

## Webelos Woods Adventures Requirements

### Webelos Adventures:

#### **Cast Iron Chef**

Complete at least Requirements 1 and 2 below.

- 1) Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
- 2) **Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.**
- 3) **Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the 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.**

#### **First Responder**

Complete Requirement 1 and at least five others.

- 1) Explain what first aid is. Tell what you should do after an accident.
- 2) Show what to do for hurry cases of first aid: 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 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 snakebites, H. Nosebleed, I. Frostbite
- 6) Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
- 7) Create and practice an emergency readiness plan for your home or den meeting place.
- 8) Visit with a first responder or health care professional.

## **AOL Required:**

### **Outdoorsman**

Complete Option A or Option B.

Option A:

- 1) **With the help of your den leader or family, plan and participate in a campout.**
- 2) **On arrival at the campout, with your den and den leader or 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 or family what actions you should take in the case of the following extreme weather events which could require you to evacuate:**
  - a) **Severe rainstorm causing flooding**
  - b) **Severe thunderstorm with lightning or tornadoes**
  - c) **Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.**
- 4) **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.**
- 5) **Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.**

Option B:

- 1) **With the help of your den leader or family, plan and participate in an outdoor activity.**
- 2) **Discuss with your den or family what actions you should take in the case of the following extreme weather events:**
  - a) **Severe rainstorm causing flooding**
  - b) **Severe thunderstorm with lightning or tornadoes**
  - c) **Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.**
- 3) **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.**
- 4) **Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.**

## Scouting Adventure:

Complete the following Requirements.

- 1) Prepare yourself to become a Boy Scout by completing at least a-c 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 conducting yourself according to the Scout Oath, Scout Law, Scout motto, and Scout slogan.**
  - c) **Give the Boy Scout sign, salute, and handshake. Explain when to use each.**
  - 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 Pledge of Allegiance. In your own words, explain its meaning**
- 2) Visit a Boy Scout troop meeting with your parent or guardian and, if possible, with your den members and leaders. After the meeting, do the following:
  - a) Describe how the Scouts in the troop provide its leadership.
  - b) Describe the four steps of Boy Scout advancement.
  - c) Describe ranks in Boy Scouting and how they are earned.
  - d) Describe what merit badges are and how they are earned.
- 3) Practice the patrol method in your den for one month by doing the following:
  - a) Explain the patrol method. Describe the types of patrols that might be part of a Boy Scout troop.
  - b) Hold an election to choose the patrol leader.
  - c) Develop a patrol name and emblem (if your den does not already have one), as well as a patrol flag and yell. Explain how a patrol name, emblem, flag, and yell create patrol spirit.
  - d) **As a patrol, make plans to participate in a Boy Scout troop's campout or other outdoor activity.**
- 4) **With your Webelos den leader, parent, or guardian, participate in a Boy Scout troop's campout or other outdoor activity. Use the patrol method while on the outing.**
- 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.

## Elective Adventures:

### Castaway

Complete Requirements 1 and 2.

- 1) Complete a. and your choice of b. or c.
  - a) **On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.**
  - b) **With the help of an adult, demonstrate one way to light a fire without using matches.**
  - c) Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.
- 2) Do all of the following.
  - a) Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.
  - b) With your den, demonstrate two ways to treat drinking water to remove impurities.
  - c) Discuss what to do if you become lost in the woods. Tell what the letters "S-T-O-P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
  - d) Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Boy Scout motto.

### Into the Woods

Complete at least Requirements 1-4 and one other.

- 1) **Identify two different groups of trees and the parts of a tree.**
- 2) **Identify four 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 four plants common to the area where you live. Tell which animals use them and for what purpose.**
- 4) 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.
- 5) 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.
- 6) **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.**
- 7) 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.