

SAMPLE AGENDA

SATURDAY		
8:00–8:45 a.m.	Gathering Time	Participants arrive and are assigned to their campsites, assigned to a den group, and told where to report next and at what time.
8:45–9:00 a.m.	Opening Assembly/ Welcome and Introductions	Use one of the flag ceremonies listed in the syllabus, or another appropriate ceremony. Participants are welcomed to the training. Cover any “housekeeping” details and the basic schedule for the day. Discuss requirements for completing both of the training components (online and practical).
9:00–9:30 a.m.	Health and Safety	Remind the participants they have already covered some of this information in the online component.
9:30–9:50 a.m.	Lunch Prep	Assemble foil packs for lunch at this time. Staff should coordinate coal-starting, etc., to have lunch ready per schedule.
9:50–10:00 a.m.	Break	
Round-Robin #1. Four sessions will be offered in a round-robin format—25 minutes per session plus 5 minutes of travel time.		
10:00–10:25 a.m. 10:30–10:55 a.m. 11:00–11:25 a.m. 11:30–11:55 a.m.	Sessions: Cub Scouts and GPS; Aquatics; Gear Selection; Nature and Hiking	Sessions may be swapped between round-robins to accommodate your facilities and other needs, as long as all are presented.
11:55 a.m.–12:00 p.m.	Break	
12:00–12:45 p.m.	Lunch	Foil packs should be cooked. Late arrivals can be given time to set up their camping areas as needed. Additional instruction may also be offered on any of the skills presented as part of Round-Robin #1.

SATURDAY		
12:45–1:00 p.m.	Break	
1:00–1:25 p.m.	Campfire Planning	Den groups may start on planning their skits and songs for the evening campfire, continuing throughout the afternoon as time permits.
1:25–1:30 p.m.	Break	
Round-Robin #2. Four sessions will be offered in a round-robin format—25 minutes per session plus 5 minutes of travel time.		
1:30–1:55 p.m. 2:00–2:25 p.m. 2:30–2:55 p.m. 3:00–3:25 p.m.	Sessions: Outdoor Ethics; Cooking and Sanitation; First Aid; Practical Knife Safety for Cub Scouts	Sessions may be swapped between round-robins to accommodate your facilities and other needs, as long as all are presented.
3:25–3:45 p.m.	Break	Finalize campfire assignments within dens, approved by campfire session planner.
3:45–4:15 p.m.	Campsite Selection	When session is completed, all participants should have the opportunity to review their own campsite arrangements, and make final arrangements for the overnigher.
4:15–4:45 p.m.	Large-Group Games	
4:45–4:50 p.m.	Break	
4:50–5:10 p.m.	Meal Planning	
5:10–5:15 p.m.	Break	
5:15–5:40 p.m.	Session: Duty to God	Plan worship service as part of this session.
5:40–5:45 p.m.	Break	
5:45–6:00 p.m.	Prepare for Dinner/ Evening Flag Ceremony	
6:00–7:00 p.m.	Dinner	

SATURDAY		
7:00–7:05 p.m.	Break	
7:05–7:25 p.m.	Outdoor Ceremonies	
7:25–7:30 p.m.	Break	
7:30–8:00 p.m.	Campfire Prep	
8:00–9:00 p.m.	Campfire	
9:00 p.m.	Cracker Barrel and Goodnight!	
SUNDAY		
8:00–8:45 a.m.	Breakfast	
8:45–9:00 a.m.	Flag Ceremony	Use one of the flag ceremonies listed in the syllabus, or another appropriate ceremony.
Round-Robin #3. Two sessions will be offered in a round-robin format—25 minutes per session plus 5 minutes of travel time.		
9:00–9:30 a.m. 9:30–9:55 a.m.	Session: Stoves, Lanterns, and Fire Safety; Basic Knots for Cub Scouts	
9:55–10:00 a.m.	Break	
10:00–10:55 a.m.	Program Planning for Cub Scout Events	Present session, then work with den-size or smaller groups to plan actual overnight events using information from this training. Then present the highlights to the whole group. Time may be adjusted as needed.
11:00 a.m.	Graduation Ceremony	Present certificates to participants and recognize staff.

Appendix L

CUB SCOUT SIX ESSENTIALS

The following items should be available for each Cub Scout on an outdoor trip. Consider a small fanny pack, day pack, or similar bag to organize the items and make them easy to carry without interfering with normal activities.

- First-aid kit
- Trail food
- Water bottle
- Sunscreen
- Flashlight
- Whistle

Overnighter Gear

- Tent or tarp, poles, and stakes
- Ground cloth
- Sleeping bag
- Pillow
- Air mattress or pad
- Rain gear or poncho
- Warm jacket
- Sweatshirt
- Sweatpants (for sleeping)
- Cup, bowl, knife, fork, spoon, mesh bag
- Insect repellent
- Sunscreen
- Extra clothing
- Toothpaste, toothbrush, soap, washcloth, towel, comb
- Cub Scout uniform
- Change of clothes
- Durable shoes/boots (depending on weather)
- Hat or cap

Optional Items

- Camera
- Notebook
- Binoculars
- Nature books
- Sunglasses
- Swimsuit, bath towel
- Fishing gear
- Prayer book

Appendix M

CLOTHING CHECKLIST

For Warm-Weather Camping:

- T-shirt or short-sleeved shirt (lightweight)
- Hiking shorts
- Underwear
- Socks
- Long-sleeved shirt (lightweight)
- Long pants (lightweight)
- Sweater or warm jacket
- Brimmed hat
- Bandannas
- Rain gear

Layering

For the most comfort in the outdoors with the least weight in your pack, use the layering system. Choose layers of clothing that, when combined, will meet the most extreme weather you expect to encounter. On a chilly autumn day, for example, you might set out from the trailhead wearing long pants, a wool shirt, a fleece sweater, mittens, and a stocking hat. As you hike, the effort will cause your body to generate heat. Peel off the sweater and stuff it in your pack.

Still too warm? Loosen a few buttons on your shirt or slip off your mittens and hat. You also can use layering to keep cool in hot climates by stripping down to hiking shorts, a T-shirt, and a brimmed hat. Lightweight long pants and a long-sleeved shirt will shield you from insects, brush, and the sun.

Footwear for Camping

Almost any durable shoes will do for a frontcountry camping trip. When your plans include walking to a backcountry campsite with all your food and gear in your pack, hiking boots can give your feet and ankles protection and support.

In addition to boots for hiking, you might want to carry a pair of running shoes or other comfortable, lightweight shoes to wear around camp. Any shoes or boots you use for camping must fit well. Your heels should not slip much when you walk, and your toes should have a little wiggle room.

Clean your boots or shoes after every outing. Use a stiff brush to remove mud, or wash them off with water and mild soap, then allow footwear to dry at room temperature. (Placing shoes too close to a campfire can dry out leather and damage nylon.) The manufacturers of leather boots might recommend treatment with a boot dressing or waterproofing agent; follow their instructions.

Be sure to break in new boots before using them in the field. Wear them several times, gradually extending the length of time you wear them until they feel like a natural part of your feet.

Appendix O

PERSONAL OVERNIGHT CAMPING GEAR

Carry your outdoor essentials on every Cub Scout outing. When you want to camp out under the stars, add personal and group overnight gear.

Overnighter Gear

- Backpack with a rain cover
- Cleanup kit: soap, toothbrush, toothpaste, dental floss, comb, washcloth, towel
- Clothing for the season (see Appendix M, Clothing Checklist, for warm and cold-weather camping)
- Eating kit: spoon, plate, bowl, cup
- Ground cloth and pad
- Sleeping bag, or two or three blankets

Personal Extras (Optional Items)

- Binoculars
- Camera and film
- Fishing gear
- Gloves
- Nature books
- Notebook
- Pencil or pen
- Prayer book
- Small musical instrument
- Sunglasses
- Swimsuit and bath towel
- Watch