

	1st Year	2nd Year
Scripture Study	Each day while in camp, find a quiet spot and read from the scriptures for at least fifteen minutes. Include in your reading the account of the Creation found in Moses 2:1–31 or Genesis 1:1–31. After the Lord created the earth, he surveyed his work and saw that it was very good. Share your thoughts about God’s creations with a leader or friend.	Each day while in camp, find a quiet spot and read from the scriptures for at least fifteen minutes. Include in your reading Joseph Smith—History 1:1–20, the account of Joseph Smith’s prayer in the Sacred Grove. Record or share your thoughts about Joseph Smith and his vision.
Sanitation	Learn the basic principles of sanitation for your camp setting. Learn how to correctly dispose of refuse while hiking. Learn how to dispose of garbage at camp and leave the campsite cleaner than you found it. Follow these principles during your stay at camp.	Demonstrate two methods for purifying drinking water.
Clouds		Learn about the various kinds of cloud formations. If possible, identify three different formations during your stay at camp.
Fire	Learn the fire regulations for your camping area. Learn the procedures for properly extinguishing a fire.	Learn how to build two kinds of fires. If fire regulations permit, light them and extinguish them properly.
Signal for Help		Learn how to signal for help in the outdoors. Identify local authorities who could provide help, such as park rangers, local emergency personnel, ski patrols, and search and rescue teams. Learn how to contact these authorities.
*Hike	Help to plan and participate in a three-mile hike. Learn what to do if you become lost.	Help to plan and participate in a five-mile hike. Plan and carry a nutritious meal for the hike.
*Cooking	Cook at least two items using a fire or a camp stove.	Learn the basic principles of good nutrition. Plan and prepare one meal at camp.

*Flag Ceremony/Devotional		Help to plan and participate in a flag-raising ceremony or devotional.
*Sun/Stars		Demonstrate how to find directions by observing the sun and stars.
Storing/Preparing Food	Learn the basic principles for storing and preparing food in the outdoors.	
First Aid	Demonstrate how to perform the Heimlich maneuver to help a person who is choking.	Demonstrate how to give first aid for heat exhaustion and heat stroke or for hypothermia and frostbite, depending on local circumstances.
	Demonstrate how to give first aid for excessive bleeding and poisoning.	Demonstrate how to give rescue breathing.
	Learn how to fold a cravat bandage. Demonstrate the uses of the bandage.	Demonstrate how to treat someone who has fainted or is in shock.
	Learn what should go into a basic first-aid kit and the use of each item.	
	Explain the purpose of first aid, and learn the first four steps to take when treating accident victims.	
*Service	Find an opportunity to serve another camper or leader. Help with something you are not assigned to do.	Find an opportunity to serve another camper or leader. Help with something you are not assigned to do.
*Skit	Help to plan and present a song or skit on a topic such as the camp theme; the Young Women Values, Motto, or Logo; or stories from the scriptures.	Help to plan and present a song or skit on a topic such as the camp theme; the Young Women Values, Motto, or Logo; or stories from the scriptures.
*Solo Time	Spend at least thirty minutes in nature observing Heavenly Father's creations that you can see, hear, smell, or touch. Thank Heavenly Father for the beauty around you. Share your thoughts about nature with a leader or friend.	Spend at least thirty minutes in nature observing Heavenly Father's creations that you can see, hear, smell, or touch. Thank Heavenly Father for the beauty around you. Share your thoughts about nature with a leader or friend.

Recycling	Sort used glass, plastic, and aluminum containers, and see that they are turned in for recycling after camp.	
Identify Plants/Animals	Learn to identify six kinds of plants and three kinds of animals, birds, or fish that are found in your area. Observe interesting details about each one.	Identify three to five poisonous plants and three to five edible plants in your area.
Knots	Learn how to tie a square knot, two half hitches, and a bowline knot. Know when to use these knots.	
Knives		Demonstrate how to properly sharpen, use, and care for a knife.

Already built into itinerary

Yellow-Needs to be done at camp

Blue- Should be taught before camp begins

	3rd Year	4th Year
Scripture Study	Each day while in camp, find a quiet spot and read from the scriptures for at least fifteen minutes. Include Mosiah 18:1–17 in your reading. Review the covenants the people in the Book of Mormon made at the time of their baptism and the feelings they had. Record your feelings about your baptism.	Each day while in camp, find a quiet spot and read from the scriptures for at least fifteen minutes. Include in your reading Matthew 26:36–46, an account of the events in the Garden of Gethsemane. Record your feelings about what Christ did for you.
Sanitation	Learn what to do if the water in your camp were unsafe to drink. Describe how you would make it safe.	
Clouds		
Fire	<p>Demonstrate the procedures for extinguishing accidental fires, such as those caused by grease igniting while cooking, clothing catching on fire, or wind blowing sparks into dry vegetation.</p> <p>Learn two ways to start a fire without using matches. Learn how to waterproof matches.</p>	

Signal for Help		
*Hike	Participate in an organized hike.	Help to organize and participate in a nature walk or hike for younger campers.
	Learn the guidelines for safety during hiking or water sports. Teach these guidelines to a group.	
*Cooking	Try two types of outdoor cooking that you have not tried before, such as pit cooking, cooking without utensils, or cooking with a Dutch oven or reflector oven.	Prepare a meal using two different methods of cooking.
*Flag Ceremony/Devotional		
*Sun/Stars Clouds	Spend time observing an event in nature. It could be a sunrise or a sunset, the movement of clouds, or a rainbow. With artwork, poetry, song, dance or the written word, express your thoughts.	Spend some time observing the night sky. Identify two or more constellations. Then read Doctrine and Covenants 88:42–44; Moses 1:37–39; and Doctrine and Covenants 67:2. Share with a leader or a group your thoughts about what you observed and what you read in these scriptures.
Storing/Preparing Food		
First Aid	Show how to give emergency first aid for insect bites or stings, burns, blisters, and snakebites.	Describe the signs of a broken bone. Demonstrate first-aid procedures for handling broken bones.
	Demonstrate how to give CPR	Learn and demonstrate four methods for transporting someone who is injured.
		Review the first-aid skills for the first three certification levels. Demonstrate the Heimlich maneuver, rescue breathing, and cardiopulmonary resuscitation (CPR).

*Service	Complete an assignment make by your stake or ward camp director.	Discuss a need in the camp with the camp director and, with the help of the Youth Camp Leaders, develop a plan to fill that need.
	Find out who in camp has a need; then help to fill that need.	
	Volunteer to help a younger camper or one with disabilities complete a requirement for certification.	
*Skit	Teach a song or a game to a group.	Help to plan and present a song or skit on a topic such as the camp theme; the Young Women Values, Motto, or Logo; or stories from the scriptures.
*Solo Time		
Recycling		
Identify Plants/Animals		
Knots		
Knives		
Preservation of Camp	Learn one way to help preserve and protect the environment in your area. Use what you learn to make an improvement in your area.	Demonstrate or teach ways to protect the environment in your area. Carry out a project that helps to preserve or restore the area.
Compass	Learn how to use a compass to find directions. Participate in an orienteering activity.	

Shelter	Learn how to construct three types of emergency shelters, including those made with a tarp or other waterproof material.	Learn what to do for your safety during severe weather conditions in your area such as lightning, tornadoes, typhoons, avalanches, or floods.
		Demonstrate how to make a bedroll or an emergency ground bed from materials that are not living.
Plan an Activity (Snipe)		Help to plan an activity for the whole camp or your own group that will help the campers get to know each other. Involve everyone.
		With another camper or by yourself, learn something new about nature and teach it to your group.

Already built into itinerary

Yellow-Needs to be done at camp

Blue- Should be taught before camp begins

	1st Year YL	2nd Year YL
Scripture Study	Choose a scripture that illustrates a quality of Christlike leadership you would like to develop. Set a specific goal to help you develop this quality.	Choose a scripture that illustrates a quality of Christlike leadership you would like to develop. Set a specific goal to help you develop this quality.
Teach a Topic/Skill	Select a topic or skill related to camp that you would like to learn more about. Discuss it with your camp director and then learn all you can about it. Prepare yourself to teach the topic or skill to others while you are at camp.	Select a topic or skill related to camp that you would like to learn more about. Discuss it with your camp director and then learn all you can about it. Prepare yourself to teach the topic or skill to others while you are at camp.
Complete Assigned Tasks	Accept and complete assigned leadership responsibilities before and during camp. Write your assignments on the following page.	Accept and complete assigned leadership responsibilities before and during camp. Write your assignments on the following page.

Topics to Teach at Certification Activity:

- *Sharpen, care, and use a knife
- *Knots
- *Water Sanitation
- *Signal for Help
- *Compass Activity

Topics to Teach at Camp:

- *Cloud formations
- *Fire Safety/Building
- *Identifying Plants/Animals
- *Shelter/Safety