



Station 1B – First Aid

- | | |
|----------|---|
| <p>★</p> | <p>1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.</p> |
| | <p>2. Explain what you should do if you encounter someone in need of first aid.</p> |
| | <p>3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.</p> |
| | <p>4. Demonstrate how to help a choking victim.</p> |
| | <p>5. Demonstrate how to treat shock.</p> |
| | <p>6. Demonstrate how to treat the following: cuts & scratches, burns & scalds, bites & stings or insects & animals, & nosebleeds.</p> |
| <p>#</p> | <p>7. Make a personal first aid kit. Demonstrate the proper use of each item.</p> |

*Do this with your den



Station 2B – Into The Woods

1. Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.
2. Determine if your tree is deciduous or evergreen.
3. Determine if your tree is native or was introduced to your area.
4. Find out how your tree deals with wildfire.
5. Learn how wildlife uses your tree.

Station 3B – Knife Safety



- _____ 1. Read, understand, and promise to follow the Cub Scout Knife Safety rules.
- _____ 2. Demonstrate the knife safety circle.
- _____ 3. Demonstrate that you know how to care for & use a kitchen knife safely.
- * _____ 4. Demonstrate the proper use of a pocketknife to make a useful object on a campout.
- _____ 5. Choose the correct cooking knife, & demonstrate how to properly slice, chop, & mince.
- _____

*Do this with your den

Station 4B - Into The Wild



- _____ 1. Visit a place with a variety of wild animals. Select 1 of the animals & observe its behavior. Use your selected animal to complete the remaining requirements.
- * _____ 2. Create a model of your animal's ecosystem.
- _____ 3. Investigate how your animal coexists with other animals in the wild.
- _____ 4. Describe how humans interact with your animal's ecosystem.
- _____ 5. Discover how wildlife management benefits your animal.
- _____

* Do this with your den

Station 5B – High Tech Outdoors



- _____ 1. With an adult, use a weather app to see the forecast for your outdoor adventure & discuss any preparation needed to accommodate the weather.
- _____ 2. With an adult, find a knot-tying app. Select 1 knot to learn & tie it using the app.
- _____

- _____ 3. Discuss how technology has improved camping gear.
- _____ 4. Think of a way technology can improve the camping gear that you used on one of your adventures.

Station 6B - Estimations



- _____ 1. Estimate food measurements.
- _____ 2. Estimate the time of day.
- _____ 3. Estimate the height of a distant object.
- _____ 4. Estimate the distance between 2 points

Station 7B - Outdoor Adventurer



- _____ 1. Learn about the Scout Basic Essentials.
- _____ 2. Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.
- _____ 3. Review the four points of Scouting America's SAFE Checklist and how you will apply them. on the campout.
- _____ 4. Locate the campsite where you will be camping on a map.
- * _____ 5. With your patrol or a Scouting America troop, participate in a campout.
- & _____ 6. Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.

* Do this with your den

&we will discuss site selection but complete with your den