Welcome to the
WEBELOS Handbook

Hi! My name is Ethan. I’m a Boy Scout this year, but I had an awesome time working on the Webelos and Arrow of Light adventures. Now it’s your turn to earn those ranks, and I’ve got plenty of hints and fun stories to help you out. So turn the page—you’ve got great adventures ahead!
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The Cub Scouting Webelos program will open a new world of adventure for your son—a way to learn new skills, enjoy lots of outdoor activities, and most of all, have fun! This parent information section will give you a head start in understanding how the program works, and you’ll learn about the many ways you can help your son and his Webelos den.

As a parent or guardian, you want the best for your son. You want a close relationship with him, and you want to help him grow physically, mentally, and morally. The Webelos program is geared to your son’s developing abilities and changing interests. The program will provide your boy with a variety of new experiences that will help him assume responsibilities and gain maturity, knowledge, and skills. You’ll find yourself growing closer to him as you encourage him in his advancement and take a turn assisting with Webelos den activities. Join him in these adventures!

In the front of this book, there should be an insert section for you on youth protection. If the insert is no longer in your son’s copy of his handbook, talk with your den leader about finding one.

This insert, and the exercises included at the back, are required for each parent and son to read and discuss at each rank.
As a parent or other caring adult, you want your Webelos Scout to grow up to be self-reliant and dependable, worthy and caring. Scouting has these same goals in mind for him.

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Scout Law.

The Scout Oath and the Scout Law are defined on pages 24 through 27 in the Bobcat requirements.

Since 1910, the Boy Scouts of America has been weaving lifetime values into fun, developmental activities. These activities are designed to help families teach their sons how to make good decisions throughout their lives and give them confidence as they become the adult leaders of tomorrow.

In a society where your son is often taught that winning is everything, Cub Scouting teaches him to DO HIS BEST, to help others, and to try to live his life according to the Scout Oath and the Scout Law. If a Cub Scout has done his best to satisfy a requirement, then he has met the standard for advancement in Cub Scouts. It is up to his parent and den leader to gauge whether he has offered his best effort.

The Character Compass, shown on page 18, will serve as a guide for your Scout as he discovers the meaning of the Scout Law. Take note of the Character Compass symbol as it appears throughout your son’s handbook, and use each note as an opportunity for discussion about the specific point and how it relates to the adventure he is working on.

The Purposes of Cub Scouting

Cub Scouting is a year-round family-oriented part of the BSA program designed for boys who are in first through fifth grades (or are 7, 8, 9, and 10 years old). Parents, leaders, and organizations work together to achieve the Purposes of Cub Scouting.
What Is a Webelos Scout?

Your son has joined the part of the Cub Scouting program of the Boy Scouts of America that is for fourth- and fifth-grade boys. Webelos Scouts are older than boys in the Tiger, Wolf, and Bear levels of Cub Scouting. If a boy has completed third grade, or if he has not completed third grade but is 10 years old, he’s the right age for this den. Boys who have completed the third grade work on the Webelos rank. Boys who have completed the fourth grade work on the Arrow of Light rank.

Most Webelos Scouts are in this program for about 18 months. This is preparation for his later participation in the great adventure of Boy Scouting. After your son’s Webelos Scout experience, and after he has completed the fifth grade or is age 11, or has earned the Arrow of Light rank and is at least 10 years old, he’ll be ready for more independence and adventure in a Boy Scout troop.

History of Webelos

In 1902, Ernest Thompson Seton started an outdoor program for boys called the Woodcraft Indians. In 1910, he became one of the founders of the new Boy Scout movement and one of its best-known promoters.

He later helped develop the Cub program. The new program adapted activities, games, and ceremonies from several youth groups, such as Seton’s Woodcraft Indians, Wolf Cubbing (developed in England by the founder of the Scouting movement, Lord Baden-Powell), and the Boy Rangers of America. American Indian lore was emphasized.

The Boy’s Cubbook was also published in 1930. In the book, Akela was an American Indian boy, son of the chief of the Webelos tribe. “Webelos” was explained as “a word with an inner meaning, signifying progress from Wolf through Bear and Lion Ranks to Scout: W-B-L-S…We’ll Be Loyal Scouts.” (The original Cub Scout ranks were Wolf, Bear, and Lion, with Webelos added in the 1950s.) The chief of the Webelos tribe was named Arrow of Light, which was adapted from the Arrow Park World Jamboree in London in 1929, when the Golden Arrow was made the symbol of world friendship.

The Cubbing story told of the boy Akela being taken on trips into the forest where he learned knowledge and skills from the wolf and the bear. Before he could become a Scout he had to look the lion in the eye and learn courage and determination. Then, he was admitted to the lower ranks of the young Scouts of the trail, advancing (at the age of 12) from the world brotherhood of Cubs into the world brotherhood of Scouts.

In later years, the name Akela was used for the chief of the tribe or pack. By 1980, a parent or another caring adult could be Akela and help the Cub Scout along the advancement trail.
In 1953, a Cub Scout advisory group began studying a proposed Webelos den plan to help create more variety in the program for older boys. In 1954, the Webelos den was created for 10 ½-year-old boys, with a new Webelos den badge. The first *Lion-Webelos Book* with meeting outlines for Webelos leaders was introduced in 1958.

In 1988, a two-year Webelos Scout program was recommended, and it was implemented the next year. The changes included an expanded outdoor program with more opportunities for boy leadership, which would provide a better vehicle for Webelos Scouts to progress into Boy Scouting.

Today’s Webelos program remains an exciting adventure for boys, their families, and their leaders. The continued outdoor program, the opportunities for boy leadership, and the preparation for boys to leave Cub Scouting and embark on the adventure of Boy Scouting are all wonderful steps for boys to take on the road to becoming a First Class Boy Scout and then soaring on to Eagle.

**Webelos Den and the Cub Scout Pack**

If your son has been in Cub Scouting before, he already knows a little bit about the Webelos Scout den from his earlier experiences. If your son is new to Cub Scouting, he belongs to a small group called a Webelos den. The den is part of a larger Cub Scout pack that includes the boys in the Tiger, Wolf, and Bear dens along with the Webelos dens.

The Webelos den has three leadership positions. They’ll need your help if the den is to be successful.

* The **Webelos den leader** is an adult who plans and directs the den activities. Appointed by the pack committee, the Webelos den leader must be at least 21 years old. There also should be an assistant Webelos den leader. Only the den leader or assistant den leader may sign off on your
Your Son’s Advancement

Much of your son’s progress will take place through activities centered on his advancement. He’ll advance by earning adventure pins as he completes each adventure. The adventures focus on citizenship, leadership, outdoor skills, physical fitness skills, as well as understanding his duty to God and building his character. The entire den works together on an adventure each month, mostly in their meetings. There may be some of the adventure work that your son will need to complete at home with your help. Each adventure presents an array of hands-on activities and fascinating information that will enrich his life. By working on specific adventures and requirements, he will earn the Webelos rank. Later, he’ll be eligible to work on the adventures and requirements for Cub Scouting’s highest rank, the Arrow of Light. As the requirements for adventures and rank are completed, your son’s den leader will sign off in the appropriate spaces.
If your Webelos Scout has a cognitive or physical disability that prevents him from attempting an adventure, talk to your Cubmaster and den leader.
There are a few differences in the younger age Cub Scout program and the Webelos program:

- When a Tiger, Wolf, or Bear Scout completes requirements, a parent or guardian signs his book along with his den leader. When a Webelos Scout completes requirements, he takes his book to the Webelos den leader. For projects that are done at home or with the family and are not easily transportable, the parent or guardian still may be asked to approve the Webelos Scout’s completion of an adventure requirement.

- Webelos Scouts are encouraged to have several parent/son overnight camping trips during the year, as well as other activities that prepare them for becoming Boy Scouts. In the younger ranks of Cub Scouting, overnight camping is family camping.

- Webelos Scouts have some distinctive choices in their uniform. You can find more about this in your son’s section about his Webelos uniform.

If Your Son Is New in Scouting

If your son joined Cub Scouting as a Webelos Scout, he must earn the Bobcat rank badge before receiving any other rank. The Bobcat badge requirements are on page 23. He will need your help to fully understand the Scout Oath and the Scout Law. When your son has completed the Bobcat requirements to your satisfaction, he’ll receive his Bobcat badge at a pack meeting.

Your Responsibility to Your Webelos Scout
As your son travels along the Webelos and Arrow of Light adventures, take an interest in his activities. He needs to know that you approve of what he’s doing, you’re interested in what he’s learning, you want to help him, and you’re proud of his accomplishments. Your son sees Webelos Scouting as a chance to have fun, go camping, and make new friends. He also sees it as a step on the way to outdoor adventures in Boy Scouting.

But, Webelos Scouting is more than that. For you, it is a new way to grow closer to your son, to share his excitement about his expanding physical and mental skills and create a warm and open relationship with him. Join him on the Webelos adventures. Help him move toward the Boy Scouting adventures. You’ll be glad you did.

Scouting and Duty to God

The Boy Scouts of America has always held steadfastly to the principle, embodied in the Scout Oath, that a Scout has a duty to God. The BSA does not promote any specific religion, and has always embraced all faiths. We do encourage youth members and their families to be active in their own faith, in keeping with the BSA’s Declaration of Religious Principle.

It naturally follows that the leadership for your son’s spiritual development, both within and outside Cub Scouting, must come primarily from your home and your family’s religious leaders. Your son will look to you as his example of how to learn and perform his duty to God.
The adventures related to duty to God in each rank of the Cub Scouting program provide support, and each boy has the opportunity to earn the religious emblem of his faith. The emblem is created and presented by your son’s religious group. Most of the world’s religions have an emblem of their faith. However, alternative requirements are available for boys whose faith institutions do not have an emblem or whose families are not affiliated with an organized religious group.

In addition, the staff at your BSA local council service center should be able to help. Many local councils and districts offer organized opportunities for Scouts to earn their religious emblems while meeting and sharing fellowship with other Scouts of their faith.

@ Your den leader or local council service center can help you and your family learn more about the religious emblem for your faith. With an adult’s permission, you can also visit www.praypub.org or www.scouting.org/filestore/pdf/512-879_WB.pdf.

Webelos Den Overnight Campouts

The policy of the Boy Scouts of America is to encourage several overnight camping trips and other
challenging outdoor activities for Webelos Scouts. You’ll always have a major part in Webelos den overnight campouts. Don’t worry if you’re not an experienced camper. The Webelos den leader and other adults will help you, and you and your son will have fun learning about camping together.

The cooperation of adults is essential. The Webelos den leader cannot be expected to take full responsibility for the health and safety of six or eight boys at an overnight campout. In most cases, the Webelos Scout will be under the supervision of a parent or guardian. In all cases, each Webelos Scout is to be responsible to a specific adult. Boy Scouts of America health and safety and Youth Protection policies apply.

If your chartered organization does not permit Cub Scout camping, you may substitute a family campout or a daylong outdoor activity with your den or pack.

Planning Overnight Campouts

You’ll have a hand in planning the details of each Webelos den overnight campout at a meeting of all participating adults. If you have special outdoor skills, the Webelos den leader may plan an activity in which you can instruct the Webelos Scouts.

Here are some of the topics for the meeting:

Where you’re going. The site may be decided before the meeting. It won’t be a rugged, pioneering type of camp. Your son won’t experience that kind of camping until he’s a Boy Scout.

Webelos den overnight campouts should take place in warm weather, at sites reasonably close to home. The events may be held at suitable public campgrounds, local council camps, or privately owned facilities. A location with a tested water supply, toilets, cooking facilities, and an area for indoor activity would be appropriate. Usually tents are used. Tent camping provides an element of adventure.

Each adult and boy team brings the tent and other equipment they’ll use. Equipment can be borrowed
from a Boy Scout troop or rented. Any nearby cabins or shelters should serve only as emergency protection and a base for toilet facilities, water, etc.

**How you’ll get there.** At the meeting, you and the other adults will make plans to share transportation to the campsite.

**Who will cook.** You and your son will cook for yourselves, so bring food and cooking equipment from home. Plan simple menus together. (This *Webelos Handbook* has some suggestions.)

Cooking can be done on wood or charcoal fires in established grills or fire pits provided by the camp or in charcoal grills provided at the camp or brought from home. Adults who own propane and liquid fuel stoves or lanterns may use them, if allowed by local camping property authorities, but under no circumstances should boys be permitted to handle liquid fuels or stoves or lanterns fired by such fuel. Such equipment should be considered personal gear, and adult owners must assume full personal responsibility for these items and for fuel.
You’re a Webelos Scout—one of the older boys in the pack! You’ll go camping with your den, along with your parent, guardian, or an adult relative or friend. Everything in the Webelos Scout program is more challenging than the activities younger boys in the pack do. You’ll earn adventure pins that only Webelos Scouts can wear. At the same time, you’ll be getting ready to become a Boy Scout!

The Meaning of Webelos

The word Webelos (say WEE-buh-lows) has a special meaning. Webelos is made up of the first letters of these words: “WE’ll BE LOyal Scouts.” Loyal means you’ll keep the Scout Oath and try to live by the Scout Law. Check out page 5 for the full story of how the WEBELOS name came to be.

Your Webelos Den

The Webelos den is part of Cub Scouting. It’s for the older boys in the pack. The boys in your den are your same age or your same grade. You will be in this den for 12–18 months as you work on your Webelos and Arrow of Light rank badges. Your Webelos den will meet two to three times a month and then together with the entire pack once a month. The den meetings are where you’ll learn new skills. Go to all the meetings so you won’t miss any of the fun, excitement, new information, and adventures. Den meetings often include games, sports, and making things. Sometimes the den will go on special outings, like a nature hike or an overnight campout.

Your Leaders

Your Webelos den leader and Webelos assistant den leader understand boys your age, and they also
know about Boy Scouting and can help you get ready for it. Your Webelos den leader can teach you the right way to build a fire, cook a meal, pitch a tent, and many other skills that are fun. Webelos den leaders know the importance of the Cub Scout motto, “Do Your Best,” and will teach you about the Boy Scout motto, “Be Prepared.” They’ll help you do your best in improving your skills and learning new ones. They know the importance of Scouting. They believe in God and the greatness of the United States of America. They believe in you and your future. That’s why they take the time to lead your Webelos den. Family members often help at the den meetings too, sharing their knowledge of certain adventure areas.

You may also have a Webelos den chief as a leader in your den. Webelos den chiefs are Boy Scouts, Varsity Scouts, Venturers, or Sea Scouts who help the Webelos den leader by leading games and teaching you many of the skills you’ll need to know when you move into a Boy Scout troop.

You could help be a leader of your den by being a denner. The denner is a Webelos Scout who has been selected by the Webelos den for a short term. The denner helps the den leader and den chief at meetings and outdoor events. If you’re elected to be the denner, do your best!

Pack Meetings

Your Webelos den plays an important part in the monthly pack meeting. You and your den might demonstrate the new skills you’ve learned in the past month or exhibit projects you’ve completed for an adventure. Each pack meeting includes a special ceremony for Webelos Scouts who have earned adventure pins during the month.

Your Uniform

As a Webelos Scout, you may choose between two uniforms. One is the blue uniform worn as a Tiger, Wolf, or Bear Scout. The other is the uniform you can take with you into Boy Scouting—the tan Boy Scout shirt and olive green trousers. You and your family choose which uniform you’ll wear.
You’ll have three special uniform parts to show you’re a Webelos Scout: an olive green cap with a plaid front panel and the Webelos emblem, a plaid Webelos neckerchief, and a Webelos neckerchief slide. The navy blue Cub Scout belt may be worn with both uniforms; a Webelos belt buckle is available. The official Boy Scout olive web belt may be worn with the tan/olive uniform.
You should be proud to wear your uniform at all Webelos den meetings and pack meetings. Wear your uniform on campouts, other den outings, service projects, and other den and pack special events. It shows you’re one of the older boys in the pack, on the trail to Boy Scouting.

The diagrams here will show you where to place the Webelos Scout insignia for your uniform on the sleeves and pockets of the uniform.

Temporary insignia, such as an emblem from day camp, is worn centered on your right pocket.
The Webelos denner wears his shoulder cord suspended from the left shoulder of the blue uniform, or he wears it without the tab, under the left epaulet on the tan/olive uniform. The cord is removed when the term of office ends.

Adventures and Adventure Pins

Each month, the projects and many of the activities at den meetings are centered on one of the adventures that you can complete. The requirements for each adventure and adventure pin award are in this book, along with detailed information you’ll need for each subject. You’ll do much of your badge work with your den and some of it at home.

Adventure pins are colorful metal emblems you pin on the front of your Webelos cap or wear pinned to the Webelos colors, the gold, green, and red ribbons worn on your right sleeve.

Webelos Badge

As soon as you start earning adventure pins, you can look forward to earning the Webelos badge! The Webelos rank is the fifth rank in Cub Scouting, coming after Bobcat, Tiger, Wolf, and Bear.

There are two Webelos badge options: diamond-shaped and oval. Whichever you choose, you wear the
Webelos badge on your left shirt pocket.

**Arrow of Light Badge**

Arrow of Light is the highest rank in Cub Scouting. Set your sights on it now. You’ll wear your Arrow of Light rank badge below the left pocket. It is the only badge from Cub Scouting that may continue to be worn on the Boy Scout uniform. By the time you’ve earned the Arrow of Light rank, you’ll have gained knowledge and skills in a lot of subjects, and you’ll know a lot about being in a Boy Scout troop!

![Arrow of Light Badge](image)

**Character Compass**

As you work on your Webelos adventures in your *Webelos Handbook*, you will notice this symbol:

![Character Compass](image)

A compass is a device that can guide a person from place to place. Character is how we act, and it guides our entire lives. This compass will be your guide to one or more of the 12 points of the Scout Law. Every time you check the compass, it will remind you of how the activities in each adventure are related to the Scout Law. This will also help you think about how the points of the Scout Law guide our way in Cub Scouting and in daily life. Those points are all different, and each one is a treasure for you to find! You may also be asked to discuss your thoughts on the Character Compass during your den meetings.

**A Scout’s Responsibility to the Outdoors**

Much of Scouting, including Cub Scouting, happens outside. In order to do their part in preserving the natural world, Scouts of all ages dedicate themselves to practicing the ideas held by two important sets of guidelines.
The Outdoor Code

For more than 60 years, the Outdoor Code has been a guide for Scouts in the outdoors. Remember to do your best by showing respect for the outdoors and by learning and upholding the Outdoor Code.

THE OUTDOOR CODE

As an American, I will do my best to—

- Be clean in my outdoor manners,
- Be careful with fire,
- Be considerate in the outdoors, and
- Be conservation-minded.

Being clean in your outdoor manners, careful with fire, and considerate means you can enjoy the outdoors in ways that do no harm to the environment. Being conservation-minded encourages the protection and thoughtful use of natural resources and doing your part to improve the condition of the land and the environment.

As a Cub Scout, you will learn to use the Leave No Trace Principles for Kids to help you take care of an area where you hike or camp.

Leave No Trace Principles for Kids*

1. Know Before You Go. Find out about the place you’re going to camp ahead of time. Are there rules you need to know about? Are any activities against the rules? Is water available? Do you need to bring anything special?
2. **Choose the Right Path.** Always walk on trails, even if that means getting your boots muddy. Don’t take shortcuts. Set up tents in marked camping areas.

3. **Trash Your Trash.** Use bathroom facilities when available. Follow campground rules for handling dishwater. Pack out all your trash unless the campground has trash pickup.

4. **Leave What You Find.** Leave any natural treasures where you find them so other campers can enjoy them, too. If you want a souvenir of your campout, take a picture. A good saying to remember is “Leave nothing but footprints, take nothing but pictures, kill nothing but time.”

5. **Be Careful With Fire.** Cook on a camp stove or grill whenever possible. It’s easier and less messy than cooking over an open fire. Only build fires in designated fire rings. Always have someone keep an eye on your fire until it is dead out.

6. **Respect Wildlife.** Travel quietly and give animals enough space that you don’t disturb them. Getting too close to an animal can potentially hurt the animal and you. Take pictures from a safe distance. You’re visiting the animal’s home, so be considerate.

7. **Be Kind to Other Visitors.** Be respectful of other visitors by keeping noise down and not entering other groups’ campsites without permission. Be polite to other people you meet. Give them the respect you expect from them.

To help you remember the Outdoor Code and the Leave No Trace Principles for Kids, you can find them in the back of your handbook.

*The member-driven Leave No Trace Center for Outdoor Ethics teaches people how to enjoy the outdoors responsibly. This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics: www.LNT.org.*
Your First Rank—Bobcat!
If you haven’t earned your Bobcat badge yet, this is where you start. When you’ve earned your Bobcat, you’ll know the signs, symbols, and big ideas of Scouting. And when you know those, you’re a Scout!
If you haven’t already earned your Bobcat badge, you will need to start your Cub Scouting adventures by learning what it takes to become a Bobcat!

Read through the Bobcat requirements and practice several times what you have learned. When you think that you are ready, share what you’ve learned with your family, your den leader, and with your den at a pack meeting. Then give yourself a pat on the back and congratulate yourself on earning your Bobcat badge!

**BOBCAT REQUIREMENTS**

1. Learn and say the Scout Oath, with help if needed.
2. Learn and say the Scout Law, with help if needed.
5. Say the Cub Scout motto. Tell what it means.
7. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent’s Guide*.

*If the tear-out section is no longer in your handbook, talk to your den leader about finding one.*
One of the most important parts of earning Bobcat is understanding that all members of the Boy Scouts of America believe in, live by, and often repeat the Scout Oath and the Scout Law. We learn those words and believe in them as a way to live our lives and be good members of our families, our communities, and the Boy Scouts of America!

### Scout Oath

- On my honor I will do my best
- To do my duty to God and my country
- and to obey the Scout Law;
- To help other people at all times;
- To keep myself physically strong,
  mentally awake, and morally straight.

### The Meaning of the Scout Oath

**On My Honor I Will Do My Best**

Saying “On my honor” is like saying “I promise.” It means that you will do your best to do what the Scout Oath says.
The Scout Oath has three promises. Let’s look at what they mean.

To Do My Duty to God And My Country and to Obey the Scout Law

A duty is something you are expected to do. At home, you might be expected to make up your bed or take out the trash. You also have duties to God and to your country. You do your duty to God by following the teachings of your family and religious leaders. You do your duty to your country by being a good citizen and obeying the law. You also promise to live by the 12 points of the Scout Law, which are described below.

To Help Other People at All Times

Many people need help. A friendly smile and a helping hand make life easier for others. By helping other people, you are doing a Good Turn and making our world a better place.

To Keep Myself Physically Strong, Mentally Awake, and Morally Straight
The last part of the Scout Oath is about taking care of yourself. You stay physically strong when you eat the right foods and get plenty of exercise. You stay mentally awake when you work hard in school, learn all you can, and ask questions. You stay morally straight when you do the right thing and live your life with honesty.

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Scout Law

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

The Meaning of the Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. He does his best to live up to the Law every day. It is not always easy to do, but a Scout always tries.

A Scout is **TRUSTWORTHY.**

A Scout tells the truth and keeps his promises. People can depend on him.

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A Scout is **LOYAL.**

A Scout is true to his family, friends, Scout leaders, school, and country.

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A Scout is **HELPFUL.**

A Scout volunteers to help others without expecting a reward.

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A Scout is **FRIENDLY.**

A Scout is a friend to everyone, even people who are very different from him.

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A Scout is **COURTEOUS.**

A Scout is polite to everyone and always uses good manners.
A Scout is **KIND.**  A Scout treats others as he wants to be treated. He never harms or kills any living thing without good reason.

A Scout is **OBEDIENT.**  A Scout follows the rules of his family, school, and pack. He obeys the laws of his community and country.

A Scout is **CHEERFUL.**  A Scout looks for the bright side of life. He cheerfully does tasks that come his way. He tries to make others happy.

A Scout is **THRIFTY.**  A Scout works to pay his way. He uses time, property, and natural resources wisely.

A Scout is **BRAVE.**  A Scout can face danger even if he is afraid. He stands for what is right even if others laugh at him.

A Scout is **CLEAN.**  A Scout keeps his body and mind fit. He helps keep his home and community clean.

A Scout is **REVERENT.**  A Scout is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.
Make the sign with your right hand. Hold your arm straight up. The two raised fingers stand for the Scout Oath and the Scout Law. The fingers look like the sharp ears of the wolf ready to listen to Akela! Remember that Akela (say Ah-KAY-la) means “good leader” to a Cub Scout. Your mother or father or guardian is Akela. So is your Cubmaster or your den leader. At school, your teacher is Akela.

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In a meeting with a mix of Cub Scouts, Boy Scouts and/or Venturers it is appropriate for a Cub Scout to use either the Cub Scout sign or the Scout sign.
When you shake hands with another Cub Scout, do this: Hold out your right hand just as you always do to shake hands. But then put your first two fingers along the inside of the other boy’s wrist. This means that you help each other to remember and obey the Scout Oath.
The Cub Scout motto is “Do Your Best.”

A motto is a guiding principle and a rule for living. Do Your Best means trying your hardest, not just a little bit. Do your best all the time. Do your best in school and at home. Do your best when you play a game and help your team. Do your best as you work on your rank adventures!
Salute with your right hand. Hold your first two fingers close together. Touch your fingertips to your cap. If you aren’t wearing a cap, touch your right eyebrow. You salute the flag to show respect to our country. Always use the Cub Scout salute when you are in your Cub Scout uniform, both indoors and outdoors. If you are not in uniform, you salute the flag by placing your right hand over your heart.
With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children from Child Abuse: A Parent’s Guide*.

If your handbook does not include the pamphlet, talk with your den leader.

Approved by

Congratulations on earning your Bobcat badge! You may now continue on the trail of your Webelos and Arrow of Light adventures! Let’s take a look at what those adventures are called, what you need to do to earn your Webelos and Arrow of Light badges, and all the fun things you will explore as a Webelos and Arrow of Light Scout!
The Webelos and Arrow of Light Adventures and Requirements
The requirements to earn your Webelos rank and the Arrow of Light rank may be completed in any order. Akela (your den leader, parent, or guardian) will decide on the order for your den. You can do the electives any time you want. And you’ll earn an adventure pin for each adventure you complete.

Jump right in, Webelos Scout!
Webelos Badge Requirements

1. Be an active member of your Webelos den for three months. (Being active means having good attendance, paying your den dues, and working on den projects.)
   __________/__________ (date)

2. Complete each of the following Webelos required adventures with your den or family:
   - Cast Iron Chef
   - Stronger, Faster, Higher
   - Duty to God and You
   - Webelos Walkabout
   - First Responder

   __________/__________ (date)

3. Complete two Webelos elective adventures of your den or family’s choosing. (See page 531.)
   __________/__________ (date) __________/__________ (date)

4. With your parent or guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent’s Guide and earn the Cyber Chip award for your age.*
   __________/__________ (date)

* If your family does not have Internet access at home AND you do not have ready Internet access at school or another public place or via a mobile device, the Cyber Chip portion of this requirement may be waived by your parent or guardian.

Arrow of Light Badge Requirements

1. Be active in your Webelos den for at least six months since completing the fourth grade or for at least six months since becoming 10 years old. (Being active means having good attendance, paying your den dues, and working on den projects.)
   __________/__________ (date)

2. Complete each of the following Arrow of Light required adventures with your den or family:
3. Complete three Webelos elective adventures of your den or family’s choosing.

_____/_______ (date) _______/_______ (date) _______/_______ (date)

4. With your parent or guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent’s Guide and earn the Cyber Chip award for your age.*

_____/_______ (date)

Once you have achieved all of the Webelos or Arrow of Light rank badge requirements and your handbook has been signed, you are ready to earn your Webelos or Arrow of Light badge! Let out a big GRAND HOWL, Webelos Scout!
Do you like to eat? Of course you do. The Cast Iron Chef adventure is all about eating. Not food that your mom or dad cooks or that you get at a restaurant but food that you and your friends cook in camp.

Now, you can cook all sorts of stuff in camp, like ramen noodles or hot dogs, but you can cook some pretty awesome stuff over a campfire too. On my first troop campout, our senior patrol leader, Bill (he’s the older Boy Scout who actually runs our troop), cooked a pineapple upside-down cake in a big cast iron pot called a Dutch oven. It smelled amazing when it was baking and tasted even better when it was done.

I went back for seconds—but there was nothing left! Luckily, Bill taught us how to make our own cake, which we did on the very next campout.
Eating right helps you grow, gives you energy, and keeps your mind sharp. In this adventure, you will learn to build a fire and explore different ways to cook in camp. You will also set nutritional goals for yourself and plan a menu for your den or family. Best of all, you’ll get to eat the food you cook!
REQUIREMENTS

Do all of these:  

1. At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.

2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met.

3. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.

4. Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal:
   A. Camp stove
   B. Dutch oven
   C. Box oven
   D. Solar oven
   E. Open campfire or charcoal

5. Demonstrate an understanding of food safety practices while preparing the meal.
REQUIREMENT 1 | At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.

To start a fire, you need three things: heat, oxygen, and fuel. Heat comes from matches, oxygen comes from the air, and fuel comes from wood. Not just any wood will do, however. It needs to be dry and well seasoned—never freshly cut. Also, you can’t just hold a match to a big log to start a fire. Instead, you must build your fire slowly using tinder, kindling, and logs.

- To help protect the earth, never cut live trees for firewood. (Green wood doesn’t burn well anyway.)
- Also, don’t bring firewood from home. Doing that can spread pests that hurt trees.
- Webelos Scouts should only light fires under supervision of a den leader or another adult.

_Tinder_ is anything that burns as soon as you light it. It can include small twigs, dry leaves, pine needles, tree bark, wood shavings, paper, or even dryer lint you bring from home. (Really!) _Kindling_ is small sticks, no bigger than a pencil, that will burn easily but not as fast as tinder. _Fuel wood_ is bigger pieces of wood that will burn a long time. You don’t need huge logs, by the way; look for pieces no thicker than your wrist.

Be Careful With Fire

- Clear anything that could burn from an area at least 5 feet in all directions from your fire.
- Never play in or around the fire.
- Never leave the fire unattended.
Make sure the fire is completely out before you leave.

A Scout is trustworthy. You can show that you are trustworthy by following the rules of fire safety.

After you’re done cooking, be sure to put your fire completely out. You can cover a small fire with a metal can. For larger fires, you can use water or sand and stir the coals. Carefully feel for heat. It should be cold to the touch.
To make a quick fire starter, put dryer lint inside an empty toilet paper roll and close each end with a piece of masking tape.

To lay a fire, first gather all the tinder, kindling, and fuel wood you think you will need:

1. Build a tepee out of kindling and put some tinder inside it. Add some fuel wood.

2. Light the tinder and blow gently or fan, if necessary, to supply oxygen.

3. As the kindling burns, have an adult help adding larger sticks and then small logs.
4. When the fire burns down to coals, you’re ready to cook. Take plenty of time to let a good bed of coals form; it’s hard to cook over open flames because you can’t control the heat.
REQUIREMENT 2 | Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met.

Do you know what a balanced diet is? No, it doesn’t mean resting your plate on your head! It means eating the right assortment of foods so you get all the nutrients you need for good health. For example, the calcium in milk and yogurt makes your bones strong. The vitamin A in carrots and dark leafy greens helps you see well. The protein in meat, nuts, and beans helps your body repair cells and make new ones.

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>DAIRY</th>
<th>PROTEIN FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 ounces</td>
<td>2 cups</td>
<td>1½ cups</td>
<td>3 cups</td>
<td>5 ounces</td>
</tr>
</tbody>
</table>

Make half your grains whole
Aim for at least 3 ounces of whole grains a day

Vary your veggies
 Aim for these amounts each week:
 Dark green veggies =1½ cups
 Red and orange veggies = 4 cups
 Beans and peas = 1 cup
 Starchy veggies = 4 cups
 Other veggies = 3½ cups

Focus on fruits
Eat a variety of fruit
Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods
Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and calories
Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein
Twice a week, make seafood the protein on your plate
Vary your protein routine—choose beans, peas, nuts, and seeds more often
Keep meat and poultry portions small and lean

Find your balance between food and physical activity
Be physically active for at least 60 minutes each day.

Know your limits on fats, sugars, and sodium
Your allowance for oils is 5 teaspoons a day.
Limit calories from solid fats and added sugars to 120 calories a day.
Reduce sodium intake to less than 2300 mg a day.

Source: www.choosemyplate.gov

NOTE: These amounts are for a Webelos Scout who weighs 60 pounds and needs to take in 1,600 calories per day. You can adjust the totals if you weigh more or less.

The chart on page 42 is from www.choosemyplate.gov. It shows how much of the five food groups you should eat every day. It helps if each meal contains at least three of the five food groups and each snack contains two groups.

What about sweets and other treats? Save those for special occasions and for after you’ve eaten the foods you need.
After you’ve looked at the chart, talk with your parent or den leader and set some personal nutritional goals. For example, you might decide to eat more vegetables, cut back on red meat, or try something you’ve never eaten such as kumquats or kiwis or clementines. (Those are all fruits, by the way, and they taste great!)

Keep track of everything you eat for a whole week to see whether you’ve met your goals.

With permission from your parent or guardian, visit www.choosemyplate.gov for more information on nutrition and staying healthy. There are also many websites with nutritional information, such as calories, for popular foods.
REQUIREMENT 3 | Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.

Great meals don’t just happen. Somebody has to plan them. Work with your family or other members of your den to plan a delicious breakfast, lunch, or supper. Remember to include three different food groups if possible.

Make a shopping list, and decide how much money you can spend. Then head to the grocery store and start shopping. Work to stay within your budget by checking prices as you go. If you need to make adjustments, that’s OK: a Scout is flexible. (OK, that’s not in the Scout Law, but it’s still true.)

Here are some things to consider when you go shopping:

- Store brands are often less expensive than brands you see advertised on TV or online.
- Foods you make from scratch usually cost less (and are tastier) than processed foods.
- You should compare the price of fresh, canned, and frozen fruits and vegetables to find the best price.
- To really be sure you’re getting the best deal, compare the price per ounce of different products.
SAMPLE CAMP MENU

BREAKFAST

Eggs in a bag: For each Scout, crack one or two eggs into a sealable, quart-sized plastic bag. Add 1 tablespoon milk and other ingredients—bacon bits, cheese, chopped green pepper, chopped onion, salt, pepper—to taste. Seal the bag, removing excess air, and then shake it. (Don’t shake it before you seal it!) Place the bag into boiling water and cook for 3–4 minutes or until fully cooked. Use tongs to remove the bag from the hot water.

Fruit salad: Cut up apples, bananas, oranges, grapes, or other favorite fruits. Mix together and toss with a little lemon juice to prevent browning.

Biscuits: Arrange canned biscuits on a metal plate or pie pan. Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until golden brown.

Juice and milk

LUNCH

Peanut butter and jelly sandwiches

Carrots, apples Juice boxes

DINNER

Dutch-oven pizza: Spread pizza dough on a metal plate. Cover with pizza sauce, sautéed vegetables, cooked meat, cheese, and other favorite toppings. (Anchovies, anyone?) Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until cheese is melted and crust is golden brown.

Salad

Drinks
S’mores: Roast a large marshmallow on a skewer over hot coals. Add a square of chocolate, and sandwich between two graham crackers. Delish!

REQUIREMENT 4 | Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal.

A. Camp stove
B. Dutch oven
C. Box oven
D. Solar oven
E. Open campfire or charcoal

Outdoor Cooking Methods

Camp Stove: A camp stove is a tabletop stove that uses liquid fuel or propane. Camp stoves work just like your cooktop back home. Be careful, however, because some can tip over easily. Always have an experienced adult help you light a camp stove.
Dutch Oven: A Dutch oven is a cast iron (or aluminum) pot that is heated by charcoal or hot coals. A camping Dutch oven has legs on the bottom and a rim around the lid. For baking, put 10–12 coals underneath and enough coals on top to cover the lid. For boiling, put more coals underneath. Either way, you can add or remove coals to adjust the temperature.
**Box Oven:** A box oven is sort of like a homemade Dutch oven. It’s a foil-lined cardboard box that sits on top of a cookie sheet that is propped on four empty vegetable cans. Between the cans is a bed of coals, which provides the heat.

**Solar Oven:** A solar oven is a pizza box that’s lined with aluminum foil and covered with black construction paper. It uses the sun’s rays to cook what’s inside. (Now you know why tents aren’t made of black paper and aluminum foil!)
Open Campfire or Charcoal:

Open fires are good for roasting marshmallows and grilling things like burgers. For best results, wait until the flames die down and cook over the coals. If using charcoal, let it burn down until it is covered with white ash. Charcoal is a good tool for learning outdoor cooking, because it is easy to light and keeps a steady, even heat.

**REQUIREMENT 5 | Demonstrate an understanding of food safety practices while preparing the meal.**

Camp food is yummy, and camp cooking is fun. As part of this adventure, you’ll get to try some really cool ways to cook food. Just don’t try them all at home. Campfires in the kitchen are not a good idea!

However you cook, you need to do some things to keep from getting sick and making other people sick:

- **Clean hands and surfaces frequently.** Wash your hands with warm water and soap for at least 20 seconds before and after you handle food and after you use the bathroom. Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after you prepare each food item and before you go on to the next food.

- **Don’t cross-contaminate.** That’s a fancy way to say you should keep raw meat, poultry, seafood, and eggs separate from other foods in your shopping cart, grocery bags, refrigerator, and ice chest. Also, never place cooked food on a plate that has held raw meat, poultry, seafood, or eggs.
Cook to proper temperatures. Use a food thermometer, which measures the temperature inside cooked meat, poultry, and egg dishes, to make sure the food is fully cooked. Stick the thermometer into the middle of the food and don’t let it touch the pan. Most cookbooks include the correct temperatures for different kinds of food.

Chill/refrigerate promptly. Never let food sit out for more than two hours before putting it in the refrigerator, freezer, or ice chest. Never thaw frozen food at room temperature. Instead, thaw it out in the refrigerator, in cold water, and in a microwave oven using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.

Maintain proper temperatures. Keep cold foods in an ice chest or refrigerator until you’re ready to use them. If you are going to use an insulated container to keep food warm, fill it with hot water, wait a few minutes, then empty it and fill it with hot food.
When I was a Webelos Scout, our den sometimes forgot to pack a few things. Like sauce for our spaghetti. And jelly for our PB&J sandwiches. Crazy, huh?

Over time we got better at planning and cooking and even washing dishes. Now, as Boy Scouts, we cook some great food. And that food gives us the fuel we need for some really awesome adventures.

See you at camp!
DUTY TO GOD AND YOU
I went to Boy Scout camp for the first time last summer. We did a lot of cool stuff like shooting and swimming, and we really had fun at the opening and closing campfires. But one of my favorite times was the chapel service we went to on Wednesday night.

During the service the chaplain pointed out that the camp chapel didn’t have a roof or walls, which meant there was nothing to separate us from God above us or from the world around us. He said that even when we go back to our places of worship with their roofs and walls, we should keep working to stay connected to God and to God’s people. That’s what you’ll learn about in the Duty to God and You adventure.
Understanding more about your religious beliefs and the beliefs of others can help you make sense of the world around you. The Duty to God and You adventure lets you learn about your own faith, plan and participate in a worship service, and explore ways to continue your faith practices in the future.
Do either requirement 1 OR requirement 2.

1. Earn the religious emblem of your faith for Webelos Scouts, if you have not already done so.

2. Complete at least three of requirements 2a–2d:

   A. Help plan, support, or actively participate in a service of worship or reflection. Show reverence during the service.

   B. Review with your family or den members what you have learned about your duty to God.

   C. Discuss with your family, family’s faith leader, or other trusted adult how planning and participating in a service of worship or reflection helps you live your duty to God.

   D. List one thing that will bring you closer to doing your duty to God, and practice it for one month. Write down what you will do each day to remind you.
REQUIREMENT | Do either requirement 1 OR requirement 2.

REQUIREMENT 1 | Earn the religious emblem of your faith for Webelos Scouts, if you have not already done so.

Most major faith groups that support Scouting have created religious emblems that Scouts can earn. Working on the emblem for your faith group will help you learn the meaning of duty to God, which is part of the Scout Oath.
Once you earn your religious emblem, you can wear a special square knot patch on your uniform as a Webelos Scout, a Boy Scout, and even as an adult leader. That and the Arrow of Light are the only Cub Scout awards you can wear as a Boy Scout.

Your den leader or local council service center can help you and your family learn more about the religious emblem for your faith. With an adult’s permission, you can also visit www.praypub.org or www.scouting.org/filestore/pdf/512-879_WB.pdf.
REQUIREMENT 2 | Complete at least three of requirements 2a–2d.

REQUIREMENT 2A | Help plan, support, or actively participate in a service of worship or reflection. Show reverence during the service.

You might plan to do a service at your faith organization, a family reflection, or an interfaith service. An interfaith service may be appropriate if members of more than one faith are gathered together. It lets you practice your faith and learn how others practice theirs. You can hold an interfaith service in your den, pack, or at a big event like a camporee.

Your den leader or another adult will help you plan your service. It might have a theme, such as peace, and include songs or readings about that theme. Or you might take turns praying the way you have been taught by your faith.

SAMPLE INTERFAITH SERVICE

Your interfaith gathering might include these parts:

- Welcome
- Thought to share/lesson
- Song
- Sharing time
- Prayer/meditation
- Helping others (like a collection for the World Friendship Fund)
- Benediction/sending forth

You will see that many faiths share similar practices, like praying, but you may also see some practices that are unfamiliar, like the use of incense. Even a practice that many faiths share can be done in different ways. Take praying. People may stand, sit, kneel, or lie facedown on the ground. They may close their eyes or leave them open. They may fold their hands or raise them in the air. They may take off their hats or wear special head coverings.
When you plan your service, be careful not to say or do things that will make other people uncomfortable. For example, instead of saying, “Please bow your head for prayer,” you could say, “Please prepare to pray in the way you have been taught.”

A Scout is reverent. During the service, be sure to show reverence. That includes doing your duty to God and showing respect for other people’s beliefs.
Write down a plan for your interfaith service, worship service, or reflection.

Welcome: ____________________________________________
_____________________________________________________

Thought/lesson: ______________________________________
_____________________________________________________

Song: ________________________________________________

Sharing: ______________________________________________
_____________________________________________________

Prayer/meditation: _____________________________________
_____________________________________________________

Helping: ______________________________________________
_____________________________________________________

Closing: ______________________________________________
_____________________________________________________

REQUIREMENT 2B | Review with your family or den members what you have learned about your duty to God.

REQUIREMENT 2C | Discuss with your family, family’s faith leader, or other trusted adult how planning and participating in a service of worship or reflection helps you live your duty to God.

REQUIREMENT 2D | List one thing that will bring you closer to doing your duty to God, and practice it for one month. Write down what you will do each day to remind you.

Talk with your family or den members about what you learned as you completed requirement 2a. If you talk with other den members, listen to what they learned. Then you will have learned those things, too.

Here are some things to talk about:

- What does duty to God mean to me?
- What does reverence mean to me?
- How are the other faiths I learned about different from my own?
How are they similar?
What faith practice did I learn about that makes me feel closer to God?

FAITH PRACTICES

Here are some practices that many faiths share:

- Worship: going to a service at a church, temple, mosque, synagogue, or other place
- Prayer: talking to God (and listening)
- Meditation: clearing your mind to focus on your faith
- Service: helping other people
- Charity: donating money to worthy causes
- Fasting: giving up food or other things at certain times
- Confession: admitting things you’ve done wrong and asking for forgiveness
- Study: reading books of faith
- Observing holy days: setting aside days for your faith tradition that require special actions
- Obeying the rules set down by your faith tradition

What other practices does your faith encourage?
Working on this adventure,
I learned that people of several
different faiths fast during part of the
year. Muslims don’t eat or drink during the
daytime for the whole month of Ramadan,
and many Christians fast or give up
certain foods during the season of Lent.
I think it’s cool how people of different
faiths end up doing similar things
to get closer to God. What did
you learn in this adventure
that was cool?
My mom is an emergency medical technician, and she says First Responder is the most important Webelos Scout adventure. In fact, she told me the other day that her ambulance crew was able to save a man’s life because his son—a Webelos Scout—saw that he was having a heart attack and called 911.

How cool is it that he was able to help? Wouldn’t it be awesome to have the skills and confidence to be prepared to save somebody’s life? Well, you never know. It just might happen. That’s what the First Responder adventure is all about.
In this adventure, you will put the Scout motto, “Be Prepared,” into action by learning about first aid. You’ll also build your own first-aid kit and make emergency plans for your home or den meeting location. And you’ll learn how professional first responders help keep you safe. By the time you finish this adventure, you should be ready to act if you are first on the scene when an emergency happens.
**REQUIREMENT**

Do all of these:  

1. Explain what first aid is. Tell what you should do after an accident.  

2. Show what to do for the hurry cases of first aid:  
   A. Serious bleeding  
   B. Heart attack or sudden cardiac arrest  
   C. Stopped breathing  
   D. Stroke  
   E. Poisoning  

3. Show how to help a choking victim.  

4. Show how to treat for shock.  

5. Demonstrate that you know how to treat the following:  
   A. Cuts and scratches  
   B. Burns and scalds  
   C. Sunburn  
   D. Blisters on the hand and foot  
   E. Tick bites  
   F. Bites and stings of other insects  
   G. Venomous snakebite  
   H. Nosebleed  
   I. Frostbite  

6. Put together a simple home first-aid kit.  
   Explain what you included and how to use each item correctly.  

7. Create and practice an emergency readiness plan for your home or den meeting place.  

8. Visit with a first responder.
REQUIREMENT 1 | Explain what first aid is. Tell what you should do after an accident.

When people get hurt, they need help right away. That help is called first aid. It’s the quick help someone receives before professional help can arrive. You might be the only person at the scene of an accident who can provide first aid, so it’s important to know the right way to help.

The Scout motto is “Be Prepared.” One way to be prepared is to learn how to do first aid before an emergency occurs.

First aid is what happens when you remove a tick that’s burrowed into your skin. First aid is what happens when, after you scrape your knee, your mom cleans and bandages the wound. First aid is what happens when a server in a restaurant saves a choking victim by giving abdominal thrusts. First aid is what happens when a Boy Scout performs CPR while he’s waiting for an ambulance to arrive. First aid is what you will learn during this adventure.

What to Do After an Accident

If you come across an accident or medical emergency, do these things:

- **Check.** Make sure the scene is safe before approaching. You can’t help anyone if you become a victim yourself.

- **Calm down and think.** Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it’s important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.

- **Call.** If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help, and offer to assist the victim.

- **Care.** Explain that you know first aid, and get permission to treat the victim before doing anything else.
When sending someone to get help, point at a specific person and say something like, “Juan, go call 911 and ask for an ambulance.” Don’t assume everybody knows what to do.

- Do not move a badly hurt person unless he or she is in further danger. It may be necessary to move a person if there is a nearby fire or if the person is lying in the road. But never move an injured person unless it is absolutely necessary.

- Check the victim for “hurry cases” (see page 66).
- Treat the victim for shock (see page 74).

How to Get Help in an Emergency

In most parts of the United States, you can dial 911 to get help for all kinds of emergencies, including medical problems. Some communities may have different phone numbers for the police, fire department,
emergency medical services (EMS), or rescue squad, so ask your parent or den leader for the right phone numbers for your community.

**When you call for help in an emergency, remember the three W’s: who, what, and where.**

- **Who:** Give your name and the phone number you’re calling from. (Some 911 systems can trace your phone number and location, but others can’t.)

- **What:** Explain the situation. Is it a fire? A car accident? How many people are hurt? What are their injuries?

- **Where:** Give your exact location, using either the street address or the names of both streets at the nearest corner.

Never hang up until the operator tells you to. He or she may need more information. Don’t worry; the operator can still send help.

Never call 911 except in actual emergencies. Calling in non-emergency situations is dangerous because it could prevent real emergency calls from getting through. To practice making 911 calls, use a toy phone or a cellphone that has been turned off.

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My mom invited a real 911 operator she knows to one of our den meetings. He had us make pretend calls to him, which really helped us understand what to do in an actual emergency.

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**How to Get Help in Other Situations**

At times, you may need to get help in non-emergency situations. Maybe you want to report a
suspicious car nearby or a broken traffic light. Maybe you need help with a family problem.

Find out how to get help where you live, and make a list of the phone numbers. Post the list on your refrigerator so everyone can find the numbers quickly. It’s also a good idea to put your list on a card and carry it with you.
Our home address ________________________________

**IMPORTANT PHONE NUMBERS**

Keep a list of numbers for:

- Police or sheriff’s department __________________________
- Fire department __________________________
- Ambulance or emergency medical services ________________
- Utility companies (electricity, gas, water)______________
- Your family doctor __________________________
- Poison control center 800-222-1222
- Your religious institution (church, synagogue, mosque, etc.)
- Your parent’s or guardian’s cellphone ________________
- Your parent’s or guardian’s workplace ________________
- A friendly neighbor who can help you ________________

**REQUIREMENT 2** | Show what to do for the hurry cases of first aid:
A. Serious bleeding

B. Heart attack or sudden cardiac arrest

C. Stopped breathing

D. Stroke

E. Poisoning

A sprained ankle needs first aid, but it’s not a life-threatening injury. Other medical problems—called “hurry cases”—require immediate help. Unless someone acts fast, gets help, and gives the right first aid, the victim can die within a few minutes.

3C THE THREE C’S

When dealing with hurry cases, remember the three C’s.

◆ Check: Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Tap the victim’s shoulder and ask, “Are you OK?” Does the victim respond?

◆ Call: Call 911. Call out for help, or send someone for help.

◆ Care: Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it’s important to know what they are.

The five hurry cases are:

◆ **Serious bleeding.** When blood is spurting from a wound, it must be stopped quickly.

◆ **Heart attack or sudden cardiac arrest.** If someone’s heart has stopped, it must be restarted quickly.

◆ **Stopped breathing.** If breathing has stopped, it must be restarted quickly.

◆ **Stroke.** If someone has a stroke (a blockage of blood flow to the brain), he or she must get medical attention quickly.
Poisoning. If someone has swallowed poison, it must be made harmless quickly.

PROTECTIVE MEASURES TO TAKE WHEN GIVING FIRST AID

Treat all blood as if it contains germs that can make you sick. Do not use bare hands to stop bleeding; always use a protective barrier. If you have any cuts or scrapes, cover them with a bandage. Always wash your hands and other exposed skin with hot water and soap immediately after treating the victim. When possible, don’t use a kitchen sink.

The following equipment should be included in all first-aid kits and used when giving first aid to someone in need:

- Disposable, latex-free gloves—to be used when stopping bleeding, dressing wounds, performing CPR, or treating a victim who is choking
- Plastic goggles or other eye protection—to prevent a victim’s blood from getting into the rescuer’s eyes in the event of serious bleeding
- Antiseptic—for use in cleaning exposed skin areas, particularly if soap and water are not available

HURRY CASE: Serious Bleeding

In a bad accident, you might see blood spurting out of a wound. It doesn’t ooze or flow slowly; it gushes out like a fountain. It must be stopped immediately.

3C Activate the 3 C’s
Put on disposable, latex-free gloves and eye protection (not just eyeglasses), then grab the wound with your gloved hand. Press hard. With your free hand, grab your neckerchief, handkerchief, or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Don’t remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first.

If the wound is on the arm or leg, raise that limb above the level of the victim’s heart. That can help slow the bleeding. (Don’t do this if there are other injuries such as a broken bone.)

**HURRY CASE: Heart Attack and Sudden Cardiac Arrest**

Heart attack is the No. 1 cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them.

The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:

- Pain that radiates to the arms, back, neck, or jaw
Sweating when the room is not hot
Feeling like throwing up
Feeling weak
Sudden, sharp chest pain outside the breastbone
Dizziness or lightheadedness

3C Activate the 3 C’s

If you think a person is having a heart attack, call for medical help at once. If the person becomes unresponsive, begin chest compressions immediately, as described below.

Another very serious heart problem is sudden cardiac arrest, which occurs when the heart stops pumping. In seconds, the victim will become unresponsive and will stop breathing or will gasp for breath. If you suspect sudden cardiac arrest, call for medical help, begin chest compressions, and locate an automated external defibrillator (AED) if available. (See page 70.)

Circulation

Cardiopulmonary resuscitation (CPR) is a way to keep the heart beating until medical help arrives. It requires instruction from a certified teacher. Your den leader can help you find more information.

The steps of CPR for adults include a cycle of 30 chest compressions followed by two rescue breaths.

1. Place the heels of your hands on the center of the victim’s chest, one on top of the other. Lace your fingers together.
2. Position yourself over the victim with your shoulders over your hands and your arms straight.
4. Perform two rescue breaths as described in the Breathing section on page 71.
5. Continue the cycle until one of the following happens:
   a. The victim shows signs of life (breathing).
   b. A trained adult or medical help arrives to take over.
   c. You are too exhausted to continue.
   d. An AED is ready to use.
   e. The scene becomes unsafe.

**Defibrillation**

Find out if there is an automated external defibrillator (AED) near the victim. If there is, you can help by retrieving it and turning it on. An AED is a special device that can shock the heart into beating normally again. AEDs are found in schools, shopping malls, airports, houses of worship, and other places where people gather. You have to complete training to use an AED; this training is usually part of CPR training.

**HURRY CASE: Stopped Breathing**

In drowning cases, electric shock, and some other accidents, the victim’s breathing may stop. It must be started again quickly, or the person’s heart will stop beating, and the person will die. You can help with these problems by providing care until professional medical help arrives.
3C Activate the 3 C’s

Here are the steps you can take:

Airway

With the victim lying on his or her back, open the airway by pressing down on the forehead and lifting up on the chin. This will keep the tongue from blocking the flow of air. Don’t do this if you suspect a neck injury.

If the victim starts to vomit, roll him or her onto the side away from you so the vomit doesn’t get inhaled into the lungs. Be sure to roll the body as a unit—not just the upper body. You’ll need help to do this.

Breathing

When the victim’s airway is open, check for breathing. Place your cheek 1 to 2 inches above the victim’s mouth. Look, listen, and feel for movement and breathing. If the person is breathing, you will feel and hear the airflow on your cheek and see and feel the chest rising and falling. If there are no signals that a person is breathing, give two rescue breaths using the following procedure.

Rescue Breathing

Step 1 Place a CPR breathing barrier over the victim’s mouth to protect both of you from any diseases that could be spread.

Step 2 While continuing to tilt the head, pinch the victim’s nostrils, seal your mouth over his or her mouth, and blow into it to fill the lungs. The breath should last about one second. Watch to see if the person’s chest rises. Remove your mouth, and then give another rescue breath.

Step 3 For an adult: If the victim does not start breathing again after two rescue breaths, his or her heart may stop beating, too. Immediately begin CPR. (Ask your den leader about procedures for children.)

HURRY CASE: Stroke

Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result if the victim doesn’t get medical help.

Stroke can cause:
Numbness or weakness in the face, arm, or leg—especially on one side
Trouble walking, speaking, understanding, or seeing
Dizziness
Headache

**3C Activate the 3 C’s**

A good way to remember the signs of stroke is with the acronym **FAST:**

- **Face drooping:** Does one side of the person’s face droop? Is the person’s smile uneven?
- **Arm weakness:** Is one arm weak or numb?
- **Speech difficulty:** Is the person’s speech slurred? Does the person have a hard time speaking or repeating a simple sentence?
- **Time to call for help:** If you see these signs, call 911 immediately.

**HURRY CASE: Poisoning**

**3C Activate the 3 C’s**

Poisoning can be caused by many things, including:

- Eating certain wild mushrooms or berries
- Swallowing household cleaning supplies, weed killers, insect poisons, or even things like nail polish remover
- Taking too much medicine
- Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 or 800-222-1222 (the national Poison Help Line) immediately. Tell the operator what the poison is, if you know it, and follow the directions. Save the poison container so professionals can identify the poison.

If a person has breathed in smoke, gas, or other fumes, try to move him or her to fresh air. Be careful that you don’t become a victim yourself, however. Make sure the area is safe first.

It’s important always to keep all household cleaners, medicines, weed killers, and insect poisons out of the reach of small children. Locked cabinets are best because children are curious and quickly learn to climb.

**REQUIREMENT 3** | Show how to help a choking victim.

Choking on food or a foreign object can lead to unconsciousness and death. If you see someone choking, take action immediately.

When you see a person holding his hands to his throat and turning blue, ask if he is choking. If he can speak, cough, or breathe, encourage him to try to cough up what he has swallowed. If not, call 911, or ask a bystander to call 911. Tell the person you know first aid, and ask if you can help.
If the answer is yes, give back blows:

- Give five back blows between the shoulder blades with the heel of your hand.

If the object is not removed, give abdominal thrusts:

- Position yourself behind the person, and reach your arms around his or her waist.

- Make a fist with one hand just above the person’s belly button. Cover the fist with your other hand.
- Make a series of five quick thrusts inward and upward to force air from the lungs. (Pretend like you’re trying to pick the person up.)
- Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious, or medical help arrives.
Because of the possibility of injury, do not practice actual back blows or abdominal thrusts unless you are using a special simulator.

**REQUIREMENT 4 | Show how to treat for shock.**

When a person is injured or under great stress, the circulatory system might not provide enough blood to all parts of the body. That’s called shock. The person will feel weak. The face may get pale. The skin will feel cold and clammy. He or she may shiver or vomit.

Don’t wait for these signals to appear. Give any badly injured person first aid for shock:

- Call 911 for emergency help immediately.
- Have the person lie down on his or her back.
- Raise the feet slightly, unless you think there are injuries to the head, neck, back, hips, or legs. If you don’t know, have the person lie flat.
- If the person is not awake, turn him or her on the side. But first, be sure the person has no head, neck, or back injuries.
- If the weather is cool, cover the person with a sheet. If it’s hot, don’t.
- Do not give the person anything to eat or drink.
- Stay with the person until help arrives.

**REQUIREMENT 5 | Demonstrate that you know how to treat the following:**
Cuts and scratches

Cuts and scratches are openings in skin. They can let in germs that cause infections.

When treating cuts and scratches, be sure to wear disposable, latex-free gloves and eye protection. Wash your hands thoroughly with soap and water after treating any wounds.

For small wounds, wash the wound with soap and water. Then apply antibiotic ointment to help prevent infection if you have the victim’s permission and know that he or she doesn’t have any allergy to the medicine. Keep the wound clean with an adhesive bandage. Change the bandage as often as needed, but at least once daily.

For larger cuts, first stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with a sterile gauze pad or a clean cloth folded into a pad. Hold the pad in place with tape or a bandage made out of a neckerchief. Any bandage should be loose enough that you can slide two fingers between it and the person’s body. An adult leader should evaluate any large wound. Once the bleeding has stopped, clean the wound as described above.
Burns and Scalds

Burns and scalds range from simple sunburn to very dangerous third-degree burns. What kind of first aid to give depends on the severity of the burn.

First-Degree Burns

First-degree burns only affect the outer surface of the skin, which gets red and sore. Put the burned area in cold water until the pain stops. If you don’t have any water, cover the burn with a clean, dry, loose dressing.

Second-Degree Burns

With second-degree burns, which are also called partial-thickness burns, blisters form on the skin. Put the burned area in cold water until the pain stops. Gently dry the burned area. Cover it with a sterile gauze pad, and hold the pad loosely in place with a bandage. Be careful not to break open blisters, which could cause infection. Don’t apply creams, ointments, or sprays. If needed, treat for shock. Second-degree burns should be evaluated by an adult to determine the need for additional medical help.

Third-Degree Burns

With third-degree burns, which are also called full-thickness burns, the skin may be burned away, and the flesh may be charred. The victim may feel no pain because nerve endings have been burned. You will definitely need to call 911 or local emergency responders and have an adult evaluate the situation. Don’t remove clothing from around the burn. Wrap the victim in a clean sheet. Cover him or her with blankets if the weather is cool. Treat for shock if needed, and stay with the victim until professional medical help arrives.
**SUNBURN**

Sunburn is a common injury among people who enjoy being outdoors. Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention. All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older.

People with lighter skin are most at risk of getting sunburned, but no one is immune. You can prevent sunburn by using plenty of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you’re outside. Reapply it after swimming or if you are sweating a lot. A broad-brimmed hat, long-sleeved shirt, and long pants will give you even more protection.

You should wear sunscreen even on cloudy days. The ultraviolet radiation from the sun that causes a sunburn can pass through clouds.

**Blisters on the Hand and Foot**

Blisters are pockets of fluid that form as the skin’s way of protecting itself from friction. Blisters on the feet are common injuries among hikers. You can avoid getting blisters by wearing shoes or boots that fit well, by changing your socks if they become sweaty or wet, and by paying attention to how your feet feel. A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin.

If a blister forms, you can protect it with a doughnut bandage. To make one, cut moleskin in the shape of a doughnut, and fit it around the blister. Shape several more doughnuts, and stack them on top of the first. Cover with an adhesive bandage.

**Tick Bites**

Ticks are small, hard-shelled arachnids that bury their heads in your skin. Protect yourself whenever you’re in tick-infested woodlands and fields by wearing long pants and a long-sleeved shirt. Button your collar, and tuck your pant legs into your socks.
Inspect yourself daily, especially the warm and hairy parts of your body, and immediately remove any
ticks you find. If a tick has attached itself, ask an adult to help you. The adult will grasp the tick with
tweezers close to the skin and gently pull until it comes loose. It’s important not to squeeze, twist, or jerk
the tick, which could leave its mouth parts in the skin. Wash the wound with soap and water, and apply
antibiotic ointment. After dealing with a tick, thoroughly wash your hands. If you develop a rash or flulike
symptoms or otherwise feel ill in the next days or weeks after being bitten, talk to your doctor.

Bee and Wasp Stings

Scrape away a bee or wasp stinger with the edge of card, such as your Whittling Chip card, or ask an
adult to help. Another method is to put a piece of tape on top of the sting to pull out the stinger. Don’t try
to squeeze it out. That will force more venom into the skin from the sac attached to the stinger. An ice pack
might reduce pain and swelling.

Some people have severe allergies to bee and wasp stings. If someone has trouble breathing after being
stung or feels his or her throat swelling or closing up, seek medical help immediately, and alert an adult.
Find out if the person is carrying a kit for treating anaphylactic shock, and help him or her administer the
medication.

Chigger Bites

Chiggers are almost invisible. Their bites cause itching and small welts. Try not to scratch chigger bites.
You might find some relief by covering chigger bites with calamine lotion or hydrocortisone cream.
**Spider Bites**

Only a few types of spiders’ bites cause serious reactions. Victims of these spider bites should be treated for shock and seen by a doctor as soon as possible. When possible, try to identify the spider, or take the dead spider to the physician’s office. Be sure that you don’t put yourself in danger to do so.

**Black widow**

The bite of a female black widow spider can cause redness and sharp pain at the wound site. The victim might suffer sweating, nausea and vomiting, stomach pain and cramps, severe muscle pain and spasms, and shock. Breathing might become difficult. The bite of a brown recluse spider doesn’t always hurt right away, but within two to eight hours there can be pain, redness, and swelling at the wound. An open sore is likely to develop. The victim might suffer fever, chills, nausea, vomiting, joint pain, and a faint rash.

**Brown recluse**

**Snakebite**

Snakes are common in many parts of the country, but bites from them are rare. Snakes try to avoid humans and normally strike only when they sense danger. Snakebites seldom result in death.

Use a hiking stick to poke among stones and brush ahead of you when you walk through areas where snakes are common. Remember to stay on the trails. Watch where you put your hands as you collect firewood or climb over rocks and logs.

The bite of a nonvenomous snake causes only minor puncture wounds. You can treat these like other puncture wounds; just wash with soap and water, then apply antibiotic ointment and an adhesive bandage.
Before applying medicine, put on disposable, non-latex gloves; ask about any drug allergies; and get permission. Get medical attention if you see signs of an infection.

The bite of a venomous snake can cause sharp, burning pain. The area around the bite might swell and become discolored.

**If you think a person has been bitten by a venomous snake, call for help, and follow these steps:**

- Keep the person calm and still.
- Do not let the victim walk unless it is unavoidable—for example, if you have to evacuate the area. If possible, have an adult carry the victim to a safer area or to medical help.
- Immobilize the part of the body that was bitten, and position it below the level of the heart.
- Remove any rings or jewelry from the bitten extremity.
- Clean the wound with antiseptic, and cover it with a clean bandage.
- Don’t apply ice or a tourniquet.
- Don’t cut the wound or try to suck out the venom.
- Don’t give the victim caffeine or alcohol.
- Try to remember the snake’s shape and color pattern so you can describe it later, but don’t try to capture it.

### Copperhead snake

#### Nosebleed

A nosebleed can look bad, but it will usually stop in just a few minutes. Have the victim sit up and lean forward to prevent blood from draining into the throat. Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding. Apply a cool, wet cloth to the victim’s nose and face
above where you are pinching. (As always, wear latex-free, disposable gloves.) Watch for symptoms of shock and treat if needed. Call for help if the bleeding doesn’t stop after 15 minutes.

**Frostbite**

Frostbite happens when the skin gets cold enough to freeze. A sure sign of frostbite is grayish-white patches on the skin. Some victims will complain that their ears, nose, fingers, or feet feel painful and then numb. Others won’t notice anything.

If you suspect frostbite, get the person into a tent or building, then gently warm the affected area and keep it warm. If an ear or cheek is frozen, remove your glove, and warm the injury with the palm of your hand. Slip a frostbitten hand under your clothing and tuck it beneath an armpit. Treat frozen toes by putting the victim’s bare feet against the warm skin of another person.

Avoid rubbing frostbitten flesh. That can damage tissue and skin.

You can also warm a frozen part by holding it in warm—not hot—running water. Have the patient exercise injured fingers or toes, and don’t let the injured area freeze again. Get the victim to a doctor.

What’s the best way to avoid frostbite? Stay warm and dry. Wear warm gloves, socks, and a hat. Wool and synthetic materials will keep you warm when they get wet; cotton won’t. Dress in layers so you can regulate your body temperature by adding or removing articles of clothing.

**REQUIREMENT 6** | Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

Every home and car should have a first-aid kit so that supplies will be there when you need them.

**Home First-Aid Kit**
Here are the things you should include:

- Tweezers
- Box of latex-free adhesive bandages (different sizes)
- Twelve each of 3-by-3-inch and 4-by-4-inch sterile pads
- Roll of 1-inch and roll of 2-inch latex-free adhesive tape
- Scissors
- Safety pins
- Two 1-inch roller bandages
- Two 2-inch roller bandages
- Three cravat, or triangular, bandages
- Two 17-inch splints of thin board
- Antibiotic ointment
- Calamine lotion
- Latex-free, disposable gloves
- Mouth-barrier device
- Goggles
- Hand sanitizer
Car First-Aid Kit

All the items listed above plus:

- Small flashlight and spare batteries
- White handkerchief (to attach to the car so you can attract attention if the car is disabled)
- Blanket
- Large red and white sign that reads “Send help!” (Place in the front or rear window in an emergency.)
Personal First-Aid Kit

You should also make a first-aid kit to carry on outings. Include these items:

- adhesive bandages
- moleskin
- antibiotic ointment
- latex-free gloves

In addition to the basic items above, consider including:

- gauze pads
- adhesive tape
- soap
- scissors
REQUIREMENT 7 | Create and practice an emergency readiness plan for your home or den meeting place.

Emergencies can happen at any time—even in the middle of the night. What would you do if you woke up and smelled smoke or heard your smoke alarm going off? It’s important to have a plan.

Sketch a floor plan of your house or apartment. Figure out two possible escape routes from each room, and draw them on your floor plan. Now, decide on a place away from the building where everyone can meet once they are outside. Discuss your plan with your family, and practice what you would do in an emergency.
Discuss these questions with your parent:

- Are our smoke alarms working?
- Are our windows easy to open? How could we get out through windows, such as picture windows, that don’t open?
- Are there rooms on a second floor or higher? Should we buy escape ladders? Does our building have a fire escape?
- Would anyone in the family need special assistance in an emergency?

**REQUIREMENT 8 | Visit with a first responder.**

First responders are people who keep us safe. They include police officers, firefighters, EMS workers, and search and rescue professionals. Whenever an emergency happens or someone calls for help, they are the first people to respond.

Many first responders were once Webelos Scouts just like you. Some enjoyed learning about first aid and wanted to provide emergency medical care for a living. Others became police officers or firefighters because they wanted to help other people, just like the Scout Oath says.

In fact, first responders are helpful all the time, even when they aren’t working. If an emergency happens in the woods, on an airplane, or in a restaurant, they quickly take action.

Meet with a first responder, and learn more about his or her work. If possible, meet at a place like a fire station or police station so you can see the equipment and vehicles the first responder uses. Ask the first responder what training or education he or she has had. Find out how you can be helpful in your role as a Scout first responder.
A Scout is courteous. When you visit a first responder, show good manners, follow instructions, and say “thank you” as you leave.

Maybe someday I’ll be an EMT like my mom. But I can help my community, even if I don’t become a first responder, because I know what to do in an emergency. In fact, Mom said people usually look to Scouts in emergencies because we have special training.

I think I’m up to the task.

What about you?
STRONGER, FASTER, HIGHER
hew! Sorry I’m out of breath, but I just finished jumping rope. It’s part of my plan to get ready for my Boy Scout patrol’s 10-mile hike. Yep, we’re planning to hike 10 miles in a single day. But that’s nothing. Some of the older guys in my troop have hiked for 10 straight days at Philmont Scout Ranch, where they also got to do cool stuff like rock climbing, burro racing, and mountain biking.

You can start working toward hikes like that with the Stronger, Faster, Higher adventure. And you’ll learn the building blocks of fitness so you can take other awesome adventures throughout your life.
The Stronger, Faster, Higher adventure will help you understand how to exercise in a healthy and safe way and show you some creative ways to be active every day.

**REQUIREMENT**

**Do all of these:**

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.

2. Do these activities and record your results:
   - A. 20-yard dash
   - B. Vertical jump
   - C. Lifting a 5-pound weight
   - D. Push-ups
   - E. Curls
   - F. Jumping rope

3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.

4. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period.

6. Try a new sport that you have never tried before.
REQUIREMENT 1 | Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.

Have you ever felt really sore after you played hard? By warming up before doing physical activities and cooling down afterward, you reduce the chance that you’ll get sore or hurt yourself.

The best way to warm up is to do a light aerobic activity like walking or jogging at an easy pace for 5 to 10 minutes. “Aerobic” is a fancy word that means “with oxygen.” If you’re breathing harder than usual—and using more oxygen—then you’re doing an aerobic activity. Once your muscles are warmed up, stretch them, but don’t strain them. Now, you’re ready to exercise.

**Simple Stretching Exercises**

Here are some simple stretches that can keep you from getting hurt.

**Forward Lunge:** Stand and put your left leg about 2 feet in front of you. Lean toward your left knee, keeping your back straight, until you feel your muscles stretch. Hold for five seconds. Repeat three to six times, then switch legs.
**Side Lunge:** Stand with your legs about 2 feet apart. Bend your left knee and lean toward the left, keeping your back and right leg straight. Hold for five seconds. Repeat three to six times, then switch legs.

**Cross-Over:** Stand with your legs crossed and your feet close together. Keep your legs straight, and try to touch your toes. Hold for five seconds. Repeat three to six times, then switch legs (so the other one is in front).

**Quad Stretch:** Stand near a wall with your right hand on the wall and your knees together. With your left hand, lift your left foot up to your behind. Hold for five seconds. Repeat three to six times, then switch legs.
**Butterfly Stretch:** Sit with the soles of your feet touching. Lower your head toward your feet and hold for five seconds. Repeat three to six times.

**When stretching, use smooth, steady motions. Don’t bounce or jerk.**

After your activity, cool down by stretching or walking at an easy pace for a few minutes until your heart rate gets back to normal. You can check your pulse by lightly pressing two fingers in the soft area beside your Adam’s apple. You should count 30 to 50 beats in 30 seconds.
REQUIREMENT 2 | Do these activities and record your results:

Record your results for each activity in the “Start” column. If you choose to practice some of these activities for requirement 3, use the other columns to record your results.
REQUIREMENT 3 | Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.

We all have things we naturally do really well. If you’re small, you may be able to run very fast. If

<table>
<thead>
<tr>
<th>Skill</th>
<th>Start</th>
<th>Week One</th>
<th>Week Two</th>
<th>Week Three</th>
<th>Week Four</th>
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<tbody>
<tr>
<td>a. 20-yard dash</td>
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<td>b. Vertical jump</td>
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<td>c. Lifting a 5-pound weight</td>
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<td>d. Push-ups</td>
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<td>e. Curls</td>
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<td>f. Jumping rope</td>
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you’re tall, you may be able to jump high or far. If you have strong arms, you may be able to lift weights. If you can hold your breath for a long time, you may be good at swimming underwater.

But you don’t have to stick with what you’re naturally good at. By learning other physical skills—and doing some practice—you can get stronger and faster and go higher, which is what this adventure is all about.

Use the chart under requirement 2 to track your progress, or create a new chart if you choose different activities. Write down how you do each week, and see how you improve.

**20-yard dash**

See how fast you can run 20 yards (60 feet). Measure off the distance first and have someone time you with a stopwatch. Running fast for short distances is called sprinting. Run as fast as you can because you don’t need to save any energy for later, like you would in a longer race.
**Vertical jump**

Stand near a wall with a piece of chalk in your hand. Jump as high as possible and make a mark on the wall at the highest point. Measure from there to the floor to see how high you jumped.

**Lifting a 5-lb. weight**

Pick up a 5-lb. dumbbell or something around the house that weighs that much. You could use a milk jug about two-thirds full of water to do this. Hold your hand in front of you with your elbow at your side. Lift the weight toward your shoulder and then lower it back to the starting position. Count how many times you can lift it before your arm gets tired.
Push-ups

Lie face down on the ground or floor and put your hands flat next to your shoulders. Push up with your arms, keeping your back and legs as straight as possible. Then, lower your body and touch your chest to the ground. Repeat as many times as you can, counting one push-up each time your chest touches the floor. (If you’re having trouble, try keeping your knees on the ground instead of lifting your whole body.)

Curls

Lie on your back with your legs bent and your feet on the floor. Cross your arms over your chest. Have a partner hold your ankles to keep your feet on the floor. Sit up and touch your elbows to your thighs. Then return to the starting position, counting one curl each time you do.
Jumping rope

Get a weighted rope whose handles reach your armpits. Make sure you have plenty of room around (and above) you and jump as many times as you can without stopping. Count each time you jump over the rope. Only jump an inch or so into the air, bounce on your toes, and don’t try anything fancy until you’ve mastered the basics!

In the Scout Oath, you promise to keep yourself physically strong. Regular exercise is a great start.

**REQUIREMENT 4** | With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and improve your time over a two-week period.

Exercise is a lot more fun when you make a game out of it. Some city parks have fitness trails with
exercise stations along them. You run from one station to the next, doing activities like pull-ups or rock climbing.

You and your den can create your own fitness trail at your meeting place or a nearby park. First, think of some fitness activities you like to do. Here’s a list to get you started:

- Climbing through a refrigerator box
- Doing curls
- Climbing a fence
- Jumping over an obstacle
- Jumping rope
- Doing the long jump
- Monkey bars
- Plank walking
- Doing push-ups
- Shooting a basketball
- Swinging on a rope
- Tumbling
- Weight lifting

Lay out a path for your fitness trail and set up your stations along it. Put a sign at each station saying what you’re supposed to do there, like “Do Five Push-ups.”

Now the fun begins! Take turns going through the course. Record your times. See who the fastest Scout is and who improves the most over two weeks.

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A Scout is friendly. If someone in your den is having a hard time with a station, offer some encouragement or help.

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**REQUIREMENT 5** | With adult guidance, lead younger Scouts in a fitness game or games as a gathering activity for a pack or den meeting.

Don’t keep all the fun to yourself! Pick a game that your den enjoys playing and teach it to younger Scouts, at either a pack or den meeting. You can invite them to come try your fitness trail!

**Here are some tips for teaching your game:**

- Make sure you have everybody’s attention. (Use the Cub Scout sign.)
Explain the rules.

Demonstrate how to play.

Ask if anybody has questions—and answer them!

It’s OK to pick a game that has winners and losers, but don’t focus on that too much. Remember that everybody is a winner when everybody has fun.

A Scout is clean. To be good at sports, steer clear of alcohol, tobacco, and drugs. They aren’t cool.
REQUIREMENT 6 | Try a new sport you have never tried before.

Sports are a good way to become stronger and faster and reach higher toward better fitness. You may already play a sport, which is great, but try a new sport for this requirement. New sports open up new possibilities for fun and learning.

Not sure which sport to try? Ask your parent or den leader for help, or take a look at this list:

- Archery
- Badminton
- Baseball
- Basketball
- Cycling
- Cross country
- Golf
- Gymnastics
- Hockey
- Kickball
- Rowing
- Snow skiing
- Soccer
- Softball
- Swimming
- Tennis
- Track
- Ultimate
- Volleyball
So what new sport did you try? I picked tennis. I found a tennis court in a park nearby, and I’ve been practicing with my brother. At first, the balls we hit were flying all over the place, but now we’re pretty good!

Whatever sport you pick, remember to play hard, play fair, and have fun!
WEBELOS
WALKABOUT
My dad told me one time that there are 4 million miles of roads in America. That’s a whole lot of pavement! But guess what? Some of the coolest places to visit are far from any road. In fact, the only way to get to the best campsites, fishing spots, and scenic overlooks is to hike to them.

Of course, there are also some cool places to explore closer to home, including city parks, old railroad beds that have been turned into trails, and even your own neighborhood. (You’ll be amazed at how much more you can see when you walk instead of ride in a car.)

Hiking is what the Webelos Walkabout adventure is all about. With boots on your feet and a pack on your back, you never know where you can go!
Hiking is walking with a purpose. It is great exercise and a fun activity to do with your den or family. In the Webelos Walkabout adventure, you’ll learn how to prepare for a hike, what you should bring along, and what you should do if there is an emergency. During your den hike, you’ll also have the chance to do a service project.
Do all of these:

1. Create a hike plan.
2. Assemble a hiking first-aid kit.
3. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike.
4. Before your hike, plan and prepare a nutritious lunch. Enjoy it on your hike, and clean up afterward.
5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
6. With your Webelos den or with a family member, hike 3 miles (in the country if possible).
7. Complete a service project on or near the hike location.
8. Perform one of the following leadership roles during your hike: trail leader, first-aid leader, lunch leader, or service project leader.
REQUIREMENT 1 | Create a hike plan.

Before you take a hike, you need to have a plan. Where are you going? How far will you hike? How long will the hike take? What will you do along the trail?

How fast can you hike? On a 3-mile hike, most dens can expect to average about 1-2 miles an hour, including stops.

To create your hike plan, work with your den leader to decide the following information:
Hike location: _________________________________________________
Hike distance: ________________________________________________
Gathering place: ______________________________________________
Gathering time: _______________________________________________
Hike start time: _______________________________________________
Hike finish time: _______________________________________________
Other information: _____________________________________________
______________________________________________________________________

If you are planning to use an existing trail (at a state park, for example), try to get a copy of the trail map. Study it ahead of time to learn more about the trail. Is the trail easy or hard? Where can you get water and go to the bathroom? Is there a good place along the trail to eat lunch?

If you’re making up your own route, work with your den leader to create a map.

**REQUIREMENT 2 | Assemble a hiking first-aid kit.**

When you’re hiking, you have to take care of any minor emergencies that come up. The Scout motto is “Be Prepared.” One way to be prepared is to carry a first-aid kit whenever you go hiking.

The First Responder adventure describes how to perform first aid and what should go in a first-aid kit.

Make a list of minor emergencies you might encounter when on a hike:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

What items should you take along to handle these emergencies? List the items here:

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
With your den leader, build an outdoor first-aid kit containing these items and take it on your hike.

A Scout is brave. If an emergency occurs on your hike, remember to stay calm and use your first-aid training. Panicking doesn’t help anybody.

**REQUIREMENT 3** Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike.

Most plants are beautiful and harmless, and most animals are more afraid of you than you are of them. However, you should be aware of the poisonous plants and dangerous animals that you might see on the trail—even in a city park or neighborhood.

**Poisonous Plants**

Here are the most common poisonous plants. If you touch them, your skin may get red and itchy. You can prevent a reaction by washing with soap and water as soon as possible.

- **Poison ivy** grows throughout most of the continental United States as either a shrub or a vine. Look for leaves with three leaflets and maybe white berries.
- **Poison oak** grows as a low shrub in the eastern United States and as clumps or vines on the Pacific coast. Look for clusters of three leaves and possibly yellow-white berries.
- **Poison sumac** grows as a tall shrub or a small tree in wet areas in the northeastern, midwestern, and southeastern United States. Look for leaves with seven or more leaflets and possibly yellow-white berries.

Poison ivy
To avoid poison ivy and poison oak, remember this rhyme: “Leaves of three, let it be; berries white, poisonous sight.”

Venomous Reptiles

Snakes and other reptiles will usually get out of your way when they see you coming. But if you stumble over one, it may bite. Fortunately, most snakes and other reptiles don’t have poison in their bites.

Here are the few that do.

- **Gila monster**: Found in parts of Nevada and Utah and down into Mexico
Eastern diamondback rattlesnake: Found along the Atlantic coast from North Carolina to Florida and west to Louisiana

Western diamondback rattlesnake: Found in the southwestern United States, from Missouri and east Texas to southern California

Timber rattlesnake: Found from Maine to Texas
**Prairie rattlesnake:** Found in the western half of the United States

**Sidewinder or horned rattlesnake:** Found in the deserts of the Southwest

On coral snakes, the red and yellow bands touch; on other snakes, they don’t. Remember this rhyme: “Red on yellow, kill a fellow; red on black, friend of Jack.”

**Coral snake:** Found in some Southeastern states and in southern New Mexico and Arizona
**Water moccasin (cottonmouth)**: Found in or near water from southeastern Virginia to Florida to east Texas and up through Arkansas and parts of nearby states

**Copperhead**: Found in most Southern states, but also as far north as Massachusetts and as far west as Illinois and Texas

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**Dangerous Insects**

**Bees, hornets and wasps**: Most flying insects are just annoying, like mosquitos. A few of them can be dangerous for people with bad allergies. If someone gets stung by a bee, hornet, or wasp and has trouble breathing, it’s important to seek medical help right away. People who know they are allergic to insect stings usually carry special medicine called epinephrine with them all the time. If you carry this medicine with you, be sure your leader knows about it!
**Ticks:** Ticks are hard-shelled insects that like to bury their heads in your skin. (Yuck!) You should check yourself for ticks when you’ve been in the woods. If you find one, have an adult gently pull it out with tweezers. Wash the area with soap and water and put antiseptic medicine on it.

**Chiggers:** Chiggers are too small to see, but they can cause big itches when they burrow into your skin. Don’t scratch chigger bites; cover them with calamine lotion or special chigger medicine, such as 1 percent hydrocortisone ointment.

**Spiders:** Some spiders, especially the black widow and brown recluse, can make you sick if they bite you. Symptoms can include redness and pain at the bite site and also fever, chills, nausea, vomiting, joint or muscle pain, and cramps. Anyone who has been bitten by a spider
should see a doctor as soon as possible.

Black widow

Brown recluse
REQUIREMENT 4 | Before your hike, plan and prepare a nutritious lunch. Enjoy it on your hike, and clean up afterward.

Eating is fun—especially when you’ve been working hard. You don’t want hunger to keep you from finishing your hike or having a great time with your den, so it’s important to bring plenty of food on your trek.

Work with your den to plan a nutritious lunch that everyone can enjoy. First, be sure you know if any Scouts have food allergies. Next, brainstorm with your den what to make. Remember to think about food that will be filling and easy to carry. You’ll be taking any trash with you when you leave, so simple foods are best.
One great thing about trail food is that you usually don’t have dishes to wash. Just bag your trash and carry it out in your daypack.
SAMPLE TRAIL LUNCH

PB&J pita sandwiches:
Before the hike, spread peanut butter and jelly in pita pockets and place them in plastic bags. (Astronauts sometimes enjoy PB&J sandwiches made with tortillas. They don’t create bread crumbs, which can be a problem in a space station.)

Trail mix:
Before the hike, make your own mixture of any of these items: raisins, granola clusters, cereal, candy-coated chocolate, pretzels, dried fruit, nuts, sunflower seeds

Beef jerky

Apple or orange

Water
Now it’s your turn. Make a plan so you know who is taking care of each part of the meal.

**Meal Plan**

**Lunch menu:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**My job:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

When you’re done eating and your den is ready to move on, do a check of the lunch area. Look for food scraps, wrappers, and any other waste that wasn’t there when you arrived. (And if you did find trash when you got there, well, you’re Cub Scouts—you know what to do!)
After your lunch, you’ll be ready to climb the next steep hill or join in the next trail song. Onward, Scout!

REQUIREMENT 5 | Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.

There’s nothing like a hike to remind Scouts of the importance of caring for the earth. And Scouts of all ages can make a big difference when they act responsibly in the outdoors. After all, there are millions of us out there!

Just think about the good that happens when that many people promise to do their best to protect nature and keep our country beautiful. That’s what the Outdoor Code and the Leave No Trace Principles for Kids do—they remind us that even the little choices matter when it comes to nature.

As a Webelos Scout, you’ll give extra attention to being conservation-minded, which means protecting natural resources. Two of the Leave No Trace Principles for Kids will help you do that: “Know Before You Go” and “Choose the Right Path.” When you plan ahead, you’ll be familiar with the area and prepared for your outing. When you stay on existing trails, you’ll protect the land around them.

So, to be sure you’ll have those words guiding you in this adventure (and in the many even greater adventures to come), take some time to memorize the Outdoor Code and the Leave No Trace Principles for Kids. You can find both in the back of your handbook.

When you’ve got both down, recite them for your den leader and discuss how you’ll apply them on your hike.
REQUIREMENT 6 | With your Webelos den or with a family member, hike 3 miles (in the country, if possible).

Once you have a plan and are ready for emergencies, it’s time to go hiking!

Unlike camping, hiking doesn’t require a lot of equipment. There are some things you should always carry, however. You might have used the Cub Scout Six Essentials in the past. Since you’re preparing to be Boy Scouts, you can use a new list that includes some additional essential items. They are called the Scout Basic Essentials.
The Scout Basic Essentials*

1. First-aid kit
2. Extra clothing
3. Rain gear
4. Filled water bottle
5. Pocketknife (if you’ve earned your Whittling Chip)
6. Flashlight
7. Trail food
8. Sun protection
9. Map and compass

* As a Boy Scout, you can earn your Firem’n Chit. That will allow you to carry matches and a fire starter.

What else should you take on your hike? A whistle isn’t on the Scout Basic Essentials list, but it might be appropriate to bring one on a hike. You might also want insect repellent or another item. What should you leave at home?

When you go hiking, you have to take care of your feet. High-top shoes or boots are the best because they keep out rocks and sand and help protect your ankles. Your shoes should fit fairly tightly around your heel, but there should be room to wiggle your toes. If your shoes don’t fit well, you can get blisters, and that’s no fun!
When you get new boots or shoes, always break them in by wearing them part of every day for a week or more before you go hiking.

Socks are almost as important as shoes. They soak up moisture and cushion your feet. Hiking socks made of polypropylene or a wool/nylon blend work better than cotton socks. Take an extra pair on your hike and put them on at your lunch break. Your feet will thank you.
How to Hike

You may know how to walk, but hiking is different. Here are some things that make hiking easy and fun:

- **Look around.** Unless the trail is rocky or uneven, stop looking at your feet and start looking at the world around you. Spread out on the trail so you can see more than your buddy’s back.

- **Take breaks.** Plan to stop for 10 minutes after every 30 minutes of hiking. Stretch your muscles and study the world around you. Make sure everyone gets to rest. If possible, take breaks after you climb big hills—not before—so the hiking will be easy when you start up again.

- **Stay on the trail.** Don’t go around muddy spots or take shortcuts. That makes trails wider and damages the environment.

- **Walk in single file.** If you’re hiking along a road, stay in single file on the left side. Wear white or reflective clothing or carry a flashlight.

- **Respect other hikers.** Don’t be too noisy. If you meet other people, give them the right of way, especially if they are going uphill or are on horseback.

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**REQUIREMENT 7** | Complete a service project on or near the hike location.
The trails you enjoy hiking on as a Webelos Scout didn’t just magically appear. People who came before you worked hard to build them.

You can pay those people back by doing a service project. Your den leader will help you identify service project ideas. Maybe you’ll repair trail damage. Maybe you’ll pick up trash. Maybe you’ll hang birdhouses. Whatever you do will make the environment nicer for future hikers.

A Scout is kind. Taking care of natural places shows kindness to animals and to other visitors.

Sometimes, service means reaching out directly to other people. Maybe you can ask some people from a retirement community to enjoy your hike with you. They might have stories to share of their own time as Scouts!

**REQUIREMENT 8** Perform one of the following leadership roles during your hike: trail leader, first-aid leader, lunch leader, or service project leader.

On your hike, you can help your den by serving as a leader. Here are some jobs you can do:

- **Trail leader**: Responsible for calling breaks, following the map, setting a comfortable pace, and
pointing out hazards to other hikers

- **First-aid leader:** Responsible for carrying the first-aid kit (or assigning someone else to carry it) and helping to give first aid if needed

- **Lunch leader:** Responsible for assigning Scouts to carry food, identifying a lunch spot, and supervising cleanup

- **Service project leader:** Responsible for helping with service project assignments and carrying tools and other supplies

The best leaders lead by example. That means they show other people how to act instead of telling them what to do. They also work just as hard as the other members of the team. Nobody likes to be bossed around by somebody who’s not working.

After the hike, discuss with your den how you did as a leader. Identify one or two things you could have done better.

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A Scout is cheerful. He looks on the bright side when bad things happen and does chores without complaining. How can you be cheerful on hikes?
I don’t know about you, but I love hiking. It’s really cool to be able to go places most people have never been and to carry everything you need on your back.

And once you get to be good at hiking, you can try your hand—make that your feet—at backpacking. Our troop goes backpacking every spring to this forest where you can see for miles from the top of a mountain. The climb is tough, but the view makes it all worthwhile.

I hope you find something just as cool on your hiking adventures!
Arrow of Light Required Adventures
BUILDING A BETTER WORLD
A while back, my family went to this ceremony where people from all over the world became citizens of the United States. They were all waving little American flags, and a few were so happy as they repeated their citizenship oath that they were crying. Afterward we talked about some of their stories and how hard they had worked to become citizens.

That ceremony made me realize that being a citizen is a big deal. But citizenship is more than being. It’s doing. In this adventure, you’ll learn all about what citizens do.
This adventure is all about being a good citizen. You’ll learn about the United States flag and about your rights and duties as an American. You’ll meet with a city leader and discuss a problem facing your community. You’ll learn that citizenship starts at home as you work to conserve energy and natural resources. Finally, you’ll find out about Scouting in another country and what it means to be a citizen of the world.
# REQUIREMENTS

**Do all of these:**

1. Explain the history of the United States flag. Show how to properly display the flag in public, and help lead a flag ceremony. 

2. Learn about and describe your rights and duties as a citizen, and explain what it means to be loyal to your country. 

3. Discuss in your Webelos den the term “rule of law,” and talk about how it applies to you in your everyday life. 

4. Meet with a government leader, and learn about his or her role in your community. Discuss with the leader an important issue facing your community. 

5. Learn about your family’s expenses, and help brainstorm ways to save money. Plan and manage a budget. 

6. Learn about energy use in your community and in other parts of our world. 

7. Identify one energy problem in your community, and find out what has caused it. 

8. With the assistance of your den leader or parent, participate in an event that would help lead others in recycling and conserving resources. 

9. Show that you are an active leader by planning an activity without your den leader’s help. 

10. Do one of these:
   
   **A.** Learn about Scouting in another part of the world. With the help of your parent or your den leader, pick one country where Scouting exists, and research its Scouting program. 
   
   **B.** Set up an exhibit at a pack meeting to share information about the World Friendship Fund. 
   
   **C.** Find a brother Scout unit in another country. 
   
   **D.** Under the supervision of your parent, guardian, or den leader, connect with a Scout in another country during an event such as Jamboree on the Air or Jamboree on the Internet or by other means.
The United States flag is very familiar. We see it at Cub Scout meetings, in school, in front of government buildings, and at sporting events. You could probably draw it from memory without much trouble.

But the flag hasn’t always looked like it does today. If a person from history such as George Washington saw today’s flag, he would probably say there was something wrong with it!

Here are some of the flags that have flown over our country.

**British Red Ensign.** This ensign (another word for flag) flew over the American colonies before the American Revolution. It shows Great Britain’s Union Flag of 1606, which combines the crosses of St. George (for England) and St. Andrew (for Scotland).

![British Red Ensign](image)

**Grand Union Flag.** George Washington flew this flag over his army headquarters near Boston, Massachusetts, in 1776, a year after the American Revolution began. This flag included 13 stripes representing the Thirteen Colonies.

![Grand Union Flag](image)

**Old Glory.** This is the first official flag of the United States. On June 14, 1777, the Continental Congress decided that the flag should have 13 stripes like the Grand Union Flag, along with a union of “thirteen stars, white in a blue field, representing a new constellation.” We celebrate June 14 as Flag Day each year.
Star-Spangled Banner. This flag includes 15 stripes and 15 stars because Vermont and Kentucky had joined the Union in the 1790s. It flew over Fort McHenry near Baltimore, Maryland, during the War of 1812 against Great Britain. Francis Scott Key watched it waving as the British bombarded the fort. Then he wrote our national anthem, “The Star-Spangled Banner.”

Flag of 1818. This flag has 20 stars but only 13 stripes. As more states joined the Union, people realized that the stripes were going to get too narrow. (Can you imagine 50 stripes on a flag?) Since 1818, all flags have included 13 stripes representing the Thirteen Colonies and one star for each state.

Today’s Flag. Here’s the flag we use today. The most recent stars were added in 1959 (for Alaska) and 1960 (for Hawaii). This version of the flag has been in use longer than any other version in our history.
Displaying the Flag

When the flag is displayed flat on a wall, the stars should always be up and to the left (the flag’s right).

When the flag is on a stage, it should be on the speaker’s right. When it is in the audience, it should be on the audience’s right.

When the flag is displayed with other flags like state flags, it should be higher than them. When it is flown with flags of other nations, all the flags should be at the same height, but the United States flag should be on its own right.

Raising and Lowering the United States Flag

It takes two people to raise and lower the flag correctly. The first person holds the flag. The second person attaches it to the halyard (rope) and raises it, keeping it close to the pole by holding the halyard tight. He then fastens the halyard to the cleat on the pole. (Make sure it’s snug so the flag stays at the top.)
The flag should be raised quickly in the morning and lowered slowly in the evening.

The guidelines for displaying the United States flag are part of something called the United States Code. You can learn more about it at your library or, with permission, online at www.usflag.org.

The president, a governor, or the mayor of the District of Columbia can order the flag to be flown at half-staff on certain occasions, such as when a national leader dies. In the morning, the flag should be raised to full-staff and then lowered to half-staff. In the evening, it should be raised to full-staff before it is lowered.

Despite what you may have heard, you don’t have to retire a United States flag if it accidentally touches the ground. In fact, it’s OK to clean or repair a flag that becomes dirty or torn.

Folding the United States Flag

The United States flag is folded in a special way until only the blue field shows. First, fold the flag lengthwise in half, then lengthwise again with the blue field on the outside. (It can help to have a third person support the middle of the flag.) Next, make tight triangular folds, starting from the striped end, until only the blue field is showing. Tuck in the loose end.
Showing Respect to the United States Flag

There are many rules about the flag, but the most important one is simple: Show respect. The flag represents our country and all the men and women who worked to make it great, so don’t treat it like an ordinary piece of cloth.

Two ways you can show respect to the flag are by saluting it and flying it.

Saluting the United States Flag

If you are in uniform, give the Cub Scout salute at these times:

◆ When the flag is being raised or lowered.
◆ When the flag passes by or when you pass the flag. In a parade, salute just before the flag passes and hold your salute until it has gone by.
◆ When you recite the Pledge of Allegiance or sing “The Star-Spangled Banner.”

If you are not in uniform, greet the flag by taking off your hat and placing your right hand over your heart.

Flying the United States Flag

The flag is flown on public buildings every day when weather permits. You can fly it at your home every day, too.
A Scout is loyal. Showing respect for the flag is a way to show loyalty to your country.

Some special days to fly the flag are:

- New Year’s Day, January 1
- Inauguration Day, January 20 in the year after a presidential election
- Martin Luther King Jr. Day, third Monday in January
- Lincoln’s Birthday, February 12
- Washington’s Birthday or Presidents Day, third Monday in February
- Armed Forces Day, third Saturday in May
- Memorial Day, last Monday in May (half-staff until noon, full-staff until sunset)
Flag Day, June 14
Independence Day, July 4
Labor Day, first Monday in September
Patriot Day, September 11
Constitution Day, September 17
Veterans Day, November 11

It is also flown on other days proclaimed by the president of the United States, on the birthdays of the states, and on state holidays.

Retiring the Flag

When a United States flag becomes worn beyond repair, it should be retired by burning it completely to ash. This should be done in a simple manner with dignity and respect. Your den or pack may do this as part of a ceremony, but your family could do this as well.

Be very careful when retiring a flag so you don’t injure yourself, especially if the flag is made of synthetic material. Melting nylon can cause serious burns if you let it touch your skin.

REQUIREMENT 2 | Learn about and describe your rights and duties as a citizen, and explain what it means to be loyal to your country.

As a Webelos Scout, you are not old enough to vote or serve in the military or run for political office, but you still have duties as a citizen of the United States.

In the Scout Oath, you promise to do your duty to your country. One way to do that is by obeying the law.
Some people are citizens of other countries but live in our country. You may know somebody like that. People who are not American citizens have some of the same duties and basic rights as citizens. However, there are things they can’t do, like vote and run for president.

Here are some things you and your family should do:

- Obey laws
- Respect the rights and property of others
- Help the police
- Take care of the environment by recycling and conserving natural resources
- Keep informed about what is going on around you
- Help change things that are not good

When you are an adult, you should also:

- Vote
- Pay taxes
- Serve on a jury when asked to do so

As a citizen you also have many rights as defined by the United States Constitution and other governing documents.

Here are some specific things you and your family can do:

- Worship how and where you like
We are lucky to have many freedoms in the United States, but always remember that those freedoms come with responsibility. As President John Kennedy said, you should “ask not what your country can do for you, but ask what you can do for your country.”

**Being Loyal**

All Scouts promise to be loyal—that’s the second point of the Scout Law. You are loyal when you obey the laws of our country, your state, and your community. You are loyal when you try to make your community a better place to live. You are loyal when you stay informed about how government works. You are loyal when you support those who work to keep our country safe.
You are also loyal when you try to get things fixed that are wrong. If you think a law is unfair, you should obey it, but you should also work to get it changed.

“My country, right or wrong; if right, to be kept right; and if wrong, to be set right.”—U.S. Senator Carl Schurz

**REQUIREMENT 3** Discuss in your Webelos den the term “rule of law,” and talk about how it applies to you in your everyday life.

Have you ever watched a TV show or movie where a king made up laws on the spot or threw people in jail just because he felt like it? A few countries still operate like that, but most operate under what is called the “rule of law.”

The rule of law means that:

- Laws apply to everyone, both government officials and private citizens.
- Laws are clear and fair and are evenly applied.
Laws respect basic rights like people’s security.
- The way laws are created is open and fair.

Talk with your den about how that idea affects you. How does following the Scout Oath and Scout Law serve as a “rule of law” to help us work together in Scouting?

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**REQUIREMENT 4** | Meet with a government leader and learn about his or her role in your community. Discuss with the leader an important issue facing your community.

Your community is made up of many leaders who work hard to keep it safe and running well. They probably include a mayor, city council members, judges, police and fire chiefs, and people who run various government departments.

With the help of your den leader, pick a local government leader and plan to meet with him or her. Before the meeting, decide on one or two questions you would like to ask.

**Here are some possible questions:**

- What is your most important responsibility?
- What background or education prepared you for this job?
- Why did you want to be a government leader?
- How can citizens help you be more effective?
- What is the biggest challenge facing our community?

Also before the meeting, watch a local news program or read a local newspaper and find an issue that
Many elected officials first held office in a Boy Scout troop or in student government at school. Ask the government leader you meet with about his or her early leadership experience.

**REQUIREMENT 5** Learn about your family’s expenses, and help brainstorm ways to save money. Plan and manage a budget.

You’ve probably gone to the grocery store with your mom or dad and seen how much money it takes to feed your family for a week. But did you realize that food is just one expense your family has?

Although every family is different, all families have to pay for certain things.

**Here are some of them:**

- Food (groceries, restaurant meals, school lunches)
- Housing (rent or mortgage costs)
- Utilities (gas, electricity, water)
- Transportation (car payments, bus or subway fares, gas, maintenance)
- Clothing
- Doctor and dentist visits
- School supplies

If you have younger brothers and sisters, your family may have childcare costs. If you have a pet, your family pays for pet food and visits to the veterinarian. If you go to a private school, your family pays
Many of the fun things your family does also cost money, including:

- Family vacations
- Trips to the movie theater, a theme park, or a sporting event
- Shopping
- Playing on a sports team
- Movie and video-game rentals
- Scouting activities

Talk with your family about your month-to-month expenses. Find out which ones are the same each month and which ones can change. Talk about some ways that you could decrease your family’s expenses.

A Scout is thrifty. You can show that you are thrifty by helping your family find ways to save money.

Here are two examples to get you started:

- You can save on movie tickets by going to an afternoon matinee, or renting a DVD instead of going to the theater.
- You can save on transportation costs by combining errands into one trip or going places by bike.

Making a Budget

A budget is a document that helps you plan your finances. It shows how much money you will bring in (called income) and how much money you will spend (called expenses) for a certain period of time. Your family probably has a budget, even if it’s not written down. Your school has a budget, and so does every business and government. The budget for the United States government is hundreds of pages long!

For this requirement, create a budget for yourself for a two-week period. Write it in the space shown on the next page.
## MY BUDGET

### Income
- Allowance $________
- Gifts (like birthday money) $________
- Extra chores $________
- Other $________

**Total income** $________

### Expenses
- Movie ticket $________
- Video-game or movie rental $________
- Snacks $________
- Clothes $________
- Music $________
- Other $________

**Total expenses** $________

**Here's what I have left** $________
Add up all your income items and put the total on the line labeled Total income. Add up all your expenses and put the total on the line labeled Total expenses. Now, subtract the Total expenses number from the Total income number. That total is what you have left over. You could save that money for a future large purchase, like camping gear.

If the Total expenses number is bigger than the Total income number, you are planning to spend more money than you take in, which is not good! Go back and adjust your expenses so that you have enough money to pay for them.

Keep track of your income and expenses for two weeks to see how well you followed your budget. Afterward, share your results with your den leader and your fellow Webelos Scouts.

**Requirement 6 | Learn about energy use in your community and in other parts of our world.**

Part of building a better world is making sure you don’t waste energy and other natural resources. This requirement will help you get started.

**Saving Energy**

To stay warm or cool, see at night, and go from place to place, we need energy. Your community uses many types of energy. So does your family. Find out what kinds of energy you use, and write them in this chart.

<table>
<thead>
<tr>
<th>The Energy I Use</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>To stay warm or cool in my home</td>
<td></td>
</tr>
<tr>
<td>To travel by car</td>
<td></td>
</tr>
<tr>
<td>To travel by bus or subway</td>
<td></td>
</tr>
<tr>
<td>To watch TV</td>
<td></td>
</tr>
<tr>
<td>To have warm showers</td>
<td></td>
</tr>
<tr>
<td>To see in my room when it’s dark outside</td>
<td></td>
</tr>
</tbody>
</table>

Some types of energy are renewable, which means you can never use them up. These include energy from solar panels, wind turbines, and hydroelectric dams. Other types of energy are finite, which means they will eventually run out. These include gasoline, natural gas, and coal.

Whether the energy we use is renewable or not, it is still important to conserve it. If your family wastes a lot of energy, your utility bills will be high and you won’t have money to spend on other things. If too many people use their air conditioners on a very hot day, a city can temporarily run out of power, which is called a blackout.

Pick one of the types of energy your family uses and decide one way that you could use less of it. Practice this saving idea for one month, and ask your family to join you.

Here are some ways you can save electricity, for example:
Set your thermostat a little warmer in the summer and a little cooler in the winter.

Keep your blinds or curtains closed on hot days.

Take shorter showers.

Use ceiling fans to make rooms feel cooler.

Don’t open the refrigerator door more than you have to.

Unplug electronic devices when you’re not using them.

Turn off the lights when you leave a room.

Use energy-efficient light bulbs.

You can learn more about each type of light bulb in the Fix It adventure on page 384.

With a parent’s or guardian’s permission, visit http://energy.gov/energysaver/articles/types-lighting for additional information on saving energy at home.

REQUIREMENT 7 I Identify one energy problem in your community, and find out what caused it.

With your den leader’s help, find out about an energy problem that affects the people in your
You can help conserve resources by remembering three words: reduce, reuse, and recycle:

- **Reduce.** Don’t buy things you don’t need. Take care of your clothes and toys so they will last longer. Look for products that use less packaging.

- **Reuse.** Only buy things that can be reused (like refillable water bottles instead of bottled water). Find new ways to use old things (like turning old comic books into wrapping paper). Shop for clothes and books at thrift stores and give clothes you’ve outgrown to charity. Take cloth
Recycle bags to the grocery store instead of getting disposable bags.

Recycle. When things can’t be reused, take them to your local recycling center so they can be recycled into new products.

Recycling is a great way to conserve natural resources. Your school or community probably has recycling stations set up, or you may be able to set out recyclable materials with your ordinary trash. Some stores have recycling bins for plastic bags and other recyclable materials.

Some people drive cars that have been converted to run on used cooking oil. They smell like french fries when they go down the street!

The most common materials that are recycled are paper, glass, metal, and plastic. Other things can be recycled, too, like used motor oil, tires, and even computers. You can recycle food waste by composting it, which turns it into fertilizer you can use in a garden.

Plastic bottles, packages, and toys have numbered recycling symbols on them. The numbers tell what types of plastic they contain. Check with your local recycling center to see which types it accepts.

If you don’t recycle, now is a good time to start. If your family recycles, look for ways to do more. Keep a log of every item you recycle for one week, and share it at a den meeting. Will you be the best recycler in the den?
For this requirement, work with your den leader or parent to encourage others to recycle and conserve resources. What could you do?

Here are some ideas:

- Set up a conservation display at your chartered organization.
- Promote what can be recycled in your neighborhood.
- Hold a recycling drive for things like computers and batteries that can’t be left in a recycling bin.
- Run a contest in your pack to see who can bring in the most recyclable materials.

**REQUIREMENT 9** | Show that you are an active leader by planning an activity without your den leader’s help.

While working on this adventure, you have met people who are leaders. These people see what needs to be done and make it happen.

Now, it’s your turn. Work as a team with your den to plan and carry out an activity without your den leader’s help. (Of course, he or she will need to be around to make sure everybody stays safe.) Your activity might be related to what you’ve learned about energy and resource management. It might be a fun activity for the younger boys in your pack. It might be a den field trip. Whatever it is, make sure you have a good plan and that you follow that plan to achieve your desired result.

Sometimes, it helps to write things down when you plan an activity.

If you can answer these questions, you are good to go:

- Who is invited to take part in the activity? Who needs to give permission to take part in the activity?
What are you going to do? What do you need to bring?
When will the activity take place?
Where will you go? How will you get there?
How much does it cost?

REQUIREMENT 10 | Do one of these:

REQUIREMENT 10A | Learn about Scouting in another part of the world. With the help of your parent or your den leader, pick one country where Scouting exists, and research its Scouting program.

Scouting doesn’t just happen in the United States. It happens in nearly every country around the world. Today, there are more than 30 million Scouts and leaders in more than 160 different countries!

Every country does Scouting its own way. The words of the Scout Oath and Law are different. The uniforms and badges are different. The membership requirements are different. Some countries even have girls in Cub Scouts.
If you have relatives in another country, ask them to send you information about the Scouting program there.

Today, it’s easy to learn about Scouting in other countries. Most national Scout associations have websites, and even those where English is not spoken often have English translations available. With the help of your parent or den leader, pick a country where Scouting exists and learn more about their program for boys your age.
Try to find answer to these questions:

- What is the Scout Oath and Scout Law in that country?
- What badges do Scouts earn?
- What do their uniforms look like?
- What activities do they do?
- How is their program like Cub Scouting in America, and how is it different?

Share what you learned with your den. Then, set up an exhibit at a pack meeting to teach other pack families about that country’s Scouting program.

One good place to start looking for information about Scouts around the world is the World Scout Bureau’s website, www.scout.org. Be sure you have your parent or guardian’s permission to search the Internet.
One way you can show your connection with Scouts around the world is to wear the World Crest patch on your uniform. When you complete a service project that promotes world peace, you can add a Messengers of Peace ring patch around the World Crest.

**REQUIREMENT 10B | Set up an exhibit at a pack meeting to share information about the World Friendship Fund.**

Many countries do not have the financial resources that our country enjoys. In those countries, Scouts can find it hard to purchase uniforms and go on trips, and Scout leaders can find it hard to build camps and publish Scout handbooks.

The Boy Scouts of America created the World Friendship Fund at the end of World War II to help rebuild Scouting in countries that had been affected by the war. Now, it helps strengthen and expand Scouting wherever there is a need.

Here are a few things the Fund has done:

- Supported creation of Russia’s first Scout handbooks since 1917
- Helped build the first Scout camp in Madagascar
- Paid for a bus to help Scouts in Nepal get to camp
- Provided scholarships to help Scouts from many countries attend the world Scout jamboree

Collections for the World Friendship Fund are often organized at camporees, summer camps, and training courses for Scout leaders. Your den might want to organize a collection at a pack meeting or blue and gold banquet. Your den leader can get World Friendship Fund brochures and other information from your local council service center.
One of the best ways to learn about Scouting in another country is to connect with a den of Cub Scouts there. With the help of your parent or den leader, make contact with a den in another country. (Your council’s international representative may be able to help, too.) Tell them about Scouting in our country and find out what Scouting is like in their country. Exchange photos and patches with your brother den, if possible.
A Scout is friendly. When you connect with Scouts around the world, you can create friendships and strengthen the bonds of Scouting.

**REQUIREMENT 10D** | Under the supervision of your parent, guardian, or den leader, connect with a Scout in another country during an event such as Jamboree on the Air or Jamboree on the Internet or by other means.

Jamboree on the Air (JOTA) is a special event held on the third full weekend of October every year. During JOTA, Scouts work with amateur radio operators to contact Scouts in other parts of the world. Approximately 700,000 Scouts in 13,000 different locations participate each year!

Jamboree on the Internet (JOTI) happens at the same time as JOTA. During the weekend, Scouts from around the world connect with each other through email, chat programs, and websites. JOTI attracts Scouts from more than 140 countries. You can participate with the help of your parent or den leader.
When you participate in either JOTA or JOTI, you can receive a special patch. But the really cool thing is making friends with a Scout in another part of the world.

If you aren’t able to participate in JOTA or JOTI, your den leader may be able to help you connect with a Scout in another country by other means.
I’ve always been interested in other parts of the world, so I loved the Building a Better World adventure. When I worked on it, I learned about Scouting in Australia. I found out that they earn “boomerang” badges and that, instead of having Tigers, they have Joey Scouts. (A joey is a baby kangaroo).

This year, my Boy Scout troop participated in the Jamboree on the Internet, and I actually got to chat with a Scout from Melbourne, Australia. He said camping there is fun, although you have to watch out for the dingos (wild dogs) and crocodiles. Yikes!

I hope you’ve enjoyed this adventure, too, and that you help make the world better. After all, that’s what Scouting is all about.
Ah, camping! There's nothing better than living in the great outdoors. I love going to sleep to the sound of owls and other night birds and waking up to the smell of breakfast cooking (when it's not my turn to cook, of course). Camp is a great place to relax and hang out with your friends. Plus, when you're at camp, all sorts of adventures lie just down the trail.

My Boy Scout troop goes camping nearly every month, so I've done a lot of camping in the last year or so. But it all started when I was a Webelos Scout. The Camper adventure will get you ready for a lifetime of outdoor fun, too.
Camping is more than just sleeping outside! In this adventure, you will get the chance to plan and go on a campout that includes a campfire program and fun activities like geocaching and star study. You’ll also learn what it means to leave no trace when you’re camping.
REQUIREMENT

Do all of these: Approved by

1. With the help of your den leader or family, plan and conduct a campout. If your chartered organization does not permit Cub Scout camping, you may substitute a family campout or a daylong outdoor activity with your den or pack.

2. On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.

3. Once your tents are set up, discuss with your den what actions you should take in the case of the following extreme weather events which could require you to evacuate:
   A. Severe rainstorm causing flooding
   B. Severe thunderstorm with lightning or tornadoes
   C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.

4. On a pack campout, work with your den leader or another adult to plan a campfire program with the other dens. Your campfire program should include an impressive opening, songs, skits, a Cubmaster’s minute, and an inspirational closing ceremony.

5. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

6. Go on a geocaching adventure with your den or family. Show how you used a GPS unit or a smartphone with a GPS application to locate a geocache.

7. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.
REQUIREMENT 1 | With the help of your den leader or family, plan and conduct a campout.*

If you went camping when you were younger, your parents or other adults may have done all the planning. As a Webelos Scout, you get to help plan your own adventures.

Work with your den leader or another adult in charge of your campout to help plan it. Pick a location and dates, and make a list of activities that you could do on the campout.

**Our Campout**

Location ______________________________________________

Departure Date and Time _________________________________

Return Date and Time ___________________________________

Adult Leader in Charge _________________________________

Activities _____________________________________________

Special Equipment We Need _____________________________
* If your chartered organization does not permit Cub Scout camping, you may substitute a family campout or a daylong outdoor activity with your den or pack.
Campout Ideas

What can you do on your campout? Here are some ideas.

- Take a hike.
- Complete a compass course or geocaching game.
- Play a wide game like capture the flag.
- Have a first-aid relay.
- Compete in a sports tournament.
- Have a special cooking contest.
- Go stargazing.
- Do nature crafts.
- Have a scavenger hunt.
- Complete a service project.
- Plan and participate in a campfire program.
- Conduct a flag ceremony or flag retirement.
- Plan and participate in an interfaith worship service.

Camping Gear

A big part of being prepared is taking the right equipment on camping trips. On the next page are things you should take on den and pack outings. This list is like the Cub Scout Six Essentials you might have used before, but you’ve got some new items as you get ready for Boy Scouts. You can borrow some items until you are ready to invest in new equipment.
The Scout Basic Essentials *
(Things You Should Take on Every Outing)

1. First-aid kit
2. Extra clothing
3. Rain gear
4. Filled water bottle
5. Pocketknife (if you’ve earned your Whittling Chip)
6. Flashlight
7. Trail food
8. Sun protection
9. Map and compass

* As a Boy Scout, you can earn your Firem’n Chit. That will allow you to carry matches and a fire starter.
REQUIREMENT 2 | On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.

There are many things you can do to make your camp home as nice as possible, even if your tent may not be quite as comfortable as your bed back home. When you get to your campsite, spend a few minutes finding the best possible spot for your tent.
Look for a tent site that is flat or almost flat. A grassy area or an area covered in leaves will be softer than bare dirt. If bare dirt is the only option, a sleeping pad or inflatable mattress is a good idea!

Look around to make sure the site is not in a natural drainage area or on a trail or path. Look up to make sure there are no dead tree limbs overhead that might fall in a storm. Leave some space between your tent and the next one for privacy.

Once you’ve picked your tent site, move aside any rocks, pine cones, or sticks that would be uncomfortable to sleep on. Do not remove bushes or small plants; instead, put your tent in a spot where you will have only a small impact on nature. After the campout, restore the site to the way it looked when you arrived; Scouts always leave places better than they found them.

Now, work with your tentmate or other Webelos Scouts to set up your tent. Put your gear inside and get ready to start your camping adventure.

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A Scout is helpful. Setting up camp is easier and more fun when you work together as a team.
Taking Care of Your Tent

Your tent will last for years if you take care of it. (Remember that a Scout is thrifty.) Here are some tips:

- Always pitch it on a ground cloth, which is a sheet of plastic or tarp that protects the floor from dirt, sharp objects, and moisture. (Fold the corners of the tarp under the tent so the ground cloth is no bigger than the tent; otherwise, rain can get in between.)

- Don’t wear your shoes inside.

- Keep tent vents open to let moisture escape.

- Keep all flames away from tents. Never use candles, matches, stoves, heaters, or lanterns in or near a tent. No tent is fireproof. All tents can burn or melt when exposed to heat.

- Let the tent dry in the sun before you take it down. If you have to pack it up wet, set it up again as soon as you get home or hang it indoors until it dries completely. That will prevent mildew from ruining the fabric—and making it stink.

**REQUIREMENT 3** | Once your tents are set up, discuss with your den what actions you should take in the case of the following extreme weather events which could require you to evacuate:

A. Severe rainstorm causing flooding
B. Severe thunderstorm with lightning or tornadoes
C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.

On most campouts, the worst weather you’ll see is rain and annoying heat or cold. Sometimes, however, the weather can be dangerous. It’s important to Be Prepared—that’s the Scout motto—for bad situations.

Severe Rain and Flooding

Flash floods can occur when there is very heavy rain over several hours or steady rain over several days. Because flash floods can strike with little warning, you should never camp on low ground next to streams when rain is expected.

When you’re camping in the mountains, be aware of the weather upstream from your campsite. Heavy rain miles away can turn into flash floods downstream.

If flooding occurs, move to higher ground immediately. Stay out of streams, ditches, and other flooded areas. Adults should never try to drive through flood waters, no matter how shallow they may seem. Just a few inches of water can carry off a car!

To get a rough idea of how far away a storm is, count the number of seconds between when you see lightning and hear thunder. Divide by five to get the number of miles.

Severe Thunderstorms, Lightning, and Tornadoes
Thunderstorms can be loud and scary. Sometimes they produce dangerous lightning and tornadoes.

Lightning can strike 10 miles from a thunderstorm, so you should take shelter in a building or vehicle as soon as you hear thunder—even if the sun is shining overhead. Make sure you’re not the highest object in the area, and avoid water, open areas, isolated trees, picnic shelters, and metal objects. If you’re caught in the open, spread out 100 feet apart and crouch down like you do when you play leapfrog.

Tornadoes are funnel clouds that can form in spring and summer thunderstorms. The best place to be if a tornado hits is indoors, either in a basement or closet or against an interior wall. If you’re caught outside, get in a ditch and lie as flat as possible.

The National Weather Service issues watches when conditions are right for severe weather and warnings when severe weather is occurring. Your leader can carry a portable weather radio or use a mobile phone application to receive information about watches, warnings, and forecasts for your area.
Fires, Earthquakes, and Other Disasters

In very rare cases, such as if there’s a forest fire, you may have to evacuate your campsite. Your leader will tell the den where to meet, take attendance, and move the group to safety.

Staying Found

Anyone can get lost, even adults. But you can do some things to avoid getting lost—and to stay safe if you do get lost.

◆ Always stay with a buddy.
◆ Let an adult know if you and your buddy need to leave the group, and tell where you are going.
◆ Carry a whistle to signal for help. Three blasts in a row is the universal distress call.
◆ If you think you are lost, remember to “STOP!” Stay where you are, and stay calm. Think about how you can help others searching for you. Observe your surroundings and watch for searchers. Plan how to stay warm and dry until help arrives.

REQUIREMENT 4 | On a pack campout, work with your den leader or another adult to plan a campfire program with the other dens. Your campfire program should include an impressive opening, songs, skits, a Cubmaster’s minute, and an inspirational closing ceremony.

A highlight of most campouts is a campfire program that combines songs, skits, cheers, and more. It’s a great way to relax after dinner and reflect on the fun day you’ve had.
Your Webelos den can help plan a campfire program by working with your den leader or another adult to fill out the worksheet shown here. Use an extra page for more dens, if needed. Later, as a Boy Scout, your patrol will work with other patrols to plan campfire programs.

As you fill out the worksheet, you should put energetic skits and songs at the beginning and quieter things near the end. It’s important to be respectful of other campers and not disturb people and wildlife late at night.

In my Boy Scout troop, our favorite song is “My Bonnie Lies Over the Ocean.” Every time you sing a word beginning with the letter “B,” you either stand up or sit down. It’s a lot of fun to sing it faster and faster—and good exercise, too!
Fill in the name of each skit and song so two dens don’t do the same thing. Review your plan with your den leader or another adult to be sure the songs and skits are Scout-appropriate.

<table>
<thead>
<tr>
<th>Event</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening/Fire Lighting</td>
<td></td>
</tr>
<tr>
<td>Song #1 (Noisy Song)</td>
<td>Name       Den</td>
</tr>
<tr>
<td>Skit #1</td>
<td>Name       Den</td>
</tr>
<tr>
<td>Song #2</td>
<td>Name       Den</td>
</tr>
<tr>
<td>Skit #2</td>
<td>Name       Den</td>
</tr>
<tr>
<td>Song #3 (Quiet Song)</td>
<td>Name       Den</td>
</tr>
<tr>
<td>Cubmaster’s/Den Leader’s Minute</td>
<td>Leader</td>
</tr>
<tr>
<td>Inspirational Closing/Song</td>
<td>Leader</td>
</tr>
</tbody>
</table>
REQUIREMENT 5 | Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

A bowline is a very useful knot to learn. It makes a fixed loop in a rope that will not slip, unlike a taut-line hitch or two half hitches. The bowline can be used to anchor one end of a rope to a tree or other stationary object, or as the loop around the person’s chest in a rescue situation—such as pulling a person out of a hole or off the side of a cliff.
1. Make a small overhand loop in the standing part of the rope.
2. Bring the rope end up through the loop, around behind the standing part, and back down into the loop.
3. Tighten the bowline by pulling the standing part of the rope away from the loop.

Once you’ve mastered the bowline, teach it to a younger Cub Scout.

**REQUIREMENT 6** | Go on a geocaching adventure with your den or family. Show how you used a GPS unit or a smartphone with a GPS application to locate a geocache.

Have you ever dreamed of searching for buried treasure? That’s just what geocaching is all about. Geocaching lets anyone hunt for treasure with a few simple tools.
Instead of following a map with a big "X" on it, you use a Global Positioning System (GPS) unit (or a GPS app on a smartphone) to find geocaches, which are boxes hidden in public places like parks. Some geocaches are as big as a shoe box; others are as small as a pencil eraser. Some have trinkets in them that you can keep if you leave something else; others have logbooks where you can record your find.

To get started, go to www.geocaching.com (with your parent’s permission) and get a list of geocaches in the area where you want to play. For each geocache, you’ll find the map coordinates and a clue.

Here’s an example from Philmont Scout Ranch:

**Coordinates:** N 36° 27.303 W 104° 57.219

**Clue:** Near the second rock pile

Enter the coordinates into your GPS device and start traveling toward the geocache. You may need to have a parent drive you for a while and then walk toward it from the road. When you get close, use the clue to help you find the geocache.

When you find the geocache, open it to see what’s inside. You should find a logbook where you can record that you discovered it. If there’s a trinket of some sort inside, you may take it with you as long as you leave something else behind for the next adventurer. Be sure to put the geocache back exactly where you found it so that other people can have the fun of finding it, too.

As you search for geocaches, look at the world around you, not just at your GPS unit. The fun of geocaching is in the search. Plus, you don’t want to run into a tree or walk off a cliff! Never go onto private property without permission. Whenever possible, travel on durable surfaces. If you need to take a detour,
A Scout is trustworthy. When you find a geocache, keep the fun going for others by leaving an item if you remove one.

GPS stands for Global Positioning System. That refers to a group of 24 satellites that circle the earth in very precise orbits and send location information to GPS units. GPS units are accurate to within about 50 feet!

**Getting Started With Geocaching**

1. With your parent or den leader, create an account at Geocaching.com. (You have to be at least 13 years old to use the website without adult help.)
2. Visit the site’s Hide & Seek a Cache page.
3. Search for geocaches by address, ZIP code, or state. There are more than 2 million active geocaches, so you can probably find one nearby.
4. Choose the geocaches you want to look for. Be sure to note the difficulty and terrain ratings.

**REQUIREMENT 7 |** Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.
Imagine arriving at a campsite and finding damaged trees, a smoldering campfire, and bags of trash that animals have torn into. Now imagine arriving at a campsite and feeling like you’re the first group that’s ever been there. Which campsite would you like more? The second one, of course.

The Outdoor Code is a promise all Scouts make to help care for the environment. It’s important to even the youngest Cub Scouts and the most seasoned leaders. Now it’s time to be sure you’ve learned it by heart.

Leave No Trace is a way of living in the outdoors that respects the environment and other people. By following Leave No Trace principles, we can take care of outdoor spaces and help preserve them for the Scouts of tomorrow. Are you ready to learn these principles, too?

Find the Outdoor Code and the Leave No Trace Principles for Kids in the back of your Webelos Handbook. Read them and say them aloud until you have them memorized. When you’re ready, recite them to your den leader.

A Scout is thrifty. Being thrifty means not wasting things—including natural resources. Leave No Trace principles and the Outdoor Code help you to be thrifty in the outdoors.
As a Boy Scout, you’ll follow the Leave No Trace Seven Principles. You can learn more about the principles and how they are similar to the ones for kids by visiting the Leave No Trace website (with permission): www.lnt.org/programs/principles.php.

What can you and your den do to demonstrate the Outdoor Code and the Leave No Trace principles to your pack while on your campout?

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So what’s your favorite part of camping?

I can’t decide what I like best. I love the quiet of nature, but I also love hanging out with my friends and playing games. I love taking hikes, but I also love sitting around the campfire. I guess what I’m saying is that I love everything about camping. Even though I’m usually glad to get home to a soft bed and a hot shower, I can’t wait to get back to camp again.

I hope you have as much fun camping as I do and get to go a lot more when you become a Boy Scout.
DUTY TO GOD IN ACTION
The best way to show you’re good at math is to solve math problems. The best way to show you can play soccer is to grab a ball and head for the field. And the best way to show you understand your duty to God is to put your faith into action. In fact, my faith leader told me that putting my faith into action shows others that I practice my belief in God.

Now that I’m in middle school, I’m starting to do my duty to God by working on service projects with my faith youth group. Recently, we collected more than 2,000 cans of food for people in need in our community. It was really cool to visit the food bank and learn about the families our project will help. As you work on the Duty to God in Action adventure, I hope you find similar ways to put your faith into action.
In this adventure, you will have the opportunity to further explore your faith and your duty to God in your own way. You can call on the past (your ancestors) and the present (you!) to get ideas about making faith an important part of your life.
Do either requirement 1 OR requirement 2:  

1. Earn the religious emblem of your faith for Webelos Scouts, if you have not already done so.  

2. Do requirement 2a and any two from 2b–2e:  
   
   A. With your parent, guardian, or religious or spiritual leader, discuss and make a plan to do two things you think will help you better do your duty to God. Do these things for a month.  

   B. Discuss with your family how the Scout Oath and Scout Law relate to your beliefs about duty to God.  

   C. For at least a month, pray or reverently meditate each day as taught by your family or faith community.  

   D. Read at least two accounts of people in history who have done their duty to God. (This can include family members and ancestors.) List their names and how they showed their duty to God.  

   E. Under the direction of your parent, guardian, or religious or spiritual leader, do an act of service for someone in your family, neighborhood, or community. Talk about your service with your family and your Webelos den leader. Tell your family, den, or den leader how it related to doing your duty to God.
REQUIREMENT 1 | Do either requirement 1 OR requirement 2.

REQUIREMENT 1 | Earn the religious emblem of your faith for Webelos Scouts, if you have not already done so.

Scouts can earn religious emblems sponsored by their respective faith groups. If you haven’t already earned the one your faith offers for Webelos Scouts, you may do so now.
Did you know that many faith groups offer four different religious emblems? There’s often one for Cub Scouts, one for Webelos Scouts, one for Boy Scouts, and one for older Boy Scouts or Venturers. You can continue your faith adventure once you become a Boy Scout by earning the religious emblems for Boy Scouts.

With your parent’s or guardian’s permission, visit www.praypub.org or www.scouting.org/filestore/pdf/512-879_WB.pdf for more information.

REQUIREMENT 2 | Do requirement 2a and any two from requirements 2b–2e:
**REQUIREMENT 2A** | With your parent, guardian, or religious or spiritual leader, discuss and make a plan to do two things you think will help you better do your duty to God. Do these things for a month.

If you wanted to get closer to a new friend, you would talk with him and spend time with him. You would find out what he likes and dislikes. You might even throw a party for him on his birthday.

Getting closer to God is sort of like getting closer to a new friend. It’s hard to know God if you don’t spend time together, if you don’t find out what God likes and dislikes, and if you don’t honor God on special days. Talk with your parent, guardian, or your religious leaders about what it means to them to get closer to God.

Faith practices help you get closer to God. Talk with your religious leader or parent, and pick two practices you would like to try. Write them down, and do them for a month. At the end of the month, talk with your religious leader, guardian, or parent about how the practices helped you get closer to God.

**REQUIREMENT 2B** | Discuss with your family how the Scout Oath and Scout Law relate to your beliefs about duty to God.

Have you heard of Robert Baden-Powell? He invented Scouting a long time ago. He said Scouting and religion teach many similar values: “The whole of [Scouting] is based on religion, that is, on the realization and service of God.”

For this requirement, see if you can figure out how the values your religion teaches are similar to the values in the Scout Oath and Scout Law.
Here are some ways you could do that:

- Play a matching game. Write the points of the Scout Law on 12 index cards and several of your religious beliefs on additional cards. Have players try to match a Scout Law card with a religious belief card. Talk about what the cards have in common.

- Write the parts of the Scout Oath on index cards. Think of a life experience that relates to each part of the Scout Oath. Act out what you should do based on the Scout Oath and based on your religious teachings.

- Teach your family a song with words that describe what you believe.
- Create a poem, story, or play that teaches about your religious beliefs using words from the Scout Oath or Scout Law.

- Find a story from a religious text that teaches about one of the points of the Scout Law. Tell the story to your family, or act it out for them. Explain how that point of the Scout Law relates to the story you chose.

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<thead>
<tr>
<th>Religious Belief</th>
<th>Character Trait</th>
<th>Scout Oath</th>
<th>Scout Law</th>
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**REQUIREMENT 2C** | For at least a month, pray or reverently meditate each day as taught by your family or faith community.
Praying and meditating are important ways to connect with God. Your faith group may have a particular way of praying and meditating.

If you’re not sure how to pray, try the five fingers prayer. In this prayer, each finger on your hand reminds you whom to pray for:

- **Thumb**: Your thumb is the closest to you. Pray for the people closest to you, such as family and friends.
- **Index finger**: This finger points the way. Pray for people who point the way, such as teachers, religious leaders, and Scout leaders.
- **Middle finger**: This finger stands the tallest. Pray for people in authority, such as government leaders.
- **Ring finger**: This finger is the weakest on your hand. Pray for those who are weak, sick, or needy.
- **Pinky**: This finger is the smallest of all. Pray for yourself and your own needs.
REQUIREMENT 2D | Read at least two accounts of people in history who have done their duty to God. (This can include family members and ancestors.) List their names and how they showed their duty to God.

Many religions are very old. Millions of people may have practiced your religion before you were born. You can learn to do your duty to God by finding out how people in history did their duty to God.

Pick at least two people from history who did their duty to God. They might be family members or famous people. They might be from your faith group or another religious group. They might have done one thing that was really special, or they might have done their duty to God throughout their lives. Find out what they did, and write on the chart. Then talk with your family or den leader about what you learned and how you could apply it to your own life.

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<th>Name</th>
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A Scout is kind. Many people in history have done their duty to God by showing kindness toward others.