

	<u>1<sup>st</sup> Year</u>	<u>2<sup>nd</sup> Year</u>	<u>3<sup>rd</sup> Year</u>	<u>4<sup>th</sup> Year</u>
<p>Re Read Scriptures 15 minutes a day Correctly dispose of trash at camp &amp; on hike Fire regulations and extinguishing Plan &amp; take 3 mile hike &amp; what to do if get lost Cook 2 items using fire or camp stove Learn 4 steps of treating accident victims Demonstrate Heimlich</p> <p>Demonstrate 1<sup>st</sup> Aid for bleeding &amp; poisoning Fold cravat bandage Learn what &amp; why in first aid kit Storing and preparing food in outdoors Find opportunity to serve Plan &amp; present skit or song</p> <p><b>Complete 2 or more:</b></p> <p>Sp Spend 30 minutes observing &amp; enjoying nature Sort containers for recycling ID 6 plants and 3 animals Learn different knots and when to use them</p>	<p>Re Read Scriptures 15 minutes a day Learn &amp; ID cloud formations Demonstrate 2 methods to purify drinking water Learn to signal for help in the outdoors Plan &amp; take 5 mile hike &amp; bring nutritious meal Find directions using sun and stars Show how to help someone in shock or fainted First aid for heat stroke and exhaustion Demonstrate rescue breathing Learn nutrition &amp; plan &amp; prepare 1 meal at camp Plan &amp; participate in devotional/flag ceremony Find opportunity to serve Plan &amp; present skit or song</p> <p><b>Complete 2 or more:</b></p> <p>Sp Spend 30 minutes observing &amp; enjoying nature Bu Build 2 types of fires &amp; extinguish them properly ID 3-5 poisonous &amp; edible plants Show how to sharpen, use &amp; care for knives</p>	<p>Re Read Scriptures 15 minutes a day Spend time observing nature &amp; express thoughts Learn protect environment &amp; improve something Demonstrate how to extinguish accidental fires Learn 2 ways to start a fire w/o matches Learn to waterproof matches Use a compass to find directions Give 1<sup>st</sup> aid for bites, stings, burns, &amp; blisters Demonstrate CPR Describe how to make drinking water safe &amp; look for &amp; correct pollution in water sources Go on an organized hike Do an assignment from a leader Find someone with a need and fill it Teach a song or game to the group</p> <p><b>Complete 2 or more:</b></p> <p>Te Teach guidelines for hiking &amp; water sports safety Le Learn to build 3 types of emergency shelters Try 2 new types of outdoor cooking Help someone younger certify</p>	<p>Re Read Scriptures 15 minutes a day Observe night sky and ID 2+ constellations Teach how to protect environment &amp; do a project Learn safety during severe weather conditions Prepare a meal using 2 diff. methods of cooking Plan a getting-to-know-you activity Discuss a camp need &amp; fill it Plan &amp; do nature walk for younger girls Describe &amp; fix broken bones Demonstrate 4 methods for transporting injured Review all first aid from previous years Demonstrate Heimlich, rescue breathing, &amp; CPR Plan &amp; present skit or song</p> <p><b>Complete 2 or more:</b></p> <p>Le Learn about nature &amp; teach it Do a project to help campers with disabilities Make a bedroll Plan &amp; do adventuring activity</p>	
<p><b>Nature</b></p> <p>1- Correctly dispose of trash at camp &amp; on hike 2- Learn &amp; ID cloud formations 2- Find directions using sun and stars 3 &amp; 4- Learn to protect environment &amp; do a project 4- Observe night sky and ID 2+ constellations 4- Learn safety during severe weather conditions 1- ID 6 plants and 3 animals 2- ID 3-5 poisonous &amp; edible plants 4- Learn about nature &amp; teach it</p> <p><b>Cooking</b></p> <p>1- Cook 2 items using fire or camp stove 1- Storing and preparing food in outdoors 2- Learn nutrition &amp; plan &amp; prepare 1 meal at camp 3- Try 2 new types of outdoor cooking 4- Prepare a meal using 2 diff. methods of cooking</p>	<p><b>Survival</b></p> <p>1- Fire regulations and extinguishing 2- Build 2 types of fires &amp; extinguish them properly 3- Demonstrate how to extinguish accidental fires 3- Learn 2 ways to start a fire w/o matches 3- Learn to waterproof matches 1- Learn what to do if get lost hiking 2 &amp; 3- Demonstrate 2 methods to purify drinking water 2- Learn to signal for help in the outdoors 3- Use a compass to find directions 3- Learn to build 3 types of emergency shelters</p> <p><b>Hiking</b></p> <p>1- Plan &amp; take 3 mile hike &amp; what to do if get lost 2- Plan &amp; take 5 mile hike &amp; bring nutritious meal 3- Go on an organized hike 4- Plan &amp; do nature walk for younger girls 3- Teach guidelines for hiking &amp; water sports safety</p>	<p><b>First Aid</b></p> <p>1 &amp; 4- Learn 4 steps of treating accident victims 1 &amp; 4- Demonstrate Heimlich 1 &amp; 4- Demonstrate 1<sup>st</sup> Aid for bleeding &amp; poisoning 1 &amp; 4- Fold cravat bandage 1 &amp; 4- Learn what &amp; why in first aid kit 2 &amp; 4- Show how to help someone in shock or fainted 2 &amp; 4- First aid for heat stroke and exhaustion 2 &amp; 4- Demonstrate rescue breathing 3 &amp; 4- Give 1<sup>st</sup> aid for bites, stings, burns, &amp; blisters 3 &amp; 4- Demonstrate CPR 4- Demonstrate 4 methods for transporting injured 4- Describe &amp; fix broken bones</p> <p><b>Skills</b></p> <p>1- Learn different knots and when to use them 2- Show how to sharpen, use &amp; care for knives 4- Make a bedroll</p>	<p><b>To Do at Camp</b></p> <p>1 2 3 4- Read Scriptures 15 minutes a day 1 2 3- Find opportunity to serve 1- Sort containers for recycling 1 2 4- Plan &amp; present skit or song 2- Plan &amp; participate in devotional/flag ceremony 3- Do an assignment from a leader 3- Teach a song or game to the group 3- Help someone younger certify 4- Plan a getting-to-know-you activity 4- Discuss a camp need &amp; fill it 1 &amp; 2- Spend 30 minutes observing &amp; enjoying nature 3- Spend time observing nature &amp; express thoughts 4- Do a project to help campers with disabilities 4- Plan &amp; do adventuring activity</p> <p><i>Italics = one of the "complete 2 or more" options</i></p>	