



Three Rivers District Gold Rush - Leader Guide

Saturday, September 27, 2025

Camp Yaw Paw

Event Time: 9:00 AM – 3:00 PM

Welcome!

Welcome to the 2025 Three Rivers District Gold Rush! This high-energy event brings together Cub Scout Packs from across the district for a day inspired by the adventurous spirit of the Old West and the Gold Rush era. Teams of Cub Scouts will visit themed 'towns' to complete fun, skill-based challenges, earning 'gold nuggets' along the way.

Event Schedule

7:30 AM – 8:30 AM:	Town Set-Up (for station hosts)
8:30 AM – 9:00 AM:	Pack Check-In
9:00 AM – 9:15 AM:	Opening Ceremony
9:15 AM – 11:45 AM:	Gold Rush Activities
11:45 AM – 12:30 PM:	Lunch Break
12:30 PM – 2:30 PM:	Gold Rush Continues
2:30 PM – 2:45 PM:	Tally and Awards
2:45 PM – 3:00 PM:	Closing Ceremony and Dismissal

Participation Guidelines

Each Pack may form one or more expedition teams of 6–12 Cub Scouts. A mix of ages is encouraged but not required. Each team must:

- Be accompanied by at least two adults (following Scouting America two-deep leadership rules).
- Bring a decorated Conestoga-style wagon to carry supplies and gear.
- Rotate through stations (towns), where they will complete activities and earn gold nuggets.
- Work together, have fun, and DO THEIR BEST!

Conestoga Wagons

Each team must bring a wagon. Little red wagons creatively decorated to fit the Gold Rush theme are perfect! Prizes will be awarded for Most Original Wagon.

Hosting a Town

Packs, Troops, or Crews hosting a town (activity station) should:

- Check in by 7:30 AM to set up.
- Prepare a themed, age-appropriate challenge (recommendations provided in this guide)
- Staff the station with at least 2 adults.
- Dress in theme, decorate your area, and bring energy!
- Score each team 1–5 gold nuggets using provided criteria.

Safety and Youth Protection

All adults must have current Youth Protection Training and be registered leaders with Northern New Jersey Council. Two-deep leadership is required at all times. The buddy system must be used by all Scouts. Please ensure all Scouts stay hydrated and wear closed-toe shoes. No running between stations.

What to Bring

- Conestoga Wagon
- Scout uniforms or themed costumes
- Daypack with water, snacks, sunscreen
- Camp chairs or blanket for lunch break
- Enthusiasm and Scout Spirit!

Awards

- Top 3 Teams (most gold nuggets)
- Most Original Wagon
- Most Thematic Town
- Cub Scouts' Favorite Town

Gold Rush Station Scoring Rubric (Total: 10 Points Per Station)

Category	Description	Points
Participation & Effort	Did the team actively participate and try their best in the activity?	0–3 pts
Teamwork	Did the Scouts work together well and support each other during the task?	0–2 pts
Skill or Knowledge	Did the team show understanding or skill in the activity's objective?	0–3 pts
Scout Spirit	Did the team show enthusiasm, respect, and positive attitude?	0–2 pts
TOTAL		/10 pts

Notes for Station Mayors:

- Most teams should score between **6 and 9 points**.
- Only teams that go above and beyond (in skill or cooperation) should score a **10**.
- A **score below 5** is rare and typically reserved for teams that didn't try or were disrespectful.
- Feel free to write quick feedback or a fun comment on your scoring sheet to keep things light and memorable!

Contact

For more information, contact the Three Rivers District event team or your Pack's Gold Rush coordinator.

Station Task List

1. Six Essentials Station

Theme: “Prospector’s Packing Post”

Objective: Teach the Six Cub Scout Essentials for a day hike.

Tasks:

- Prepare a poster or visual showing the Six Essentials.
 - Gather examples of each item (water bottle, flashlight, first-aid kit, whistle, trail food, sun protection).
 - Create a matching or relay game where Cubs race to “pack” a bag with the correct items.
 - Optional: Include a quiz for older Cubs or display wrong items as red herrings.
 - Bring bins or backpacks for activity setup.
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2. Leave No Trace / Outdoor Ethics Station

Theme: “Cowboy Campout”

Objective: Teach basic outdoor ethics and the Leave No Trace principles.

Tasks:

- Create signs or visuals for each LNT principle (age-appropriate, such as “Trash your trash,” “Respect wildlife”).
 - Plan a game (e.g., sort items into trash, recyclable, or pack-out).
 - Set up a “Camp Scene” with staged LNT violations for Scouts to find.
 - Include a quick discussion or skit for each group.
 - Bring cleanup gear and props.
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3. Knot Tying Station

Theme: “Rattlesnake Ropes Ranch”

Objective: Teach basic knots like square knot, two half-hitches, and bowline.

Tasks:

- Cut and bring enough ropes for all participants (practice and demo ropes).
 - Make visual knot-tying guides or bring a knot board.
 - Set up challenges (e.g., tie a knot to “rescue” a stuffed animal or tie down a “wagon load”).
 - Include time for Scouts to practice hands-on.
 - Staff should be familiar with each knot and how to teach it clearly.
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4. Map and Compass Station

Theme: “Explorer’s Outpost”

Objective: Introduce compass skills and map basics.

Tasks:

- Bring compasses (enough for pairs) and simple maps.
 - Set up a basic compass course or scavenger hunt with bearings.
 - Teach how to orient a map and find directions.
 - Create a mini-challenge (e.g., "Find the hidden gold stash" using bearings).
 - Include simple map symbols or legend activity.
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5. Team Building Station

Theme: “Camp Cooperation”

Objective: Promote teamwork through a fun activity or challenge.

Tasks:

- Choose team challenges (e.g., human knot, crossing lava with “stepping stones,” or cup stacking with string and rubber bands).
 - Set up materials and space with safety in mind.
 - Have leaders explain and debrief after each game.
 - Emphasize communication and Scout spirit.
 - Bring extra challenges in case of fast-moving groups.
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6. Basic First Aid Station

Theme: “Doc Scout’s Clinic”

Objective: Teach basic first aid (cuts, bites, sprains, 911 basics).

Tasks:

- Prepare demo materials (bandages, triangle slings, gloves, etc.).
 - Create practice stations (e.g., wrapping an “injured” arm, calling 911 scenario).
 - Include posters or handouts with key first aid tips.
 - Optional: Use fake wounds or role-playing for fun realism.
 - Emphasize staying calm and asking for help.
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7. Flag Etiquette Station

Theme: “Old Glory Corral”

Objective: Teach flag handling, folding, and respect.

Tasks:

- Bring U.S. and Pack flags, flagpole (or makeshift), and folding table.
 - Demonstrate how to raise, lower, and fold the flag correctly.
 - Teach respect rules (no dragging, touching ground, etc.).
 - Let Scouts fold the flag in teams and explain why each fold matters.
 - Optional: Include a quiz or discussion on what the flag symbolizes.
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8. Plant Identification Station

Theme: “Botany Bluff”

Objective: Teach Scouts to recognize common plants (focus on local and safe examples).

Tasks:

- Bring plant samples (or pictures if live plants aren't available) with ID cards.
 - Include both helpful (e.g., poison ivy, oak) and safe native plants.
 - Set up a matching game or ID scavenger hunt.
 - Optional: Have magnifying glasses, leaf rubbings, or mini field guides.
 - Emphasize “look, don’t touch” and safety.
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9. Champions for Nature Station

Theme: “Greenhorn Gulch”

Objective: Help Scouts understand conservation, environmental responsibility, and how they can be stewards of nature.

Tasks:

1. Conservation Scavenger Hunt or Relay Game

- Scouts identify items and actions that help or harm the environment (e.g., recycling, composting, littering, planting trees).
- Use cards or props representing various conservation practices and have Scouts sort or race to match them to “Good” or “Not Good” areas.

2. Nature Pledge

- Have Scouts write or recite a simple pledge about one thing they’ll do to help protect nature (e.g., pick up trash, save water, plant something).
- Provide leaf cutouts to write their pledges on and display on a “Scout Forest” poster board.

3. Discussion Circle (Short & Fun!)

- Ask: What can we do at home or in our Pack to help nature?

- Include visuals or photos of local ecosystems, recycling practices, or endangered animals.

Annex A: Cub Scout Adventure Alignment

The selected **Cub Scout Gold Rush stations** align well with the **2024 Cub Scout Adventures Program** requirements for Wolf, Bear, and Webelos Scouts. Here's how each station supports the updated adventure requirements:

1. Six Essentials Station

Objective: Teach the Six Cub Scout Essentials for a day hike.

- **Wolf Scouts:**
 - *Paws on the Path Adventure:*
 - **Requirement 1:** Show what to do to be prepared for a hike.
 - **Requirement 2:** Identify and demonstrate the Cub Scout Six Essentials.
 - **Bear Scouts:**
 - *Bear Habitat Adventure:*
 - **Requirement 1:** Assemble the Cub Scout Six Essentials for a hike.
 - **Webelos Scouts:**
 - *Webelos Walkabout Adventure:*
 - **Requirement 1:** Plan a hike or outdoor activity.
 - **Requirement 2:** Assemble a personal first-aid kit.
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2. Leave No Trace / Outdoor Ethics Station

Objective: Teach basic outdoor ethics and the Leave No Trace principles.

- **Wolf Scouts:**
 - *Paws on the Path Adventure:*
 - **Requirement 3:** Recite the Outdoor Code and Leave No Trace Principles for Kids.
 - **Bear Scouts:**
 - *Bear Habitat Adventure:*
 - **Requirement 5:** Discuss the Leave No Trace principles.
 - **Webelos Scouts:**
 - *Webelos Walkabout Adventure:*
 - **Requirement 4:** Recite the Outdoor Code and Leave No Trace Principles for Kids from memory.
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3. Knot Tying Station

Objective: Teach basic knots like square knot, two half-hitches, and bowline.

- **Bear Scouts:**
 - *Bear Claws Adventure:*
 - **Requirement 5:** Learn and practice the square knot, two half-hitches, and taut-line hitch.
 - **Webelos Scouts:**
 - *Scouting Adventure:*
 - **Requirement 5:** Demonstrate tying the square knot, two half-hitches, and taut-line hitch.
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4. Map and Compass Station

Objective: Introduce compass skills and map basics.

- **Wolf Scouts:**
 - *Paws on the Path Adventure:*
 - **Requirement 5:** Demonstrate using a map and compass.
 - **Webelos Scouts:**
 - *Webelos Walkabout Adventure:*
 - **Requirement 3:** Use a map and compass to plan a hike.
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5. Team Building Station

Objective: Promote teamwork through fun activities or challenges.

- **Wolf Scouts:**
 - *Running with the Pack Adventure:*
 - **Requirement 4:** Play a game that requires teamwork.
 - **Bear Scouts:**
 - *Grin and Bear It Adventure:*
 - **Requirement 1:** Play a team game with your den.
 - **Webelos Scouts:**
 - *Stronger, Faster, Higher Adventure:*
 - **Requirement 5:** Demonstrate teamwork in physical activities.
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6. Basic First Aid Station

Objective: Teach basic first aid (cuts, bites, sprains, 911 basics).

- **Wolf Scouts:**
 - *Call of the Wild Adventure:*
 - **Requirement 3:** Show how to tie an overhand knot and a square knot.
 - **Bear Scouts:**
 - *First Aid Meets Adventure:*
 - **Requirement 1:** Demonstrate basic first-aid skills.
 - **Webelos Scouts:**
 - *First Responder Adventure:*
 - **Requirement 1:** Explain what first aid is and why it is important.
 - **Requirement 2:** Show what to do for first-degree burns, cuts, and scratches.
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7. Flag Etiquette Station

Objective: Teach flag handling, folding, and respect.

- **Wolf Scouts:**
 - *Council Fire Adventure:*
 - **Requirement 1:** Participate in a flag ceremony.
- **Bear Scouts:**
 - *Paws for Action Adventure:*

- **Requirement 1:** Demonstrate how to properly fold and display the flag.
 - **Webelos Scouts:**
 - *Building a Better World Adventure:*
 - **Requirement 1:** Explain the rights and duties of a citizen and demonstrate respect for the flag.
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8. Plant Identification Station

Objective: Teach Scouts to recognize common plants, focusing on local and safe examples.

- **Wolf Scouts:**
 - *Paws on the Path Adventure:*
 - **Requirement 6:** Identify two different types of plants.
- **Bear Scouts:**
 - *Fur, Feathers, and Ferns Adventure:*
 - **Requirement 5:** Identify six signs of animals and plants.
- **Webelos Scouts:**
 - *Into the Wild Adventure:*
 - **Requirement 6:** Identify two poisonous plants and explain how to treat exposure to them.

9. Champions for Nature Station

Objective: Help Scouts understand conservation, environmental responsibility, and how they can be stewards of nature.

- **Wolf Scouts:**
 - **Requirement 1:** With your den, talk about how you can care for nature.
 - **Requirement 2:** Complete a project or activity to show how you are a champion for nature.
 - **Bear Scouts:**
 - **Requirement 1:** Learn about ways you can protect the environment.
 - **Requirement 2:** Participate in a conservation or cleanup project.
 - **Requirement 3:** Talk about your role in caring for the planet.
 - **Webelos Scouts:**
 - **Requirement 1:** Describe how living things depend on one another in an ecosystem.
 - **Requirement 2:** Complete a conservation project or outdoor activity to help the environment.
 - **Requirement 3:** Identify three ways you can protect natural resources.
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By participating in these stations, Scouts can actively work towards completing these adventure requirements in an engaging and hands-on environment.

Annex B. Materials List for Towns

Six Essentials Station

- Backpack or duffle bag
 - Labeled bins or containers
 - Correct Six Essentials:
 - First aid kit
 - Filled water bottle
 - Whistle
 - Flashlight (with batteries)
 - Trail snack
 - Sun protection (hat, sunscreen)
 - Incorrect/funny gear (e.g., toys, game controller)
 - Timer or stopwatch
 - Optional: printed cards for “Pack This, Not That” game
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Leave No Trace / Outdoor Ethics Station

- LNT Principle signs or posters
 - Mini campsite props: trash, wrappers, broken branches, etc.
 - “Violation” checklist sheets or clipboards
 - Bingo cards or sorting sheets
 - Pencils/pens
 - Optional: natural props, fake animal tracks, decorations
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Knot Tying Station

- Ropes (3–6 ft per Scout, extras recommended)
 - Knot boards or printed guides
 - Soft toy (e.g., teddy bear for rescue scenario)
 - Poles or dowels for hitches
 - Timer or stopwatch
 - Tables or tying surfaces
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Map and Compass Station

- Compasses (1 per 2–3 Scouts)
- Printed maps with bearings and landmarks
- “Gold nugget” tokens or hidden items
- Cones/flags to mark bearings

- Puzzle cards or laminated clues
 - Answer sheets + pencils
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Team Building Station

- “Stepping stones” (cardboard squares, foam mats)
 - Large tarp or sheet for tarp flip
 - Rope/cones for boundary setup
 - Optional: blindfolds for trust games
 - Whistle and score sheets
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Basic First Aid Station

- First aid supplies: bandages, gauze, slings, tape, gloves
 - Ice packs (real or simulated)
 - Scenario/injury role-play cards
 - Props: dolls or volunteers
 - Hand sanitizer
 - Optional: CPR dummy or diagrams
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Flag Etiquette Station

- U.S. flag (foldable or display size)
 - Flagpole or makeshift pole setup
 - Table for folding demonstrations
 - Diagram of flag folds
 - Flag etiquette quiz sheets
 - Optional: portable speaker (bugle call or anthem)
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Plant Identification Station

- Leaf/plant ID cards (laminated)
 - Real or artificial plant/leaf samples
 - Challenge sheets and clipboards
 - Leaf rubbing paper + crayons
 - Number markers or signs for trail setup
 - Optional: magnifying glasses or field guides
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Champions for Nature Station

- Posters or visual aids showing conservation examples
- “Scout Forest” board or banner for leaf pledges
- Paper leaf cutouts and markers
- “Good vs. Not Good” cards (for sorting game)
- Sorting bins or table sections
- Nature/conservation trivia or matching cards
- Optional: globe or nature map, pledge display board