




Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature4. Simple Knots
	<ol style="list-style-type: none">1. Knot nomenclature2. Medium Knots3. Rope Coiling
	<ol style="list-style-type: none">1. Rope care2. Advanced knots

Helps

1. What are the different types of rope?
 - a. **Goal:** To understand that each rope has a purpose and different strengths.
 - b. **Lesson:** Ropes should be used for their intended purpose for safety and effectiveness.
 - c. **Examples:**
 - i. Twisted Rope/Laid Rope: General purpose.
 - ii. Braided Rope: Rappelling, moving objects.
 - iii. Climbing Rope: Rock climbing
 - iv. Parachute Cord: Parachutes, survival ropes, personal accessories.
 - v. Guyline Cord: Secure standing poles.
 - vi. Bungee Cord: Secure equipment.
 - vii. Sisal: General purpose.
 - viii. Baling Twine: Small projects.
 - ix. Tow Strap: Towing automobiles and equipment.
2. What can rope do?
 - a. **Goal:** To understand how rope performs work.
 - b. **Lesson:** Rope has a wide variety of uses.
 - c. **Examples**
 - i. Build things: Shelter, raft
 - ii. Climbing & Rappelling
 - iii. Move things: Pulleys and simple cranes
 - iv. Trapping: small game, fishing net
 - v. Secure items: Suspend food and objects, lash items to an object
 - vi. Rope Ladder
 - vii. First Aid: Sling, splint
3. What are the parts of the rope called?
 - a. **Goal:** To understand the parts of a rope.
 - b. **Lesson:** Knowing the parts of a rope helps in knowing how to tie knots and work with others with a rope.
 - c. **Examples:**
 - i. Standing End: **The long part of the rope that's not active while tying your knot.**
 - ii. Working End: **The short end of the rope that you're actively using to tie your knot.**
 - iii. Loop: form a circle without crossing the two ends.
 - iv. Bight: create this by folding a piece of rope in half, so your working end and standing end are next to each other. The ends do not cross.
 - v. Turns: When securing a knot to another rope, a pole or another circular object, there are two different turns to choose from.

- vi. Lay: The direction in which the strands of a rope twist
4. How can I properly care for a rope?
 - a. **Goal:** To understand that rope needs to be cared for to maintain its usefulness.
 - b. **Lesson:** Rope comes in different materials and often requires some maintenance.
 - c. **Examples:**
 - i. Cleaning: Cold water with mild soap then air dried.
 - ii. Protection: Store in a storage bag at room temperature.
 - iii. Rope ends: Prevent fraying. Treating the ends.
 - iv. Coiling: Proper storage
 - v. Whipping: Protecting the rope ends with smaller rope.
 5. What are the parts of a knot?
 - a. **Goal:** To understand what the parts of a knot are called to help learn knot tying from different sources.
 - b. **Lesson:** Learn to recognize each part of a knot.
 - c. **Examples:**
 - i. Bend: Joins two ropes.
 - ii. Dressing: Arranging the components of the knot to optimize security and/or strength
 - iii. Tail: The short end – the part getting knotted.
 - iv. Turn: One pass of the rope around or through an object.
 - v. Standing End: The long end - the part not knotted
 6. What are some basic knots and how are they used?
 - a. **Goal:** To understand the purpose of knots.
 - b. **Lesson:** Learn to tie some basic knots.
 - c. **Examples:** (In order of difficulty)
 - i. Overhand
 - ii. Figure-Eight
 - iii. Square
 - iv. Sheet Bend
 - v. Clove Hitch
 - vi. Timber Hitch
 - vii. Taut-Line Hitch
 - viii. Bowline
 7. What are the best methods for breaking a knot?
 - a. **Goal:** To understand that knots can also weaken a rope.
 - b. **Lesson:** Learn to break down a knot.
 - c. **Examples:**
 - i. Twist and push
 - ii. **Breaking its “back.”**
 - iii. Sailors Fid or Awl

Scripture Ideas

Psalm 32:9

- Fox – Do not be stubborn.
- Hawk - We must not be like animals, like the horse and the mule. We must be like people that God can talk to.
- Mt Lion - We must not be like animals, like the horse and the mule. We must be like people that God can talk to.

Proverbs 6:20-21

- Fox – God desires for you to listen to the wisdom of your parents.
- Hawk - We should love wisdom. Wisdom should be in our hearts and in our minds.
- Mt Lion - We cannot physically keep wisdom in our hearts. We might not physically carry wise words about our necks. But we can live in a wise manner.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

Name of Group Game: Knot Relay

Time: 15 – 20 minutes

Summary: Simple relay game where teams compete to tie knots.

Goal: Win the race.

Preparation:

- Multiple ropes
- Knot cards

How to Play:

1. Have all the kids break into teams.
2. Explain the rules: The object is for each Trailman to run to the end of the course and tie the selected knot then run back to tag the next runner. Play continues until all participants have run the course.

Tips:

- You could have a person with a stopwatch at the knot station who will time the runner. If the time hits a specific mark (maybe 30 secs) then they are to proceed. The idea is **not to hold up the game if someone doesn't know how to tie the knot.**
- Knots can be predetermined or by random cards.

Name of Group Game: Tug of War

Time: 15 - 20 minutes

Summary: Simple tug of war game.

Goal: Two teams try to pull the rope across a line.

Preparation:

- A long heavy rope.
- A smaller rope as a marker.
- 2 ropes on the ground for boundaries

How to Play:

1. Split everyone into teams.
2. Explain the rules. The team to pull the marker across their boundary wins.

Name of Group Game: Lasso the horse

Time: 10 - 15 minutes

Summary: Each player tries to lasso an object for points.

Goal: Try to get as points for your team.

Preparation:

- Rope
- Objects to lasso (Chair, Traffic cones)

How to Play:

1. Divide into teams.
2. Each Trailman gets 3 turns to lasso an object.
3. Each object has different point values based on difficulty and range.
4. Team with the most points wins.

Ropes



Figure 1 – Twisted Rope



Figure 2 - Braided Rope



Figure 3 - Climbing Rope



Figure 4 – Paracord (550 Cord)



Figure 5 - Sisal Rope



Figure 6 - Baling Twine

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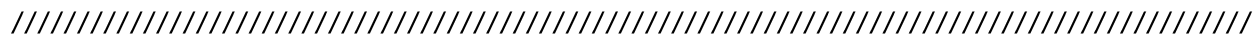
Ropes & Knots Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Lengths of Rope for each Trailman (two thicknesses for Sheet Bend)
- Newspaper



FUN



Newspaper Fight

Have the Trailmen crumple at least five pages of newspaper each. Divide the Trailmen into two teams. Mark a specified line that the Trailman cannot cross. One team should begin on either side of the specified line with their crumpled newspapers. On "go," have the Trailmen start throwing the crumpled newspapers over to opposite side of the line (not at the other Trailmen!). Allow three to five minutes for the boys to throw the newspapers back and forth. When time is called, the team with the least amount of newspapers on its side wins.

FOCUS



Simple Knots

Demonstrate how to tie simple knots. Examples include:

- Overhand Knot
- Square Knot
- Figure Eight Knot
- Slip Knot



Medium Knots

Demonstrate how to tie basic knots. Examples include:

- Sheet Bend
- Clove hitch

In addition to learning these new knots, review or learn the ones taught to the Foxes.

Learn about the parts of a rope. There is a list of parts and a description in the Helps document.



Advanced Knots

Demonstrate how to tie advanced knots. Examples include:

- Timber hitch
- Taught-Line Hitch
- Bowline

In addition to learning these new knots, review or learn the ones taught to the Foxes and Hawks. Also review the parts of a knot.

Learn how to care for a rope. Ways to care for rope are listed in the Helps document.

FINGERS



New Knots

Have the Trailmen practice tying the knots they were taught, assisting as necessary. Have them keep practicing until they know how to tie the knots for themselves.



Knot Bad!

Have the Trailmen practice tying the knots they were taught, assisting as necessary. Have them keep practicing until they know how to tie the knots for themselves.

Teach the Trailmen how to coil the rope by wrapping it around their hand and elbow. Have them practice.



Knot Joking Around!

Have the Trailmen practice tying the knots they were taught, assisting as necessary. Have them keep practicing until they know how to tie the knots for themselves. Then have a Knot Relay. See the Helps document for instructions.

FAITH (TRAIL GUIDE THOUGHTS)



Strong Faith

Knots are very strong and support heavy things. You need to be strong in your faith, like the knots are strong. You want to be a knot that no one can untie!

Pray with the Trailmen.



Helping

Read Proverbs 16:16 and discuss this passage with the Trailmen. Pray for the Trailmen to be wise and that they may be prepared to help someone this week.

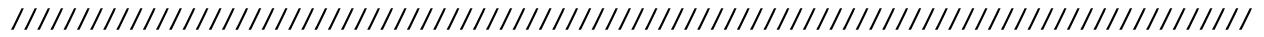


Good Stewards

Read and discuss I Peter 4:10. One interpretation of this scripture could be that we are being good stewards when we fully use the resources available to us. It is good to be resourceful and not waste the natural materials God gave us.

Pray with the Trailmen.

FAMILY



Practice at Home

Send home the length of rope and instructions for various knots.



FOREST BADGE



By actively participating in this meeting, each Trailman earned the Ropes & Knots Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Orienteering

Outdoor Skills – Step 2

Purpose

The “Orienteering” Step is to provide a basic working knowledge of land navigation in different environments. Upon completion of this step, Trailmen should understand safe and reliable methods of land navigation.




1. How can you use a map for orienteering?
2. How can you locate your position and direction on a map?
3. How can you use directional techniques to guide your path?
4. What are different types of compasses?
5. What are the parts of a compass called?
6. How is a compass used?
7. How can you measure traveling distance?
8. What are some safety guidelines that you should know?

Notes to the Trail Guide

1. The goal is not for the boys to be experts on these topics but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.



Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature
	<ol style="list-style-type: none">1. Map skills2. Basic Compass Skills3. Orient a Map
	<ol style="list-style-type: none">1. Navigation using both map and compass2. Triangulate a location

Helps

1. How can you use a map for orienteering?
 - a. **Goal:** To understand that there are different types of maps that are used for different purposes.
 - b. **Lesson:** Recognize a good map for land navigation.
 - c. **Examples:**
 - i. Political map: Not good for navigation
 - ii. Physical map: Okay for basic navigation
 - iii. Topographic map: Excellent for navigation
 - iv. Climate map: Not good for navigation
 - v. Road Map: Excellent for driving or biking. Okay for land navigation.
2. How can you locate your position and direction on a map?
 - a. **Goal:** To understand that maps present features in different ways.
 - b. **Lesson:** Learn to find your location by utilizing surrounding features and landmarks.
 - c. **Examples:**
 - i. Mountains
 - ii. Roads
 - iii. Bodies of water
 - iv. Buildings/Man-made objects
3. How can you use directional techniques to guide your path?
 - a. **Goal:** To understand that there are various techniques in which you can utilize direction on a map.
 - b. **Lesson:** Learn basic techniques in which to move in the desired direction on a map.
 - c. **Examples:**
 - i. Landmark navigation
 - ii. Compass navigation
 - iii. Celestial navigation
 - iv. Solar navigation
4. What are different types of compasses?
 - a. **Goal:** To understand that there are many types of compasses and each has their benefits and drawbacks.
 - b. **Lesson:** Learn what a compass is and how to handle it.
 - c. **Examples:**
 - i. Marine compass or card compass
 - ii. Prismatic compass or lensatic compass
 - iii. Base plate compass or Orienteering compass
 - iv. Thumb compass
 - v. Solid state compass

5. What are the parts of a compass called?
 - a. **Goal:** To understand that a compass is made up of different parts that work together to aid the user.
 - b. **Lesson:** Learn the basic parts of a compass and their purpose.
 - c. **Examples:**
 - i. Bezel
 - ii. Baseplate
 - iii. Orienting Arrow
 - iv. Needle
 - v. Direction of travel Arrow
6. How is a compass used?
 - a. **Goal:** To understand how to use a compass.
 - b. **Lesson:** Learn basic compass and navigation techniques.
 - c. **Examples:**
 - i. Find North/South/East/West
 - ii. Map Bearing
 - iii. Field Bearing
 - iv. Holding a compass while navigating
7. How can you measure traveling distance?
 - a. **Goal:** To understand that traveling by foot requires a method to determine distance and speed.
 - b. **Lesson:** Learn some basic techniques to measure walking distance.
 - c. **Examples:**
 - i. Pacing
 - ii. Ranger Beads
 - iii. Point to Point
 - iv. Triangulation
8. What are some safety guidelines that you should know?
 - a. **Goal:** To understand that land navigation can be dangerous if proper precautions are not kept.
 - b. **Lesson:** Learn how to navigate safely.
 - c. **Examples:**
 - i. Drink plenty of water.
 - ii. Have good shoes/boots.
 - iii. Let someone know where you are going and how you are getting there
 - iv. Take a buddy
 - v. Carry a signal device (Whistle, walkie-talkie, mirror)
 - vi. Appropriate clothing
 - vii. Sunscreen
 - viii. First Aid Kit

Scripture Ideas

Psalm 23:3

- Fox – God will lead you if you listen to His word.
- Hawk – God will lead you if you listen to His word.
- Mt Lion – God will lead you if you listen to His word.

Nehemiah 9:12

- Fox – God protects His people.
- Hawk – God provides a way for His people.
- Mt Lion – When times are tough then turn to God so He may provide the right path for you to follow.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

Name of Group Game: Huckleberry

Time: 10 - 15 minutes

Summary: Find the hidden item as fast as possible!

Goal: Don't be the last person to find the hidden object.

Preparation: Bring a medium-sized item that you can hide easily (water bottle, apple, small ball)

How to Play:

1. Select one person from the group. Everyone else must leave the room.
2. The selected person must hide the item somewhere in the room. The item must be partially visible at all times.
3. Call everyone else back into the room. Each person must try to find the item without moving anything in the room. If a person sees the item, the person needs to walk around for 3 seconds, say the word "Huckleberry" aloud, and go to a predetermined section of the room.
4. The last person to find the object loses the round and needs to do 5 jumping jacks. Select another person to hide the item for the next round.

Name of Group Game: Over Under Game

Time: 15 – 20 minutes

Summary: Over, under, over, under... try to pass the ball through the line as quickly as possible!

Goal: Be the fastest team to weave the ball over and under each person.

Preparation:

- Two orange squishy sponge balls
- Two buckets of water

How to Play:

1. Split everyone into two equal teams. Have both teams line up in parallel lines. Drop a sponge ball into a bucket of water, and hand the bucket to the first person in line.
2. **Everyone in line needs to be facing the front. When you say “go,”** the first person of both lines needs to take out the sponge ball from the bucket and pass the ball over the head to the person behind them.
3. The second person in line must pass the sponge ball between their legs to the third person behind them. The third person passes the ball over their head to the next person, and so forth in the same “over-under” pattern.
4. At the very end of the line, the last person has to pass it forward in the same pattern as before. The first team that passes the ball back to the first person wins the game.

Maps



Figure 1 - Physical Map

A physical map focuses on the geography of the area and will often have shaded relief to show the mountains and valleys. Typical colors are blues, greens and browns. Many rivers, mountains and lake features are usually labeled.



Figure 2 - Topographical Map

In modern mapping, a topographic map is a type of map characterized by large-scale detail and quantitative representation of relief, usually using contour lines, but historically using a variety of methods.



Figure 3 - Road Map

A map, especially one designed for motorists, showing the roads of a city, state, or other area.

Compasses



Figure 4 - Lensatic Compass



Figure 5 - Base Plate Compass

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Orienteering Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Compasses
- Item for Fun activity



- Compasses
- Maps
- Item for Fun activity



- Compasses
- Maps
- Item for Fun activity
- Two orange squishy sponge balls
- Two buckets of water

FUN



Huckleberry

Select one person from the group. Everyone else must leave the room. The selected person must hide the item somewhere in the room. The item must be partially visible at all times. Call everyone else back into the room. Each person must try to find the item without moving anything in the room. If a person sees the item, the person needs to walk around for 3 seconds, say the word "Huckleberry" aloud, and go to a predetermined area of the room for those who found the item. This discovery process is repeated by each participant until everyone has found the item. Select another person to hide the item for the next round.



Over Under Game

Be the fastest team to weave the ball over and under each person.

1. Split everyone into two equal teams. Have both teams line up in parallel lines. Drop a sponge ball into a bucket of water, and hand the bucket to the first person in line.
2. Everyone in line needs to be facing the front. When you say "go," the first person of both lines needs to take out the sponge ball from the bucket and pass the ball over the head to the person behind them.
3. The second person in line must pass the sponge ball between their legs to the third person behind them. The third person passes the ball over their head to the next person, and so forth in the same "over-under" pattern.
4. At the very end of the line, the last person has to pass it forward in the same pattern as before. The first team that passes the ball back to the first person wins the game.

FOCUS



Compass Rose

Identify a compass rose: 4-point, 8-point, 16-point, and 32-point. Explain how a compass works. Identify the eight major points on a compass and their bearings.



Compass Skills

Using the resources above for assistance (if necessary), discuss the importance of using a compass for navigation purposes. Teach the Trailmen how to read the specific compasses they have been given for the activity. They may also bring personal compasses from home. Consider introducing the concept of "true north" and "magnetic north" (see <http://adventure.howstuffworks.com/outdoor-activities/hiking/compass-or-gps2.htm> for more information).

Learn how to orient a map. Locate the compass rose on the map so you can find north. Trail Guides, bring examples of maps to show the boys.



Learn about Orienteering

Using the resources above for assistance (if necessary), discuss the importance of using a compass for navigation purposes. Teach the Trailmen how to read the specific compasses they have been given for the activity. They may also bring personal compasses from home. Consider introducing the concept of "true north" and "magnetic north" (see <http://adventure.howstuffworks.com/outdoor-activities/hiking/compass-or-gps2.htm> for more information).

Review map orientation and learn how to find North on a map.

FINGERS



Color a Compass Rose

Let the Trailman hold a compass and walk around to see how it works.

Color a compass rose. Tell the Trailmen the proper direction letters to write at each point of the compass rose.

You can find a blank compass rose coloring sheet here: <http://www.enchantedlearning.com/geography/printouts/compassrose.shtml>



Bearings

Using the papers labeled with large numbers or letters (or natural landmarks), predetermine locations in the room and a reference location (a place for the Trailmen to record their compass measurements). Have the Trailmen use their compasses to identify the correct bearing to the object.



Pacing

Mark 100 yards in an open field. If space is an issue, mark 25 yards and multiply numbers by four.

Running pace: Beginning their stride on their left feet, have the Trailmen run the length of the marked area. This is not a full sprint or a race, but a nice, steady run. Emphasize the importance of running in a straight line. A zigzag line will add unnecessary steps, and they will not get an accurate count. Instruct the Trailmen to mentally count each time their right foot hits the ground. Record their numbers.

Repeat running pace and find the average of the two numbers. Multiply by four if they are running 25 yards. The average becomes each boy's running pace. When the Trailmen are running, after they reach their running

pace number, they know they have run approximately 100 yards.

Repeat the same process, but this time walking, to find walking pace. Again, remember to multiply the number by four if using a 25-yard field.

Compass Relay

Group the Trailmen into partners or small groups. Give at least one Trailman per group a compass, a bearing to head, and a distance to run. Using his pace counting (determined earlier in the Fingers activity), the first Trailman runs as fast as he can, trying to maintain the given bearing. (If the Trailmen have not determined their pace, mark the course with stopping points.) When the Trailman reaches his specified distance, he turns around to spot the navigator (Trailman holding the compass). By yelling out or using hand motions (move to the left, move to the right, etc.), the navigator guides the runner to the correct bearing. After the runner is at the specified bearing, the navigator runs as fast as he can to the runner. They repeat this process to the end of the course and then return in the same fashion to the finish line. Trailmen may switch roles at each leg of the race if desired. The first team to return to the starting line wins.

FAITH (TRAIL GUIDE THOUGHTS)



Our Shepherd

Read Psalm 23 with the Trailmen. Discuss how God is our Shepherd who leads and guides us through life. Tell the boys of a time where God has led you through something.

Pray with the Trailmen.



Cloud by Day, Fire by Night

Read Nehemiah 9:12 and discuss this passage with the Trailmen. Explain how God led the children of Israel through the wilderness for 40 years and provided for them along the way. Discuss with the Trailmen a time when God led you through something and provided for your needs.

Pray for the Trailmen.



Direction

If you do not pay close attention to the color of the compass arrows, you may think you are traveling in one direction, but actually traveling in the opposite direction. (Illustrate with the colored arrows on your compass. Typically, red is North and black is South.)

Connect to Proverbs 16:25 (NLT): "There is a way that appears to be right, but in the end it leads to death." If we think that the black arrow on this compass points north, we might follow it, thinking we're going in the right direction when we're not. The Bible tells us that a way may "appear" to be the right direction, but actually we are headed in the opposite direction.

Pray with the Trailmen.

FAMILY



Orient a Hike

Take a hike and allow the Trailman to use the compass to identify points of direction.



Practice at Home

Teach your family how to use a compass. You may also consider teaching them how to play Compass Relay and finding natural landmarks for them to identify.

FOREST BADGE






By actively participating in this meeting, each Trailman earned the Orienteering Step in the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.



Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature
	<ol style="list-style-type: none">1. Plan a Menu2. Camp Kitchen Safety
	<ol style="list-style-type: none">1. Prep a Chuck (Grub) Box2. Food Packing3. Equipment Cleaning

Helps

1. What equipment is used for outdoor cooking?
 - a. **Goal:** To understand the equipment that can be used in outdoor cooking.
 - b. **Lesson:** Learn about cooking equipment and proper usage.
 - c. **Examples:**
 - i. Utensils: Spatula
 - ii. Pots & Pans
 - iii. Camp Stoves
2. What storage techniques are best for outdoor food and equipment?
 - a. **Goal:** To understand the different methods of outdoor storage techniques for food and equipment.
 - b. **Lesson:** Learn how to store food or equipment.
 - c. **Examples**
 - i. Zip Bags
 - ii. Plastic Containers
 - iii. Vacuum Sealed Bags
3. How do you plan a menu?
 - a. **Goal:** To understand that planning is important to prepare a proper camping meal.
 - b. **Lesson:** Learn how to create a menu and prepare a grocery list.
 - c. **Examples:**
 - i. Menu
 - ii. Grocery List
 - iii. Supplies: Foil, Paper Towels
4. What are good hygiene practices for outdoors?
 - a. **Goal:** To understand the importance of hygiene when it comes to food preparation and cooking.
 - b. **Lesson:** Learn different methods of hygiene practices before and after food contact.
 - c. **Examples:**
 - i. Wash hands
 - ii. Wash face
 - iii. Clean Clothes
 - iv. Hat
5. How is food prepared when outdoors?
 - a. **Goal:** To understand that preparing food in an outdoor setting can be different than in a kitchen indoors.
 - b. **Lesson:** Learn proper food preparation and pre-preparation in an outdoor environment.
 - c. **Examples:**

- i. Cutting
 - ii. Mixing
 - iii. Separate Food Prep Areas (Meat vs. Vegetables)
- 6. How can you safely cook food in an outdoor environment?
 - a. **Goal:** To understand that food not properly prepared can be wasteful and harmful.
 - b. **Lesson:** Learn proper and safe food cooking techniques.
 - c. **Examples:**
 - i. Food temperatures
 - ii. Food quantities
 - iii. Serving
- 7. What are the best ways to clean and sanitize the equipment?
 - a. **Goal:** To understand how important clean and sanitized equipment is to the cooking and preparing of food.
 - b. **Lesson:** Learn equipment sanitizing techniques.
 - c. **Examples:**
 - i. Hot Water
 - ii. Sanitation Tablets
 - iii. Bleach
- 8. How do you dispose of trash and food waste in an outdoor environment?
 - a. **Goal:** To understand that food waste and trash can be harmful to the environment and even dangerous.
 - b. **Lesson:** Learn how to properly dispose of waste.
 - c. **Examples:**
 - i. Proper Trash Receptacles
 - ii. Pack Out
 - iii. When and what can be buried
 - iv. What can be burned

Scripture Ideas

Psalm 34:8

- Fox – The Lord is good!
- Hawk – Seek the Lord in all ways.
- Mt Lion - Seek the Lord in all ways.

Matthew 4:4

- Fox – Nothing is more important than God's word.
- Hawk – As food is important to us, so should His word be more important to us.
- Mt Lion - As food is important to us, so should His word be more important to us.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

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Outdoor Cooking Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Open burner gas stove
- Food ingredients for one of the menu items listed below
- Cooking utensils

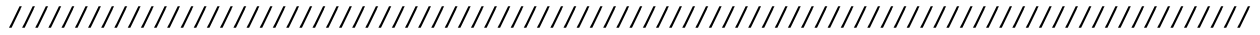


- Paper
- Pencils



- Open burner gas stove
- Food ingredients for one of the menu items listed below
- Cooking utensils
- Three Bins
- Soap
- Bleach

FUN



Game

Play one of the following games, or pick another game from this website:

<http://www.ultimatecampresource.com/site/camp-activities/camp-games.html>



- Chicken Picks
- Indy Five Hundred
- Bob the Weasel
- Animal Guessing Game
- Indian Chief



FOCUS



Easy Meals

Cooking just tastes better when you are camping. Could it be that the ingredients seem fresher when cooked in a Dutch oven? Or that the charbroiling over an open flame awakens the flavor of any all-beef hot dog? Or, could it just be the flavor of the bugs that fell from the gas lantern hanging over your cooking stove? Whatever it is, camp food just tastes better.

Talk about different ways to cook food while on a campout.

- Dutch oven with charcoal bricks
- Skewer over an open flame
- Open burner gas stove
- Tin foil cooking in the coals of a hot fire

Discuss some easy meals that Trailmen can learn to make.

- No bake cookies
- Hot dogs
- Pan cakes
- Hot chocolate
- Flavored noodles
- Eggs



Safety

When you camp, you get really hungry because you are so active! Food that you make on campouts always tastes great. You may know how to cook at home, but it is very different cooking in the outdoors. You do not have all the supplies you need, so you have to remember to bring everything, even the stove! You also have to be more careful when cooking and cleaning up. Discuss some outdoor cooking safety policies. Be sure to include cleaning up, not cooking in a tent, and proper waste. Also discuss how to safely prepare food.



Storage

Review or learn outdoor cooking safety and meal planning.

Learn how to properly pack food and cooking equipment for a campout. Why does everything have to be in a container? What food goes in the cooler? Learn where to store food overnight. Talk about why you should never have food in your tent when camping.

FINGERS



Cook Outdoors

Cook and eat one of the menu items listed above. While cooking the meal, create a way to have the boys memorize the kitchen items and utensils that are being used.



Menu Planning

Plan a menu for a weekend campout (real or fake). Include every meal that you want to eat on the campout. To plan a menu, you need to record three things: the menu, the ingredients list, and the utensils/supplies list. When you are camping, you cannot just run to the store to buy something you forgot, so you need to remember to bring everything. Have the Trailmen write down what they want to cook for each meal, all the ingredients they will need, and the utensils/supplies they will need. Don't forget the stove! If possible, use your menu and help cook items on the next campout.



Review Menu Planning above and complete if possible for a campout.

Wash the Dishes

Learn how to properly clean your cooking equipment. Learn the Three-Bin Method of outdoor dishwashing. Fill one bin with hot water and soap, fill the next with water, and the last with water and a little bleach. Everyone Pre-rinses their dishes with water, then washes them in the first bin, rinses them in the second, and sanitizes them in the third. Do the cleanest dishes first and the dirtiest dishes last.

Or

Make a Chuck Box

Follow the instructions on this site to make your own Chuck Box for cooking in the outdoors:

<http://blog.rei.com/camp/how-to-build-your-own-camp-kitchen-chuck-box/>.

FAITH (TRAIL GUIDE THOUGHTS)



Learn New Things

Cooking is one of those skills that everyone can use. When you learn how to cook, you find that it is actually kind of fun and is not as hard as you might think. Learning how to do new things helps you to get smarter, helps you to become more independent in doing things on your own, and can make you popular in camp if you have enough food left over to share with friends.



Pray the following prayer or do one of your own: Proverbs 22:6 says, "Train a child in the way he should go, and when he is old he will not turn from it." Holy God, we thank you for the food that you gave us to enjoy today. We ask you to help these boys learn to master the life skills that we are teaching them, especially cooking. Help them to be safe in their cooking experiences and to be a blessing to others while they are doing it. Amen.



Importance

Read and discuss Matthew 4:4. Food is incredibly important to us. Without it, we couldn't live. The Bible tells us, however, that God is even more important than food.

Pray with the Trailmen.

FAMILY



Cook at Home

Cook a breakfast together using an easy recipe. Talk about different rules to follow when cooking in the kitchen. Discuss good hygiene practices and how to handle perishable foods.



Family Cooking

If possible, go camping with your family and help plan the meals. If not possible, help plan meals at home and go shopping for ingredients.



FOREST BADGE



By actively participating in this meeting, each Trailman earned the Outdoor Cooking Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Camping & Hiking

Outdoor Skills – Step 4

Purpose

The “Camping and Hiking” Step is to provide a basic knowledge of camping and hiking techniques. Upon completion of this step, Trailmen should understand how to utilize commonly accepted camping techniques as well as understanding basic hiking methods.




1. How do you select a good camp site?
2. What are the different methods of camping?
3. What are the different types of tents?
4. How do you take care of a tent?
5. What is a good campsite layout?
6. What are safety practices that you should remember?
7. How does hygiene play an important role in the outdoors?
8. What are common etiquette practices in the outdoors?

Notes to the Trail Guide//

1. The goal is not for the boys to be experts on these topics but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

//

Skill Progression

	<ol style="list-style-type: none">1. Nomenclature2. Camp Safety
	<ol style="list-style-type: none">1. Tent Pitching2. Recognize good tent/hammock/sleeping areas
	<ol style="list-style-type: none">1. Camp Site Areas2. Camp Site Operations

Helps

1. How do you select a good camp site?
 - a. **Goal:** To understand that a campsite should exist in a safe and livable location.
 - b. **Lesson:** To learn what safety items and desires exist in a good campsite.
 - c. **Examples:**
 - i. Danger areas
 - ii. Distance to potable water
 - iii. Distance from aide
 - iv. Emergency departure
2. What are the different methods of camping?
 - a. **Goal:** To understand that camping can exist in many forms.
 - b. **Lesson:** Learn what different methods exist and what their benefits are.
 - c. **Examples:**
 - i. Tent camping
 - ii. Hammock camping
 - iii. Shelter camping
 - iv. Car camping
3. What are the different types of tents?
 - a. **Goal:** To understand that tent have many different types.
 - b. **Lesson:** Learn how to identify basic tents.
 - c. **Examples:**
 - i. Basic Ridge Tents
 - ii. Dome Tents
 - iii. Instant or Quick-Pitch Tents
 - iv. Inflatable Tents
 - v. Tunnel Tents
 - vi. Frame Tents
 - vii. Tepee
 - viii. Trailer Tents and Folding Campers
4. How do you take care of a tent?
 - a. **Goal:** To understand that tents must be cared for to maintain safety and effectiveness.
 - b. **Lesson:** Learn how to care for a tent through living in one and after taking one down.
 - c. **Examples:**
 - i. Proper tent entrance
 - ii. Proper tent movement
 - iii. Tent drying and airing
 - iv. Proper Storage

5. What is a good campsite layout?
 - a. **Goal:** To understand that a campsite is not just a tent. There are other functioning areas of a campsite.
 - b. **Lesson:** To learn what different areas of a campsite are and how they are used.
 - c. **Examples:**
 - i. Tent Location
 - ii. Fire Location
 - iii. Camp Kitchen
 - iv. Wood Cutting Area
6. What are safety practices that you should remember?
 - a. **Goal:** To understand that campsites are not without hazards.
 - b. **Lesson:** Learn some basic campsite safety guidelines.
 - c. **Examples:**
 - i. Fire Hazards
 - ii. Guy-line safety
 - iii. First Aid Location
 - iv. Bulky Equipment
7. How does hygiene play an important role in the outdoors?
 - a. **Goal:** To understand that proper hygiene is important in the outdoors.
 - b. **Lesson:** Learn basic hygiene principles and techniques.
 - c. **Examples:**
 - i. Fragrances: It is best to avoid strong fragrances such as colognes and perfumes
 - ii. Feet: Keep feet clean and dry
 - iii. Teeth: Keep teeth and mouth clean and healthy
 - iv. Skin: Keep your skin clean, hydrated, and protected
8. What are common etiquette practices in the outdoors?
 - a. **Goal:** To understand that basic etiquette principles exist to keep things civil between others.
 - b. **Lesson:** Learn basic principles of interactions with others around a campsite.
 - c. **Examples:**
 - i. Teamwork
 1. The team comes first
 - ii. Cooking & Cleaning
 1. For group meals: one group cooks, the other cleans
 - iii. Light management
 1. When night: use flashlights sparingly and utilize light filters
 - iv. Sound management
 1. Keep sounds to a minimum

Scripture Ideas

Isaiah 35:8

- Fox – God provides a way for His children.
- Hawk – The Holy Road will lead God's own happy people to their permanent home.
- Mt Lion – The Holy Road will lead God's own happy people to their permanent home.

2 Corinthians 5:7

- Fox – God wants us to grow our faith in Him.
- Hawk – For we cannot clearly see him in this life, wherein we walk by faith only.
- Mt Lion – For we cannot clearly see him in this life, wherein we walk by faith only.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

Camping Types



Figure 1 - Tent Camping



Figure 2 - Hammock Camping



Figure 3 - Shelter Camping



Figure 4 - Car Camping

Tents



Figure 5 - Ridge Tent



Figure 6 - Dome Tent



Figure 7 - Instant or Quick-Pitch Tent



Figure 8 - Inflatable Tent



Figure 9 - Tunnel Tent



Figure 10 - Frame Tent



Figure 11 - Teepee



Figure 12 - Trailer Tents / Folding Camper

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Camping & Hiking Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- All items for a basic campsite
- Items needed for selected game



- Tent
- Skit / skit book
- Items needed for selected camp game



- Misc. camping and hiking supplies, including a backpack (one for each team of Trailmen)
- Props as listed in the Fingers section below

FUN



Game

Play one of the following games, or pick another game from this website:

<http://www.ultimatecampresource.com/site/camp-activities/camp-games.html>

- Chicken Picks
- Indy Five Hundred
- Bob the Weasel
- Animal Guessing Game
- Indian Chief



Camp Games

- Lightsaber wars. Everyone bring a light saber. Lightsabers work great for epic adventures, but ground rules must be established.
- Capture the flag.
- Hide and seek.
- Flashlight freeze tag.

Have a campfire program. Tell stories, share jokes, and perform the skit for the parents. Have a light snack and drink on hand to top off the evening.



Camping Relay

Pack your backpack for a camping trip, relay style! Place two groups of camping equipment for the Trailmen to race to. Create two relay lines. Trailmen race to the equipment, pack the bag, then race back to tag the next Trailmen in line. The next Trailman runs to the backpack and unpacks it, then races back to tag next in line. The first team to have all Trailmen race the relay wins.

FOCUS



Campsites

What's in a campsite? Help the Trailmen to find what's normally in a campsite and where it belongs. Set up a campsite; use the items above as a starting point. Take the Foxes on a tour and point out what's there.

TENT AND CONTENTS:

- Sleeping bags
- Flashlight
- Day Pack
- Handbook
- Pillow
- Clothes

ICE CHEST AND CONTENTS:

- Cans of food
- Plastic food

TABLE AND CONTENTS:

- Chair
- Matches
- Knife, fork and spoon
- Pot
- Bowl
- Plate
- Cup

FIRST AID KIT AND CONTENTS:

- Band Aids
- Tube of antibiotic ointment
- Alcohol Swabs
- Tape
- Scissors



Camping

Review Campsites from Fox above if necessary.

Think back to your first impressions of the dark as a younger boy, and you will remember that night time can be pretty intimidating. Much of this sensation has to do with the unknown. What was that noise? Did you see that? Can we go home now? With an introduction to night time activities, boys can learn that they do not have to be afraid of the dark.

Topics to cover include:

The fellowship of the campfire:

- Campfire safety
- Stories, jokes, games, and skits
- Snacks
- Prayers
- Family and friends

Night time familiarity:

- Moon and stars / The Big Dipper
- Animals at night
- Night time games

The Trailman's courage:

- Parents and adults
- Flashlights
- Walking sticks
- Tent fortresses
- Buddy System



Review Campsites and Camping above.

Outdoor Principles

1. Travel on trails or other legal areas. Walk slowly on the trails. Respect the rights of others.
2. Respect animals, plants and people. Don't chase, scare, feed or try to pet wildlife.

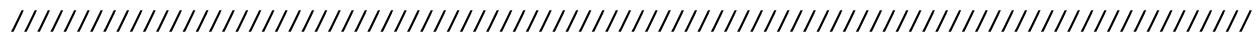
3. Educate yourself – know before you go. Make sure you know the safety rules and always go with an adult leader.

4. Every time you go outdoors, think safety, bring a friend and be prepared. Remember to pack the seven important items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen and a whistle.

5. Always leave the outdoors better than you found it. Keep the outdoors clean! Don't litter or leave food or trash.

6. Discover how fun the outdoors can be when you Tread Lightly. Remember, the outdoors is home to many animals so treat it with care. Be careful with fire.

FINGERS



Explore a Tent

Once the tents are set up, allow them to sit in the tents. Instruct them that the walls are soft and can tear, so they need to be careful inside the tent. Help them to learn to zip and unzip the windows and doors. Let them look out of the windows of the tent. Ask them to observe and listen.

What do they see out the windows?
Can they still hear noises with the tent closed?



Tents

Learn to put a tent together. Then, learn to take it apart and store it back in its bag.

Learn and perform a skit. Look through a book of skits, and pick out a skit that you think the boys would like. Teach them their parts, and let them perform it at a campfire program.



Bad Camper Bob

Set up a campsite for Bad Camper Bob, breaking all of the outdoor principles for the boys to walk through and to inspect. Here are some examples:

- Show poor planning: have dress shoes instead of boots, leave the tent door open and put a stuffed animal inside (like a skunk), act like mosquitoes are everywhere and swat at them on your skin and complain about not having bug spray.
- Camp on the wrong surfaces: set the tent up on top of branches, flowers, or rocks.
- Leave trash everywhere: leave trash on the ground and in the tent.
- Collect everything you find: have a table full of objects you collected from the forest (put them back into their natural settings after using them).

- Do campfires the wrong way: show multiple fire rings, put trash in the fire, have fires without a rock ring, have an empty bucket with no water in it.
- Treat wildlife poorly: break some eggs on the ground (taken from the store), tie up a stuffed animal, and leave open food containers on the ground.
- Be a bad tent neighbor: play your radio loud, leave your gear spread out everywhere, talk loud and yell.

At the end have the boys teach Bob how to set up his campsite correctly.

Or

Take a Hike

Take a hike on a trail following Tread Lightly outdoor principles.

FAITH (TRAIL GUIDE THOUGHTS)



Helping

God asks us to take care of the many things He's given us. When we work as a team, it is easier to take care of what He has given us because everyone helps. Let's thank Him now for helping us to work as a team and to learn about camping.

Thank you, God, for the many things we did today. Help me to remember to be a helper and to have fun in Your world. Amen.



Prayer

End with this prayer (taken from Psalm 19:1-3): Heavenly Father, the heavens declare your glory; the skies proclaim the work of your hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. How amazing it is to stand before the night time sky and listen in awe to creation worship your holy name in all of the languages of the world. You are God and God alone. We praise you for the sun, the moon, the stars, and the great outdoors. We thank you that you have allowed us to experience the awe of your creation together tonight. Amen.



Following the Rules

Following rules may sometimes seem troublesome and a lot of work. But rules are made to help us rather than to hurt us. God gives us a set of rules to follow in the Bible. There we can find guidance and instruction for everything that we need to know about life. Some of those rules you may already know, such as the Ten Commandments or the Golden Rule (do unto others as you would have them do unto you). Others talk about how to pick good friends, how to earn money, or how to pray to God. They are all there to help and guide us.

Let's pray (taken from Psalm 13:13): Lord God, you tell us that He who does not like instruction will have trouble in this life, but he who respects a command is rewarded. I pray that we can learn to follow the instructions that you give us from your Holy Bible so that our lives will be filled with rich rewards. Help us to learn to be good stewards of your creation and to treat it and others with respect. Amen.

FAMILY



Camping Stories

Stories are always fun. Families have wonderful stories to tell. Ask the boy to ask his family members if they have ever camped or had an outdoor adventure. Have him listen to the stories and ask two questions at the end of the story. Some suggestions are:

- What did they do to have fun?
- Did they cook over a fire?
- Did they see animals or hear them at night? What did they sound like?



In the Dark

As a part of an evening devotion, talk about the dark and how it can be scary sometimes. Talk about God's presence with us and how he does not leave us when the lights go out.

Tell the boys a funny story or joke that they can learn and share with their fellow Trailmen.



Outdoor Principles

Discuss good outdoor principles with your parents. Take a family hike and show how you can follow these principles correctly.

FOREST BADGE



By actively participating in this meeting, each Trailman earned the Camping and Hiking Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Edge Tools

Outdoor Skills - Step 5

Purpose

The “Edge Tools” Step is to provide a basic knowledge of edge tools. Upon completion of this step, Trailmen should understand the dangers and the benefits of edge tools such as saws, axes, and knives. Mountain Lions will work toward earning their Woodsman card.




1. What are some edge tools that you may be exposed to?
2. What are some ways that you can be safe around edge tools?
3. What are certain edge tools used for?
4. What are some first aid techniques involving cuts?
5. What are safety guidelines for using edge tools?
6. How do you properly use an edge tool? (Woodsman Card)

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts on these topics but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

////////////////////////////////////

Skill Progression

	<ol style="list-style-type: none">1. Awareness2. Nomenclature
	<ol style="list-style-type: none">1. Personal Safety2. Proper Handling (Not for use but for carrying)
	<ol style="list-style-type: none">1. Usage2. Safety of Others3. First Aid

Helps

1. What are some edge tools that you may be exposed to?
 - a. **Goal:** To understand that there are many different types of edge tools and safety is very important.
 - b. **Lesson:** Know what different edge tools are called.
 - c. **Examples:**
 - i. Knife (Folding and fixed blade)
 - ii. Machete
 - iii. Axe & Hatchet
 - iv. Saws
2. What are some ways that you can be safe around edge tools?
 - a. **Goal:** To understand the different methods of safety when around edge tools.
 - b. **Lesson:** Learn basic safety techniques when you are in the vicinity a tool user.
 - c. **Examples:**
 - i. Keep a safe distance
 - ii. Do not distract the user
 - iii. No joking or pranking
 - iv. Never try to take the tool. It must always be handed over or put down.
3. What are certain edge tools used for?
 - a. **Goal:** To understand what functions different edge tools perform.
 - b. **Lesson:** Learn what certain tools are used for.
 - c. **Examples:**
 - i. Knives: Cutting, whittling, sharpening
 - ii. Machete: Clearing trees and shrubs
 - iii. Axe & Hatchet: Felling trees, splitting logs
 - iv. Saws: Cutting lumber, trimming trees
4. What are some first aid techniques involving cuts?
 - a. **Goal:** To understand how to treat common injuries from edge tools.
 - b. **Lesson:** Learn very basic first aid.
 - c. **Examples:**
 - i. Cover the wound and apply pressure
 - ii. Notify an adult right away
 - iii. Talk about 911 service
5. What are safety guidelines for using edge tools?
 - a. **Goal:** To understand what safety procedures should be used when using edge tools.
 - b. **Lesson:** Learn proper safety tips for handling edge tools.
 - c. **Examples:**
 - i. Handling the tool
 - ii. Transferring the tool

- iii. Safe boundaries
- 6. How do you properly use an edge tool? (Woodsman Card)
 - a. **Goal:** To understand different techniques and methods of handling edge tools.
 - b. **Lesson:** Earn the Woodsman Card.
 - i. (Fox & Hawks are exempt from this step)
 - c. **Process:**
 - i. Follow the appropriate procedure for earning the Woodsman Card.

Scripture Ideas

Isaiah 18:5

- Fox – God is always pruning us to make us better.
- Hawk – God often removes things from our lives that distract from Him.
- Mt Lion – God often removes things from our lives that distract from Him.

Proverbs 27:17

- Fox – His word helps to make us stronger.
- Hawk – Strong Christian's help to make us want to be better Christians.
- Mt Lion – Strong Christian's help to make us want to be better Christians.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

Edge Tools



Figure 1 – Knife



Figure 2 - Machete



Figure 3 – Axe



Figure 4 - Hatchet



Figure 5 – Saw

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Edge Tools Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Pictures of edge tools (or the actual tools)
- Knife-Sized wood (or other small objects. See Fingers activity)
- Clothespins



- Edge Tool Examples
- Clothespins



- Knives (to cut soap and whittle)
- Clothespins

FUN



Clothespin Tag

Give every Mountain Lion eight clothespins to pin anywhere on their clothes where they can be reached by other Mountain Lions. On 'Go' signal, everyone tries to pull a clothespin off someone else. As soon as a clothespin is snatched, the Mountain Lion who stole it kneels down. He pins the clothespin to his clothes. While kneeling, a Mountain Lion is safe from having a clothespin taken. Set a time limit and see who (or which team) has the most clothespins when time is called.

You may need to set rules to prevent kneeling too long or kneeling without first snatching a clothespin.

FOCUS



What are Edge Tools?

Learn about different kinds of edge tools. See what makes them different from each other and what they are each used for. Some edge tools to discuss are:

- Knife
- Saw
- Axe
- Machete

Bring in some pictures of the edge tools (or examples of the real tools, but do not let the boys use them), show the boys what they look like, and discuss how tools are not toys.



Safety

Learn some safety rules for handling edge tools. Some rules are outlined in the Helps document. Talk about how you can get really hurt if you don't use an edge tool properly. Discuss the correct and incorrect way to carry the different types of edge tools listed in the Helps document. Trail Guides, consider bringing examples of edge tools so you can show the boys how to properly carry each one.



Knife Safety

I. Discuss the uses of a pocket knife and how it is a tool and not a toy. Introduce/review the following safety points:

- Cut away from your body, not toward it.
- If you drop your knife, let it fall. Don't attempt to catch it.
- Never run with a knife.
- Don't throw a knife to anyone. Hand it to them, handle first.
- Never point a knife at anyone.
- Do not use a locking blade if the lock will not lock open. Make sure the lock is working before using it.

- Keep your knife folded or sheathed when carrying or storing.
 - Use a sharpening stone, not a power grinder to sharpen your knife. A power grinder can make the edge brittle.
 - Use the right tool for the job. A pocket knife is for small jobs.
 - Don't use a knife for prying. It can cause the tip to break, possibly causing injury.
 - Use a knife in a well-lit area, so you can see what you're doing.
 - Do not use a knife on "live" electrical items like appliances.
 - Keep your knife clean, particularly the locking mechanism.
 - Keep your knife oiled and sharp. A sharp knife is safer than a dull one.
 - Don't try fixing a knife yourself. It is dangerous.
 - If you get cut, seek first aid immediately.
2. **Demonstrate proper knife techniques.** Show the Mountain Lions how to open and close a knife correctly.
 3. **Show careful cutting.** Show your Mountain Lions how to properly cut with a folding knife. A good way to practice is to carve a bar of soap.
 4. **Go through each step slowly:**
 - Double-check that the blade is locked in the open position.
 - Grip the handle with your whole hand, like the handlebar of a bike.
 - Cut away from your body.
 - Don't use too much force.
 5. **Show how to pass a knife.**

A knife should always be closed when being passed. A knife is offered and received with a "thank you" once the receiver has it.
 6. **Show how to maintain a knife.** Demonstrate how to properly sharpen and oil a knife.

7. Review Questions:

- Are both hands used when opening and closing a pocket knife?
- Do I ask my parent's permission to carry a knife?
- Do I cut towards myself?
- When I sharpen the knife, do I check how sharp it is by running my finger down the blade?
- Can I run with an open knife?
- Should I fix my knife if I think it's broken?

FINGERS



Knife Safety

Learn some safety rules about knives (many outlined in the Mountain Lion Focus section). Give each boy a piece of wood (or something small) that represents a knife. Have them come in front of each other, one at a time, and show something you should or shouldn't do with a knife. For example, have a boy come up and pretend to cut towards himself. Have the audience guess whether what he was doing was safe or not.



Carve Soap

Allow the Trailmen time to practice the skills they have learned by carving the bar of soap and then the small piece of wood. *Find an example of something small that Mountain Lions can whittle.*

or

Woodsman

Complete the requirements for earning the Woodsman Card and test each Trailman for competency. Requirements for this award can be found in the online resources.

Unlike most requirements in the Woodlands Trail, for safety reasons, participation alone is not enough to earn the Woodsman card. This is a competency award that comes with the privilege of being allowed to carry and use a folding knife. Participating in the lesson without Woodsman completes the Step, completing the lesson with Woodsman completes the Step and Card (if competency is demonstrated).

FAITH (TRAIL GUIDE THOUGHTS)



God's Word

Read Proverbs 27:17. Talk about how God's Word helps make us stronger.

Pray with the Trailmen.



Family and Responsibility

Read and discuss Ephesians 6:1-3



Responsibility is:

- taking care of your duties.
- answering for your actions.
- accountability.
- trustworthiness.
- Important.
- a core value for living honorably.
- being accountable for your behavior.
- being dependable when you have things to do.

Prayer:

Give me, O God, a sense of responsibility:

To myself, so that I may never waste the gifts which you have given to me;

To my parents, so that I may do something to try to repay them for all the love and the care they have given to me;

To my teachers, so that all their patient teaching of me may not go for nothing;

To my friends, so that I may never disappoint them.

To those who have gone before me, so that I may never forget what

my freedom and liberty cost, and that I may hand on still

finer the heritage and the tradition into which I have entered;
To the world, so that I may put into life more than I take out;
To You, so that I may always remember that You loved me and gave Your Son for me.
Help me remember what I have received, and to use what I have and so to make what I ought to out of this life of mine, which cost so much. This I ask in Jesus Name, Amen.

FAMILY



Tools at Home

Talk with your family about the different types of edge tools. See if your family has any of the ones you learned about in the house.



Tools at Home

Go around your home with your family and see if you can find any of the edge tools you learned about at the meeting. Discuss tool safety with your family and learn how they think you should treat edge tools.



Safety

Review knife safety rules with your parents. Discuss how it is a tool not a toy.

FOREST BADGE



By actively participating in this meeting, each Trailman earned the Edge Tools Step in the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Fire Safety

Outdoor Skills – Step 6

Purpose

The “Fire Safety” Step is to provide a basic knowledge of fire. Upon completion of this step, Trailmen should understand aspects such as fire safety, identification, and emergencies. Mountain Lions will work toward earning their Fireguard card.




1. What are the different types of fires?
2. What are some fire safety guidelines?
3. What kinds of fire systems are used around you?
4. What is a fire drill and how do you participate in them?
5. When and how should you fight a simple fire?
6. What are some first aid techniques involving burns?
7. What are the Trail Life approved methods and rules for starting and maintaining a fire? (Fireguard Card)

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts on these topics but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

////////////////////////////////////

Skill Progression

	<ol style="list-style-type: none">1. Awareness2. Nomenclature
	<ol style="list-style-type: none">1. Fire Alarms2. Fire Drills
	<ol style="list-style-type: none">1. Personal and Group Safety2. First Aid

Helps

1. What are the different types of fires?
 - a. **Goal:** To understand that fire comes from different types of elements.
 - b. **Lesson:** Learn some types of fires and how to recognize them.
 - c. **Examples:**
 - i. Solids (Class A)
 - ii. Liquids (Class B)
 - iii. Gases (Class C)
 - iv. Metals (Class D)
 - v. Electrical (Class E)
 - vi. Oils & Fats (Class F)
2. What are some fire safety guidelines?
 - a. **Goal:** To understand that fire is dangerous and safety is very important.
 - b. **Lesson:** Learn some basic fire safety guidelines.
 - c. **Examples:**
 - i. Never play with fire
 - ii. Notify an adult right away of unattended fires
 - iii. Never feed a fire unless asked by an adult to do so
 - iv. Never fight a fire
3. What kinds of fire alert systems are used around you?
 - a. **Goal:** To understand that there are different types of fire notifications and fire suppression systems.
 - b. **Lesson:** Learn about fire warning systems around you.
 - c. **Examples:**
 - i. Smoke Alarms
 - ii. Fire warning lights
 - iii. Pull Switches
 - iv. Sprinkler systems
4. What is a fire drill and how do you participate in them?
 - a. **Goal:** To understand the purpose of a fire drill and the importance of practicing them.
 - b. **Lesson:** Learn how to do a fire drill.
 - c. **Examples:**
 - i. Perform a drill for your building
 - ii. Know at least two exits
 - iii. Know where to meet outside
 - iv. How to call for help
5. When and how should you fight a simple fire?
 - a. **Goal:** To understand that fighting fires are mostly for adults or trained persons. But certain fires can be extinguished by youth.

- b. **Lesson:** Learn how to extinguish a small and safe fire.
 - c. **Examples:**
 - i. Blowing out a candle
 - ii. Turn off a stove or burner
 - iii. Unplug a hot appliance
6. What are some first aid techniques involving burns?
- a. **Goal:** To understand basic first aid for burns.
 - b. **Lesson:** Learn the basics for treating burns.
 - c. **Examples:**
 - i. Get an adult
 - ii. Remove clothing from injured area
 - iii. Submerge burn under running water for at least 5 minutes
 - 1. Do NOT apply ice, butter, or powder to the injury since this could aggravate it.
 - 2. Do NOT break any blisters since this makes the wound more vulnerable to infection.
 - iv. Gently pat the skin dry and cover it loosely with a nonstick sterile bandage or gauze.
7. What are the Trail Life approved methods and rules for starting and maintaining a fire? (Fireguard Card)
- a. **Goal:** To understand the Fireguard rules and pass the Fireguard test.
 - b. **Lesson:** Earn the Fireguard Card.
 - i. (Fox & Hawks are exempt from this step)
 - c. **Process:**
 - i. Follow the appropriate procedure for earning the Fireguard Card.

Scripture Ideas

Exodus 3:2

- Fox – God is all powerful (omnipotent).
- Hawk – God is all powerful (omnipotent).
- Mt Lion – God is all powerful (omnipotent).

Joshua 7:15

- Fox – God must punish sin. Jesus died for our sins.
- Hawk – God must punish sin. Jesus died for our sins.
- Mt Lion – God must punish sin. Jesus died for our sins.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

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Fire Safety Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Two orange squishy sponge balls
- Two buckets of water
- Blindfold
- Pile of Sticks or Popsicle Sticks

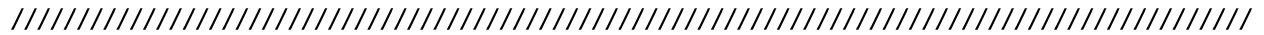


- Two orange squishy sponge balls
- Two buckets of water
- Blindfold
- Pile of Sticks or Popsicle Sticks



- Sticks (for building fires)
- Blindfold
- Pile of Sticks or Popsicle Sticks

FUN



Fire Tender

Split everyone into two equal teams and select one member to be the Fire Tender. He will sit or stand blindfolded with lots of sticks around him. The rest of the Trailmen, one or two from each team, will attempt to creep up and take a stick from the pile and return to their team. If the blindfolded Fire Tender hears a noise, he points in that direction. If the Tender correctly identifies a boy, then that boy must replace his stick in the pile and return to his team. The winning team will be the one with the most sticks at the end of the allotted time or when all of the sticks are taken.

FOCUS



Safety Rules

Fires can be a great addition to any time outdoors, but they can be extremely dangerous and damaging if they are not taken care of, or if they are somewhere they are not supposed to be. Learn about some safety precautions you can take to avoid dangerous fire situations. Some are listed in the Helps document.



Safety Systems

Learn about some ways that we avoid dangerous fires. Talk about smoke alarms, fire warning lights, pull switches, and sprinkler systems. Look around. Can you find any of these systems in your meeting place? Count how many of each type you find. Every room should have at least one smoke alarm.



Outdoor Fires

Review the safety precautions for fires. Also, learn first aid for a minor burn. This is outlined in the Helps document.

Learn about safe fires in the outdoors. Fires are a great way to stay warm in the cold and it is fun to fellowship around a fire. Learn some ways to keep the fire safe, such as never leaving it unattended and always having water nearby. What are some different methods to lighting a fire? Check the procedure for earning the Fireguard Card and explain any necessary information.

FINGERS



Fire Drill

Have a fire drill at your meeting place. Do it at some time during the meeting when the boys are not expecting it, but make sure it is after you tell them how to react during the fire drill.



Build Fires

Go outside and build a fire (you do not have to light it). Learn the different ways to build a fire, like the log cabin, teepee, and lean-to. When are they all used?



What is a fire-starter? What are some materials that you can find in the outdoors to start a fire? What are some materials you can bring from home to start a fire? Learn where you put the fire-starter in each of the fire structures.

Or

Fireguard Card

Complete the requirements for earning the Fireguard Card and test each Trailman for competency. Requirements for this award can be found in the online resources.

Unlike most requirements in the Woodlands Trail, for safety reasons, participation alone is not enough to earn the Fireguard card. This is a competency award that comes with the privilege of being allowed to participate in fire building. Participating in the lesson without Fireguard completes the Step, completing the lesson with Fireguard completes the Step and Card (if competency is demonstrated).

FAITH (TRAIL GUIDE THOUGHTS)



God's Power

Read Exodus 3:2. Fire is a pretty powerful thing. It can destroy complete buildings at a time and is incredibly hot. As powerful as fire it, though, God is so much more powerful. In fact, He is all powerful. The term to say that God is all powerful is omnipotent.



Pray with the Trailmen.



Family and Responsibility

Read and discuss Joshua 7:15. We have all sinned and God has to punish our sin. We don't have to take the punishment though, because Jesus came to earth and took the punishment for us. He died for our sin.

Pray with the Trailmen, thanking God for what he has done for us.

FAMILY



Safety at Home

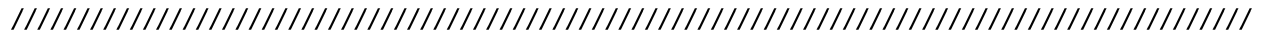
With your family, go walking around your home and find all the smoke alarms you have. With an adult, test one to make sure it still works. Cover your ears; they are loud! Also, learn where your family keeps the fire extinguisher. Know where to find it in case of emergencies.



Build a Fire

Show your family what you learned about building fires. If you have access to a fire pit, try building and lighting a fire with your family's help. If not, practice building them some more so you will be ready on your next campout!

FOREST BADGE



By actively participating in this meeting, each Trailman earned the Fire Safety Step in the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Fishing

Outdoor Skills – Elective Step 7

Purpose

The purpose of 'Fishing' is to learn how fishing can provide food, entertainment, and relaxation.




1. What are some different areas/types of fishing?
2. What are some different methods of fishing?
3. What is catch and release?
4. What is a fishing license and will you need one? Will an adult?
5. Who oversees the fishing activities?
6. What are some local fish and how can you identify them?
7. What are some common fishing etiquette?
8. What are good safety practices for fishing?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts at these topics, but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

////////////////////////////////////

Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature4. Play a simple fishing game on land
	<ol style="list-style-type: none">1. Practice casting a line2. Identify what a hit is3. Utilize proper safety gear
	<ol style="list-style-type: none">1. Learn to bait a hook2. Identify good fishing locations

Helps

1. What are some different areas/types of fishing?
 - a. **Goal:** To understand that fishing can involve many different types and locations.
 - b. **Lesson:** Learn to recognize a few different fishing types.
 - c. **Examples:**
 - i. Fly Fishing.
 - ii. Shore Fishing.
 - iii. Boat Fishing.
 - iv. Ice Fishing.
 - v. Freshwater/Saltwater Fishing.
 - vi. Lake/Ocean Fishing.
2. What are some different methods of fishing?
 - a. **Goal:** To understand that the method of fishing can vary.
 - b. **Lesson:** Learn to recognize a few different fishing methods.
 - c. **Examples**
 - i. Pole Fishing.
 - ii. Spear Fishing.
 - iii. Net Fishing.
 - iv. Trap Fishing.
3. What is catch and release?
 - a. **Goal:** To understand the purpose of catch and release.
 - b. **Lesson:** Knowing the difference between fishing for food and for fun.
 - c. **Examples:**
 - i. Catch & Release is where you catch a fish simply for sport and put the fish back in the water with little to no harm.
4. What is a fishing license and will you need one? Will an adult?
 - a. **Goal:** To understand the basic rules for a fishing license.
 - b. **Lesson:** Know what the rules for a license are for your area.
 - c. **Examples:**
 - i. Just about all states require a fishing license for adults.
 - ii. Youth will typically not require a license if accompanied by a licensed adult.
 - iii. Check your states requirements.
5. Who oversees the fishing activities?
 - a. **Goal:** To understand the fishing is regulated and there are agencies that protect fishing.
 - b. **Lesson:** Learn what agencies protect fishing in your area.
 - c. **Examples:**
 - i. U.S. Fish & Wildlife Service.

- ii. State Agencies.
6. What are some local fish and how can you identify them?
 - a. **Goal:** To understand that there are many different types of fish in the world.
 - b. **Lesson:** Learn to identify a fish that is popular in your area.
 - c. **Examples:**
 - i. Pick a popular variety of fish that can be easily caught and identified.
7. What are some common fishing etiquette?
 - a. **Goal:** To understand that rules are not 100% of fishing; good etiquette also makes fishing fun and social.
 - b. **Lesson:** Learn a few simple rules of etiquette for your area.
 - c. **Examples:**
 - i. Do clean up after yourself (Tread Lightly).
 - ii. Give your fellow fisherman some space.
 - iii. **Do not cross another fisherman's line.**
 - iv. Observe local laws and regulations.
 - v. Have the right fishing equipment.
8. What are good safety practices for fishing?
 - a. **Goal:** To understand that fishing can have some dangerous elements.
 - b. **Lesson:** Learn some fundamental safety lessons.
 - c. **Examples:**
 - i. Do not fish in areas where it is not permitted.
 - ii. Bring along extra safety items such as water, flashlights, maps, and a cell phone or radio.
 - iii. Always wear foot gear appropriate to the conditions.
 - iv. Use caution when baiting and removing hooks.
 - v. Learn first aid before you go.
 - vi. Prevent sunburn.
 - vii. Bring a first aid kit.
 - viii. Bring wire cutters to cut hooks if needed.

Scripture Ideas

Matthew 4:19

- Fox – Jesus calls us to follow him.
- Hawk - Jesus calls us to follow him and to share the good news.
- Mt Lion - Jesus calls us to follow him and to share the good news.

John 21:6

- Fox – Jesus provides.
- Hawk – Jesus guides and provides for us.
- Mt Lion – We must be willing to hear Him and follow His word.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below
- Casting a weight (no hook) into a bucket or target on the ground.
- Casting for distance competition.
- Carnival style fishing over a sheet with rod (stick) and string with clothes pin. Someone behind the sheet hooks on a prize.
- Sharks and minnows (see Swimming Elective).

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Fishing Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Fishing Pole
- Tackle Box
- Sticks
- String
- Bucket
- Weights (for Fingers activity)

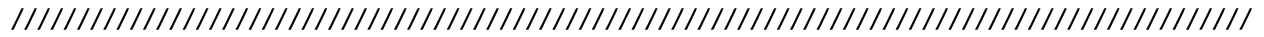


- Fishing Pole
- Bucket
- Weights



- Fishing Pole
- Hook
- Bait

FUN



Sharks and Minnows

Have everyone (the minnows) stand on one side of the room except for one boy (the shark). When someone says "Go!" all the boys try to get to the other side of the room without being tagged by the shark. If they are tagged, they are now a shark too. Play continues until everyone is a shark.

FOCUS



Fishing Equipment

Fishing is a great way to spend time in the outdoors. There are many different types of fishing. Trail Guide, bring a fishing pole and tackle box so the boys can look at the equipment needed for fishing. If you want, let them try to cast the pole outside with a weight (no hook) on the end.



Fishing Overview

Learn about how fishing works and what happens after you cast a line into the water. Discuss catch and release and when it is used.

Discuss safe practices while fishing and proper fishing etiquette and regulations. These are listed in the Helps document.



Fishing Areas

What are some different methods of fishing? Learn how their equipment differs. What are some different areas of fishing? Learn which methods of fishing work best in which areas.

How do you identify a good fishing spot? That depends upon the type of fishing you want to do. This website has a lot of information about choosing a spot:
<http://www.teenink.com/nonfiction/sports/article/15526/Fishing-How-To-Pick-A-Good-Spot-What-Bait-To-Use-And-How-To-Use-It/>.

FINGERS



Land Fish

Play a fishing game. Have the boys take turns using a stick with a string on the end. On the end of the string, tie something to weigh it down. Set a bucket out and have the boys try to land the weight in the bucket by casting like you would when fishing.



Casting

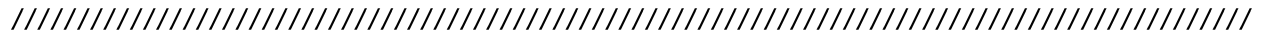
Learn how to cast with a real fishing pole. Use only a weight, not a hook, on the end of the line and have the boys take turns casting and trying to make it into a bucket. You could also have a competition to see who can cast the farthest.



Bait a Hook

Baiting is probably the most important part of fishing because, without bait, no fish would bite the hook! Learn about different types of bait. What is the most common? With an adult helping you, carefully bait a hook with a worm.

FAITH (TRAIL GUIDE THOUGHTS)



Disciples

Some people fish as a job. When Jesus was alive, he called fishermen to be some of his closest friends. Read the story in Matthew 4:18-22.

Pray with the Trailmen.



Fishers of Men

Read and discuss Matthew 4:19. What does it mean to be a fisher of men?

Pray with the Trailmen.

FAMILY



Fishing Equipment

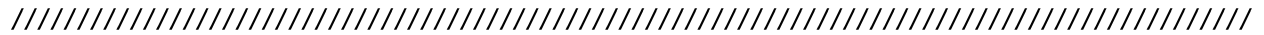
Does your family like to go fishing? See if you have any fishing equipment in your house.



Gone Fishin'

Does your family like to fish? Go fishing with your family some time. Make sure you show them how you can bait a hook and cast the line!

FOREST BADGE



By actively participating in this meeting, each Trailman earned the Fishing Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Tread Lightly

Outdoor Skills – Elective Step 8

Purpose

The purpose of 'Tread Lightly' is to learn that as stewards of this world, we are to take care of it and leave it no worse than how we found it.




1. What does 'Tread Lightly' mean?
2. Why do we 'Tread Lightly'?
3. What are some best practices of 'Tread Lightly'?
4. What items can be left in the outdoors?
5. What should you do if something happens that cannot be undone?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts at these topics, but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

////////////////////////////////////

Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature4. Identify trash
	<ol style="list-style-type: none">1. Learn how to do little damage2. Proper disposal methods3. Work as a team
	<ol style="list-style-type: none">1. Recognize sensitive areas2. Remove human signs

Helps

1. What does 'Tread Lightly' mean?
 - a. **Goal:** To understand that we are all stewards and must do our part in maintaining the locations we visit.
 - b. **Lesson:** The importance of keeping areas clean and natural.
 - c. **Examples:**
 - i. Leave little to no trace of your activities behind.
 - ii. Respect and care for the world.
2. Why do we 'Tread Lightly'?
 - a. **Goal:** To understand how God calls us to be good stewards and what happens to natural areas when we spoil them.
 - b. **Lesson:** Maintaining an area is far better than restoring one that has been spoiled.
 - c. **Examples**
 - i. God calls us to be good stewards (See the Trail Life Oath).
 - ii. It keeps areas nice and clean for others and wildlife.
 - iii. It keeps areas safe.
3. What are some best practices of 'Tread Lightly'?
 - a. **Goal:** To understand some general principles of tread lightly.
 - b. **Lesson:** Learn some simple and easy to remember principles.
 - c. **Examples:**
 - i. Take nothing with you that you do not need.
 - ii. Take out everything you take in with you.
 - iii. Remove all the trash, even that which others left behind.
4. What items can be left in the outdoors?
 - a. **Goal:** To understand there are some cases where things can be left behind.
 - b. **Lesson:** You should be able to leave an area just as you found it but on rare occasions it is allowable to leave something behind.
 - c. **Examples:**
 - i. Human excrement: If it cannot be packed out safely.
 1. Bury it in a cathole, also called a pighole.
 - ii. Plantings: If you are planting a tree or plant with special permission.
5. What should you do if something happens that cannot be undone?
 - a. **Goal:** To understand that accidents can happen and how to manage them.
 - b. **Lesson:** Learn what to do when harm has been done to a location/site.
 - c. **Examples:**
 - i. Notify the leader of the group.
 - ii. Notify an authority such as a Park Ranger.

Scripture Ideas

Psalm 145:5

- Fox – God created our magnificent world, we must care for it.
- Hawk – Enjoy His glorious creation and take care of it.
- Mt Lion – Take care of His creation and allow it to inspire you in His word.

1 Corinthians 4:2

- Fox – We are all stewards.
- Hawk – We are all stewards. Be the best one you can be.
- Mt Lion – We are all stewards. Be the best one you can be.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region
- Perform a trash pick-up on or near your meeting facility.

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- Recycle Relay - print images of different types of trash. Have boys form teams. Teams race, one boy at a time. Boys run from start to a pile of trash (prints placed upside down); he must grab one and run to the trash bin or the recycle bin. Trail Guide will insure that he is correct. If he is wrong he must run to the correct bin. He then returns home to tag the next boy for his turn.

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Tread Lightly Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Pictures for Fingers activity
- Cups of Water
- Pieces of paper with songs the boys would know

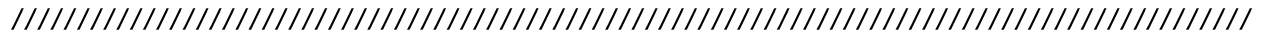


- Cups of Water
- Pieces of paper with songs the boys would know



- Props for Fingers activity
- Cups of Water
- Pieces of paper with songs the boys would know

FUN



Gargle that Tune

Bring three boys up front. Hand them each a glass of water. Then, one at a time, show only the person doing the gargling the name of a familiar song. It could be a nursery rhyme or any other familiar song. Have the boy take a drink of water and attempt to gargle the tune. The rest of the boys should be listening closely so they can guess the song. (You can divide the boys into two groups and make this a team event or have one boy gargle and the rest of the group try to guess.)

FOCUS



Protecting the Outdoors

Isn't the outdoors beautiful? If there is trash all over the ground or in lakes, rivers, and oceans, it won't be beautiful anymore. As men of honor, we need to not only remove our own trash from beautiful places in the outdoors that we enjoy, but we need to pick up trash that other people have left behind. Trash can do damage to the environment that it is left in, so we should do our best to leave a place cleaner than we found it.



Trash

Learn about the importance of keeping trash off the ground to prevent animals and insects from getting in. Do a quick clean up around your meeting area. Be sure to look for anything that may attract bugs (food wrappers, spills that need to be wiped up, etc.).

Discuss biodegradation of items. When we dispose of items in a garbage pile, the air, moisture, climate, or soil cannot break them down naturally to be dissolved with the surrounding land. They are not biodegradable. However natural waste and products made from nature break down easily when they are disposed as waste.

Discuss the seriousness of the problem caused by non-biodegradable waste on land and in water sources.



Tread Lightly!

Today we will review and discuss campsite etiquette using, tread lightly!® principals, and how we need to work together as a team to accomplish our goal of honoring the planet. (Ephesians 4:15-16)

Review tread lightly!® pledge as listed below.

Travel only on trails

Respect animals, plants and people

Every time you go outdoors, think safety, bring a friend and be prepared

Always leave the outdoor better than you found it

Discover how fun the outdoors can be when you tread lightly

Also discuss campsite etiquette. What responsibilities do you expect the Patrol to have in the kitchen? Will Trailmen cook? Clean? Also review table manners and discuss how each Trailman represents TLUSA on camping and hiking events.

FINGERS



Recycle Relay

Print images of different types of trash. Have boys form teams. Teams race, one boy at a time. Boys run from start to a pile of trash (prints placed upside down); he must grab one and run to the trash bin or the recycle bin. Trail Guide will insure that he is correct. If he is wrong, he must run to the correct bin. He then returns home to tag the next boy for his turn.



Clean Up

Discuss how you can leave as little of a trace as possible. When you go in the outdoors, you should not leave garbage sitting out or make a fire somewhere a fire has not been before. Go outside at your meeting place and create a police line to pick up trash. Put in in a trash can when you are done.



Good or Bad?

Learn what you can and cannot leave in the outdoors. Play a game where the Trail Guide pretends to be doing something in the outdoors (throwing trash on the ground, cleaning up, starting a fire in a fire pit, etc.) and the Trailmen try to answer whether it is good or not.

FAITH (TRAIL GUIDE THOUGHTS)



Resources

Read and discuss I Peter 4:10. One interpretation of this scripture could be that we are being good stewards when we fully use the resources available to us. It is good to be resourceful and not waste the natural materials God gave us.

Pray with the Trailmen.



Stewardship

Review tread lightly!® pledge and expectations for campsite behavior. Connect the pledge with the teamwork it will take to accomplish the pledge, referencing Ephesians 4:15-16. If desired, you may emphasize stewardship of the Earth using Genesis 1:26-28.



Pray with the Trailmen.

FAMILY



Hiking

Discuss good outdoor principles with your parents. Take a family hike and show how you can follow these principles correctly.



Tread Lightly

Review the tread lightly!® pledge with your family.



FOREST BADGE



By actively participating in this meeting, each Trailman earned the Tread Lightly Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Tracking

Outdoor Skills – Elective Step 9

Purpose

The purpose of 'Tracking' is to learn how small and unnoticed evidence can tell us so much about our surroundings.




1. What is tracking?
2. How is tracking used?
3. What benefits are there to learning tracking when camping/hiking?
4. What is transference?
5. What animal prints can you learn to identify?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts at these topics, but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

////////////////////////////////////

Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature4. Simple animal prints
	<ol style="list-style-type: none">1. Identify animal trails2. Identify basic prints3. Recognize basic animal signs
	<ol style="list-style-type: none">1. Follow an animal trail a short distance2. Recognize transference, rubbing, or scat

Helps

1. What is tracking?
 - a. **Goal:** To understand what tracking is.
 - b. **Lesson:** Learn some ideas and what tracking is.
 - c. **Examples:**
 - i. Identifying signs left by animals or people that have moved through an area.
2. How is tracking used?
 - a. **Goal:** To understand how tracking is used.
 - b. **Lesson:** Learn a few simple ways in which tracking has been used.
 - c. **Examples**
 - i. Hunting: Finding where animals have been and are going.
 - ii. Search and rescue: Finding lost people.
3. What benefits are there to learning tracking when camping/hiking?
 - a. **Goal:** To understand that certain tracking techniques can be used while camping or hiking.
 - b. **Lesson:** Learn some ways in which tracking can help on outdoor trips.
 - c. **Examples:**
 - i. Picking a safe camping area from large animals.
 - ii. Avoiding dangerous terrain.
4. What is transference?
 - a. **Goal:** To understand what transference is and what benefits it can provide.
 - b. **Lesson:** Learn some basic transference techniques.
 - c. **Examples:**
 - i. Water splash.
 - ii. Mud splash.
 - iii. Broken plants and branches (disturbance).
 - iv. Scat/animal waste.
5. What animal prints can you learn to identify?
 - a. **Goal:** To understand how to identify animal signs.
 - b. **Lesson:** Learn a few techniques to identify animal prints in your area.
 - c. **Examples:**
 - i. Dog
 - ii. Deer
 - iii. Human
 - iv. Pig
 - v. Bird
 - vi. Bear

Scripture Ideas

Job 12:7-10

- Fox – God has provided so much for us to learn from.
- Hawk – Every living thing provides an opportunity to learn and grow.
- Mt Lion – God provided a vast world for us to explore His amazing creation.

Genesis 1:24

- Fox – God created all living things and they are vastly diverse.
- Hawk – God created all living things and they are vastly diverse.
- Mt Lion – God created all living things and they are vastly diverse.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region
- **Have boys “track” someone/something** across the church property. Use obvious “signs”. Signs may include: broken branch, bandana, torn cloth, water bottle, foot print, hat, or trash.
- Matching game with tracks.

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

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Tracking Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Plaster of Paris
- Cardboard (for hand mold)
- String or paper clips
- Aluminum foil
- Pictures of Animal Prints and Animals

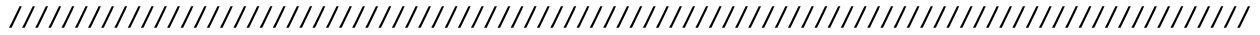


- Pictures of Animal Prints and Animals (for Fingers activity)



- Materials for Fingers Activity

FUN



Game

Play one of the following games, or pick another game from this website:

<http://www.ultimatecampresource.com/site/camp-activities/camp-games.html>

- Chicken Picks
- Indy Five Hundred
- Bob the Weasel
- Animal Guessing Game
- Indian Chief

FOCUS



Animal Prints

When animals go somewhere, they will leave signs that they have been there. One of the most common and easy to recognize signs is tracks. Every animal has a distinct set of tracks that they leave when they walk. Print out some pictures of simple animal prints and show the boys pictures of what each animal looks like.



Trails

Tracking is finding the signs of animals or people to find out where they came from and where they are going. One of the ways that we can track is through the prints animal leave in soft ground, like mud or sand. Look at some pictures of tracks and find out what animal left them. Do you see any similarities between animals that are similar?

You can also track an animal by the trail it leaves behind. Sometimes it will leave behind a trail of broken branches. You might see scat on the trail, as well as prints.



Tracking

Tracking is finding the signs an animal or person left behind and seeing where they came from and where they are going. Animal footprints are probably the easiest way to track an animal, but there are other ways too. Learn the following terms and what they mean:

- Transference (like tracking mud into the house, but with animals)
- Rubbing (rubbing down bark or moss of a tree or rock. You can see where the animal was.)
- Scat (droppings)

FINGERS



Your Prints

Animals live in the outdoors. When it rains, they walk through the mud and leave a track. Sometimes tracks are hard to find when the ground is hard. But we can make tracks, too. To make things easier, help the boys make plaster handprints of their hands.

- Cut two pieces of thin cardboard about a foot and a half long and two to three inches wide. Staple the two pieces together at the top as close to the end as you can. This will be your mold for your hand print.
- Mix your plaster of Paris according to package directions. Let it sit for five minutes so it sets up to pancake-batter consistency.
- Place your mold onto a piece of aluminum foil, and pour your plaster into your mold.
- Place the boy's hand into the plaster for about 20 seconds. Wash your child's hand immediately after as the plaster can irritate or even burn the skin if left on too long.
- Press the ends of a string and put it into the top edges of the mold. This will allow you to hang your hand print cast.
- Let the plaster dry overnight. At this point, you can paint and decorate your hand print.



Matching Game

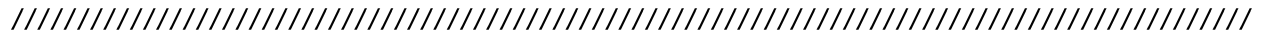
Play an animal track matching game! Trail Guides, print out pictures of various animal tracks and pictures of the animals to match those tracks. Have the boys try to match them. Help them to find similarities between the tracks and the animals.



Track Something

Have boys “track” someone/something across the church property. Use obvious “signs”. Signs may include: broken branch, bandana, torn cloth, water bottle, foot print, hat, or trash.

FAITH (TRAIL GUIDE THOUGHTS)



Obedience

Read Matthew 10:29. God is in charge of the animals, but he is also in charge of you.

Pray that the Trailmen will obey God.



God Created Everything

Read Genesis 1:24. God created all living things, including you and the animals that you are learning how to track.

Pray with the Trailmen.



Stewardship

Read and discuss Job 12:7-10. God made this entire world so that we can explore his wonderful creation.

Pray with the Trailmen.

FAMILY



Hiking

Go on a hike with your family. Try to find some animal prints. If you find some, look them up to see what kind of animal made them.



Tread Lightly

When you are out with your family, look for animal tracks in the sand and dirt. They are more common than you think!



FOREST BADGE



By actively participating in this meeting, each Trailman earned the Tracking Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Communications

Outdoor Skills – Elective Step 10

Purpose

The purpose of “**Communications/Signaling**” is to learn that there are many ways that we can communicate with others and the world through simple technology around us.




1. What types of communication devices have been used in the past?
2. What were these devices used for?
3. What types of messages can these devices communicate?
4. What communication devices could you use in the outdoors?
5. What devices can be crafted from possible nearby materials?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts on these topics but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

////////////////////////////////////

Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature4. Learn basic help/SOS methods
	<ol style="list-style-type: none">1. Use a basic communication method2. Encode a message using a method
	<ol style="list-style-type: none">1. Transmit a message using a simple method2. Attempt to communicate instruction using a chosen method

Helps

1. What types of communication devices have been used in the past?
 - a. **Goal:** To understand that many types of communication devices have been and are still being used to this day.
 - b. **Lesson:** Learn to recognize a few devices.
 - c. **Examples:**
 - i. Smoke Signals
 - ii. Marine Flag
 - iii. Telegraph
2. What were these devices used for?
 - a. **Goal:** To understand communication was sometimes the key to changing the outcome of an event.
 - b. **Lesson:** Learn what a how one of these devices was used.
 - c. **Examples**
 - i. Smoke Signals: Used to warn others of danger.
 - ii. Marine Flags: Used by boats to communicate short messages.
 - iii. Telegraph: Used by towns and cities to communicate short messages.
3. What types of messages can these devices communicate?
 - a. **Goal:** To understand that communication comes in many different forms.
 - b. **Lesson:** Learn a different way to communicate a message.
 - c. **Examples:**
 - i. Smoke Signals use smoke.
 - ii. Marine flags rely on visual differences between flags.
 - iii. Telegraph used electrical impulses that were interpreted through sound into Morse code (dits and dahs, or dots and dashes).
4. What communication devices could you use in the outdoors?
 - a. **Goal:** To understand that there are some simple communication devices that can be used while camping or hiking.
 - b. **Lesson:** Learn a new way to communicate other than just talking or yelling.
 - c. **Examples:**
 - i. Light: Signal mirror, fire, and flashlight
 - ii. Smoke: Fire
 - iii. Noise: Horn or whistle
 - iv. Signs: Words in dirt or sticks forming letters
5. What devices can be crafted from possible nearby materials?
 - a. **Goal:** To understand that sometimes nature can provide a means to communicate.
 - b. **Lesson:** Learn a simple technique to communicate when outdoors.
 - c. **Examples:**
 - i. Make an improvised mirror.

- ii. Make something that can produce a distinct and loud sound.

Scripture Ideas

James 1:19

- Fox – Listen before you speak.
- Hawk – Take time to listen and think about what you should say.
- Mt Lion – Do not let anger make you say something hurtful.

Colossians 4:6

- Fox – Speak kindly to others.
- Hawk – Kind words are far better than hurtful words.
- Mt Lion – Learn how to find the good in others and let them know.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol

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Communication Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Mirrors (Like from a rescue kit)

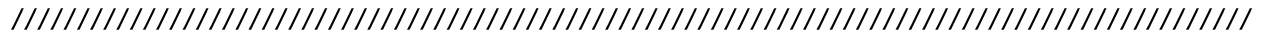


- Print Out the Cipher Wheel on the web address listed in the Fingers section



- Morse Code Sheets in the Fingers section

FUN



Telephone

Play a game of telephone. One person starts and whispers a phrase into the next person's ear. Then, he whispers into the next person's ear, and on until you reach the last person. That boy says what he thinks he heard. See how sometimes it is different from what it started out as? This game is a form of communication (but not a very good one!).

FOCUS



Emergency Communication

Turn to the person next to you and communicate something. That was pretty easy, wasn't it? Talking is a form of communication. Can anyone name another form of communication?

If you are ever lost out in the woods, there are some things you can do to help people find you. Learn about some ways to alert people of where you are:

- Whistle
- Mirror
- Smoke



Encryption

Learn about and be able to recognize some communication devices. There is a list of a few in the Helps document.

Encryption is converting your communication method into a code to communicate. Create a code in the Fingers section.



Morse Code

What are some weird communication methods? Communication sometimes has to take different forms so that information can stay safe, or so it can be communicated more easily.

Learn about telegraphs and Morse Code. Morse code was invented so that people could transmit messages quickly from one city to another. Sequences of dots and dashes replace letters in the English alphabet so you can translate it right away if you know the code.

FINGERS



Mirrors

Bring a couple small mirrors to the meeting. Have some boys hide somewhere, then try to signal the other boy's attention with the mirrors. The other boys try to find the lost boys using the mirrors.



Science of Encryption

A code is a system of symbols, letters, words, or signals that are used instead of ordinary words and numbers to send messages or store information. A code is used to keep the message short or to keep it secret.

Use the Cipher Wheel to create a code: (Print out the wheel for the Trailmen)

<http://www.topspysecrets.com/secret-codes-for-kids.html>

Encrypted messages require a sender and a receiver – you have to work as a team just to send a message. <https://www.cia.gov/news-information/featured-story-archive/2007-featured-story-archive/cracking-the-code.html> is a good resource to share about codes and what they would be used for.



Messages

Print out the Morse Code translation sheet from this website:

https://www.mydigitalchalkboard.org/cognoti/content/file/resources/documents/7f/7f23f505/7f23f5056ca34bccd7adda5b8936e93aeb24d0/downloadedfile_24771_patterns_actsheet.pdf. Have the boys write down a simple message that they want to tell another boy. Pair them up and have one boy encode his message and tap it. The other one tries to decipher it, one letter at a time. When they finish, switch places.

FAITH (TRAIL GUIDE THOUGHTS)



Never Alone

Read Deuteronomy 31:8. Even when you are lost, God will never leave you.

Pray with the Trailmen.



Anger

Read James 1:19. Sometimes, when we are angry, we say things that we would not have said otherwise because they would hurt someone. Even when you are angry, you need to control your communication.

Pray with the Trailmen.



Praise

Read Colossians 4:6. Instead of making fun of people and telling them what they did wrong, try to look for good in people and to encourage them. This is a helpful, kind way to use communication.

Pray with the Trailmen.

FAMILY



Communication Plan

Talk with your family about communication methods. What is your family's plan for if you ever get separated from them? Make a plan for how they would communicate with you.



Communication

Talk about more communication methods. Tell your family what you already learned and teach them something new about communication.



FOREST BADGE



By actively participating in this meeting, each Trailman earned the Communication Step on the Outdoor Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.





Hit the Trail!

Outdoor Skills - HTT

Purpose

Outdoor Skills help to teach us self-sufficiency and builds confidence. The purpose is to expose the Trailmen to real world examples and the people who use these important skills.

Notes to the Trail Guide //////////////////////////////////////

1. Hit the Trail! serves more as an experience than a lesson based event. The Trailmen should have an experience rather than a class.
2. The goal is for the Trailmen to gain an increased knowledge and awareness of the subject.
3. These outings should relate at the Fox, Hawk, or Mountain Lion patrol level.
4. Many 'Hit the Trail!' activities can be rolled into a campout or other special event
5. See the Leaders Guide for more information on Objectives.

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Notes/Ideas:

Go camping or hiking.

Activities:

Outside

- Campout
- Hiking Trail
- Marina
- Orienteering course
- Geocaching

Inside

- Museum
- Library
- Observatory
- Planetarium
- Science Center

Special Guests

Special guests can be invited to talk about how their career benefits from science and technology or how they advance science and technology.

- Scientist
- Engineer
- Doctor
- Inventor/Maker

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