Autobiography in 5 Short Chapters

CHAPTER I
I walk down the street.
There's a deep hole in the sidewalk.
I fall in.
I am lost...helpless.
It isn't my fault.
It takes forever to find my way out.

CHAPTER II
I walk down the same street.
There's a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I'm in the same place.
But it isn't my fault.
Again, it takes a long time to get out.

CHAPTER III
I walk down the same street.
There's a deep hole in the sidewalk.
I see it is there.
I still fall in...it's a habit.
My eyes are open; I know where I am.
It is my fault.
I get out immediately.

CHAPTER IV
I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

CHAPTER V
I walk down a different street.

Eagle's Landing

Training Camp Outline

The next few pages are an outline for setting up a training camp to better understand how to camp in a group setting and work as a unit, to make a camp run efficiently.

Pre-outing Training

Prior to the overnight training camp, participants would be meet to get verbal and written instruction about the Patrol method of camping. The pages that follow give a detailed camp itinerary, duty roster, Patrol equipment inventory, diagrams of model camp setup, evaluation forms, and a good overall orientation into the patrol method. Fire building, Tool craft, Rope craft, Cooking & First –Aid would be areas of concentration in basic Bush-craft skills.

Patrol Method

A patrol is made up of 6-10 participants who work as a team with a patrol leader. Their equipment is designed to optimize their function in a semi light camping environment. It is a good step in understanding camping with a minimal amount of equipment.
The camp itself would be a hands on experience and introduction to the concept of a patrol model of camping.

Beyond the Patrol method

Backpacking or wilderness survival models would be light camping and would be offered later, as skills in the patrol individuals became more proficient.

Camp training is necessary for each camper. This type of campout is designed to teach proper camp techniques in a patrol setting including individual duties.

Pre-outing research and written report

1. **Campsite layout:** What to look for when selecting a campsite, how to set up the camp—tents, fire area, kitchen. Prevailing wind, and elevation considerations.
2. **Tents:** How to set them up in a location or position, how to take care of them when setting them up and take down. How to care for them in storage, and in types of weather.
3. **Fires:** How to prepare an area for the fire. What is needed for the fire, including safety, shovel, water sand, and keeping tinder, kindling, & fuel stored and dry. How is the fire to be maintained when unsupervised and when the outing is over.
4. **Trash:** What to do with different types of trash and how to make a grease pit and care for it.
5. **Meals:** Why and how do you protect raw foods using safe food handling practices. Explain the time factor for food preparation to meet camp itinerary. How to treat pots and pans before preparing meals and what to do with leftovers. What should be kept cold?
6. **Cleanup:** Explain the 3 bucket cleanup station. Procedures that are expected regarding wash water, sanitized rinse and air drying. What items are washed first and what is expected in overall cleanup of entire area.

There should be a general understanding of camp procedures before coming to camp. An expectation of a working camp includes: duties pertaining to personal gear, tents, kitchen area, firewood, fire perimeter and area, basic job understanding for cooks, cleanup, fire-building including charcoal fires for cooking.

A duty roster will be placed in the kitchen area breaking down specific individual duties for each meal. Keep this covered with plastic to protect it from weather. (see next page of a duty roster)

Sunday Noon Quiet time

SUCCESS —

What are you sure about?
Has God changed your thinking this weekend?

The book of 2 Peter outlines a success story that is pleasing to God.
2 Peter 1:3-11

His divine power has given us everything we need for a Godly life through our knowledge of him who called us by His own glory and goodness. Through these He has given us His very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to add to your **faith** *goodness; and to* **goodness**, *knowledge; and to* **knowledge,** *self-control; and to* **self-control,** *perseverance; and to* **perseverance,** *godliness; and to* **godliness,** *mutual affection; and to* **mutual affection, love.** *For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins. Therefore, my brothers and sisters, make every effort to confirm your calling and election.* **For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.**

Seeing these scriptures, what traits would you say you have strength in?

What areas do you need God to help you with?

Eagle's Landing

A Sabbath Service
May God be pleased as we set aside this time for Rest and Worship.

Our Sabbath virtues:
Grace alone / Scripture alone / Faith alone / Prayer

Prepare your Heart for Worship:
Take a few moments to meet with the Lord personally and pray quietly.

Praying the Lord's Prayer as a Troop:

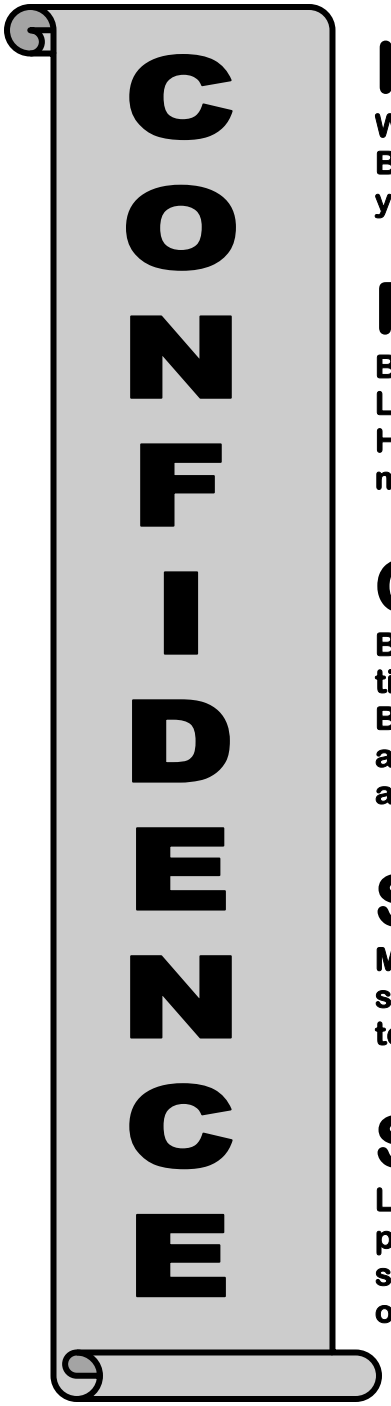
Our Father Who art in Heaven,
Hallowed be Thy Name.
Thy Kingdome come,
Thy Will be done, on earth as it is in Heaven;
Give us this day our daily bread;
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
FOR THINE IS THE KINGDOM AND THE POWER AND THE GLORY, FOREVER AND EVER.
AMEN

Psalm 92 Read aloud
Praise:
1-2 minute testimony of God's goodness this weekend.
Read Father God's love letter aloud from page 26 & 27.

God's Word discussed —(15 minutes)

Corporate Prayer:
4 Prayer Points: Identity / Faith / Confidence / Strategy

Benediction: L—Let us pray:
All these blessings will come upon you and accompany you if you will obey the Lord your God:
You will be blessed when you come in and when you go out.
The Lord will send a blessing on your barns and everything you put your hand to. The Lord your God will bless you in the land He is giving to you.
C—Amen.



Identification
Who the Lord says you are. Becoming a community with your team.

Faith
Believing in Jesus Christ as Lord & Savior.
Having faith in your team-mates.

Confidence
Being Confident in the relationship you have in Christ.
Being Confident in yourself and the process of working as a team.

Strategy
Making strategic relationships, strategic plans & strategic experiences.

Success
Leading a successful life pleasing to the Lord & finding success in relationships with others.

Suggested Personal Equipment List

Sleeping bag or bed roll
Eating Utensils (Cup, mess kit, silverware)
Dome Tent
Backpack or duffle
Camp Folding Chair
Rain Poncho
3 T-shirts
2 Pants
2 Shorts
3 Changes of underwear
3 pr socks
Jacket or sweatshirt
Toilet Kit (toothbrush, paste, comb, soap, toilet paper, lip balm, sunscreen)
Towel & washcloth
Canteen or water bottle
Swim suit
Closed toe wet shoes
Hiking boots / Gym shoes
Bible
Notebook & writing tool
Pocket Knife (boys must first complete safety course)
Silva Compass (oil filled)
Waterproof matches
Waterproof storage bag
Small cooler
Hat, Sunglasses



Saturday Evening Quiet time

STRATEGY —

You are the untold part of God's story.

And Jesus says this about you:

You are my friend if you do what I command. I no longer call you servant, because a servant does not know His Master's business. ***Instead I call you friend,*** *for everything that I learned from My Father I have made known to you. You did not choose Me, but I chose you and appointed you to go and bear fruit—fruit that will last. Then the Father will give you whatever you ask in My name. This is my command:* ***Love each other.*** John 15:14-17

Isn't it amazing that Jesus, the author of your story would suddenly call you His Friend?

That is STRAGEGIC
The author, your friend, has moved you into a new role where He is trusting you in other peoples' stories.

What is your specific role in other peoples' stories?
What does it mean to love each other?
What might be stopping you?
Who are you friends with?
Have other people shown you love?
What's your STRATEGY in other people's stories?

Sat night Council fire

The Story of David & Goliath

Identity—Faith—Confidence—Strategy—Success

Have I asked Jesus into my Heart?

Am I walking with Him in my life story?

Saturday Noon Quiet time

CONFIDENCE —

Hebrews 11:1 says; **"Now faith is being confident of what we hope for and certain of what we do not see."**
Your confidence is the result of you walking out in faith. We never saw the stories of the Bible but God tells us to have faith in these stories and this faith pleases Him. As you walk in this faith that is based on God's story, you will develop confidence because God's story is now living through you.

Did you know you are living and writing a story?

Chapter 11 in Hebrews gives us a list of many people who lived by faith in the stories of the Bible.
Hebrews 11:39 goes so far as to tell us: *"these were all commended for their faith, yet none of them received what had been promised. God had planned something better for us so that only together with us would they be made perfect."*

I am sure you have seen The Lord of the Rings. You know, when Bilbo Baggens adventure ends, and he passes the book onto his Nephew, Frodo, to write the next chapter about the "Fellowship of the Ring"?

Everyone from the Old Testament has passed the book on to you now, and are waiting to see the outcome of your part in the story. Hebrews 12:2 even says Jesus is the **Author and finisher of your faith.**

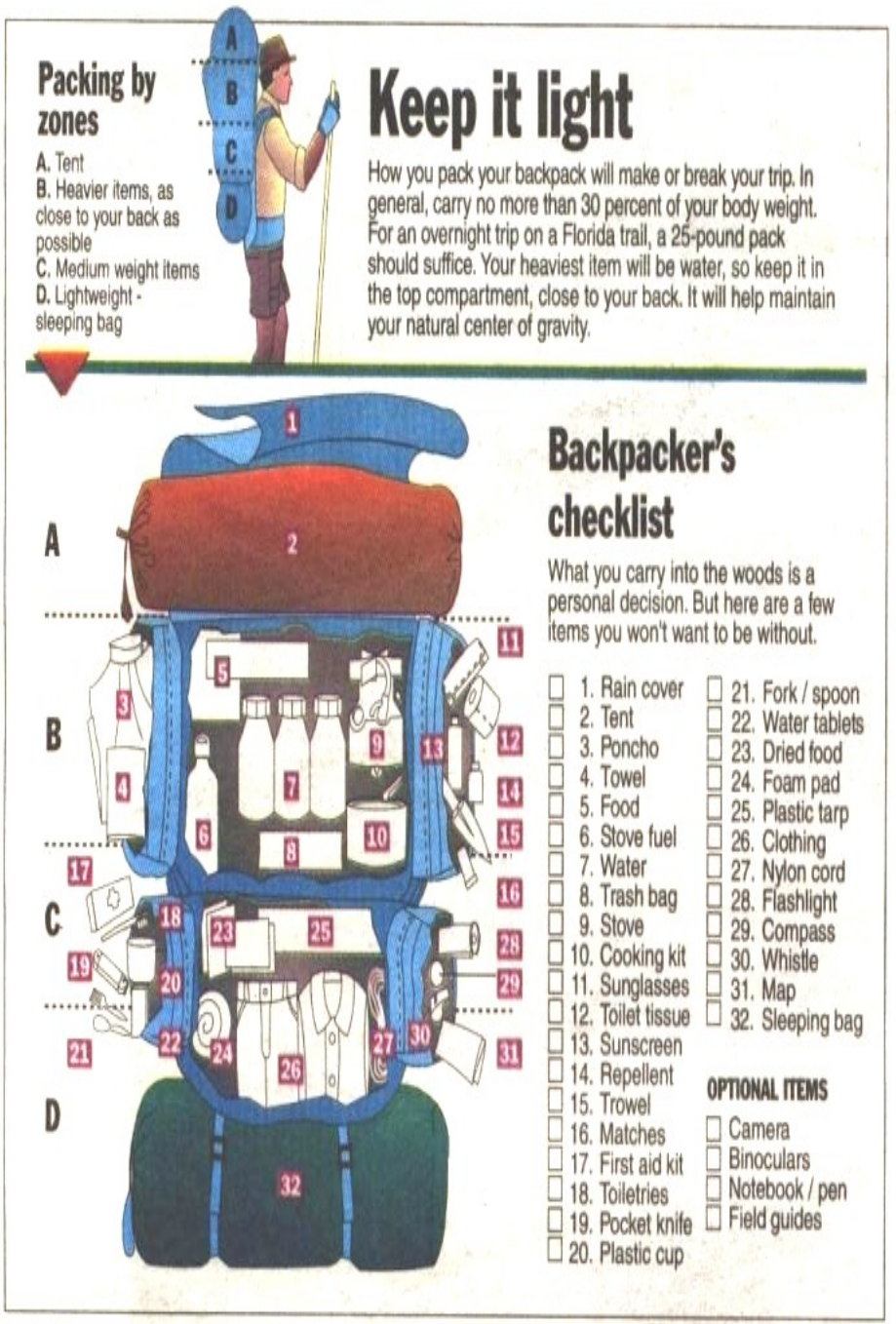
So earlier this morning you read a love letter from your Heavenly Father. Now you're told in God's Word that all these great people of God have passed you the book with a trust to continue God's story.
And on top of that, Jesus is the very author of your story….

God seems Heaven bent on including you in His story!

Has this given you —-CONFIDENCE?

If you have a faith in Jesus, are you walking together?

Now, where are you heading in God's story?



Patrol Equipment for 4-8 people

Patrol Box with legs

Cooking kit

Large, medium, and small Cook Pots
Large and small fry Pans handles & Lids

Cooking Utensils & Bag



2 large Spoons
Spatula
Tongues
Cutting Board
Hot Pot Tongues
Large vegetable Knife
Paring Knife
Can Opener
Rubber Spatula
Wisk
Measuring cup
Dip Bag
lighter



14x20" Flat Griddle Pan
Grill Grates
Soap , Bleach, Scratch Pads, sponge or wash rag
Dutch Oven
Paper Towels

Utility Box

Ax and Hand ax with sheaths
Bastard File
Shovel
Camp hand saw
Work Gloves
Hammer
3 Galvanized Wash Buckets

First Aid Box

Bandages
Gauze Roll, Pads
Ace Bandage
Triangle Bandage
Antiseptic
Triple Antibiotic cream
Insect Bite cream
First aid tape
Scissors, tweezers

As your Father I am your greatest encourager.
I am also the Father who comforts you in all your troubles.
When you are brokenhearted, I am close to you.
As a shepherd carries a lamb, I have carried you close to My heart.
One day I will wipe away every tear from your eyes.
And I will take away all the pain you have suffered on this earth.

I am your Father, and I love you even as I love my son, Jesus.
For in Jesus, My love for you is revealed.
Jesus is the exact representation of My being.
He came to demonstrate that I am for you, not against you.
And to tell you that I am not counting your sins.
Jesus died so that you and I could be reconciled.
His death was the ultimate expression of My love for you.

I gave up everything I loved that I might gain your love.
If you receive the gift of my son Jesus, you receive Me.
And nothing will separate you from My love again.
Come home and I'll throw the biggest party Heaven has ever seen.

I have always been your Father, and will always be Father.

My question is….. Will you be My child?

I am waiting for you.

I Love you, Your Father

Almighty God

Psalm 34,37, 71, 139 / John 1,8,17 / 1 John 2,3,4 / Matthew 5,6,7,10 / James 1 / Jeremiah 29,31,32,33 / Zephaniah 3 / Genesis 1 / Ephesians 1,3 / Acts 17 / Exodus 19 / Deuteronomy 4 / Philippians 2 / 2 Thessalonians 2 2 Corinthians 1, 5 / Isaiah 40 / revelation 21 / Hebrews 1 / Romans 8 / Luke 15

Father's Love Letter

My Child,

You may not know me, but I know everything about you.
I know when you sit down and when you rise up.
I am familiar with all your ways.
Even the very hairs on your head are numbered.
You were made in My image.
In me you live and move and have your being.
For you are my offspring.
I knew you even before you were conceived.
I chose you when I planned creation.

You were not a mistake, for all your days are written in My Book.
I determined the exact time of your birth & where you would live.
You are fearfully and wonderfully made.
I knit you together in your mother's womb.

I have been misrepresented by those who don't know Me.
I am not distant and angry, but am the complete expression of love.
And it is my desire to lavish my love on you.
Simply because you are my child and I am your Father.
I offer you more than your earthly father ever could.
For I am the perfect Father.

Every good gift that you receive comes from My Hand.
For I am your provider and I meet all your needs.
My plan fro your future has always been filled with hope.
Because I love you with an everlasting love.

My thoughts toward you are countless as the sand on the seashore.
And I rejoice over you with singing.
I will never stop doing good to you.
For you are My treasured possession.
I desire to establish you with all my heart and all My soul.
And I want to show you great and marvelous things.

If you seek me with all your heart, you will find Me.
Delight in Me and I will give you the desires of your heart. For it is
I who gave you those desires.
I am able to do more for you than you could possibly imagine.

AHG Troop 3414 Training Camp February 19&20,2022

Patrol Training Camp Itinerary

SATURDAY

8AM	**Welcome to Eagle's Landing, Prayer, Pledges, Breakfast, Waivers, Registration, Introductions, (IDENTIFICATION)**
9:00	**Administration packet to setup a group Campout, Personal & Group Equipment Understanding Camp Layout, itinerary, duty roster How to build a Fire, Cleanup stations, Charcoal lighting, Food storage and safe food handling**
10:00	**Setup Camp and start two fires in fire rings**
10:30	**LUNCH –TINFOIL MEALS & 30 minute quiet time after lunch (CONFIDENCE)**
12:30	**Tool Craft—(Bring a pocket knife) Make a stake, Tool safety, Sharpening of tools & Care**
2pm	**FREE TIME: Field games, Fishing, Kayaks, Horse shoes**
4:30pm	**CLEANUP & PUT AWAY SPORTS EQUIPMENT**
5pm	**PIZZA TIME—All are involved**
6:30	**30 minute Quiet Time after dinner (STRATEGIC)**
8pm	**COUNCIL FIRE**

SUNDAY

7:30AM	**BREAKFAST**
8:30-9:15	**SANCTUARY TIME—meet at the King's Pool**
10AM	**ROPECRAFT**
11:30	**LUNCH & 30 minute quiet time (SUCCESS)**
1PM	**FIRST AID**
2:30	**FREE TIME**
4PM	**BREAK CAMP– no trace campout, equipment put up, sweep grounds for litter, Remove trash, sweep out barn & restroom, put up chairs, put out fires**

Camp Duty Roster to be posted in Camp

Meal	Patrol leader	Cleanup	Cooking	Fuel & Water

Job Descriptions:
Be sure duties are share equally by all campers.

Patrol Leader—leads the patrol; attends leader meetings holds patrol meetings to keep members informed on Outpost plans. Leads in training, in all areas of bush-craft and camp duties. Sets example with initiative and spirit. Responsible for keeping patrol on camp time schedule. Patrol leader will not be assigned camp duties, but will assist wherever needed.

Fuel & Water Buddies—Maintain water for wash station, tinder kindling & fire-wood/charcoal. And protect it from weather. Start fires in time for cooks to have meals ready on time.

Cooking Buddies—Assemble food supplies, follow menus and recipes, serve meals on time, put away food, move cook pots to soak & have cleanup water supply over fire before serving meal.

Cleanup buddies—Setup wash and sanitized rinse water for dishwashing. Clean cooking utensils, kitchen & dining areas, dispose or burn trash, & put out fires.

Saturday Morning Quiet time

IDENTIFICATION —

Who are You?

What makes you special?

Do you think God is with You?

Do you think God likes You?

Father God has written you a Love letter on the next 2 pages.
Many people want to tell you what they think about God.

But that's just hearsay and opinions.

There is a reason why the Lord has given us His Word. He wants to personally tell you what He is about and what He thinks specifically about you. Yes—YOU!!!

Read Pages 26 & 27 now and let God talk to you.

Did you know that your heavenly Father is and was so involved with you?

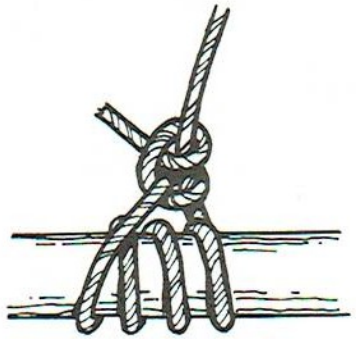
This is why we do these quiet times where it's just you and the Lord. No one else knows the love between a daughter and her Dad.



The *sheepshank* knot is used to temporarily shorten a rope without cutting it.



The *bowline on a bight* is a good knot for emergencies and is superior to the regular bowline knot. It may be tied at the end or in the middle of a rope.



The *pipe hitch* is used for pulling pipe out of the ground vertically. It is tied like two half hitches.



The *stevedore knot* is a stopper knot used, for example, to keep a rope from passing through a pulley.

Pre-outing Check list

Date_____

Patrol_____

Patrol Leader_____

Inventory Patrol Box_____

Inventory Utility Box_____

Inventory First Aid Box_____

Any special instructions or specialty gear?

_____

_____

_____

What is the goal of the outing?

_____

_____

_____



Camp Evaluation



Date of outing_____
Name of Patrol_____
Patrol Leader_____
What was the goal of the outing?

_____

How did the group feel the outing went?

_____
_____
_____

Was the Group successful in completing requirements and goals?_____

What was the best part of the outing?

_____
_____
_____

What areas needed improvement?

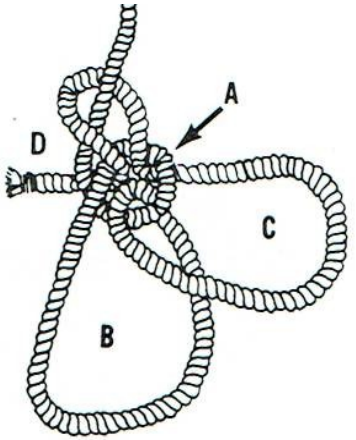
_____
_____

Were there any incidents or safety concerns?

_____
_____

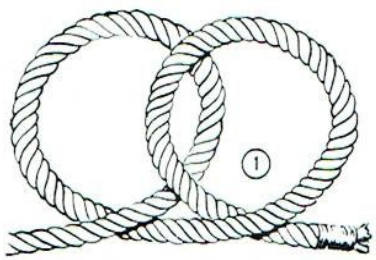
How was the food?_____

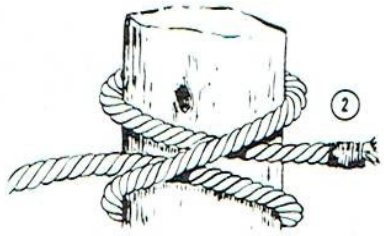
Group Comments_____
_____
_____

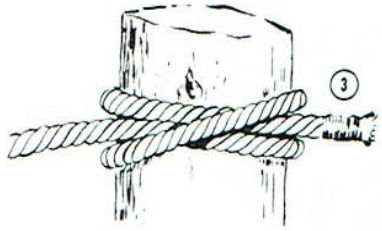




The *French bowline* is formed the same as the bowline, except that the end D—instead of going about the standing part E—is given a round turn about the gooseneck A, then the knot is finished off as before.

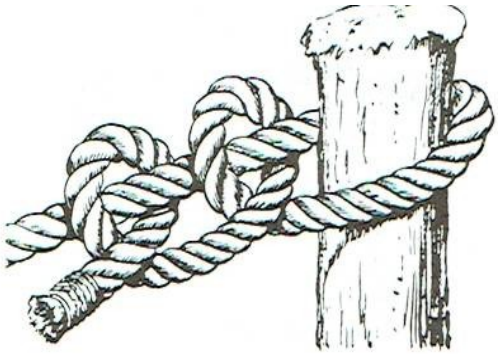






The *clove hitch* is an end-securing knot. It is a quick, simple method of fastening a rope around a post or stake. It is used to begin a lashing. It will slip when used at the end of a rope. To tie it: (1) Make a turn

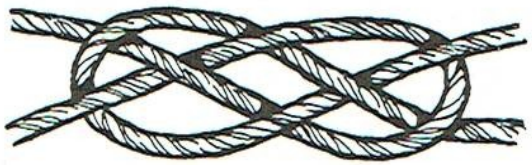
Two *half hitches* are used to make a rope fast to a ring or post. This knot is simply a hitch tied twice.



Knots and Their Purpose



The rolling hitch is used to attach rope to another rope, to a pipe, or to a stave. It is tied like a taut-line hitch.



The carrick bend is used to tie together heavy ropes. Note: Tie the ends to the cord's standing part with a string.



The miller's knot is used to tie up grain sacks and is a relative of the clove hitch.

Orientation — Training Campout Goals?

Camping

1. Properly select and pack clothing for a 3 day trip.
2. Lay out a campsite for a group showing proper placement of fires, tents, latrine, etc.
3. Pitch a tent properly.

Tool Craft in camp

1. Name the parts of an ax & knife & different types of axes & knives.
2. Demonstrate how to: pass a knife ax & bow saw safely, sharpen an ax & pocket knife, proper use of all 3 tools.
3. Make a wooden tent stake using all 3 tools.

Cooking in camp

1. Plan a menu for a three day outing.
2. Make a list showing cost and food quantities to feed an eight man outing based on the menu above.
3. Make a list of cooking utensils needed to complete the menu.
4. Cook 2 complete meals over a campfire using 3 different methods (baking, frying, boiling, tinfoil cooking, Dutch Oven, etc.)
5. Use safe food handling practices such as handling raw meat and vegetables, sanitation, disposal, etc.

First aid skills in camp

1. Explain the purpose of first aid. Define first aid and what is the first concern when giving first aid.
2. Explain how to contact help and what information they will need.
3. What are the four steps of victim assessment?
4. Explain when a person should be or should not be moved
5. Demonstrate & explain treatment for shock.
6. Explain and demonstrate how to treat for hypothermia & hyperthermia.
7. Explain how to assist a person who is choking using abdominal thrusts & Heimlich maneuver.
8. Explain and demonstrate treatment for: a cut, a blister, a puncture, arterial bleeding, insect sting or bite, a splinter or tick, poisonings, a heat burn, chemical burn, electrical injury.
9. Assemble a personal first aid kit, & explain the purpose of each item.

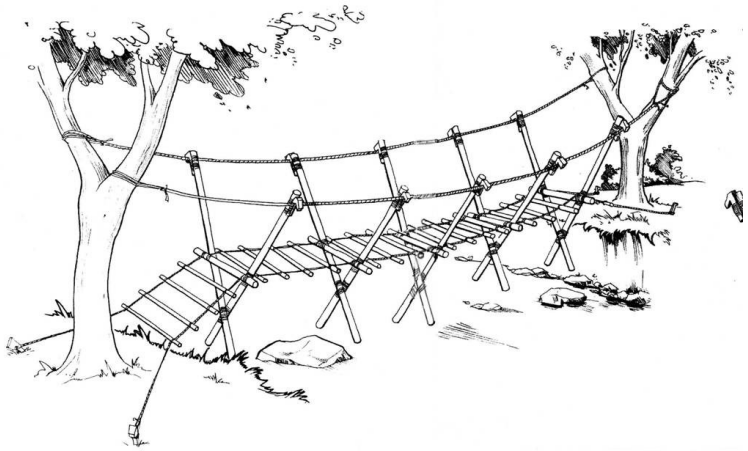
Fire craft in camp

1. List fire safety rules required for a good fire site.
2. Assemble and explain the use of camp site fire fighting equipment.
3. Safely demonstrate your ability to start a fire using a single match.
4. Build a hunter fire and a council fire & explain their purposes.
5. Collect tinder, kindling and fuel for an entire campout.
6. Explain what 3 things are necessary to maintain a fire.
7.

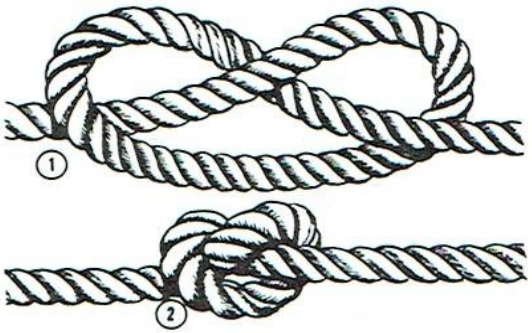
Safe Swim Defense Plan & Buddy System

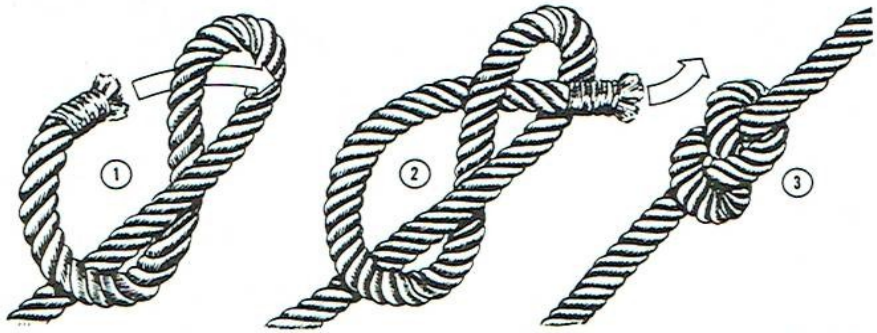
Rope Craft in camp

1. Explain the history of rope, and define a proper knot.
2. Explain 6 kinds of rope and their value and purpose.
3. Learn the following knots: square, half hitch, double half hitch, bowline, clove hitch, taut line, sheep shank.
4. Demonstrate your ability to whip the end of a rope, and seal the end of a poly rope,

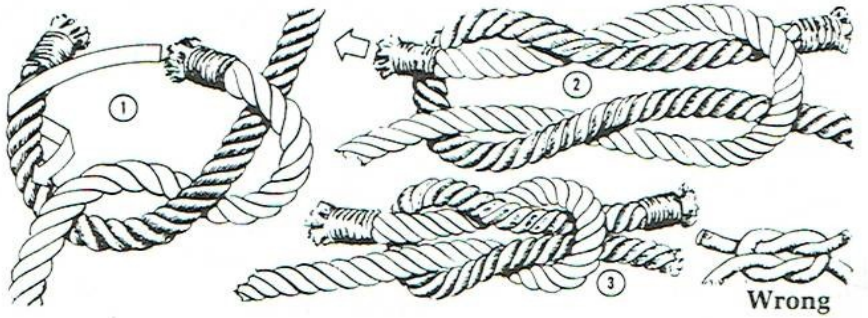


The *overhand knot* is the simplest and smallest stopper knot and is used to begin many more difficult ones. It is generally used on small cord or twine, since it jams and is hard to untie. To tie it, make an *overhand* loop. Pass the end under and up through the loop. Draw it up tightly.





The *figure eight knot* is a stopper knot and is easier to untie than the overhand knot. To tie it, make an underhand loop. Bring the end around and over the standing part. Pass the end under, then through, the loop. Draw it tight.



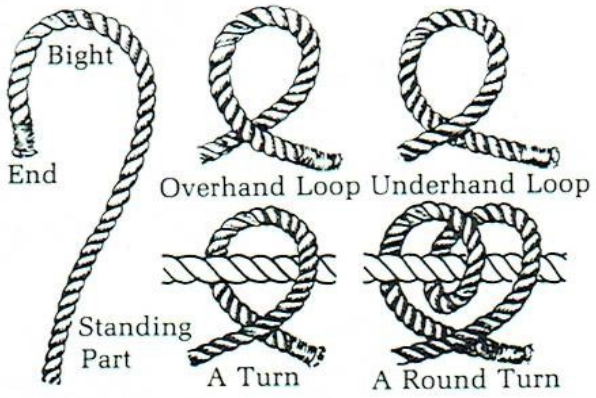
The *square knot* is a joiner knot used to tie parcels, or bundles, and bandages in first aid, and to join the two ends of a rope or string of the same thickness. To tie it, pass the left end over and under the right end. Curve what is now the left end toward the right. Cross what is now the right end over and under the left. Draw it tight.

Knot Tying

In knot tying a rope has three parts:

The *end* is the end of the rope you are working with when you tie a knot.

The *standing part* is the length of the rope not being used. The *bight* is the central part of the rope between the working end and the standing part.



An *overhand loop* is made by crossing the end under the standing part.

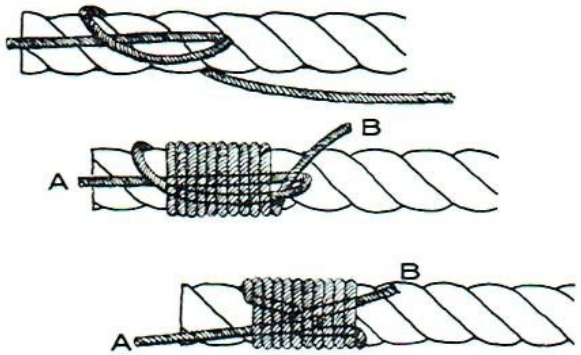
A *turn* is made by looping the rope around any object—often another section of itself.

A *round turn* is taken by looping the rope twice around an object. Always tighten a knot slowly and evenly. Quick, careless tightening may mean a tangle.

A good rope deserves good care. One way to keep your rope in good condition is to whip the ends to keep them from unraveling.

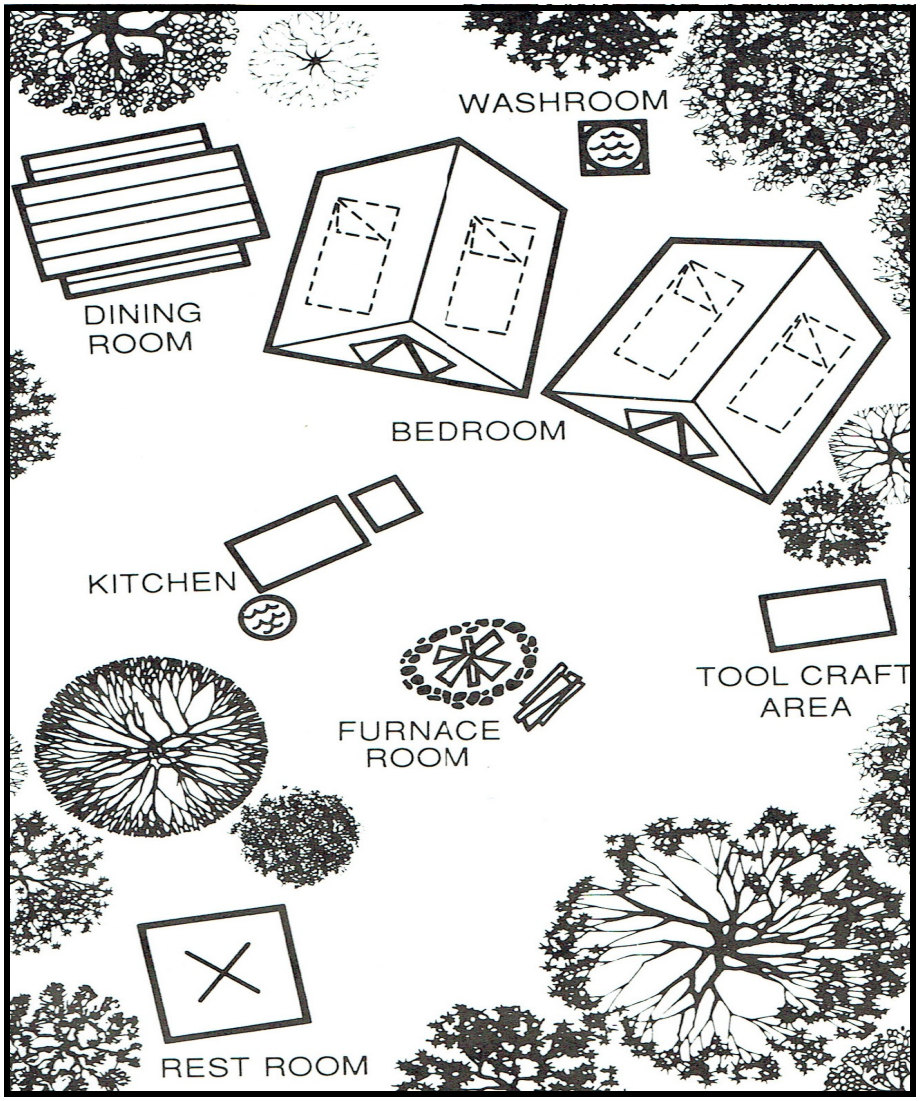
To make the whipping, use a fine yarn, cord, or thread. Place the end of the yarn at the end of the rope, then lay a loop along the rope. Wind the yarn tightly around the loop and rope, thus binding them together. Wind to a distance roughly equal to the thickness of the rope you are whipping.

Finish the whipping by putting the winding end *B* through the loop and pulling end *A* tight, until the loop is drawn back out of sight. Cut both ends short to make a neat finish.



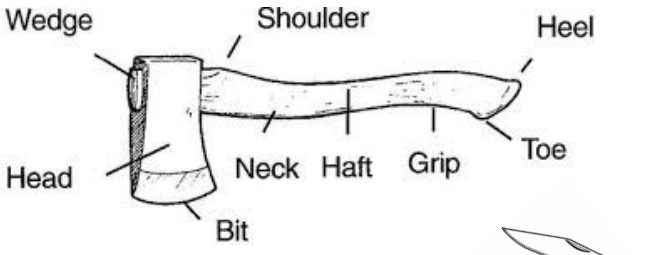
Camping

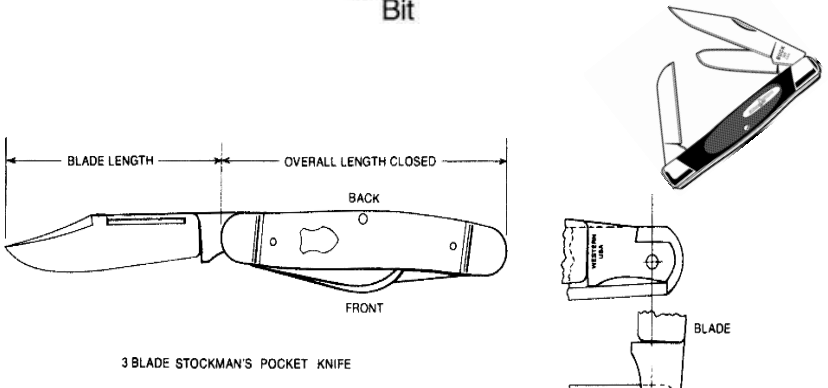
1. List what you need personally for a 5 day trip.
2. Lay out a campsite for a group showing proper placement of fires, tents, latrines, etc.
3. Pitch a tent properly & explain why.



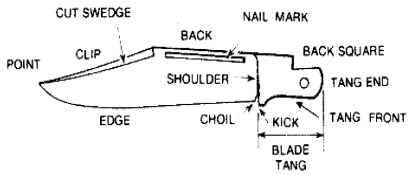
Tool Craft in camp

1. Name the parts of an ax & knife & different types of axes & knives.
2. Demonstrate how to: pass a knife ax & bow saw safely, sharpen an ax & pocket knife, proper use of all 3 tools.
3. Name five different types of saws. Explain the difference in saw teeth & their purpose.
4. Make a wooden tent stake using all 3 tools.

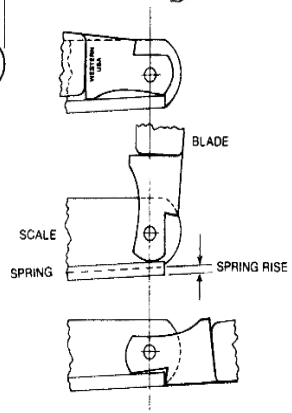




3 BLADE STOCKMAN'S POCKET KNIFE



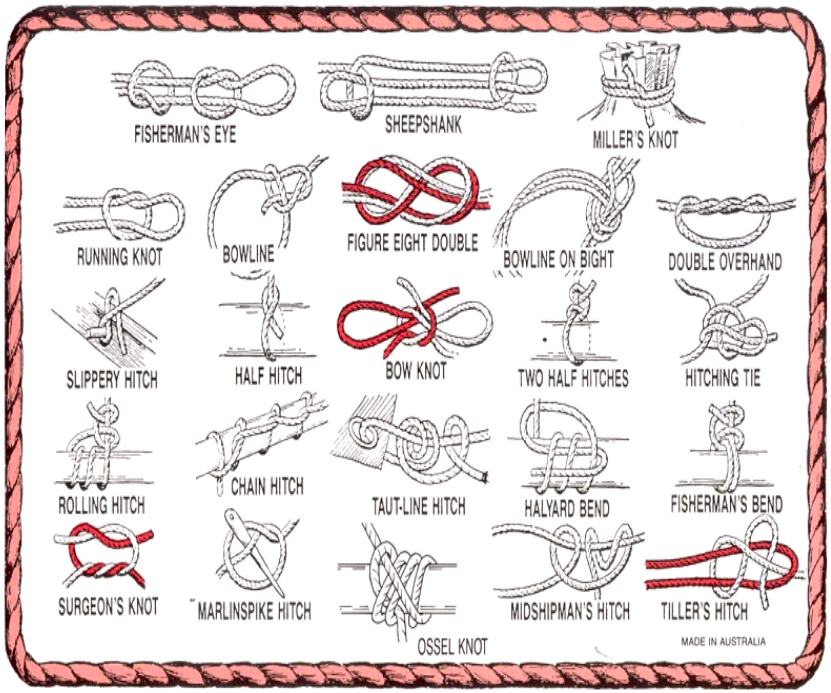
REGULAR CLIP MASTER BLADE



BLADE AND SPRING ACTION

Rope Craft in camp

1. Explain the history of rope, and define a proper knot.
2. Explain 6 kinds of rope and their value and purpose.
3. Learn the following knots: square, half hitch, double half hitch, bowline, clove hitch, taut line, sheep shank.
4. Demonstrate your ability to make: Eye splice, short splice, whip the end of a rope, seal the end of a poly rope,



Whipping a rope is a discipline that keeps the ends of your ropes from fraying and deterio-rating over many years of usage.

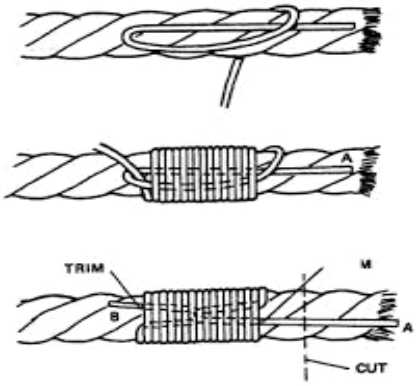


Figure 12. Ordinary whipping

The Eight Defenses Plan for Swimming Safety

1. *A Medical Examination*: This indicates if the person's activities should be limited and if he has defects that may be remedied. Anyone who is physically unfit should not be allowed to swim.

2. *Adult Supervision*: An adult supervisor who is currently certified in water safety or lifeguarding must be present. He may have assistants who have the proper certification if he does not qualify personally.

3. *Lifesaving Equipment*: Supervisors must have proper water-safety rescue equipment—throwing lines, rescue tubes, a shepherd's crook, etc.

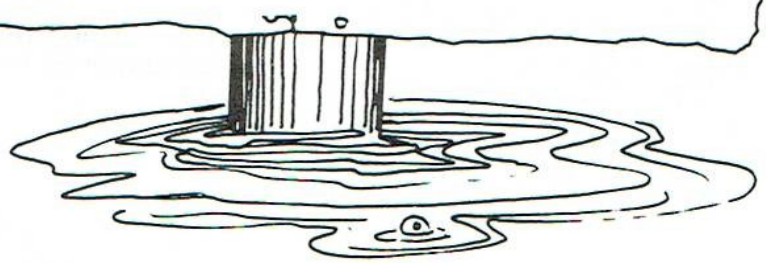
4. *Swimming Area*: Swim only in a safe place where the bottom and depth are known.

5. *Lookouts*: Lookouts must be stationed in high places so that all swimmers are visible. Swimmers should be trained to use an emergency whistle to notify the lifeguards of swimmers in danger.

6. *Swimming Classifications*: Swimmers should be classified according to swimming ability. Nonswimmers or weak swimmers must be limited to shallow areas where the water is not over their chest. Swimmer classification areas must be marked with ropes and buoys to help prevent weak swimmers or nonswimmers from wandering out of safe areas.

7. *Buddy System*: Each swimmer should team up with a buddy. Swimmers of the same classification group should buddy up to watch out for each other and to give assistance if one gets tired. A buddy should notice when the lips of his partner turn blue. This sign means that the person is getting cold and should get out of the water and warm up.

8. *Intelligent Discipline*: Intelligent discipline should be maintained at all times. Every Ranger should understand all the rules and why they exist, which will help him to understand why the rules are so important.

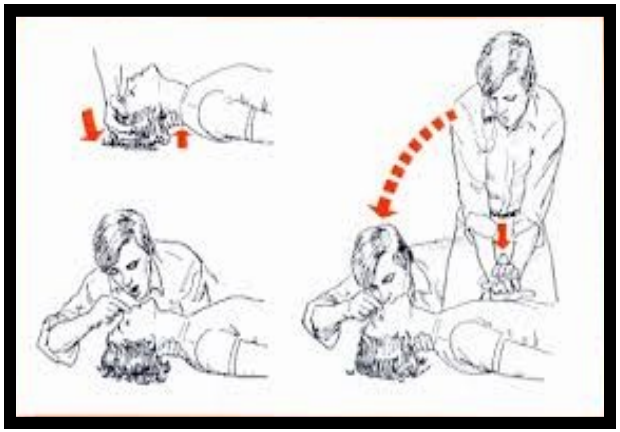


Cooking in camp

1. Plan a menu for a three day outing.
2. Make a list showing cost and food quantities to feed an eight man outing based on the menu above.
3. Make a list of cooking utensils needed to complete the menu.
4. Cook 6 complete meals over a campfire using 3 different methods (baking, frying, boiling, tinfoil cooking, Dutch Oven, etc.)
5. Use safe food handling practices such as handling raw meat and vegetables, sanitation, disposal, etc.
6. Demonstrate how to set up a 2 wash pail station for cleanup, and proper disposal of food waste & trash.

First Aid in Camp

1. Explain the purpose of first aid. Define first aid and what is the first concern when giving first aid.
2. Explain how to contact help and what information they will need.
3. What are the four steps of victim assessment?
4. Explain when a person should be or should not be moved
5. Demonstrate & explain treatment for shock.
6. Explain and demonstrate how to treat for hypothermia & hyperthermia.
7. Explain how to assist a person who is choking using abdominal thrusts & Heimlich maneuver.
8. Explain and demonstrate treatment for: a cut, a blister, a puncture, arterial bleeding, insect sting or bite, a splinter or tick, poisonings, a heat burn, chemical burn, electrical injury.
9. Assemble a personal first aid kit, & explain the purpose of each item.



Fire craft in camp

1. List fire safety rules required for a good fire site.
2. Assemble and explain the use of camp site fire fighting equipment.
3. Safely demonstrate your ability to start a fire using the following methods:

One match, flint & steel, bow & drill, metal match, magnifying glass

4. Build a hunter fire and a council fire & explain their purposes.
5. Demonstrate proper use of a reflector oven.
6. Collect tinder, kindling and fuel for an entire campout.
7. Explain what 3 things are necessary to maintain a fire.

Types of Fuel

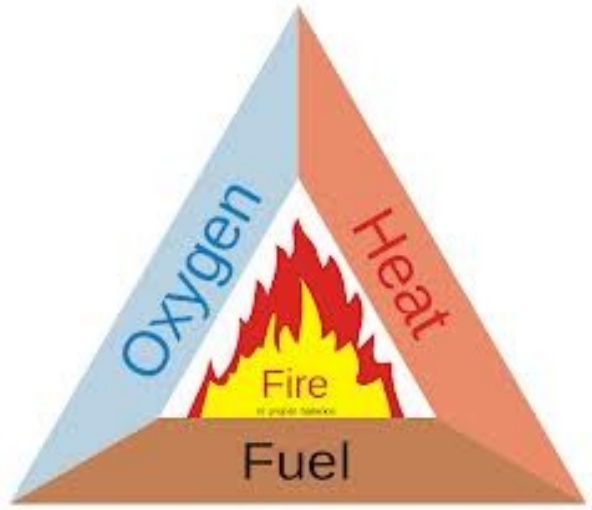
Fuel is broken down into three types that are necessary to build a fire. Once a fire is built and is sustainable, only fuel that is 3-5" in diameter needs to be added.

Tinder– is any item that will burn very easily with a spark or match. Lint, cotton, charred cloth are all excellent immediate tinder starters. All tinder should be kept dry and most keep a tinder box with them to be able to start a fire at any given time even in wet conditions. Fuzz sticks, palm frayings, pine needles, squirrel wood and such would all be good tinder.

Kindling - is wood that is no bigger in diameter than your finger. It will maintain a flame for a few minutes and you will need to collect about a half bushel before starting you fire.

Fuel– is wood that is bigger than your thumb in diameter. Each piece is designed to burn for a long time. This assists in not constantly foraging for more wood for your fire. A fire with 3– 5 good sized fuel pieces (3-5" in diameter) will burn for 30+ minutes, without attendance to the fire as it burns. Once a fire is burning, keeping an adequate supply of fuel is important near by so that you can conveniently add from your collected pile while enjoying its warmth.

3 Elements that are needed to build & maintain a fire



It is advisable to keep an adequate stock of dry wood covered in camp. Wood should be stored under a tarp or inside your tent, as it is difficult to start a fire even if it is in the morning after the dew from the night before.

There are many types of fires, but a hunter fire is the best to begin with. Using a larger diameter log or two, lean kindling down one side and set tinder underneath the kindling. The log will give room for the oxygen needed and can be used to block the wind that might blow out a match when starting the fire.

