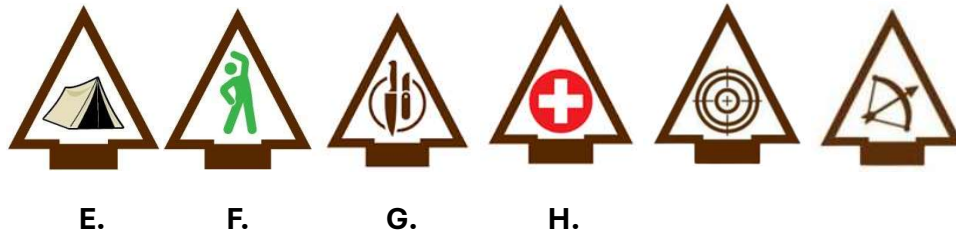


Activity Completion Map - Arrow of Light



BEFORE THE CAMP:

- D. 1. Learn about the Scout Basic Essentials.
- D. 2. Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.
- D. 4. Locate the campsite where you will be camping on a map.
- E. 4. Review your Annual Health and Medical Record with your parent or legal guardian. Talk about your ability to participate in den and pack activities.

UPON ARRIVAL AT CAMP:

- D. 6. Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.
- D. 7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.

DURING THE CAMP:

By Attending:

- D. 5. With your patrol or a Scouts BSA troop, participate in a campout.

Opening and morning announcements:

- D. 3. Review the four points of the Scouting America's SAFE Checklist and how you will apply them on the campout.

First Aid Station:

H. 2. Explain what you should do if you encounter someone in need of first aid.

H. 3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, and poisoning.

H. 4. Demonstrate how to help a choking victim.

H. 5. Demonstrate how to treat shock.

H. 6. Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects, and animals, and nosebleeds.

Fire Station:

F. 4. Demonstrate the proper use of a pocketknife to make a useful object on a campout. (Tinder/Fuzz Sticks)

Knife Station:

F. 1. Read, understand, and promise to follow the Cub Scout Knife Safety Rules.

F. 2. Demonstrate the Knife Safety Circle.

F. 3. Demonstrate that you know how to care for and use a knife safely.

F. 5. Chose the correct cooking knife, and demonstrate how to properly slice, dice, and mince.

E. 1. Plan a balanced meal for camping. Prepare that meal using gear you would use on a campout.

Physical Strong Station:

E. 3. Be active for 30 minutes with your patrol, a younger den, or at least one other person. That includes both stretching and moving.

AFTER CAMP:

D. 8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

E. 2. Examine what it is to be physically fit and how to incorporate this into your life. Track the number of hours you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physical fit. (Tracker is attached.)

H. 1. With permission from your parent or legal guardian, watch the protect yourselves, rules video for the arrow of light rank.

H. 7. Make a personal first aid kit. Demonstrate the proper use of each item in your first aid kit.

PERSONAL FITNESS ACTIVITY LOG

DAY	1	2	3
ACTIVITY			
DURATION			
DAY	4	5	6
ACTIVITY			
DURATION			
DAY	7	8	9
ACTIVITY			
DURATION			
DAY	10	11	12
ACTIVITY			
DURATION			
DAY	13	14	
ACTIVITY			
DURATION			