



# Appendix Cross Reference

## BASIC ADULT LEADER OUTDOOR ORIENTATION

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# Outdoor Flag Ceremony Procedure

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A proper color guard requires two people per flag to raise and lower the colors. If more than the U.S. flag is being used, the U.S. flag is raised first in the morning, and lowered last in the evening. The procedure is as follows to raise the flag:

**"Color guard, attention!"**

The color guard comes to attention.

**"Camp, attention!"**

The audience stands at attention.

**"Color guard, advance!"**

The color guard advances to the poles.

**"Color guard, prepare to post colors!"**

The color guard attaches the flag to the halyard.

**"Hand salute!"**

All salute, except the Scout raising the colors; the assistant salutes once the flag has cleared his hands.

**"Color guard, post colors!"**

The flag is raised briskly to the top of the pole.

When the flag stops at the top:

If using the Pledge of Allegiance, it should be now, while the salute is held.

**"Two!"**

All stop saluting. The color guard ties the halyard to secure the flag. The process is repeated with any other flags being raised together; no salute is given.

When the line is secure:

**"Color guard, dismissed!"**

The color guard retreats.

A patriotic song or a reading may be done at this point.

**"Camp, at ease!"**

The audience disperses.

To lower the flag in the evening:

**“Color guard, attention!”**

The color guard comes to attention.

**“Camp, attention!”**

The audience stands at attention.

**“Color guard, advance!”**

The color guard advances to the poles.

**“Color guard, prepare to lower the colors!”**

The color guard unties the halyard from the pole.

Any other flags are lowered first and folded bedsheets style.

**“Hand salute!”**

All salute, except the Scout lowering the colors; the assistant salutes until the flag is in his hands.

**“Color guard, lower the colors!”**

*Taps* sounds now, if used.

The U.S. flag is lowered slowly, with dignity.

When the flag is touched by the assistant:

**“Two!”**

All stop saluting, remaining at attention while the U.S. flag is properly folded—triangle style.

When finished:

**“Color guard, dismissed!”**

The color guard retreats.

**“Camp, at ease!”**

The audience disperses.

## APPENDIX B

# **The Cub Scout Pack Camping Program**

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Cub Scout camping is an excellent way to expose Cub Scouts and their families to the positive values of Scouting found in the Cub Scout Promise, such as duty to God and helping others.

Most boys joined Cub Scouting expecting to be involved in a program that uses the outdoors.

Each Cub Scout pack is encouraged to provide its youth members with enriching camping experiences. It is the intention of Cub Scout pack camping to be an adult-youth member camping activity organized by the pack.

- Pack camping must be held on council-owned or -managed facilities, or at the local council's option in council-approved city, state, county, or national parks, or council-approved privately-owned campgrounds. Contact your local council for availability and approval. (Councils use Site Approval Standards, No. 13-508.)
- Adults who give leadership to a pack camping program should complete Basic Adult Leader Outdoor Orientation (BALOO) before conducting the activity. Youth Protection training is also recommended.
- This activity is an "entry-level" camping activity. All arrangements—sleeping, cooking, and program—should be geared to Cub Scout-age boys.
- It is the goal of this program that the youth involved in this activity will be registered Tiger Cub Scouts, Wolf Cub Scouts, Bear Cub Scouts, or Webelos Scouts, each with a responsible adult. In some cases, families will participate, and higher adult/Scout ratios will occur, and these options should be considered in planning the activity.
- The overall goal of this activity is to provide a fun, exciting camping experience for the first-time Cub Scout camper. Advancement will be included as part of the natural program, but will not be the focus of the activity.



# The Purposes of Cub Scouting

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1. Character Development
2. Spiritual Growth
3. Good Citizenship
4. Sportsmanship and Fitness
5. Family Understanding
6. Respectful Relationships
7. Personal Achievement
8. Friendly Service
9. Fun and Adventure
10. Preparation for Boy Scouts

## **Principles for Developing Character**

There are three basic principles that underlie character development: thinking, feeling, and behavior. Core values are the basis of good character development.

## **Core Values**

These core values should be promoted throughout all phases of life:

Citizenship	Courage	Honesty	Resourcefulness
Compassion	Faith	Perseverance	Respect
Cooperation	Health and Fitness	Positive Attitude	Responsibility

## **Six Targeted Areas**

The character development program will challenge the Cub Scout to consider the core values from the perspective of six areas:

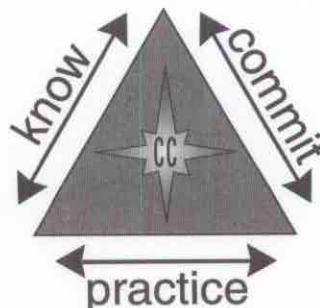
God	Community
World	Family
Country	Self

## **Character Connections**

Know—What do I think or know?

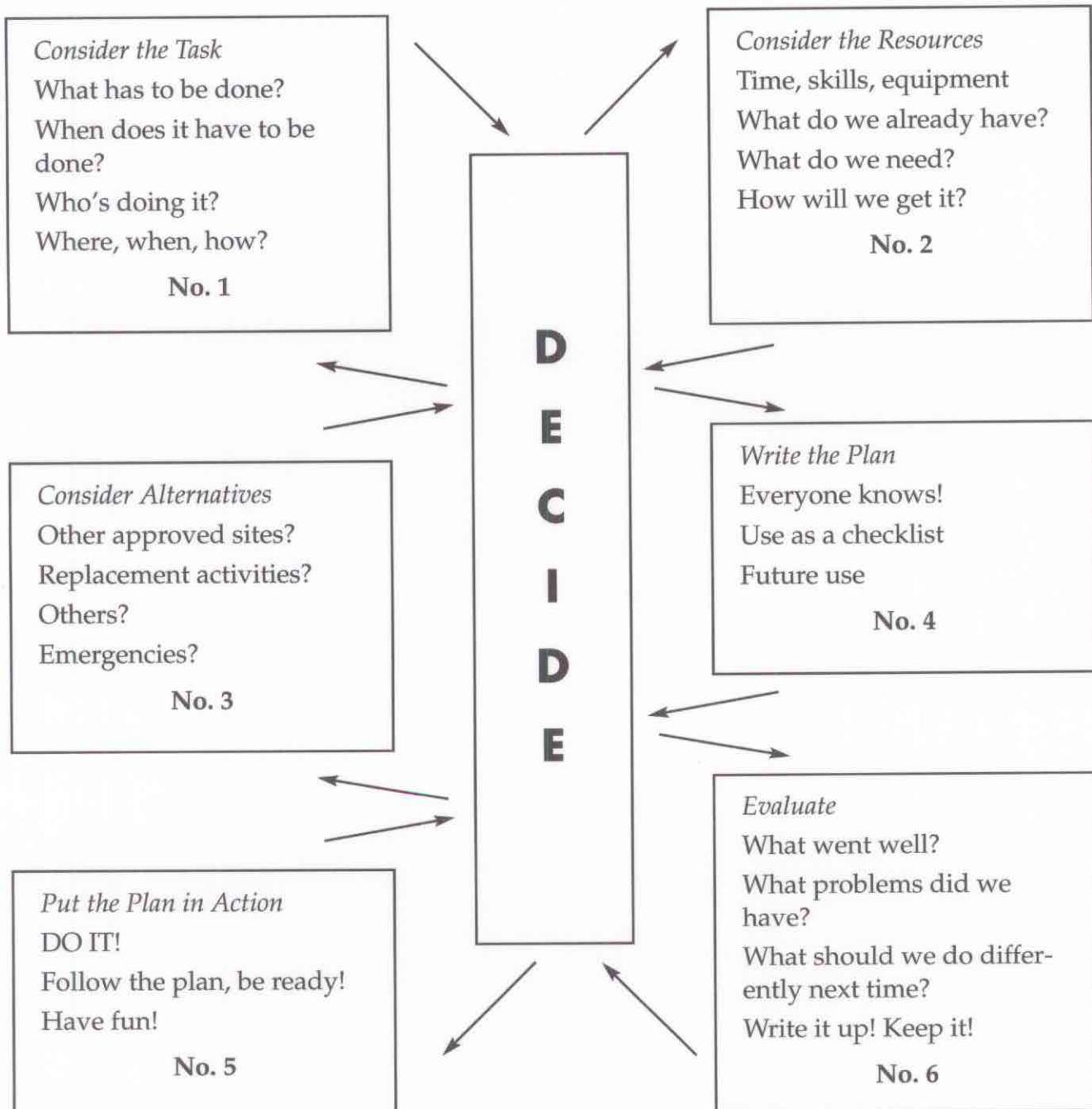
Commit—How do I feel?

Practice—What can I do?





# The Six Steps of Planning





**APPENDIX E**  
**Cub Scout Pack**  
**Campout Planning Calendar**

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Action to Be Taken	Days Before Outing	Date	Assigned to	Done?
Event leader recruited	120	_____	_____	Y N
Event leader trained—BALOO	120	_____	_____	Y N
Program leader recruited	110	_____	_____	Y N
Event and program assistants recruited	100	_____	_____	Y N
Initial planning meeting held	90	_____	_____	Y N
Campsite selected and reservations made	75	_____	_____	Y N
Begin promotion	60	_____	_____	Y N
Final budget completed	45	_____	_____	Y N
Permission slips/health forms and personal equipment lists distributed	45	_____	_____	Y N
Collection of fees completed	21	_____	_____	Y N
Program finalized	21	_____	_____	Y N
Tour permit obtained	14	_____	_____	Y N
Map(s) prepared and transportation arrangements finalized	10	_____	_____	Y N
Final equipment check made	7	_____	_____	Y N
Check on weather forecast	7	_____	_____	Y N
Food purchased	1–5	_____	_____	Y N
Conduct campout	0	_____	_____	Y N
Evaluation meeting held	+15	_____	_____	Y N
Final report to pack committee	+30	_____	_____	Y N



# Cub Scout

## Outdoor Program Checklist

Date(s) \_\_\_\_\_

Location \_\_\_\_\_

 BSA facility Council-approved non-BSA facility**I. Administration** Tour permit Camp reservation made Parent permission slips Camp deposit/fee paid Health forms Local requirements Insurance Licenses and permits

(fishing, boat, campfire, parking, etc.)

**II. Leadership**

Event leader \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Assistant \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Program leader \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Assistant \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

**III. Transportation**

Driver \_\_\_\_\_ No. of passengers \_\_\_\_\_

Equipment Hauled by \_\_\_\_\_

**IV. Location** Maps prepared \_\_\_\_\_ Assembly location \_\_\_\_\_ Departure time \_\_\_\_\_ Camp arrival time \_\_\_\_\_

- Camp departure time \_\_\_\_\_  
 Anticipated return time \_\_\_\_\_  
 Stops en route (meal Y/N) \_\_\_\_\_

#### V. Equipment

- Personal equipment lists \_\_\_\_\_  Program equipment \_\_\_\_\_  
 Group \_\_\_\_\_  Emergency \_\_\_\_\_

#### VI. Feeding

- Menu planned by \_\_\_\_\_  
 Who buys food? \_\_\_\_\_  
 Fuel supplied by \_\_\_\_\_  
 Duty roster by \_\_\_\_\_  
 Food storage \_\_\_\_\_

#### VII. Sanitation

- Special camp requirements \_\_\_\_\_

#### VIII. Safety

- Ranger contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Nearest medical facility \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Nearest town \_\_\_\_\_  Police number \_\_\_\_\_  
 First aid/CPR-trained leaders \_\_\_\_\_

#### IX. Program

- Program planned  
 Special program equipment needed
- |               |                   |
|---------------|-------------------|
| Item(s) _____ | Provided by _____ |

- Rainy day activities planned

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**APPENDIX G****Pack Outing Evaluation**

Date of outing \_\_\_\_\_ Location \_\_\_\_\_

Type of outing \_\_\_\_\_

Participation: Tiger Cubs \_\_\_\_\_

Wolf Cub Scouts \_\_\_\_\_

Bear Cub Scouts \_\_\_\_\_

Webelos Scouts \_\_\_\_\_

Parents/guardians \_\_\_\_\_

Others \_\_\_\_\_

Total \_\_\_\_\_

Event leadership:

Outing leader \_\_\_\_\_

Committee \_\_\_\_\_

Facility:

Local contact \_\_\_\_\_ Phone \_\_\_\_\_

Cost \_\_\_\_\_

Requirements \_\_\_\_\_  
\_\_\_\_\_Features \_\_\_\_\_  
\_\_\_\_\_Problems \_\_\_\_\_  
\_\_\_\_\_

Would you recommend using this facility again? YES NO

Program:

Program features \_\_\_\_\_

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Suggestions for future outings \_\_\_\_\_

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Budget:

Total income \_\_\_\_\_ Total expenses \_\_\_\_\_

(Please attach a copy of the outing budget and itemized income and expense statement.)

Any unanticipated expenses? YES NO

If yes, explain \_\_\_\_\_

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Additional comments \_\_\_\_\_

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Did the Scouts have fun? YES NO

Submitted by \_\_\_\_\_ Date \_\_\_\_\_

# Foil Cooking

Foil pack cooking is a great way to introduce novices to the world of outdoor cooking. They are easy to prepare, great to eat, and simple to clean up after. They can be prepared in advance—at a den meeting—frozen, and then thrown right on the fire at camp. There are probably hundreds of great recipes around, but they all use the same basic concept. The pack needs to be sealed tightly—a “drug-store” fold—to hold in the moisture, turned several times during cooking, and the actual recipe can be just about whatever you want it to be. Here’s a basic recipe:

Use two layers of lightweight foil, or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start. Add a hamburger patty, then sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf first, and then adding the meat will keep the meat from burning. Encourage the Cub Scouts to add a little onion, even if they’re not going to eat it later—it really helps the flavor. Season with salt, pepper, garlic salt, etc., then fold the foil edges up over the food. Fold them down once, crease gently, then fold down again and crease. The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil. The trick is to be able to identify your foil pack later, so scratch your name into a small piece of foil and leave it near the outside. Cook this pack for 20 to 30 minutes. You may want to add a handful of rice; just add a few ice cubes also, and it will turn out great!

Spread the white-hot coals shallowly, and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it’s close to the completion time, open a corner of a pack and check to see if the meat is done.

## Foil Cooking Times

Hamburger	15–20 minutes
Chicken pieces	20–30 minutes
Hot dogs	5–10 minutes
Pork chops	30–40 minutes
Carrots	15–20 minutes
Ears of corn	6–10 minutes
Whole potatoes	45–60 minutes
Potato slices	10–15 minutes
Whole apples	20–30 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook. Recipes below may have to be adjusted depending on ingredients, etc. It is best to try them in advance to verify the ingredients and cooking time in your area.

## **Additional Cub Scout-Level Recipes**

**Thanksgiving foil pack.** Place a layer of ice cubes on the foil. Lay turkey breast on top of the ice. Add  $\frac{1}{2}$  cup Stovetop stuffing mix,  $\frac{1}{2}$  cup regular stuffing mix. Then add  $\frac{1}{2}$ – $\frac{3}{4}$  can of chicken soup (mixed with water according to directions on can). Wrap the pack using the drug store fold, and cook over coals about 40 minutes until done.

**Baked apple.** Core apple. Place on a square of foil. Fill hole with 1 tablespoon raisins, 1 tablespoon brown sugar, and a dash of cinnamon. Candy red hots also make good filling. Wrap foil around apple using the drug store fold, and bake in coals for 20 minutes.

**Hobo popcorn.** In the center of a foil square (6" by 6"), place 1 teaspoon of cooking oil and 1 tablespoon of popcorn. Bring foil corners together to form a pouch. Seal the edges, but leave room inside for the popcorn to expand. Tie the pouch on a long stick with a string, and hold the pouch over the coals. Shake constantly until all the corn is popped.

**Pizza.** Place a half of an English muffin on foil. Layer on pizza sauce, grated cheese, pepperoni, or whatever else you like on your pizza. Drug store fold the foil, and place in the coals for five–10 minutes.

**Orange surprise.** Cut off top  $\frac{1}{4}$  of an orange. Remove and eat the insides, leaving a little orange on the inside. Mix up a yellow or spice cake mix according to the directions on the mix box. Pour mix into orange about  $\frac{1}{2}$  full. Place the top back on the orange, and wrap in three layers of foil, using the drug store fold to seal the pack. Cook for 15 minutes, then remove and let cool before eating.

**Stick bread.** Use "refrigerator" biscuit dough, or prepare biscuit mix very stiff. Heat stick, flour it, then wind dough like a ribbon, spiraling down the stick. Keep a small space between the twists. Cook by holding about 6" from coals at first so inside will bake, then brown by holding nearer the coals. Turn continually. Bread will slip off easily when done.

**Camp doughnuts.** Pour a few inches of cooking oil into a large pot. This will work on a camp stove or coal bed, but use caution as it works best when the oil is very hot. Make the "doughnuts" by poking a hole in the center of a canned biscuit. Drop in the oil, and turn once with a tong or stick. They cook very fast; watch for good color. Remove to drain on paper towels, and roll in confectioners or cinnamon sugar.

## APPENDIX I

# Sleeping Bags

The sleeping bag is designed to eliminate drafts. You will sleep warmer in a bag than you will with blankets of equivalent weight. Sleeping bags come rated for temperature, and in a variety of shapes, sizes, and construction. A mummy bag is warmer than a rectangular bag due to less heat loss around your feet and shoulders. Most mummy bags also come with hoods, as up to 70 percent of your body heat is lost through the top of your head. While warmer, mummy bags take some getting used to. For example, it's a little harder to roll over in a mummy bag—you'll have to roll the whole bag!

The outside fabric, or shell, of the bag is often made of nylon. Loft (space to hold heat) is created by filling the shell with a variety of natural or synthetic materials. Partitions sewn into the shell hold the filler material in place. In less expensive bags, the partition seams may go straight through the shell, which makes it easy for cold air to creep in. In better bags, mesh or nylon walls, or baffles, divide the shell into compartments that keep the fill evenly distributed without lessening the loft, thus preventing cold spots. The best bags also have tubes of fill material backing the zippers to keep warm air in, and will probably have insulated hoods that can be drawn tight around the sleeper's face.

Bags come temperature rated for 45° F to -10° F and beyond. It is possible to add range to a less expensive bag by adding a cotton sheet (-5°) or a flannel sheet (-10°), or by sleeping in sweats (-10° to -15°). A tarp or extra blanket added around the bag will make it even warmer. Matching the range of the bag you buy to the temperature you expect to use it in the most is very important. It is also important to change into clean, dry clothing before getting into your sleeping bag. Moisture on your body from a busy day will quickly cool you and your sleeping bag down, which may make it very difficult to sleep comfortably. A stocking cap is a must, unless your bag has a hood already. Small bodies in long bags will be warmer if the bottom of the bag is folded up and tucked under.

If you don't have a bag, you can make an envelope bed using two blankets and a ground cloth. Lay the first blanket on top of the ground cloth. Put the second blanket half on and half off the first. Fold the first blanket into the second, then fold the remaining half of the second on top of the first. You should have four interlocked layers—two for the top, two for below. Fold the bottom of the blankets up to size, and secure with large clips or blanket pins.

## Sleeping Bag Terminology

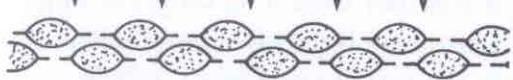
**Simple quilting.** Loses heat where stitching passes through the fabric.

**Double quilting.** Two quilts fastened together in an offset manner to eliminate cold spots. Material tends to be heavier.

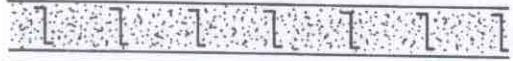
**Sleeping bag construction.** Sections through wall of bag illustrate how filling is kept in place.



*Simple quilting.* Loses heat where the stitching passes through the fabric.



*Double quilting.* Two quilts fastened together in an off-set way to eliminate cold spots. Material tends to be heavy.



*Box wall.* Prevents the filling from moving about.



*Slant wall.* Prevents down from moving about and gives it room to expand.



*Overlapping tube or V-baffle.* Very efficient, but because it uses a lot of material it tends to be heavy.

**Box wall.** Prevents fill from moving around in shell.

**Slant wall.** Prevents down from moving around and gives it room to expand.

**Overlapping tube or V-baffle.** Very efficient, but tends to be heavy.

**Goose down.** Actual feathers from geese, grown next to the skin. Ounce for ounce, the best insulator, but it is very expensive, and when wet it loses its loft and will not keep you warm. Requires careful laundering.

**Synthetic fibers.** Made from petroleum by-products by a variety of manufacturers. Heavier than an equally rated down bag, but will retain its insulating value when wet. They are easier to clean and quite economically priced.

**Ground cloth.** Commercially available, or 4- to 6-mil plastic, an old shower curtain, or a water bed liner will work. This will be your moisture barrier from the ground, and is essential.

## Caring for Sleeping Gear

If you expect wet weather, place your sleeping bag in a garbage liner before stowing it in its stuff sack. After your trip, and on nice days during extended trips, air out your bag thoroughly. Hang it in a closet or store it in a loose cloth sack to preserve the loft of the fill material. Clean it when it becomes soiled, according to manufacturer's instructions. Use of a bag liner will extend the life of the inside of the bag. Many campers find that the convenience of a light bag outweighs the use of sheets and blankets. Take care of it, and it will take care of you! Your sleeping bag is probably the most important piece of camping gear you will own. If you don't sleep well, the rest of the trip will not be fun.

# Tents and Shelters

Desert campers need open, airy shelters to protect them from the sun. Cool- and cold-weather campers need tight, strong tents able to withstand strong winds and hold heat inside. Fortunately, there are shelters available to accommodate any user, in a variety of price and quality ranges. All your tent does is keep you sheltered from rain, wind, sun and bugs—not too important!

**Tarp.** The simplest of all tents, a nylon tarp weighs just a few pounds and can be set up in dozens of ways. It can be used as a sun shade, as your primary shelter, or as a dining fly protecting your cooking area from the elements. A tarp has no floor, which can pose problems in soggy areas, nor does it have mosquito netting.

**A-frame tent.** Like a pup tent, only made of stronger, modern materials. The A-frame is roomy and usually has a waterproof floor and mosquito netting. Breathable fabric allows moisture to escape from inside, while a rain fly protects the inside from exterior moisture. A-frame tents have lots of headroom, but this tent does not do well in heavy winds or snow.

**Dome.** The most common tent. Contemporary designs and fabric have made possible a variety of dome-shaped tents. Their configurations help them stand up in the wind and rain. Dome tents offer lots of useable floor space and headroom. They are usually freestanding, so they can easily be moved before taking down. Freestanding tents are convenient to set up, but still need to be staked down so they don't become free-flying in unexpected winds. Be sure to use the fly to prevent moisture from rain or dew from reaching your gear inside.

## Care and Upkeep

Practice setting up and taking down your tent in your living room or backyard, before you have to do it in the rain or by flashlight. Read the instructions! Seal the seams on your new tent right after you get it. Pitch it tautly, then go over fly and floor seams with waterproof seam sealer.

Air your tent out after you get back from a campout. Brush out any dirt or pine needles that have collected. After airing, store it loosely in a cool, dry place. Opening zippers completely before going through doors will prevent damage.



# Cub Scout Outdoor Essentials

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

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

## **Overnighter Gear**

- Tent or tarp, poles, and stakes
- Ground cloth
- Sleeping bag, pillow, air mattress or pad
- Rain gear
- Warm jacket, sweatshirt, sweatpants
- Cup, bowl, knife, fork, spoon, mesh bag
- Insect repellent
- Extra clothing
- Toothpaste, toothbrush, soap, washcloth, towel, comb
- Scout uniform
- Change of clothes
- Durable shoes
- Hat or cap

## **Optional Items**

- Camera
- Binoculars
- Sunglasses
- Notebook and pencil
- Nature books
- Swimsuit, bath towel
- Fishing gear



# Campsite Considerations

Cub Scout camping will be taking place in approved local parks and campgrounds, so choices may be limited on arrival. There are still several considerations to keep in mind when laying out your campsite for a pack event.

**Location.** A campsite facing the south or southeast will get more sunlight and generally will be drier than one on the north side of a hill or in the shade of mountains or cliffs. Cold, damp air tends to settle, causing the bottoms of valleys to be cooler and more moist than locations a little higher. On the other hand, hilltops and sharp ridges can be very windy, and may become targets for lightning strikes.

**Size and shape.** A good campsite has plenty of space for your tents and enough room to conduct your activities. It should be useable as it is, so you won't need to do any digging or major rock removal to reshape the area. The less rearranging you do, the easier it will be to leave the site exactly as you found it.

**Protection.** Consider the direction of the wind and the direction from which a storm will approach. Is your campsite in the open or is it protected by a hill or a stand of trees? Is there a solitary tree nearby that may attract lightning? Don't camp under dead trees or trees with dead branches that may come down in a storm or light wind. The best campsites are found near small, forested ridges and hills.

**Insects and animals.** Insects and other animals all have their favorite habitats. The best way to avoid mosquitoes and biting flies is to camp away from marshes, bogs, and pools of stagnant water. Breezes also discourage insects, so you might look for an elevated, open campsite. Don't forget to check around for beehives, hornet nests, and ant mounds. Their inhabitants usually won't bother you as long as you leave them alone, but give them plenty of room. The same goes for most animals.

**Ground cover.** Any vegetation covering a campsite will receive a lot of wear and tear. Tents will smother it, sleepers will pack it down, and walkers will bruise it with the soles of their shoes. Some ground cover is tough enough to absorb the abuse, but much of it is not. Whenever you can, make your camp on naturally bare earth, gravelly soil, sand, or on ground covered with pine needles or leaves.

**Drainage.** While you'll want a campsite that is relatively flat, it should slope enough to allow rainwater to run off. On the other hand, you don't want to be in the path of natural drainage. Check above the site and be sure you're not in a dry stream bed that could fill during a storm. With proper location, you'll never have to ditch a tent. Also you want to avoid depressions in the ground, as even shallow ones can collect water in a storm.

**Privacy.** One of the pleasures of camping is being away from crowds and the fast pace of the city life. Select campsites that are out of sight and sound of trails and other campsites. That way you'll have your privacy while you respect the privacy and peace and quiet of other campers.

**Beauty.** The beauty of a campsite often is what first attracts visitors to it. Being able to look out from a tent and see towering mountains, glistening lakes, or miles of canyon land or rolling prairie is part of what camping is all about. Find a campsite that gives you spectacular scenery, but use it only if it is appropriate for every other reason, too. Remember to always leave your campsite better than you found it.

**Tread Lightly.** You can do a lot to protect the wilderness. Try to leave no trace of your visit. Leave no marks along the trail, keep your campsite clean and tidy, and leave it cleaner than you found it. You will preserve a true wilderness character for you and others to enjoy in the future. Take nothing but pictures; leave nothing but footprints; and kill nothing but time. This philosophy is as appropriate in a county park as it is anywhere else.

## APPENDIX M

# Pack Camping Gear

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In addition to the individual equipment listed in appendix J, Cub Scout Outdoor Essentials, the equipment listed below should be available for group use.

### **Required Items**

- First aid kit
- Food
- Cooking utensils as needed by menu, or cook kit
- Stove and fuel, or firewood, charcoal, and cooking grate
- Matches, fire starters, charcoal chimney-style lighters
- Aluminum foil
- Biodegradable soap
- Sanitizing agent (liquid bleach)
- Plastic scouring pads, dish mop, wash tubs
- One hundred feet of  $\frac{1}{4}$ -inch rope
- Water containers
- Trash bags
- Paper towels
- U.S. flag, pack flag
- Repair kit (rubber bands, safety pins, sewing gear)
- Toilet paper
- Shovel
- Cooler
- Activity gear (game material, craft supplies, etc.)

### **Spare Items**

- Tent stakes
- Fuel canisters
- Ground cloth or tarp
- Insect repellent
- Sunscreen
- Eating utensils
- Blanket

### **Optional Items**

- Dutch oven
- Marshmallows, popcorn, etc.
- Cooking fly or tarp
- Musical instruments
- Lawn chairs, camp stools



## APPENDIX N

# Campfires

Why should we do a campfire? Campfires can be an exciting and inspirational part of the Cub Scout outdoor program. Ask any Cub Scout why he likes going to campfires. His answer will be one of the following:

**Fun!** It's hard not to have fun at campfires! There is enjoyment for *all* concerned.

**Entertainment!** Our families, friends, neighbors, and guests get pleasure from attending a pack campfire.

**Fellowship!** We can bring a den or pack closer together—a deeper feeling than just "fun."

**Action!** Cub Scout-age boys *always* have extra energy. Let's use it singing songs, doing cheers, and performing skits!

**Adventure!** A campfire is a great place to share someone else's adventure or start one of your own!

**Training.** Baden-Powell said it: "Scouting is a game ... with a purpose." Our Cub Scouts can learn new things in an informal setting.

**Inspiration.** Campfires will inspire everyone to leave with a greater commitment to Scouting's ideals.

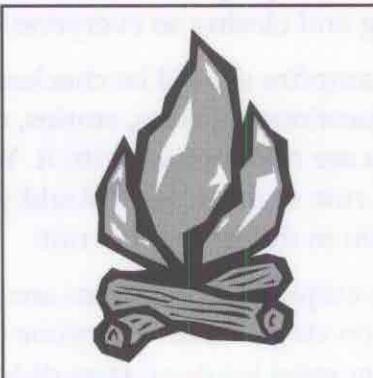
Many packs use indoor campfires as part of their regular programs. Let's make it even better by taking our Cub Scouts out for a *real* campfire, if possible. Don't let them miss this great experience.

### Campfire Leadership

Most leaders will take a lot of time physically building a campfire. The location and construction are important, but above all, it's the *program* that counts. Campfires can be big, little, formal, informal, and can feature storytelling, dramatics, mystery, guest night, stunts, or a songfest.

#### Location Considerations

- A scenic spot
- Good drainage
- Protection from wind
- Freedom from insects
- Fire safety
- Firewood supply



#### Layout Considerations

- A stage area
- Lighting
- The fireplace
- Types of fires
- Sound—will it carry?
- Will it get lost?

What do I need for a successful campfire? Just remember the Four S's!

### Songs—Scouting songs

- Can be peppy, quiet, action, special occasion, or novelty songs.

### Stunts

- Fire-lighting (mechanical, chemical, electrical—make it safe).
- Opening ceremony—sets the tone for your program.
- Stunts can be action, contests (physical/mental), humorous, mixers, “magic,” or educational.
- Closing ceremony—should be quiet and inspirational, can be the “main event.”

### Stories—Adventure, humorous, heroic, biographical, nature, scientific

- Watch “scary” stories.
- Cubmaster’s Minute—“Big idea” talk.

### Showmanship—Adds sparkle and life!

- Peppy when the fire is high.
- Vary the pace and timing of stunts.
- “Dress up” the setting.
- Encourage enthusiasm, but control discipline at all times.
- Quiet down as the embers die.

### **Remember to “Follow the Flames”**

When the flames are high, action songs, loud cheers, and noisy stunts get everyone involved! When the flames burn down, have quiet songs, inspirational stories, and a respectful tone.

Build your fire to last 45 minutes to an hour. Don’t keep adding wood. Let the fire die down and use the natural quiet that goes with that to build your mood. The formula for a great campfire is:

Start FAST, reach a PEAK, slow DOWN, and give an inspiring CLOSE!

The sequence of events you choose will affect the success of your program. Make sure you let people know who they follow and where they are in the program, to keep everything running smoothly. If someone gets “lost,” be prepared with a run-on or joke to fill the time. Be sure to have an impressive opening and closing so everyone knows the campfire has begun.

Everything that happens at your campfire should be checked and approved in advance. There is no place for off-color or questionable jokes, stories, or songs. Have the groups walk you through the skit or song if you are not familiar with it. You should not be surprised by anything at *your* campfire! A good rule of thumb is “Would you do this if your saintly grandmother was in the audience?” When in doubt, leave it out!

Help your audience with campfire etiquette. Some rules are: Enter and leave in silence. Be courteous when it’s not your turn on stage. Cheer everyone for their contributions. One Scouter tells the Cub Scouts to cheer even louder if they didn’t like a skit or a joke—and no one knows that way! Keep your flashlights off during the program.

## **Storytelling and Yarns**

Baden-Powell once said "The Cubmaster can command rapt attention at any time by telling his Cubs a story and through it can convey the lessons he wants. It is the gilding of the pill which never fails if the teller is any good at all."

Stories are a favorite part of any campfire. A good storyteller can take over a whole pack with just a few key thoughts in mind! There are four types of stories:

**Adventure!** These have a fast-moving plot, a romantic background, and unexpected events! We all are natural "hero worshipers."

**Instructive.** These teach important things about nature, skills, safety, or others.

**Good fun.** These call for laughter and jokes. They share happiness, good fortune, and fun. Telling a funny story about a mistake can teach an easy lesson.

**Inspirational.** These are serious, with a moral, such as the Cub Scout Promise, Law of the Pack, or even religious themes.

### **How Do I Tell a Story?**

Here are a few simple things to remember to help you tell a great story.

Believe in your story. Make it your own. Use names, places that are familiar to you, and it will come across in your story. Remember that you're "selling" this story by the way you tell it.

Paint your picture with words. Remember, your audience is used to "seeing" the story on a TV. Use your talents to help them develop their imaginations.

Don't hurry, except at appropriate spots to help create excitement. Let the story move at its own pace—slow to get their attention, faster when the action gets exciting. Pace your telling speed to the action in the story.

Vary the tone of your voice to fit the points of the story. When the action is exciting your voice should be louder; when it's suspenseful, lower it. Volume can be adjusted either way to get and hold attention. Use your voice as an instrument.

See the action in your mind's eye. If you live the story while you're telling it, your audience will join you in the adventure.

Be sure everyone is comfortable before you begin. Nothing kills a mood faster than someone getting up to go to the bathroom.

## **Songs**

I sing like a frog. How can I lead a song? So, sing a frog song! Enthusiasm will cover for a lack of skill. Here's what an audience *really* needs from a song leader.

- The name of the song. Give the name of the song, and if it's an unfamiliar song, give the tune. You may have to sing a line or maybe a verse to get them going.
- The pitch or key. Sing that first note; make sure they can sing it with you. If you are too high or low, adjust and try it again.
- The tempo—marking time. Shout "let's go" in rhythm, or clap hands to get the beat, then start with a nod of your head. Keep director-type motions to a minimum. Keep it simple.

- Information about the song. Make sure everyone knows it. If not, teach them. If you've chosen a song that needs the songbook, then teach them with it, and then put the books down. The result will be more satisfactory.
- Pep—enthusiasm! Don't insist on volume at the start. Tell them it's "singing" you want, not "noise." If it doesn't go well, say that was a good practice, now let's do it for real. Show them you really like this song.
- Leadership—control. Plan your selections carefully. Using songs that fit the crowd and the event. Watch for parodies that might offend. Always tell them what the next song is, don't ask for suggestions.

Scouters tell stories of a famous campfire leader who had a tradition of yelling "That's my favorite song!" when a song was announced, no matter what song was being sung. What a great way to sell enthusiasm and get everyone right into it!

Singing at a campfire should be a fun, natural thing. "Old favorites" are great for this purpose. Sing a song *everybody* knows in the beginning, just to get everyone singing. Adults generally like to harmonize, and boys like action songs; singing rounds will help groups form together. Substituting motions for words will help you keep control. Sing in natural groups, keep the formal leadership to a minimum, and enjoy yourself, too!

And the important advice: *Know the songs you are singing!*

And don't forget . . . *singing builds a group!*

**APPENDIX O****Sample Camping Site Approval Form****Family Cub Scout Pack Camping  
Site Approval Standards**

This form is written documentation of a local BSA council's approval for the camping location listed on this form.

Site: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Site contact: \_\_\_\_\_

Site managed by (check one): City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Federal \_\_\_\_\_ Privately owned \_\_\_\_\_

**Camp Standard**

1. The camping site is clean and safe from hazards.
2. The site is not located near any natural or manmade hazards.
3. Facilities are available for the proper and sanitary disposal of garbage, with vermin-proof receptacles.
4. Drinking water from an approved source is provided at convenient locations.
5. Emergency assistance is available 24 hours a day.

**Campsite Facilities (\*Indicates optional availability.)**

- \*6. Adequate shelter is available for program activities during inclement weather.
- \*7. Campsites are available for tents.
- \*8. Campsites are available for recreational vehicles.
- 9. Any individual site hook-ups provided for electricity, water, or sewer meet all appropriate local and state health codes.
- 10. A public telephone is available within a reasonable distance.
- \*11. Where available, cabins are clean and meet all local codes.
- 12. Adequate and safe equipment is provided for cooking and recreational fires.
- 13. Sufficient picnic tables are available.
- 14. Toilet, shower, and program facilities are available to people with disabilities.
- 15. Clean and warm showers are available for all campers (youth/adult).
- 16. Each family site is within 300 feet of a sanitary toilet facility.

**Program Opportunities (\*Indicates optional availability.)**

- \*17. An open area is available for group games and other recreational activities.
- 18. If swimming is available, it is limited to facilities that meet state health standards, and BSA safety guidelines for aquatics must be followed.
- 19. Well-marked and easy-to-follow trails are available.
- \*20. Playground equipment is available and in good repair.
- \*21. Recreational equipment is available for packs to check out.

Local council site approval is valid for two years from the date of inspection.

Site inspected by: \_\_\_\_\_ Date: \_\_\_\_\_

Site approved by: \_\_\_\_\_ Date: \_\_\_\_\_

Council contact: \_\_\_\_\_ Council phone: \_\_\_\_\_

Site approval expires (date): \_\_\_\_\_ Special notes: \_\_\_\_\_



# Leadership Requirements for Trips and Outings

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1. Two-deep leadership: Two registered adult leaders, or one adult and a parent of a participating Scout, one of whom is at least 21 years of age or older, are required for all trips or outings.

2. During transportation to and from planned Scout outings.

A. Meet for departure at a designated area.

B. Prearrange a schedule for periodic checkpoint stops as a group.

C. Plan a destination point.

A common departure site and a daily destination are a must. If you cannot provide two adults for each vehicle, the minimum required is one adult and two or more youth members—never one on one (unless family members).

3. Safety rule of four: No fewer than four individuals (always with the minimum of two adults) go on any backcountry expedition or campout. If an accident occurs, one person stays with the injured, and two go for help. Additional adult leadership requirements must reflect an awareness of such factors as size and skill level of the group, anticipated environmental conditions, and overall degree of challenge.

4. Male and female leaders require separate sleeping facilities. Married couples may share the same quarters if appropriate facilities are available.

5. Male and female youth participants will not share the same sleeping facility.

6. When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.

7. If separate shower and latrine facilities are not available, separate times for male and female use should be scheduled and posted for showers. The buddy system should be used for latrines by having one person wait outside the entrance, or provide "occupied" and/or "unoccupied" signs and/or inside door latches.



## **APPENDIX Q**

# **Excerpts from Guide to Safe Scouting**

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### **Safe Swim Defense**

Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card, No. 34243, with them, and agree to use the eight defenses in this plan.

### **Safety Afloat**

Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, tube, or other craft), adult leaders for such activities must complete Safety Afloat training, No. 34159C, have a commitment card, No. 34242A, with them, and be dedicated to full compliance with all nine points of Safety Afloat.

### **Drug, Alcohol, and Tobacco Use and Abuse**

The Boy Scouts of America prohibits the use of alcoholic beverages and controlled substances at encampments or activities on property owned and or operated by the Boy Scouts of America, or at any activity involving participation of youth members.

Adult leaders should support the attitude that young adults are better off without tobacco and may not allow the use of tobacco products at any BSA activity involving youth participants.

All Scouting functions, meetings, and activities should be conducted on a smoke-free basis, with smoking areas located away from all participants.

### **Guns and Firearms**

Gun-shooting sports are not an approved part of the Cub Scout program except at a council-approved Cub Scout day camp, Cub Scout resident camp, or Cub Scout council-managed family camp. At camp, Cub Scouts may have an opportunity to take part in a BB-gun (rifle) safety and marksmanship program under the direction of a certified BB-gun range officer. (Archery activities use the same rules—see Shooting Sports, No. 13-550.)

Cub Scouts are not permitted to use any other type of handgun or firearm.

### **Tour Permits**

If a unit plans a trip within 500 miles of the home base, it is important that the unit obtain a local tour permit. Tour permits have become recognized by national parks, military institutions, and other organizations as proof that a unit activity has been well planned and organized and is under capable and qualified leadership. These organizations may require a tour permit for entry.



# The Sweet 16 of BSA Safety

These 16 safety points, which embody good judgment and common sense, are applicable to all activities:

1. **Qualified Supervision.** Every BSA activity should be supervised by a conscientious adult who understands and knowingly accepts responsibility for the well-being and safety of the children and adults in his care. The supervisor should be sufficiently trained, experienced, and skilled in the activity to be confident of his or her ability to lead and teach the necessary skills and to respond in the event of an emergency. Field knowledge of all applicable BSA standards and a commitment to implement and follow BSA policy and procedures are essential parts of the supervisor's qualifications.
2. **Physical Fitness.** For youth participants in any potentially strenuous activity, the supervisor should receive a complete health history from a health-care professional, parent, or guardian. The supervisor should adjust all supervision, discipline, and protection to anticipate potential risks associated with individual health conditions. Neither youth nor adults should participate in activities for which they are unfit. To do so would place both the individual and others at risk.
3. **Buddy System.** The long history of the "buddy system" in Scouting has shown that it is always best to have at least one other person with you and aware at all times of your circumstances and what you are doing in any outdoor activity.
4. **Safe Area or Course.** A key part of the supervisor's responsibility is to know the area or course for the activity and to determine that it is well-suited and free of hazards.
5. **Equipment Selection and Maintenance.** Most activity requires some specialized equipment. This equipment should be selected to suit the participants and the activity and to include appropriate safety and program features. The supervisor should also check equipment to determine whether it is in good condition for the activity and make sure it is kept properly maintained while in use.
6. **Personal Safety Equipment.** The supervisor must ensure that every participant has and uses the appropriate personal safety equipment. For example, activity afloat requires that each participant wear a personal flotation device (PFD); bikers, horseback riders, and kayakers need helmets for certain activities; skaters need protective gear; and all need to be dressed for warmth and utility as the circumstances require.
7. **Safety Procedures and Policies.** For most activities, common-sense procedures and standards can greatly reduce any risk. These should be known and appreciated by all participants, and the supervisor must ensure compliance.
8. **Skill Level Limits.** Every activity has a minimum skill level, and the supervisor must identify and recognize this level and be sure that the participants are not put at risk by attempting any activity beyond their abilities. A good example of skill levels in Scouting is the swim test, which defines conditions for safe swimming on the basis of individual ability.

9. **Weather Check.** The risks of many outdoor activities vary substantially with weather conditions. Potential weather hazards and the appropriate responses should be understood and anticipated.
10. **Planning.** Safe activity follows a plan that has been conscientiously developed by the experienced supervisor or other competent source. Good planning minimizes risks and also anticipates contingencies that may require an emergency response or a change of plan.
11. **Communications.** The supervisor needs to be able to communicate effectively with participants as needed during the activity. Emergency communications also need to be considered in advance for any foreseeable contingencies.
12. **Permits and Notices.** BSA tour permits, council office registration, government or landowner authorization, and any similar formalities are the supervisor's responsibility when such are required. Appropriate notification should be directed to parents, enforcement authorities, landowners, and others as needed, before and after the activity.
13. **First Aid Resources.** The supervisor should determine what first aid supplies to include among the activity equipment. The level of first aid training and skill appropriate for the activity should also be considered. An extended trek over remote terrain obviously may require more first aid resources and capabilities than an afternoon activity in a local community. Whatever is determined to be needed should be available.
14. **Applicable Laws.** BSA safety policies generally parallel or go beyond legal mandates, but the supervisor should confirm and ensure compliance with all applicable regulations or statutes.
15. **CPR Resource.** Any strenuous activity or remote trek could present a cardiac emergency. Aquatic programs may involve cardiopulmonary emergencies. The BSA strongly recommends that a person (preferably an adult) trained in CPR be part of the leadership for any BSA program. This person should be available for strenuous outdoor activity.
16. **Discipline.** No supervisor is effective if he or she cannot control the activity and individual participants. Youth must respect their leadership.



# Sample “Scouts’ Own” Service

## Call to Worship

How wonderful, O Lord, are the works of Your hands!

The heavens declare your glory, the arch of the sky displays Your handiwork.

In Your love You have given us the power to behold the beauty of Your world robed in all its splendor.

The sun and the stars, the valleys and the hills, the rivers and lakes all disclose Your presence.

The roaring breakers of the sea tell of Your awesome might; the beasts of the field and the birds of the air bespeak Your wondrous will.

In Your goodness You have made us able to hear the music of the world.

The voices of loved ones reveal to us that You are in our midst.

A divine voice sings through all creation.

—Jewish Prayer

## Hymn—*In My Father’s House* (Please Stand)

Oh, won’t you come with me, to my Father’s house,

To my Father’s house, to my Father’s house.

Oh, won’t you come with me, to my Father’s house.

There is peace, peace, peace.

There is sweet communion there, in my Father’s house,

In my Father’s house, in my Father’s house.

There’s sweet communion there, in my Father’s house,

There is peace, peace, peace.

There’ll be no more parting there, in my Father’s house,

In my Father’s house, in my Father’s house.

There’ll be no more parting there, in my Father’s house,

There’ll be peace, peace, peace.

## Responsive Reading

*Leader:* Please join me in dedicating myself to living the Cub Scout Promise. Please use your first name.

*Group:* I, (name), promise.

*Leader:* And being fully persuaded that, what he had promised, he was also able to perform.

—Romans 4:21

*Group:* I, (name), promise to do my best.

*Leader:* I seek strength, not to be greater than my brother, but to fight my greatest enemy—myself.

—An American Indian Prayer

*Group:* I, (name), promise to do my best, to do my duty to God.

*Leader:* Fear God and keep His commandments, for this is the whole duty of man.

—Ecclesiastes 12:13

*Group:* I, (name), promise to do my best, to do my duty to God and my country.

*Leader:* Open ye the gates, that the righteous nation, which keepeth the truth, may enter in.

—Isaiah 26:2

*Group:* I, (name), promise to do my best, to do my duty to God and my country, to help other people.

*Leader:* And behold I tell you these things that ye may learn wisdom, that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God.

—*Book of Mormon*—Mosiah 2:17

*Group:* I, (name), promise to do my best, to do my duty to God and my country, to help other people, and to obey the law of the pack.

*Leader:* This we know. The earth does not belong to us: we belong to the earth. This we know. All things are connected like the blood which unites one family. All things are connected. This we know.

—Chief Seattle

## Silent Prayer

### Prayer

How easy it is for me to live with You,  
O Lord!

How easy for me to believe in You!  
When my mind parts in bewilderment or falters,

Then the most intelligent people see no further than this day's end and do not know what must be done tomorrow,

You grant me the serene certitude that You exist and that You will take care that not all the paths of good be closed.

Atop the ridge of earthly fame,  
I look back in wonder at the path which I alone could never have found, a wondrous path through despair to this point from which I, too, could transmit a reflection of your rays.

And as much as I must still reflect You will give me.

But as much as I cannot take up You will have already assigned to others.

—Aleksandr Solzhenitsyn (1974)

### Hymn—Kum Ba Yah

Kum ba yah, my Lord, kum ba yah,  
Kum ba yah, my Lord, kum ba yah,  
Kum ba yah, my Lord, kum ba yah,  
Oh, Lord, kum ba yah.

2. Someone's crying, Lord, kum ba yah.
3. Someone's praying, Lord, kum ba yah.
4. Someone's singing, Lord, kum ba yah.
5. Kum ba yah, my Lord, kum ba yah.

## Cubmaster's Message

### Hymn—Let There Be Peace on Earth (Please Stand)

Let there be peace on earth, and let it begin with me.

Let there be peace on earth, the peace that was meant to be.

With God as our Father, we are family.

Let us walk with each other, in perfect harmony.

Let peace begin with me, let this be the moment now.

With every step I take let this be my solemn vow:

To take each moment, and live each moment in peace eternally!

Let there be peace on earth, and let it begin with me.

### Benediction—Celtic Blessing on Setting Forth

May the road rise to meet you.

May the wind always be at your back.

May the sun shine warm upon your face,

The rains fall soft upon your fields;

And, until we meet again, may

God hold you in the palm of his hand.

# Sample Pack Overnighter Agenda

This is a sample. Remember to keep it simple—make it fun!

## Day 1

- 9:00 A.M. Arrive at campsite; set up tents and bedding.
- 10:00 A.M. Raise U.S. flag with ceremony. Welcome families and review ground rules.
- 10:15 A.M. Visit nature center.
- 10:45 A.M. Go on nature hike.
- 11:30 A.M. Boys and adult partners prepare and eat lunch; clean up.
- 12:30 P.M. Free time.
- 1:00 P.M. Play large group games.
- 2:30 P.M. Go swimming.
- 4:00 P.M. Boy-adult teams build cooking fires and prepare dinner; dens eat as groups.
- 5:30 P.M. Wash dishes and clean up.
- 6:30 P.M. Free time.
- 7:00 P.M. Lower U.S. flag with ceremony.
- 7:30 P.M. Prepare for campfire.
- 8:30 P.M. Campfire program.
- 9:30 P.M. Cracker barrel.
- 10:00 P.M. Lights out.

## Day 2

- 7:00 A.M. Reveille.
- 7:30 A.M. Air bedding; clean up campsite.
- 8:30 A.M. Boy-adult teams prepare and eat breakfast.
- 9:00 A.M. Wash dishes and clean up.
- 9:30 A.M. Worship service.
- 10:00 A.M. Strike camp, leaving it in better condition than you found it.

This schedule assumes that each family is preparing meals separately. Group meals are also appropriate. Consider a hamburger cookout, chili cookoff, or pancake feed.

## Pack Camping Activity Worksheet

Day One	Activity Scheduled	Day Two	Activity Scheduled
6:00 A.M.		6:00 A.M.	
6:30 A.M.		6:30 A.M.	
7:00 A.M.		7:00 A.M.	
7:30 A.M.		7:30 A.M.	
8:00 A.M.		8:00 A.M.	
8:30 A.M.		8:30 A.M.	
9:00 A.M.		9:00 A.M.	
9:30 A.M.		9:30 A.M.	
10:00 A.M.		10:00 A.M.	
10:30 A.M.		10:30 A.M.	
11:00 A.M.		11:00 A.M.	
11:30 A.M.		11:30 A.M.	
12:00 P.M.		12:00 P.M.	
12:30 P.M.		12:30 P.M.	
1:00 P.M.		1:00 P.M.	
1:30 P.M.		1:30 P.M.	
2:00 P.M.		2:00 P.M.	
2:30 P.M.		2:30 P.M.	
3:00 P.M.		3:00 P.M.	
3:30 P.M.		3:30 P.M.	
4:00 P.M.		4:00 P.M.	
4:30 P.M.		4:30 P.M.	
5:00 P.M.		5:00 P.M.	
5:30 P.M.		5:30 P.M.	
6:00 P.M.		6:00 P.M.	
6:30 P.M.		6:30 P.M.	
7:00 P.M.		7:00 P.M.	
7:30 P.M.		7:30 P.M.	
8:00 P.M.		8:00 P.M.	
8:30 P.M.		8:30 P.M.	
9:00 P.M.		9:00 P.M.	
9:30 P.M.		9:30 P.M.	
10:00 P.M.		10:00 P.M.	

**APPENDIX U**

# **BSA Policy on the Use of Chemical Fuels**

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## **Chemical Fuels**

Because serious accidents can happen when using gasoline in lanterns and stoves and igniting fires with liquid starters, *adult supervision is required when chemical fuels are being used for lighting and cooking.*

## **Guidelines for Safely Using Chemical Stoves and Lanterns**

1. Use compressed or liquid gas stoves or lanterns only with knowledgeable adult supervision and in Scout facilities only when and where permitted.
2. Operate and maintain according to manufacturer's instructions included with the stove or lantern.
3. *Store fuel in approved containers and under adult supervision.* Keep all chemical fuel containers away from hot stoves and campfires, and store below 100° F.
4. Let hot stoves and lanterns cool before changing cylinders of compressed gases, or refilling from bottles of liquid gas.
5. Refill liquid-gas stoves and lanterns a safe distance from any flames, including other stoves, campfires, and personal smoking substances. A commercial camp stove fuel should be used for safety and performance. Pour through a filter funnel. Recap both the device and the fuel container before igniting.
6. *Never fuel a stove, heater, or lantern inside a cabin; always do this outdoors. Do not operate a stove or lantern in an unventilated structure. Provide at least two ventilation openings, one high and one low, to provide oxygen and exhaust for lethal gases. Never fuel, ignite, or operate a stove, heater, lantern, or any heat source inside a tent.*
7. Place the stove on a level, secure surface before operating. On snow, place an insulated support under the stove to prevent melting and tipping.
8. Periodically check fittings on compressed-gas stoves and on pressurized liquid-gas stoves for leaks, using soap solution, before lighting.
9. To avoid possible fires, locate gas tanks, stoves, etc., below any tents since heavy leaking gas will flow downhill the same as water.
10. When lighting a stove, keep fuel bottles and extra canisters well away. Do not hover over the stove when lighting it. Keep your head and body to one side. Open the stove valve quickly for two full turns and light carefully, with head, fingers, and hands to one side of the burner. Then adjust down.
11. Do not leave a lighted stove or lantern unattended.
12. Do not overload the stove top with heavy pots or large frying pans. If pots over two quarts are necessary, set up a separate grill with legs to hold the pot, and place the stove under the grill.
13. Bring empty fuel containers home for disposal. Do not place in or near fires. Empty fuel containers will explode if heated and should never be put in fireplaces with burnable trash.



# Open Fires Versus Cooking Stoves

## Open Fire Advantages

- Creates heat suitable for cooking food and warming chilly campers.
- Requires no special equipment.
- Allows cooks to bake in Dutch ovens and reflector ovens, and to broil foods on grills.
- Provides a psychological lift on cold and damp days and serves in the evening as the center of pack fellowship.

## Open Fire Disadvantages

- Can scar the earth on which it is built; stains rocks with soot.
- Difficult to control temperature.
- Creates a potential hazard to surrounding forests.
- Requires an adequate supply of wood or charcoal.
- Difficult to build and maintain in rain or snow.
- Illegal or allowed only by permit in many parks and forests.
- Blackens pots and pans.
- Can destroy hiking boots or clothing in the process of drying them.

## Camping Stove Advantages

- Will not scar the earth.
- Temperature is controllable.
- Provides steady heat that won't blacken rocks or cooking gear.
- Requires no firewood.
- Operates dependably under adverse conditions.
- Faster, cleaner to use.

## Camping Stove Disadvantages

- Requires the handling of flammable liquids or gaseous fuels.
- Useless for drying gear or warming campers.
- Useless for baking or grilling food.
- Must be used with adult supervision.



# Themed Hike Ideas

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**Paint chip hike.** Distribute to groups sample paint cards from hardware stores. See if corresponding colors can be found in nature.

**A-B-C hike.** Each group has a paper with A-Z listed. The object is to find something in nature for each letter.

**Babies hike.** Look for baby plants, baby animals. This is a great one in early spring.

Another babies hike: Everyone look at eye level of a baby. What can you see down lower to the ground?

**No-talking hike.** Look first, talk later. What details can you remember? Key in on specific sounds: water running, bird sounds, wind, leaves crunching under feet, etc.

**Blind walk.** Also a controlled hike. Hikers can follow a trail laid out by stringing ropes between trees, or another hiker can lead them. Have various stations set up with things to be felt, to see if the hiker can identify items without the use of sight.

**Five senses walk.** Hikers travel to stations set up for each of the five senses. *Caution: for the taste section, these items should be brought from home and commercially processed, not picked up off the ground in the forest.* This hike takes more preparation ahead of time than most, but is one of the most rewarding.

**Flashlight hike.** This is a good hike to calm everyone down, possibly right after campfire when the campers are not quite ready for bed. This is a study in contrasts. Which things look and sound different during the day than they do at night?

**Four on a Penny.** Can you find four different things that will fit together on the head of a penny?

**Circle hike.** This is an excellent idea if you are dealing with physically challenged hikers. A circle is marked on the ground and you make a list of all the things you can discover about what is living in that confined circle.

**Different in the dark hike.** Hike a short path during the day, instructing the boys to remember what they saw and heard. Then, repeat the hike at night and have them tell you what is different.



# Large Group Games

Check out the *Cub Scout Leader How-To Book* for games that can be played by large groups of people. Here are some others you might consider from *Games . . . From A to Z* published by Scouts Canada ("Canadian BSA").

## Barnyard Bedlam

Players are divided into teams. A group of 30 might have five teams of six. One player in each team would be designated captain and be given a paper bag. Each team is given the name of a barnyard animal and must imitate its cry. They are told that squirrels have hidden supplies around the field; specify the area. Each team is to gather as many of these nuts as possible. The team with the most nuts would be the winner. Only the captains may pick up the nuts and put them in the bag. When a player finds a pile of nuts, he stands beside it and gives the team cry. The captain then comes to pick up the nuts. It can be a barnyard "bedlam"!

Equipment needed: Bags for captains. Several pounds of peanuts in shells so that you can lay out a lot of little piles of peanuts for the players to find.

## Blob

Two players join hands to form the "blob." The blob grows by chasing other players and touching them. *Note: Only the free hands at the end of the blob can be used to touch players.* The blob continues to grow until only one player is left untouched. That player is the winner. As a variation, require the blob to split when it grows to four to six players; now there are two blobs, which split again when each grows to four to six players.

## Spies

Hang a number of cardboard pieces about one yard above the ground. Depending on the size of the area and the cover, have one to three umpires patrolling the area. From the starting point, players move through the area, attempting to find the specific number of hanging cards and to write their names on them—while avoiding detection by the umpires. The umpires write down the names of players that they spot within five yards of a hanging card. At the end of the game, add the number of times a player has signed his name on different sheets and subtract the number of times that umpires recorded seeing him/her. The individual or team with the most points would be the winner.

## Streets and Alleys

This is a tag game best played with about 20 players. Players line up as if in relay formation, but with hands touching the hands of the players beside them. This creates the streets. By turning 90 degrees and touching the hands of the players now beside them, they now have the alleys. Two players are selected. One is the pursuer and one is the quarry. The pursuer chases the quarry down the streets. Neither may break through the arms of those forming the streets. The leader calls "alleys" and players turn to form the alleys. This can change the situation dramatically. Runners should be changed every minute or so to give runners a break and everyone a chance to run.

## **Steal the Bacon**

Teams should be divided equally, both kids and adults. Teams line up on opposite sides of the playing area, by height. Each side counts off, starting from the short end. The shortest person on each team is number 1; the tallest person is the highest number. The tallest person on team A should be opposite the shortest person on team B, so they have to come from opposite sides when their number is called. An object like a ball, two-liter soda bottle, or even a sack of clothing will work. The object (the bacon) is placed in the center of the field. The person running the game will call out a number, and that number from each side comes out to the center of the field. The object of the game is to get the “bacon” back to your line on your side of the field. Scoring is as follows: one point for getting the bacon back to your side, untouched by the other player, or one point for tagging the other player while he or she is holding the bacon. Players can drop the bacon if they think they are going to get tagged, and the game continues. Once everyone gets the hang of the game, multiple numbers can be called.

# Sanitation—Round Robin

As soon as the fire or stove is cleared of cook pots, put on a pot of water to heat for washing. After the meal, the cleanup crew goes to work. Pour half the hot water into a second pot; use one for washing, the other for rinsing. While many campers find that hot water is both ecologically sound and effective for most dishwashing tasks, a little biodegradable soap in the first pot will help cut grease. In the second pot, a few drops of a rinse agent such as liquid bleach will kill any germs the heat doesn't destroy.

Each Scout should wipe his cup, bowl, or plate clean first, then wash them in the wash pot, rinse them in the rinse pot, and leave them to air dry on a clean cloth, or by hanging in the air in a mesh bag. Drying with a cloth adds to your supply list, and may actually contaminate the utensils.

Dispose of dishwater in an authorized spot, or by sprinkling it over a wide area far from camp and any sources of water. Do not leave any food scraps form the dishwater laying around. Police the cooking area to make sure there are no food scraps around, and be sure to put away all food according to any local requirements (bear bag, cooler, car trunk, etc.).

## Cleanup Hints

- Wipe down with liquid dish soap the outside of any pots you are using in an open fireplace. It will prevent the pot from getting permanently fire-stained, and make cleanup simple. The black will wipe right off.
- Keep food material out of your wash water pot. Make sure all utensils are free of as much food material as possible first.
- Sand makes a great scouring medium if you forget scrubbing pads.
- Get your wash water going early. You may want to start it before you cook your meal, then move it back on the heat as space becomes available.
- Be sure to leave your fireplace clean. Don't leave any unburned material in the coals unattended.



## APPENDIX Z

# First Aid Kits

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A first aid kit well stocked with the basic essentials is indispensable. Choose one sturdy and lightweight, yet large enough to hold the contents so that they are readily visible and so that any one item may be taken out without unpacking the whole kit. Keep a list of contents readily available for refilling. Keep the kit in a convenient location. Make one person responsible for keeping the kit filled and available when needed. Quantities of suggested items for your first aid kit depend on the size of your group and local conditions.

### **Suggested First Aid Kit Contents**

- Bar of soap
- Two-inch roller bandage
- One-inch roller bandage
- One-inch adhesive tape
- Three-inch-by-3-inch sterile pads
- Triangular bandage
- Assorted gauze pads
- Adhesive strips
- Clinical oral thermometer
- Scissors
- Tweezers
- Sunburn lotion
- Lip salve
- Poison-ivy lotion
- Small flashlight (with extra batteries and bulb)
- Absorbent cotton
- Water purification tablets (iodine)
- Safety pins
- Needles
- Paper cups
- Foot powder
- Instant ice packs

Because of the possibility of exposure to communicable diseases, first aid kits should include *latex or vinyl gloves, plastic goggles or other eye protection*, and antiseptic to be used when giving first aid to bleeding victims, as protection against possible exposure. *Mouth barrier devices* should be available for use during CPR.



## APPENDIX AA

# Trainer's Resources

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<i>Guide to Safe Scouting</i>	34416B
<i>Cub Scout Leader Book</i>	33221A
<i>Cub Scout Ceremonies for Dens and Packs</i>	33212B
<i>Cub Scout Leader How-To Book</i>	33832A
<i>Sparklers for Cub Scout Outdoor Adventures</i>	13-059
<i>Safe Swim Defense</i>	34370A
<i>Safety Afloat Training Outline</i>	34368B
<i>Safety Afloat</i>	34159C
<i>Cub Scout Day Camp</i>	13-33815
<i>Cub Scout Resident Camp</i>	13-33814
<i>Shooting Sports for Cub Scouts, Webelos Scouts, and Parents</i>	13-550
<i>Cub Scouting Highlights</i>	13-513
<i>Cub Scout Outdoor Program Guidelines</i>	13-631
<i>Leave No Trace</i>	3221
<i>A Scout Is Reverent: Scout Sunday Observance</i>	05-961
<i>Unit Fireguard Plan</i>	33691A
<i>Campfire Program Planner</i>	33696A
<i>Camping merit badge pamphlet</i>	33256A
<i>Boy Scout Handbook</i>	33105
<i>Fieldbook—Boy Scouts of America</i>	33200
<i>Cub Scout Outdoor Program</i> video	AV-01V011
<i>Outdoor Code Poster</i>	33689A
<i>Cub Scout Songbook</i>	33222
<i>Group Meeting Sparklers</i>	33122A
<i>Stories for Around the Campfire</i>	34095A
<i>Simple Tent Camping</i>	4244

### **Other Resources**

- Canyon Campfire Considerations*, Blackhawk Area Council, Rockford, Illinois  
*Canyon Campfire Considerations, Too*, Blackhawk Area Council, Rockford, Illinois  
*The Campfire Book*, Scouts Canada



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**BOY SCOUTS OF AMERICA**  
1325 West Walnut Hill Lane  
P.O. Box 152079  
Irving, Texas 75015 -2079  
<http://www.bsa.scouting.org>

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