

WEBELO's out-back  
2019

### **Cast Iron Chef**

1. At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire. After allowing flames to burn safely, safely extinguish the flames with minimal impact to the fire state
2. Do at home
3. Do at home
4. Prepare a balanced meal for you den or family; utilize one of the methods below for preparation of part of your meal;
  - a. Camp stove, Dutch oven, Box oven, Solar oven, Open campfire or Charcoal
5. Demonstrate an understanding of food safety practices while preparing the meal

### **First Responder**

1. Explain what first aid is. Tell what you should do after an accident
2. Show what to do for the hurry cases of first aid
  - a. Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
3. Show how to help a choking victim
4. Show how to treat for shock
5. Demonstrate that you know how to treat the following:
  - a. Cuts and scratches, burns and scalds, sunburns, blisters on the hand and foot, tick bites, bites and stings of other insects, venomous snakebite, nosebleed, frostbite.
6. Put together a simple home first aid kit. Explain what you included and how to use each item correctly.
7. Do at home
8. Visit with first responder

### **Stronger, Faster, Higher**

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results
  - a. 20-yard dash, Vertical Jump, Lifting a 5-lbs weight, Push-Ups, Curls, Jumping Rope.
3. Do at home
4. Do at home
5. With adult guidance, lead younger scouts in a fitness game or games as a gathering activity for a pack or den meeting,.
6. Try a new sport you have never tried before.

### **Webelos Walkabout**

1. Create a hike plan
2. Assemble a hiking first-aid kit (done during First Responder)
3. Describe and identify from photos any poisonous plants and dangerous animals you might encounter on your hike.
4. Before your hike, plan and prepare a nutritious lunch, enjoy it on your hike and clean up afterward.

5. Recite the Outdoor code and Leave No Trace Principles from kids memory. Talk about how you can demonstrate them on your Webelos Adventure.
6. With your Webelos den hike 3 miles.
7. Complete a service project on or near hike location (have steve come up with service project)
8. Perform one of the following leadership roles during your hike: Trail leader, first-aid leader, lunch lead, or service project leader.

#### **AOL Building a Better World**

1. Explain the history of the United States flag. Show how to properly display the flag in public, and help lead a flag ceremony.  
2-10. Do at home

#### **AOL Camper**

1. Plan and conduct a campout. - give them resources of things to plan.
2. On arrival at the campout, with your den and den leader for family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.
3. Once your tents are set up, discuss with your den what actions you should take in the case of the following extreme weather events with could require you to evacuate.
  - a. Severe rainstorm causing flooding, severe thunderstorm with lightning or tornadoes, Fire, earthquake, or other disaster that will require evacuation.  
Discuss what you have done to minimize as much danger as possible.
4. On a pack campout, work with your den leader or another adult to plan a campfire program with the other dens .Your campfire program should include an impressive opening, songs, skits, a Cubmaster's minute, an an inspiration closing ceremony.
5. Show how to tie a bowline. Explain when this knot should be used and why, Teach it to another scout who is not a Webelos Scout.
6. Do at home
7. Recite the outdoor code and Leave No Trace Principles from kids memory (doing during Webelos Walkabout)

#### **AOL Scouting Adventure**

1. Prepare yourself to become a Boy Scout by completing all of the items below:
  - a. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian.
  - b. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, scout motto, and Scout Slogan.
  - c. Give the boy scout sign, salute, and handshake. Explain when they should be used.
  - d. Describe the First Class Scout Badge, and tell what each part stands for. Explain the significance of the First Class Scout badge.
  - e. Repeat from memory the Outdoor Code. In your own words, Explain what the outdoor Code means to you.

- f. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.
2. Do at home
3. Do at home
4. Do at home
5. Do the following:
  - a. Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
  - b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
6. Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip Card.

## **Electives**

### **Webelos/ AOL Art Explosion**

1. Do at home
2. Create two self-portraits using two different techniques, such as drawing, painting, printmaking, sculpture, and computer illustration.
3. Do two of the following:
  - a. Draw or paint an original picture outdoors, using the art materials of your choice.
  - b. Create a freestanding sculpture or mobile using wood, metal, papier-mache, or found or recycled objects.
4. Create a hard-copy or digital portfolio of your projects. Share it with your family and members of your den or pack. - set up art at welcome center for all to see during check out.

### **Webelos/ AOL Aware and Care**

1. Develop an awareness of the challenges of the blind through participation in an activity that stimulates blindness. - landmine game
2. Participate in an activity that stimulates severe visual impairment, but not blindness.
3. Participate in an activity that stimulates the challenges of being deaf or hard of hearing.
  - a. Ear plugs, play watch your mouth.
4. Engage in an activity that stimulates mobility impairment
5. Engage in an activity that stimulates dexterity impairment
  - a. Painting with your mouth
6. With your den, participate in an activity that focuses on the acceptance of differences in general.
7. Do two of the following:
  - a. Using American Sign Language, sign the Scout Oath
  - b. Do second at home.

### **Webelos/ AOL Into the Woods**

1. Identify two different groups of trees and the parts of trees
2. Identify six trees common to the area where you live. Tell whether they are native to your area. Tell how both wildlife and humans use them.

3. Identify six plants common to the area where you live. Tell which animals use them and for what purpose.
4. Visit a nature center, nursery, tree farm, or park, and speak with someone knowledgeable about trees and plants that are native to your area. Explain how plants and trees are important to our ecosystem and how they improve our environment.
5. Develop a plan to care for and then plant at least one plant or tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.
6. Make a list of items in your home that are made from wood and share it with your den. Or with your den, take a walk and identify useful things made from wood.
7. Explain how the growth rings of a tree trunk tell its life story. Describe different types of tree bark and explain what the bark does for the tree.

9 AM

Breakout into "Parols", plan the hike and prepare your "hike meal"

9:30 AM

**Webelos Walkabout**

During Webelos Walkabout complete the Webelos Walkabout requirements

**First Responder** - Visit with first responder during lunch

**AOL Scouting Adventure**

12:30 PM (or whenever hike is finished)

Begin lunch preparations

**Cast Iron Chef**

**Stronger, Faster, Higher**

Visit with first responder

2:00 PM

**Lead game session**

3:15 PM

**Webelos/ AOL Into the Woods** - at nature center with Steve

4:30 PM

**Webelos/ AOL Art Explosion** - at pavillion

7:00 PM

**AOL Camper**

