AOL Outdoor Adventurer

Supplies

Troop Provided	District Provided	Cub Scout Provided
Scout Basic Essentials 3" x 5" index card with the word "pocketknife" written on it Rain gear Trail food Flashlight Extra clothing First aid Kit Sun protection Compass and/or map Fire starter and/or matches Water bottle Backpack	 Scout Basic Essentials found in Additional Resources Camping Gear Checklist found in Additional Resources BSA Safe Checklist Map of the campground Individual Campout Checklist for Pack Overnighter Writing instruments Blank paper 	Each AOL Scout [OR AT LEAST THE TROOP INSTRUCTOR] will need to bring what they would bring on a weekend camping trip including: • Scout Basic Essentials • Backpack • Sleeping Gear • Eating Kit • Cleanup Kit • Optional Personal Items
Other Outdoor Items that are not part of the Scout Basic Essentials Whistle Hiking boots Toothbrush Bug net Camp chair Tent		

AOL Outdoor Adventurer

Snapshot Of Adventure

There's nothing like the great outdoors. In this Adventure, you will plan and participate in a campout with your Arrow of Light patrol or a Scouts BSA troop. You'll learn how to pack, help plan using the BSA SAFE Checklist, set up camp, and discover how Scouts camp.

Requirement 1

Learn about the Scout Basic Essentials.

Select an Option	Option 1 - Scout Bas Backpac		Option 2 - Scouts BSA Visitor
Supplies	Essentials, 2 of each 3" x 5" index card with the word "pocketknife" written on it Rain gear Trail food Flashlight Extra clothing First aid Kit Sun protection Compass and/or map Fire starter and/or matches Ess	nistle king boots othbrush g net mp chair	 Pocketknife Rain Gear Trail Food Flashlight Extra clothing First-aid kit Sun protection Map and compass Matches and fire starters Water bottle Backpack
Before the Event	multitool could useful tool you Keep yours cleand secure, and secure, and secure, and one so heavy to your pants down carry a pocket Arrow of Light must first earn Safety Adventury you earned the Adventure as a Scout and/or the Knife Adventure Webelos. • Rain Gear. A prain parka can from light show heavy storms.	pocketknife or be the most can own. ean, sharp, and don't pick that it pulls wn. In order to knife as an Scout, you the Knife ure, even if whittling a Bear Cub he Chef's re as a concho or a protect you wers and It can also and help keep small bag of raisins and ble of energy	Become familiar with the Scout Basic Essentials

- when you get hungry on the trail. High energy foods are especially important if you are out longer than you had expected.
- Flashlight. An LED flashlight will cast a strong beam with just one or two AA batteries. LED headlamps are a good option, too, because they leave your hands free. Carry spare batteries in case you need them.
- Extra Clothing. Layers of clothing allow you to adjust what you wear to match the weather. During an afternoon hike, a jacket might provide all the extra warmth you need. On camping trips, bring along additional clothing to deal with changes in temperature.
- First-Aid Kit. Your patrol leader or a Scouts BSA troop leader will bring a group firstaid kit on most Scout trips, but you should also carry a few personal supplies to treat blisters, small cuts, and other minor injuries.
- Sun Protection. Guard your skin by applying a good sunscreen (SPF 30 or greater) and wear a broadbrimmed hat, sunglasses, and lip balm that contains sunscreen ingredients. Apply sunscreen 20 minutes before you hit the trail and every two hours after that — more often if you sweat a lot.
- Map and Compass. A map and a compass can show you the way in unfamiliar areas. Learn the basics, and then practice using a compass and a map when you're in the field.
- Matches and Fire Starters. With strike-anywhere matches, a butane lighter, or a ferro rod and striker, you can light a stove or kindle a fire in any weather. Protect matches and other fire starters from moisture by storing them in a self-sealing plastic bag or canister. Before you can use matches or fire starters you must first earn the Firem'n Chit. You may want to ask for help from your local Scouts BSA Troop. If you earn this certification as an Arrow of Light Scout, you will be required to earn it again in

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	Scouts BSA before you are permitted to use matches or fire starters in Scouts BSA. • Water Bottle. Always take along at least a 1-quart bottle filled with water. On long hikes, on hot days, in arid regions, and at high elevations, carry two bottles or more. 2. Identify a safe area free of obstacles to conduct the relay. 3. Place the supplies listed above into two separate piles at one end of the room. Each pile contains a single item from the supply list, this is a mix of items that are part of the Scout Basic Essentials and items that are not. Do not put a pocketknife in either pile, replace the pocketknife with the 3" x 5" index card that says "pocketknife". Since this is a relay race, you do not want to have anyone running with a knife. 4. Identify two adults to help, one for each team. Provide the Scout Basic Essentials list found in Additional Resources either by printing or online access.	
How to Run the Event	 Ask Cub Scouts to line up into two separate lines. Assign an adult to each team. Explain they will be doing a relay to find the Scout Basic Essentials. They are to run to the pile, select an item that is one of the essentials and return to their team. The adult will check to see if the item is one the list. If it is, next Cub Scout runs to the pile. If the item is not on the list, the Cub Scout returns the item to the pile and makes another choice. This continues until one team has all ten items. 	 Explain to Cub Scouts that they will be learning about the Scout Basic Essentials from a Scout BSA member. Introduce the Scouts BSA member. Ask the Scouts BSA member to pull each item from the backpack and pass it around to the Cub Scouts. Have Cub Scouts questions for each item. For example: Why is this item important? is this item also one of the Cub Scout Six Essentials? How is the item used? Remind Cub Scouts that they must first earn the Knife Safety Adventure before using a pocketknife. Once the join a Scouts BSA troop, they will need to earn the Totin' Chip. Share with Cub Scouts that to carry and use matches and fire starters, they must earn the Firem'n Chit after they joint a Scouts BSA troop.

Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.

	Troop Shakedown
Supplies	Camping Gear Checklist found in Additional Resources (PROVIDED BY DISTRICT) or the Arrow of Light handbook Pencil, one for each Cub Scout Each AOL Scout [OR AT LEAST THE TROOP INSTRUCTOR] will need to bring what they would bring on a weekend camping trip including: Scout Basic Essentials Backpack Sleeping Gear Eating Kit Cleanup Kit Optional Personal Items
Before the Event	Make sure you have gathered the items above for your Troop presentation
How to Run the Event	 Have Scouts BSA troop members review yours and each Cub Scout's camping gear and provide an explanation why each item is important to have. Encourage Cub Scouts to ask questions. Cub Scouts should use the Camping Gear Checklist to keep track of anything that should be added and things that can be removed. Ask Cub Scouts their thoughts. Did they have everything for the campout? How were the members of the troop helpful?

Requirement 3

Review the four points of the BSA SAFE Checklist and how you will apply them. on the campout.

	BSA SAFE Checklist
Supplies	 BSA Safe Checklist (PROVIDED BY DISTRICT) Pencils, one for each Cub Scout
Before the Event	Print Safe Checklist, one for each Cub Scout
How to Run the Event	 Lead a discussion with Cub Scouts and go over the points of the BSA Safe Checklist and each point pertains to the upcoming campout trip. Supervision Youth are supervised by qualified and trustworthy adults who set the example for safety. Possible questions: Who are the registered adult leaders supervising the camping trip? Is at least one of the adults BALOO trained? Assessment Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity. What activities will take place during the camping trip? What type of safety gear is needed? Have we reviewed the Guide to Safe Scouting to check on requirements for camping, tenting, and activities? Fitness and Skill Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely. Does everyone have completed a BSA Annual Health and Medical Record handed in? Equipment and Environment Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the

environment for changing conditions that could affect safety.Has everyone done a camping gear shakedown?
 What will the weather be like and what adjustments need to be made?

Locate the campsite where you will be camping on a map.

	Paper Map
Supplies	 Map of the campground you will be camping at (SMILIN V – PROVIDED BT DISTRICT) Pencils
Before the Event	Print the campground map, one for each Cub Scout.
Before the Event	Set up meeting space so Cub Scouts have a place to write.
How to Run the Event	 Hand out a map and a pencil to each Cub Scout. Tell Cub Scouts that they will be locating their campsite on the map. Ask them to circle the campsite. Ask Cub Scouts to locate a bathroom and other important buildings on the map. Have them put a square around these locations.

Requirement 5

With your patrol or a Scouts BSA troop, participate in a campout. This should be done at the AOL Cub Scout level during the Scouting Adventure Weekend. The Troop instructor for this Requirement should quiz the Cub Scouts on what they have done so far for this requirement and let Cub Scouts know what else they should be doing to accomplish this requirement. REQUIREMENTS 5, 6 and 7 MAY BE BEST DEMINSTRATED BY SHOWING THE CUB SCOUTS YOUR TROOPS CAMPING AREA AS YOU DISCUSS THESE REQUIREMENTS

	Den Campout
Supplies	Campground reservations Individual Campout Checklist for Pack Overnighter (PROVIDED BY DISTRICT) Scout Basic Essentials BALOO trained adult leader BSA Health and Medical Record for every Cub Scout Activity Consent Form Each Arrow of Light Scout will need to bring what they would bring on a weekend camping trip including: Scout Basic Essentials Backpack Sleeping gear Eating kit Cleanup kit Optional personal items Group camping gear (Page 364 of the Arrow of Light Handbook) Patrol first aid kit Tents, ground cloths, and stake (if providing) Dinning fly and stakes Sof ft nylon cord Cook kit Cleanup kit Repair kit Group extras Other gear specific for this campout
Before the Event	 If you have not done so already complete requirement 2. With your den, locate a campground that is suitable for Cub Scouts and make a reservation. Under the direction of the BALOO-trained leader develop a schedule for the campout including activities, Adventure requirements, and meals.

	 3. Determine what items you will need to take. 4. Distribute information to your den about time, date, location, and packing list. 5. Identify which parents or legal guardians are attending with their Cub Scout. How should we get our campsite ready for our tent? How do we Leave No Trace when we pack up?
How to Run the Event – During the Walk	1. Go on an overnight campout with your den. Tip: Complete Requirements 5, 6 and 7 at the same time. Consider working on an Adventure such as Knife Safety, Fishing, Estimations,

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. This should be done at the AOL Cub Scout level during the Scouting Adventure Weekend. The Troop instructor for this Requirement should quiz the Cub Scouts on what they have done so far for this requirement and let Cub Scouts know what else they should be doing to accomplish this requirement. REQUIREMENTS 5, 6 and 7 MAY BE BEST DEMINSTRATED BY SHOWING THE CUB SCOUTS YOUR TROOPS CAMPING AREA AS YOU DISCUSS THESE REQUIREMENTS

	Campsite Setup
Supplies	 Campground reservations Individual Campout Checklist for Pack Overnighter (see Requirement 5) Scout Basic Essentials BALOO trained adult leader BSA Health and Medical Record for every Cub Scout Activity Consent Form Camping gear
Before the Campout	 Become familiar with how to properly set up a campsite. A good campsite is more than a convenient place to sleep and eat. Its setting offers you safety and comfort and takes advantage of features like great views and natural windbreaks. Keep the following information in mind as you decide where to spend the night. ENVIRONMENTAL IMPACT The principles of outdoor ethics will help guide you as you select a campsite. Use established campsites whenever you can, or camp on durable surfaces — that is, surfaces that won't be harmed by tents and footsteps. Good campsites are found, not made. If you must move a log, a few rocks, or anything else as you pitch your tents, return everything to its original location before you leave. SAFETY Pitch tents away from dead trees or trees with limbs that might fall in a storm. Stay out of ditches or depressions in the ground that could fill during a flash flood and other areas that could fill with water. (If you see debris caught in underbrush or if all the grass is bent over in the same direction, choose another site.) Avoid lone trees, the tops of hills and mountains, high ridges, and other targets of lightning. Camp away from hiking and game trails, especially in bear country. (Look for animal tracks and worn pathways that are too low or narrow for humans.) SIZE A campsite must be large enough for your Arrow of Light patrol to set up its tents and cook its meals in separate areas. Also, make sure there is enough space to move around without tripping over tent stakes and tent guylines. COMFORT In the summer, look for a shady site where breezes can help cool your tent and chase away mosquitoes. In the winter, find a site where trees and hillsides provide a natural windbreak. Regardless of the time of year, place your tent on the flattest spot possible. (If the ground slants a bit, sleep with your head uphill and the opening downhill.) Consider the sun as well; the morning sun will help dry out your tent,

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	 hot in the summer. WATER Each Scout in your patrol will need several gallons of water every day for drinking, cooking, and cleanup. Treat water you take from streams, rivers, lakes, and springs. In dry regions, you might need to carry all your water to camp. That information will be important when you put together the trip plan. STOVES AND CAMPFIRES Where fires are not allowed, where wood is scarce, or when you want to prepare your meals quickly, plan on using a camp stove to heat water and cook food. As part of Scouting's commitment to preserving the outdoors, stoves are the preferred method for cooking. Where fires are permitted, appropriate, and desired, look for a campsite with an existing fire ring. Only use wood that is dead, on the ground, and no larger around than your wrist. Never cut live trees. For more information on using stoves and campfires, see the Unit Fireguard Plan Chart, No. 33691. PRIVACY A Scout is courteous. Show respect by selecting campsites away from other campers. Trees, bushes, and the shape of the land can screen your camp from trails and neighboring campsites. Keep noise down so you won't disturb nearby campers, and respect quiet hours at public campgrounds and Scout camps. PERMISSION Well ahead of the date of a camping trip, contact rangers or other managers of public parks and forests to let them know you're coming. They can issue the permits you need and suggest how you can fully enjoy your campout. Get permission from owners or managers of private property, too, before camping on their land.
How to Run the Event – At the	1. Walk around with Cub Scouts to assess the compoite. As you walk
Campsite	 Walk around with Cub Scouts to assess the campsite. As you walk around point out possible locations for:
	 <u>Tent</u>- a place that is flat, rock and sticks free, away from low hanging branches
	Kitchen and Eating Area- a place that is covered, has access to a table flat close to a water source for close up.
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	2. Ask Cub Scouts to turn to the appropriate page on setting up a
	campsite.
	3. Have them go through the Requirement 6 information as a checklist to
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	 After Cub Scouts determine the best location, they are to set up the kitchen and eating area, before setting up their own tent.
	 <u>Kitchen and Eating Area</u>- a place that is covered, has access to a table, flat, close to a water source for clean up <u>Fire Pit</u>- most campsites will have a predetermined fire pit. Locate this and make sure tents are a safe distance away 2. Ask Cub Scouts to turn to the appropriate page on setting up a campsite.

Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout. This should be done at the AOL Cub Scout level during the Scouting Adventure Weekend. The Troop instructor for this Requirement should quiz the Cub Scouts on what they have done so far for this requirement and let Cub Scouts know what else they should be doing to accomplish this requirement. REQUIREMENTS 5, 6 and 7 MAY BE BEST DEMINSTRATED BY SHOWING THE CUB SCOUTS YOUR TROOPS CAMPING AREA AS YOU DISCUSS THESE REQUIREMENTS

	Safe Food Handling and Clean Up
Supplies	 Ice chest, filled with ice Large plastic box with lid Antibacterial wipes Hand sanitizer Cutting board A dishwashing spot that's at least 200 feet from any sources of water
	Hot water at least 160 degrees (Pro tip: start heating your wash water before you sit down to eat)
	Three plastic tubs
	Biodegradable dish soap
	A dish brush/scrubber or two
I	 Hot tongs for dipping plates and spoons into the hot rinse

Bleach or sanitizing tablets Ground cloth, towel, mesh bag or lightweight hammock for Before the Campout 1. Gather the required gear and materials. 2. Make sure that the campsite has water nearby. How to Run the Event – At the Campout Before the meal: 1. Gather the Arrow of Light Scouts and share with them that anyone starts using the camp kitchen, we want to keep thi and safe.	r air-drying
Before the Campout 1. Gather the required gear and materials. 2. Make sure that the campsite has water nearby. How to Run the Event – At the Campout 1. Gather the required gear and materials. 2. Make sure that the campsite has water nearby. Before the meal: 1. Gather the Arrow of Light Scouts and share with them that anyone starts using the camp kitchen, we want to keep thi and safe.	i all-urying
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and safe.	
	ings clean
2. Have Cub Scouts wash their hands and then use hand sai	nitizer before
touching food.	
3. Ask Cub Scouts what items need to stay cold and put in the	ne ice chest.
Meat	
Cheese and Dairy Face	
 Eggs Fruits and vegetables if the outside temperature is above 	ve 60
degrees	ve 00
4. Review with Cub Scouts that the ice chest needs to remain	n closed and
is only opened to get an item or put an item back. Leaving	g the ice
chest open dramatically changes the temperature. Inform	
the ice will melt and that items in the ice chest should be in	n waterproof
containers like a zip lock bag. 5. Show the Arrow of Light Scouts the cutting board. Inform	them that
when you cut raw meat on a cutting board you are not to u	
until it is cleaned and sterilized. This prevents what is call	
contamination where bacteria from raw meat gets onto foc	
going to be eaten. This also goes for knives. A knife that i	
raw meat is not to be used again until it has been cleaned	and
sterilized. When in doubt, clean it. 6. Cover other conditions for food safety based on the weath	ner
o. Cover other conditions for food safety based on the weath	101.
After the meal:	
1. Prepare the three-pot cleaning method by:	
The first bin contains hot, soapy water.	
The second is filled with clean, hot rinse water. The second is filled with clean, hot rinse water.	
 The third bin contains cold water with a sanitizer suctook ill bacteria. 	n as bleach
2. Each bucket needs to have tongs.	
3. Follow these steps to wash a pot:	
 Scrape excess food into a garbage bag so the pot is 	as clean as
possible.	
Dampen a scrub pad with water from the wash pot a	and scrub the
pot to loosen the remaining food.	طائمهما الالاحجا
 Dunk the pot in the wash pot to remove the loosened is still stuck to the pot, scrub some more. 	J 1000. II 1000
 Use hot-pot tongs to dip the pot in the hot-rinse pot. 	Be sure no
soap bubbles remain on the pan.	_ 0 00.0 110
Dunk the pot in the cold-rinse pot. If the pot is too big	g, dip some
water from the cold-rinse pot into the pot and slosh it	
4. Ask other members to clean their mess kits using the th	nree-pot
method. 5. Cub Scouts will dispose of the dirty wash water either in	0.0
5. Cub Scouts will dispose of the dirty wash water either in designated area such as a drain or by dispersing 200 fe	
from camp and water sources.	oot away
6. Have Cub Scouts put away clean dishes, utensils and c	cooking gear.

After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

	Start, Stop, Continue	
Supplies	Paper and pencil	
Before the Event	N/A	
How to Run the Event	 Have Cub Scouts gather around a table or in a circle. Ask one Cub Scout to be the scribe. Explain the purpose of Start, Stop, Continue is to identify the things you should start doing, things you should stop doing, and things you should continue to do. Have each Cub Scout name one item to start, one to stop, and one to continue. Possible topics include: Activities or Adventures Food Preparations Location Behavior Outdoor Code Leave No Trace Principles for Kids Ask the scribe to read aloud the things to start, things to stop, and things to continue. Make sure that everyone feels the list is complete. Use the list for the next outing or campout. 	

SCOUT BASIC ESSENTIALS

Pocketknife	Sun protection
Rain gear	Compass and/
Trail food	or map
Flashlight	Fire starter and/ or matches
Extra clothing	Water bottle
First-aid kit	

CAMPING GEAR CHECKLIST

The Scout Basic Essentials

- __ Pocketknife
- __ Water bottle
- _ Matches and fire starters
- __ First-aid kit
- __ Flashlight
- __ Sun protection
- __ Extra clothing
- Trail food
- _ Map and compass
- __ Rain gear
- Clothing appropriate for the season and the weather
- __ Backpack with rain cover

Sleeping gear

- __ Sleeping bag
- __ Sleeping pad
- _ Ground cloth

Eating kit

- _ Eating utensils
- __ Plate
- __ Bowl
- __ Cup

Cleanup kit

- __ Soap
- __ Dental floss
- __ Toothbrush
- __ Comb
- __ Toothpaste
- __ Small camp towel

Optional personal items

- Personal medications
- __ Watch
- _ Fishing pole and gear
- __ Camera
- __ Pencil or pen
- __ Insect repellent
- __ Small notebook
- __ Swimsuit
- __ Bible, testament, or prayer book, according to your faith
- _ Other gear for specific activities



Scouts and their parents expect all Boy Scouts of America activities to be conducted safely. To ensure the safety of participants, the Boy Scouts of America expects leaders to use the four points of SAFE when delivering the Scouting program.

SUPERVISION

Youth are supervised by qualified and trustworthy adults who set the example for safety.

- Accepting responsibility for the well-being and safety of youth under their care.
- Ensuring that adults are adequately trained, experienced, and skilled to lead the activity, including the ability to prevent and respond to likely problems and potential emergencies.
- Knowing and delivering the program of the Boy Scouts of America with integrity.
- Using qualified instructors, guides, or safety personnel as needed to provide additional guidance.
- Maintaining engagement with participants during activities to ensure compliance with established rules and procedures.

ASSESSMENT

Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.

- Predetermining what guidance and standards are typically applied to the activity, including those specific to the Boy Scouts of America program.
- Planning for safe travel to and from the activity site.
- Validating the activity is age-appropriate for the Boy Scouts of America program level.
- Determining whether the unit has sufficient training, resources, and experience to meet the identified standards and, if not, modifying the activity accordingly.
- Developing contingency plans for changes in weather and environment and arranging for communication with participants, parents, and emergency services.

FITNESS AND SKILL

Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.

- Confirming the activity is right for the age, maturity, and physical abilities of participants.
- Considering as risk factors temporary or chronic health conditions of participants.
- Validating minimum skill requirements identified during planning and ensuring participants stay within the limits of their abilities.
- Providing training to participants with limited skills and assessing their skills before they attempt more advanced skills.

EQUIPMENT AND ENVIRONMENT

Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.

- Confirming participants' clothing is appropriate for expected temperatures, sun exposure, weather events, and terrain.
- Providing equipment that is appropriately sized for participants, is in good repair, and is used properly.
- Ensuring personal and group safety equipment is available, properly fitted, and used consistently and in accordance with training.
- Reviewing the activity area for suitability during planning and immediately before use, and monitoring the area during the activity through supervision.
- Adjusting the activity for changing conditions or ending it if safety cannot be maintained.

Smilin V Scout Ranch



CAMPOUT PLANNER

LOCATION ADDRESS:	CAMPOUT DATE:
	LANDSCAPE:
WHAT I AM RESPONSIBLE FOR:	TERRAIN:
	WEATHER:
	HIGH TEMPERATURE: 50-60° 60-70° 70-80° 80-90°
	MEALS & SNACKS
GEAR NEEDED	BREAKFAST
	LUNCH
	DINNER
	SNACK
PEOPLE ATTENDING	NOTES/PLANNED ACTIVITIES