

Adventure	Requirements	Complete	Incomplete	Notes
Arrow of Light - Bobcat	Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.	x		
	Get to know members of your patrol	x		
	Recite the Scout Oath and Law with your patrol	x		
	With your patrol, create a Code of Conduct	x		
	Demonstrate the Scout sign, Scout salute, and Scout handshake used by Scouting America. Show how each is used.	x		
	Learn the Scouting America slogan and motto	x		
	With your patrol, or with your parent/legal guardian, visit a Scouting America troop	x		We still encourage packs to meet with their local troops!
	At home, with your parent or legal guardian, do the activities in the booklet "How to Protect Your Children From Child Abuse: A Parent's Guide."		x	
Champions for Nature	Identify foods grown or processed in your state.	x		
	Determine the benefits of purchasing food that is locally grown or processed.	x		
	Explore the concept of a food desert.	x		
	Explore the concept of a food oasis.	x		
	Learn how individuals can reduce food waste.	x		
	Participate in a conservation service project.	x		For some patrols, time may not have allowed for full participation in a project. We encourage packs to search for conservation projects within their communities.
First Aid	With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank		x	
	Explain what you should do if you encounter someone in need of first aid.	x		
	Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.	x		
	Demonstrate how to help a choking victim.	x		
	Demonstrate how to treat shock	x		
	Demonstrate how to treat the: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.	x		
	Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.	x		

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Into the Wild	Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.	x		
	Determine if your tree is deciduous or evergreen	x		
	Determine if your tree is native or was introduced to your area.	x		
	Find out how your tree deals with wildfire.	x		
	Learn how wildlife uses your tree.	x		
Knife Safety	Know the safety rules for handling and using a knife.	x		
	Demonstrate the knife safety circle.	x		
	Demonstrate that you know how to care for and use a knife safely.	x		
	Demonstrate the proper use of a pocketknife to make a useful object on a campout.	x		
	Choose the correct cooking knife and demonstrate how to properly slice, chop, and mince.		x	
Outdoor Adventurer	Learn about the Scout Basic Essentials	x		
	Determine what you will bring on an overnight campout - including a tent and sleeping bag/gear - and how you will carry your gear.	x		
	Review the four points of Scouting America's SAFE checklist and how you will apply them on the campout.	x		
	Locate the campsite where you will be camping on a map.	x		
	With your patrol or a Scouting America troop, participate in a campout.	x		
	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 tent.	x		
	Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.	x		
	After you camp out, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids.		x	To be done with packs on Sunday or at some point after the campout as a reflection

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Paddlecraft	Before attempting requirements 5, 6, 7, 8, and 9 for this Adventure, you must pass Scouting America swimmer test.	x		Only applicable if scout passed swimmer's test with 'swimmer' status
	Pick a paddlecraft for which to complete all requirements: canoe, kayak, or stand-up paddleboard.	x		
	Review Safety Afloat	x		
	Demonstrate how to choose and properly wear a life jacket that is the correct size.	x		
	Jump feet first into water over your head while wearing a life jacket then swim 25 feet wearing the life jacket.		x	Not completed unless done during free swim time
	Demonstrate how to enter and exit a canoe, kayak, or stand-up paddleboard safely.	x		
	Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddleboard.	x		
	Learn two paddle strokes, power stroke and sweep.	x		
	Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard time	x		
Swimming	Review Safe Swim Defense.	x		
	Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.	x		
	Attempt Scouting America swimmer test.	x		
	Have 30 minutes or more of free swim time during which you practice the buddy system and stay within your ability group. The qualified adult supervisor should conduct at least three buddy checks per half hour of swimming.	x		Completed if you attended Polar Bear Swim or another free swim time
Archery	Identify and wear appropriate safety gear.	x		
	Demonstrate the archery range safety rules and whistle commands.	x		
	Demonstrate proper range commands and explain them to an adult or to another Scout	x		
	Identify the main parts of your shooting equipment and how to properly use them.	x		
	Demonstrate proper stance and shooting techniques.	x		
	Shoot 5 arrows at target. Repeat 4 times and try to improve your score. A minimum of 25 arrows are shot.	x		
	Demonstrate how to safely retrieve your arrows.	x		
	Discuss how to put away and properly store your archery shooting equipment after use.	x		

Adventure	Requirements	Complete	Incomplete	Notes
BB Gun	Explain what you should do if you find a gun. Recite the 4 safety reminders	x		
	Identify and wear the appropriate safety gear	x		
	Demonstrate proper range commands and explain them to an adult or another scout	x		
	Show how to use the safety mechanism.	x		
	Demonstrate how to properly load, fire, and secure your BB gun	x		
	Demonstrate one of the positions for shooting a BB gun	x		
	Shoot 5 shots at a target. Repeat three times and do your best to improve your score each time. Shoot at least 20 BBs.	x		Scouts that went to the BB Gun range during free time completed this requirement. See attached list of names
	Discuss how to put away and properly store your BB gun and shooting equipment after use	x		