No
9. Did participants actively participate in the sessions? Yes  No
10. Did we provide inspiration and motivation? Yes  No
11. Was the facility adequate? Yes  No   
If not, what was lacking? \_\_\_\_\_
12. Was the room arrangement satisfactory? Yes  No   
If not, how can we improve? \_\_\_\_\_
13. Do you feel your session(s) went well? Yes  No
14. What changes would you like to see for the next Outdoor Leader Skills course?  
\_\_\_\_\_
15. Did you have fun doing this training? Yes  No
16. Were you able to attend the staff meeting(s)? Yes  No
17. Are there any additional comments you would like to make? \_\_\_\_\_  
\_\_\_\_\_

Thank You!

# NOTES

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# SCOUT OATH

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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.

# SCOUT LAW

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

