



Into the Woods - Program Guide

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NOTE - The links we have provided on each station requirement correspond with the materials we have made available at each designated station. We also have provided QR codes for quick reference guides.

Contact Information

Amanda McGuire

dwcaolwoods@gmail.com



Outdoor Adventurer

A troop that chooses this station will have to have AOL Scouts complete the following requirements. The Troop may choose to deliver the lesson / materials in a creative way. In questioning if the scout completed the requirement, ask did the scout do it to the best of their ability? If yes, then a Scout BSA can sign off the requirement, if the BSA scout does not believe so, then ask the AOL to complete the task again or give further explanation. Included below is a link to the Scouting America site for ideas on how to deliver each requirement:

Requirement #1 [Scout Basic Essentials | Scouting America](#)

Requirement #2 [Troop Shakedown | Scouting America](#)

Requirement #4 [Paper Map | Scouting America](#)

Requirement #5 Camp with a Troop

Requirement #6 [Campsite Setup | Scouting America](#)

Requirement #7 [Safe Food Handling and Clean Up | Scouting America](#)

Requirement #8 Outdoor Code & Leave No Trace Principles

Location: Scoutcraft

Time frame: 45 minutes

The requirements that need to be covered in this station:

1. Explain and show with example what the Scout Basic Essentials are.
2. Show how to properly pack for an overnight campout and how to carry your gear.
3. (not covered)
4. Learn how to locate camping locations. A map of Hidden Valley will be provided.
5. Use tinder, kindling, and fuel wood to demonstrate how to build a fire under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.
6. This will be completed by the AOL's assisting in campsite set-up, leaders can sign off on this requirement.
7. Learn safe food handling and cleanup.
8. Explain what the Outdoor Code and the Leave No Trace Principles means.
ITW will provide cards for scouts with Outdoor Code & Principals printed on them.

Requirements Offered:

This station covers AOL Outdoor Adventurer requirements 1, 2, 4, 7, & 8
Requirements 5 & 6 can be covered by the scout at the campsite.



First Aid

A troop that chooses this station will have to have AOL Scouts complete the following requirements. The Troop may choose to deliver the lesson / materials in a creative way. In questioning if the scout completed the requirement, ask did the scout do it to the best of their ability? If yes, then a Scout BSA can sign off the requirement, if the BSA scout does not believe so, then ask the AOL to complete the task again or give further explanation.

Included below is a link to the Scouting America site for ideas on how to deliver each requirement:

Requirement #2 [First Aid First Response | Scouting America](#)

Requirement #3 ["Hurry" Cases | Scouting America](#)

Requirement #4 [Obstructed Airway Maneuver | Scouting America](#)

Requirement #5 [Shock First Aid | Scouting America](#)

Requirement #6 [Common First Aid Practices | Scouting America](#)

Requirement #7 ITW Staff will provide necessary kit for scouts.

Location: Handicraft Pavilion left of Carter Lodge

Time frame: 45 Minutes

The requirements that need to be covered in this station:

1. What should you do when you encounter someone in need of First Aid?

- a. Check, Calm, Call Care

2. Show what to do for the hurry cases of first aid & have scouts complete the Emergency Contact List

ITW Staff will provide printed copies of the Emergency Contact List form.

- a. Serious bleeding
- b. Heart attack or sudden cardiac arrest
- c. Stopped breathing
- d. Stroke
- e. Poisoning

3. Show how to help a choking victim.

4. Show how to treat for shock.

5. Demonstrate how to treat at least five of the following:

- a. Cuts and scratches
- b. Burns and scalds
- c. Sunburn
- d. Blisters on the hand or foot
- e. Tick bites
- f. Bites and stings of other insects
- g. Venomous snakebite
- h. Nosebleed
- i. Frostbite

First Aid - continued

6. Make a First Aid Kit (Starter kits will be provided with a list of what a complete should include)

Requirements Offered:

This station covers AOL First Aid requirements 2, 3, 4, 5, 6, 7



Duty to God

Sunday Only Interfaith Service

This adventure will be conducted by the staff of Into the Woods. By participating in the Interfaith Service the Scout will have met the requirement of listening to a representative of a faith based organization who provides a service to people in crisis, regardless of faith.

Location: Council Ring

Time frame: 30 Minutes

The requirement that needs to be covered in this service:

Attendance

Requirements Offered:

This Interfaith Service covers AOL Duty to God requirement 2

Please see any Into the Woods Staff member to get your passport signed off as you depart from the service.



Personal Fitness

Sunday Only Hike

This adventure will be led by the staff of Into the Woods. By participating in the Hike the Scout will have met the requirement of being active for 30 minutes.

Location: Meet in field between admin building and Trading post

Time frame: 1 hour

The requirement that needs to be covered in this station:

Attend the Sunday hike.

1. Join the Into the Woods Staff and all other scouts in a hike around Lake Eileen on Sunday at 9:00 AM. Be sure to review the map below, check everyone has their day pack with scout essentials.

Requirements Offered:

Requirement 1 can be met at campsite by having scouts assist in preparing meals.

Leaders can sign off on this requirement after scout completes requirement

Requirement 3 will be met by attending the Sunday Hike.

Please see any Into the Woods Staff to get your passport signed off as you complete the hike.

HIDDEN VALLEY SCOUT CAMP

GRISWOLD SCOUT RESERVATION



254 GRISWOLD LANE
GILMANTON IRONWORKS
NEW HAMPSHIRE 03837



KEY

- CAMPSITE
- BUILDING
- PRIMARY DIRT ROAD
- ACCESS ROAD
AUTHORIZED VEHICLES ONLY
- HIKING TRAILS
- PROGRAM AREA

OWNED & OPERATED BY:
DANIEL WEBSTER COUNCIL
BOY SCOUTS OF AMERICA

FOR MORE INFORMATION, VISIT:
<https://nhscouting.org/outdoor-programs/>

V1.0



Into the Woods

A troop that chooses this station will have AOL Scouts complete the following requirements. The Troop may choose to deliver the lesson / materials in a creative way. In questioning if the scout completed the requirement, ask did the scout do it to the best of their ability? If yes, then a Scout BSA can sign off the requirement, if the BSA scout does not believe so, then ask the AOL to complete the task again or give further explanation.

Included below is a link to the Scouting America site for ideas on how to deliver each requirement:

Requirement #1 [Tree Inventory | Scouting America](#)

Requirement #2 [Leaf Rubbing | Scouting America](#)

Requirement #3 [Native, Introduced, Or Invasive | Scouting America](#)

Requirement #4 [Burning Questions | Scouting America](#)

Requirement #5 [Trees As Habitats | Scouting America](#)

Location: Ecology

Time frame: 30-45 Minutes

The requirements that need to be covered in this station:

1. Provide scouts with variety types of trees
2. Have Scouts determine if the tree they selected is deciduous or evergreen.
3. Ask Scouts to determine if the tree they selected is native or introduced to the area.
4. Find out how different trees deal with wildfire.
5. Learn how wildlife uses the selected tree.

Requirements Offered:

This station covers AOL Into the Woods requirements 1, 2, 3, 4, & 5



Knife Safety

A troop that chooses this station will have AOL Scouts complete the following requirements. The Troop may choose to deliver the lesson / materials in a creative way. In questioning if the scout completed the requirement, ask did the scout do it to the best of their ability? If yes, then a Scout BSA can sign off the requirement, if the BSA scout does not believe so, then ask the AOL to complete the task again or give further explanation.

Included below is a link to the Scouting America site for ideas on how to deliver each requirement

Requirement #1 [Knife Safety Rules Word Search | Scouting America](#)

Requirement #2 [AOL Knife Safety Circle | Scouting America](#)

Requirement #3 [AOL Pocketknife Sharpening Practice | Scouting America](#)

Requirement #4 [Walk Softly and Carry a Marshmallow Stick | Scouting America](#)

Requirement #5 [Fixing My Own Fruit | Scouting America](#)

Location: Trading Post (picnic tables)

Time frame: 45 minutes

The requirements that need to be covered in this station:

1. Review and have scouts demonstrate the Scout knife safety rules
 - a. **Stop** – make sure no one else is within arm's reach
 - b. **Away** – always cut away from your finger or other body parts
 - c. **Sharp** – a sharp, clean knife is a safe knife
 - d. **Store** – knives closed, in a sheath or knife block
2. Review and scouts demonstrate the knife safety circle.
3. Explain how scouts should care for and use a knife safely.
4. Have scouts demonstrate how to properly use a pocketknife.
5. Practice cutting fruits and or vegetables

Requirements Offered:

This station covers AOL Knife Safety requirements 1, 2, 3, 4, & 5



Estimations

A troop that chooses this station will have AOL Scouts complete the following requirements. The Troop may choose to deliver the lesson / materials in a creative way. In questioning if the scout completed the requirement, ask did the scout do it to the best of their ability? If yes, then a Scout BSA can sign off the requirement, if the BSA scout does not believe so, then ask the AOL to complete the task again or give further explanation.

Included below is a link to the Scouting America site for ideas on how to deliver each requirement:

Requirement #1 [Size it Up! | Scouting America](#)

Requirement #2 [Hands of Time | Scouting America](#)

Requirement #3 [Stick Method | Scouting America](#)

Requirement #4 [Going the Distance | Scouting America](#)

Location: Ecology

Time frame:

The requirements that need to be covered in this station:

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

Requirements Offered:

This station covers AOL Estimations requirements 1, 2, 3 & 4



Knot Tying

The Into the Woods Staff acknowledges that this is not officially a Cub Scout adventure, but believes this is an essential outdoor skill, promotes problem solving, teaches patience and focus and helps them to connect to a scouting tradition.

A troop that chooses this station will have to have AOL Scouts complete 2 of the following knots. The Troop may choose to deliver the lesson / materials in a creative way.

ITW will provide rope and whipping supplies .QR Codes below provide visual instruction.

Location: Field between admin building and Trading post

Time frame: 30 Minutes

Suggested Ideas for knot tying and their uses:

1. **Square Knot** - Commonly used for tying bandages or securing non weight bearing parcel.



2. **Half Hitch** - Securing tents/tarps and/or hanging clothing lines.



3. **Taut-line** -Free sliding knot used for hanging hammocks or securing loads to vehicles to allow for adjustment.



Knot Tying - continued

4. **Sheet Bend** - Securing critical loads or connecting two ropes/lines together.



5. **Bowline** - Tying a line around a post, tree or yourself or used as a grip to pull or rescue someone.



6. **Clove Hitch** - Starting or ending lashings, affixing objects like a carabiner to the midpoint of a rope, securing loose ends of a long rope.



Range and Target Activities

Special Elective Adventures

Location: Shooting Sports

Time frame: 60 Minutes



Archery

This station will be run by Into the Woods BSA trained Rangemasters

Please see one of the Rangemasters to get your passport signed off as you leave the range.



BB Gun

This station will be run by Into the Woods BSA trained Rangemasters

Please see one of the Rangemasters to get your passport signed off as you leave the range.

Game – Gaga Ball

Location: Field to the right of Gilbert. [Click here for rules](#)

The requirements that need to be covered in this station:

- 1) Explain rules They are on the Drive
- 2) Run Games of GAGA Ball
- 3) Maintain rules and safety



GAGA Pit and Balls provided by ITW

Game – Jello Obstacle

Location: Parade field

The requirements that need to be covered in this station:

- 1) Explain rules
- 2) Run game
- 3) Maintain rules and safety

Jello and Spoons supplied by ITW

Game – Broomball

Location: Field to the left of Gilbert [Click here for rules](#)

The requirements that need to be covered in this station:

- 1) Explain rules They are on the Drive
- 2) Run game
- 3) Maintain rules and safety

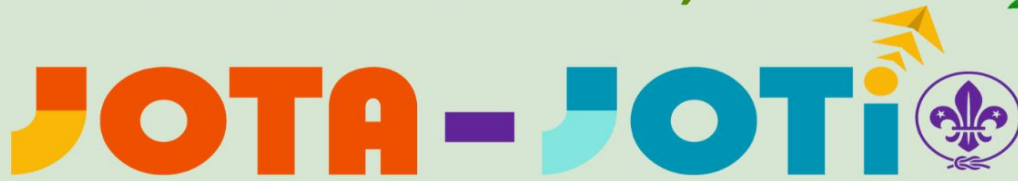


Brooms and Balls supplied by ITW

The Into the Woods Staff has teamed up with JOTA-JOTI and its local radio operators to bring you this opportunity to experience a global event that scouts from around the world will be participating in. AOL scouts will have access to this while stations are open and throughout the weekend. BSA Troops will also have access when stations are not open.

INTO THE WOODS

OCTOBER 17-19, 2025



Have you ever wondered what Scouting was like in another country?

**Want to learn the basics of amateur short-wave radio operation?
Jamboree On The Air is for YOU!**

This annual event brings Scouts from across the globe together by way of amateur radio. It just so happens JOTA is the same weekend as Into The Woods! Come visit us and learn about Scouting around the world!

**FOR MORE INFORMATION
ON JOTA AND
INTERNATIONAL SCOUTING
CONTACT:**

**SCOUTERROB1987@GMAIL.
COM**



**FOR INTO THE
WOODS
INFORMATION
CONTACT:**

**DWCAOLWOODS@
GMAIL.COM**



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