

Eight Basic Camping Skills Patch Program



GIRL SCOUTS of GREATER LOS ANGELES

www.girlscoutsla.org

The Eight Basic Camping Skills

Once you complete the program you will...

- 1) . . . know and practice minimal impact camping and good outdoor manners.
- 2) . . . know how to dress for the outdoors in your locality, and for unexpected weather.
- 3) . . . know how to tie, use, and release knots that are useful in outdoor activities.
- 4) . . . know how to handle and care for a jackknife.
- 5) . . . know how to make, use, and put out a fire for outdoor cooking.
- 6) . . . know how to cook something for yourself, something for the patrol or troop.
- 7) . . . know how to take care of yourself and others safely while engaging in outdoor activities.
- 8) . . . know how to find your way.

The Eight Basic Camping Skills General Information

This patch program has been developed to help Girl Scouts acquire skills needed to make outdoor living fun, enjoyable and easy. Level 5 activities are provided for those who are seeking an additional challenge after completing the first four levels.

All girls (Brownie through Senior) start with Level I and continue at their own pace. Brownies and Juniors may advance through the skill levels in day camps, resident camps, or in their own troops. Cadettes and Seniors may advance in the same way or by teaching these same skills to a younger camp unit or troop. These activities are not appropriate for Daisy Girl Scouts.

Each level must be completed before the next level is begun. It is best if the girls see only the requirements of the level on which they are working.

Some Eight Basic Camping Skills activities can be used to fulfill requirements for Try-Its, Junior badges and Cadette and Senior interest project patches. Because this is a patch program, an activity may be used for this program **and** a Try-It, badge, or interest project patch requirement. You will see program links in the Leader's Guide Sheets in this booklet.

GENERAL HINTS:

DEVELOP SKILLS

These activities need to be done more than once, like practicing a knot. Make sure the girls are learning by doing, not just by listening. Try to get every girl to participate in the activity and the discussions.

KEEP THE TIMELINE FLEXIBLE

You don't have to do a whole level in one week or one month. You can take all year with a group of 7-8 year old Brownie Girl Scouts. With older Junior Girl Scouts you might complete a whole level during a week of day camp or on one weekend campout. Cadettes might finish the first two levels quickly with more time spent on level 5.

USE RESOURCES

A list of publications and web sites that can help you is included in this packet. People who can help you include the camp first-aider or school nurse, older Girl Scouts, troop consultants, parents, neighbors, leaders of other troops, etc.

THE LEADER'S GUIDE SHEETS

These sheets are ideas and suggestions that may help you when working with the girls to carry out a program featuring the Eight Basic Camping Skills. Use these guide sheets along with additional resources.

REFERENCE LIST AND RESOURCES

GSUSA, *Safety-Wise*

American Red Cross First Aid Book

GSUSA, Program Level Handbooks (Brownie, Junior, Cadette, Senior)

GSUSA, Program Level Leader's Guides

Boy Scout Field Book, Merit Badge Booklets

Catherine T. Hammett, *Your Own Book of Campcraft*

Dian Thomas, *Roughing It Easy*

GSUSA, *Outdoor Education in Girl Scouting*

GSGLA, Camping Skills Training Manuals, Level I, II, III

EIGHT BASIC CAMPING SKILLS

LEVEL 1

LEADER'S GUIDE SHEET

These are the basic steps to help a girl get acquainted with the skills needed to be resourceful, happy, and comfortable in the out-of-doors.

1. Outdoor Education in Girl Scouting, on page 117, says "Being outdoors gives girls opportunities to see and experience first-hand seasonal changes, weather phenomena, and other parts of our environment we often know little about. Understanding the basics about seasons, weather, and geology can help to make time in the outdoors safer and increase understanding of how our activities can alter the environment if we are not careful." Have the girls describe their environment. What does it include?

PROGRAM LINKS:

Brownie Girl Scouts - Eco-explorer Try-It

Junior Girl Scouts - Camp Together #3, Earth Connections #10, Your Outdoor Surroundings #3

Explain that good manners means caring for the feelings of others. Leaving your litter behind is not considerate, and it is hazardous to animals - the 6-pack plastic holders from soda cans and chewing gum are examples of this kind of hazard. The out-of-doors is home to many of our animal friends. We may watch them, but we should not disturb or destroy their homes or their young.

PROGRAM LINKS:

Junior Girl Scouts - Eco Action #6

A Girl Scout always leaves a place better than she found it!

2. Ask the girls to explain or demonstrate how they should dress for different situations: a day at the beach, a rain hike, a windy bike ride, a summer picnic, etc. Keep health and safety in mind when discussing sunscreen, proper shoes, sleeve length, and hats.

PROGRAM LINKS:

Brownie Girl Scouts - Outdoor Adventurer Try-It #1

Junior Girl Scouts - Hiker badge #2

3. A square knot is used to join two ropes of about the same thickness. Practice tying and releasing the knot until the girls can do it fairly fast.

PROGRAM LINKS:

Brownie Girl Scouts - Art To Wear Try-It, #6 or Ready, Set, Go Camping #5

Junior Girl Scouts – Outdoor Fun badge #8, Yarn and Fabric Arts #4

4. Keep safety in mind when using a cutting tool of any kind. Give every girl a chance to see this demonstrated and then to try it for herself. Brownies may not be strong enough to open a jackknife themselves, but they should learn to handle it correctly. Stress the importance of safety in using paring knives in cooking and food preparation. Cut away from your body and always use a cutting board. An arc of safety is keeping arms length away from anyone or anything. Measure this arc before having a knife in hand!
5. When choosing and preparing a fire building site, keep these points in mind:
 - ♣Check for fire permit requirements.
 - ♣Since fire burns upwards, don't build a fire under low or overhanging branches.
 - ♣Only build fires in designated areas or pre-existing fire rings, fireplaces, elevated charcoal stoves, etc.
 - ♣Rake out 15 feet from the fire area, in all directions, down to the mineral level. That means no leaves, dry grass, twigs, pine needles, etc. - just dirt and sand.
 - ♣Before starting your fire, place a bucket of water and a shovel near the fire circle.
 - ♣Hair should be tied with a scarf or kerchief. (This also keeps hair out of food when girls are preparing and cooking).
 - ♣Never wear nylon (windbreaker) jackets while near a fire of any kind.

PROGRAM LINKS:

Junior Girl Scouts - Outdoor Fun badge #3, #4, Safety First #10

6. Look at the recipe section from Camping Skills - Level I - Indoor Camping for some no-cook or heat and eat ideas. Make individual sandwiches or one great big long one and cut it into individual serving pieces. A friendship salad, where the girls each bring a fruit to be cut up and added, and the leader brings some mini marshmallows, is easy to do for any number of girls. Pudding cones, made with instant pudding in a plastic bag, is a no - mess dessert.

PROGRAM LINKS:

Brownie Girl Scouts - Make it, Eat it Try-It #2

Junior Girl Scouts - Outdoor Cook #7, Let's Get Cooking #7

7. Always stress the importance of preventing accidents; for instance running can lead to skinned knees and disturbing bees can lead to getting stung. Soap and water washing will take care of most cuts and skinned knees. Bee stings feel better when treated with cold water followed with a paste of baking soda and water. This is a great time to have a camp or school nurse talk to your girls about safety

PROGRAM LINKS

Brownie Girl Scouts – Travel Right Try-It #1

Junior Girl Scouts – Outdoor Fun #2, #5

8. Help the girls to understand the importance of using the buddy and truddy (3 people) systems. Have them discuss or role-play appropriate situations to use each system.

PROGRAM LINKS

Junior Girl Scouts – Camp Together #2

EIGHT BASIC CAMPING SKILLS

LEVEL 1

GIRL WORKSHEET

1. Describe your environment. What does it include? Discover good manners to use in the out-of-doors
2. Learn how to dress for the expected weather and what to bring along for the *unexpected*.
3. Learn how to tie, use, and release an overhand and square knot.
4. Demonstrate how to open, close, and pass a pocket knife safely. Know how to safely use a paring knife for food preparation.
5. Choose a safe spot to build a fire. Why should hair be tied up when working near a fire?
6. Help prepare a meal that needs no fire.
7. Demonstrate first aid for a skinned knee and a bee sting.
8. Learn what the buddy and truddy system are. Know how and when to use them.

(completion date)

EIGHT BASIC CAMPING SKILLS

LEVEL 2

LEADER'S GUIDE SHEET

1. When walking on city streets be sure to walk on sidewalks when available, and as a group not obstructing pedestrian traffic. Cross with traffic lights; cross together. Walk facing traffic when there are no sidewalks. When on country and rural roads walk on the left facing traffic and stay as much off the roadway as possible, getting permission to cross private property, taking your rest periods well off the roadway, and when you must cross do it as a group. Always try to keep yourself very visible; wear bright colors by day, white at night. Carry a light at night, but do not aim it at drivers; keep the light aimed below a driver's line of vision. Have the whole troop take a walk to practice these things. Practice crossing, carrying a light, etc. Girls should walk with a buddy. It's a good idea to have the girls count off and keep the same number, that way it is easy to check the girls when you leave and arrive at each rest or lunch stop. When hiking on mountain trails, remember to "take only pictures and leave only footprints." Environmental care can be simple. Litter is unsightly, unsanitary and can be damaging to people and wildlife. You start by not littering.

PROGRAM LINKS:

Brownie Girl Scouts – Eco-Explorer Try-It #6

Junior Girl Scouts – Camp Together #2, #2, Your Outdoor Surroundings #3

2. Clothing helps to maintain body temperature. Layering of clothing creates "dead air space" between you and the heat-reducing effect of elements such as wind and rain. Layers of clothing can be peeled off or added, as needed, to create the right amount of insulation for any outdoor situation. Several layers are often warmer than one heavy garment and more versatile.

PROGRAM LINKS:

Junior Girl Scouts - Hiker badge #2

* Additional information can be found on pages 32 – 34 in GSUSA's *Outdoor Education in Girl Scouting*.

3. Review the square knot from Level 1 and learn to tie a clove hitch. The clove hitch is used to put up a clothesline, tie the end of a rope around a pole or tree, and to start any lashing project.

PROGRAM LINKS:

Junior Girl Scouts - Outdoor Fun #8, Yarn and Fabric Arts #4

4. Sharp knives are safer to use because they cut more easily than dull ones. It takes 10 less effort and pressure to cut with a sharp knife, so if you do slip, the chances of cutting yourself are less. Also, a sharp knife will leave a clean cut, but a dull knife will leave a jagged one. (Clean cuts heal better.) A whetstone is used to sharpen a knife. Practice this skill by letting every girl use a sharpening stone. Keep knives clean to protect the blade and cutting edge. Folding knives should be oiled periodically (and wiped off) to keep the hinge working easily. An arc of safety is keeping an arms length away from anyone or anything.

Note: Before using knives, be sure that each girl has permission to participate in the activity.

5. Safety equipment for fires: A bucket of water, a bucket of sand, a shovel, and a rake. It is also a good idea to have a 1-pound coffee can full of baking soda near fires. The A-frame fire is really just a rack to hold the kindling off the ground so air can circulate. This is a good time to teach the girls about the three sizes of wood used in fire building (tinder, kindling, fuel).

PROGRAM LINKS:

Junior Girl Scouts - Outdoor Fun #4

6. A one-pot meal can be your favorite stove-top casserole moved outdoors, or a Girl Scout favorite. Try something new.

PROGRAM LINKS:

Brownie Girl Scouts – Ready, Set, Go Camping Try-It #3

Junior Girl Scouts – Camp Together #5

7. Talk first about preventing burns. Let the girls tell how to keep from being cut or burned. Cuts should be washed well with soap and water. Simple burns should be put in cold water quickly. Larger or more severe burns should be covered to keep out air and should be seen by a doctor. Girls could practice what to do if someone's clothing catches on fire. Stop! Drop! & Roll!

PROGRAM LINKS:

Junior Girl Scouts - Outdoor Fun #5, Safety First #10

8. Girls may be interested in learning about and using trail signs while exploring the outdoors. Trail signs are used to make paths for others to follow. While on a hike, girls may want to leave a message so another group can find them. Sticks, stones, twigs, or anything handy may be used. In an emergency, cloth strips could be used if a trail is not going to be used again, remove any signs the group has created. Patrols can practice their skills by laying trails for each other.

PROGRAM LINKS:

Junior Girl Scouts - Finding Your Way #9

EIGHT BASIC CAMPING SKILLS

LEVEL 2

GIRL WORKSHEET

1. Explain how litter can damage your environment. Know rules to follow for hiking safety on city streets, country roads or mountain trails; explain why you would follow them.
2. Find out and demonstrate what “dressing in layers” means and how it helps you to be more comfortable.
3. Show that you can tie a square knot and clove hitch. Explain why or where you would use both.
4. What is an “arc of safety”? Practice using one.
5. Know if permission has been secured to build a fire at your site. Know what safety equipment should be ready before a fire is started. Practice laying an A-frame fire. Build and use an A-frame fire. Do not forget to provide for site preparation and safety equipment.
6. Help prepare a one-pot meal.
7. Learn and demonstrate first aid for cuts and burns and discuss ways to prevent these accidents.
8. Learn about trail signs. Practice using them with your patrol or troop.

(completion date)

EIGHT BASIC CAMPING SKILLS

LEVEL 3

LEADER'S GUIDE SHEET

1. The buddy system means having a partner to help you. If a girl gets into difficulty while swimming, she has someone to call for help; on a hike if she falls, there is someone to call for help. The truddy system is excellent for outdoor use because if one of the three is injured, there is one to go for help and one to stay with the injured person.

The Conservation Pledge appears in Audubon publications, Sierra Club books, U.S. Forest Service materials, and in many other places. What does the pledge say? Compare it with the Promise and Law. Begin an aluminum can drive. Collect newspapers or bottles. Girl Scouts are natural born recyclers of discarded treasures. What are some ideas for crafts from recycled materials?

The Conservation Pledge

I give my pledge as an American to save and faithfully to defend from waste the natural resources of my country - its soil and minerals, its forests, waters and wildlife.

PROGRAM LINKS:

Junior Girl Scouts - Swimming #2, Discovering Technology #8, "Making" Hobbies #5, Toymaker #10

2. The group needs a well stocked first aid kit, map of the hike area, rope, compass, waterproof matches. Some other things you might need are extra socks or a candle. Discuss why these things are needed. Plan and take a hike.

Personal equipment that goes on all hikes:

a whistle	water bottle/canteen	pocket knife
sturdy shoes	food	rain poncho
scarf/kerchief/hat	tissue or toilet paper	individual first aid kit
sweater/jacket	lip balm	
leg protection/long pants	flashlight	

PROGRAM LINKS:

Junior Girl Scouts - First Aid #8

3. Review the square knot and clove hitch. The bowline is used in lifesaving and rescue work, for tying packs or bedrolls, or any time you want to make a loop in the end of a rope that will not slip or change size.

4. Whittle or carve something such as plaster sculpture, soap sculpture, or fuzz sticks. Other carving mediums might be paraffin or balsa wood.

Review the responsibilities that go along with the privilege of having a knife.

Remember, an “arc of safety” is keeping an arms-length away from anyone or anything. Also remember to say, “Thank you” when receiving a knife from another person to indicate that you are holding it and the other person can let go.

PROGRAM LINKS:

Art in 3-D #3, #5

5. Charcoal may be lit with fire starters made of sawdust and paraffin (egg carton fire starters) or candle kisses, or by using newspaper in the bottom of a commercial charcoal starter can. Remember to allow about a half hour from the time you start the charcoal until the time you need the fire ready for cooking. Fire burns upwards, so it is necessary that you start with the fire starters on the bottom and the charcoal on top. NEVER use liquid starter fluid. You can use a charcoal fire to cook a foil dinner.
6. A foil packet may be placed directly on the coals or on a grill set a little above the coals. Use heavy-duty foil to form the packages. Seal well on all edges. You will need a pair of long handled tongs for turning packets and removing them from the fire. The packets can contain a complete meal or just a side dish. See the Camping Skills-Level II-Outdoor Cooking manual in the foil or ember cooking section.
7. Triangular bandages may be cut from unbleached muslin or old sheets. Or use your scarf. Ask older Girls Scouts or a nurse to teach you how to use one.
8. Maps* are two-dimensional drawings that represent an area of the earth’s surface. One of the many types of maps is sketch maps.

* More information is available on page 108 of GSUSA’s Outdoor Education in Girl Scouting.

PROGRAM LINKS:

Finding Your Way #1, #5

EIGHT BASIC CAMPING SKILLS

LEVEL 3

GIRL WORKSHEET

1. Learn to use the appropriate method of dishwashing in the out-of-doors. Know how to dispose of "gray water" and garbage for minimal impact on the environment.
2. Bring and show what personal equipment is needed by each person to take on a hike. Discuss what additional items are needed by the whole group.
3. Tie a square knot, clove hitch and bowline. Describe and show the uses of each knot.
4. Clean and sharpen a knife and know why it is safer to use a sharp knife. Working at a safe distance from others, carve or whittle something with a knife.
5. Build and light a charcoal fire and keep it going. Discuss what and how long something may be cooked on it.
6. Cook something in foil.
7. Practice tying a triangle bandage for hand, arm sling, and sprained ankle.
8. With a buddy, make a sketch map for someone else to follow. With a buddy follow the sketch map drawn by another team.

(completion date)

EIGHT BASIC CAMPING SKILLS

LEVEL 4

LEADER'S GUIDE SHEET

1. Check with the Council's website at www.girlscoutsla.org to find information on the environmental practices in place at the various council Program Centers.
2. Bring a sleeping bag or two to the troop meeting and have each girl practice rolling and tying them securely. Then try a sleeping bag rolling relay race. Also have the girls practice packing personal items in a duffel or other soft sided bag.
3. Review the square knot, clove hitch, and bowline. Learn the sheetbend. The sheetbend is used when you need to join two ropes of unequal thickness. You can join small pieces of different kinds of rope to make one long piece.
4. Tips for using the jackknife can be found on page 46 of GSUSA's Outdoor Education in Girl Scouting.
5. All girls need to practice fire building so they can reach the skill and confidence that only comes from doing a thing yourself a number of times. Encourage girls to think about what the fire will be used for, so they can decide what kind of fire to build and how large it needs to be. Fires can be for cooking or for warmth. Teepee fires are used for quick coals and intense heat; a crisscross fire makes a large deep bed of coals for a Dutch oven or roasting; and a trench fire can be used to conserve heat, and can be built on windy days when there could be danger of fire spreading. Learning to extinguish fires correctly is important too...sprinkle, don't drown. Talk about dangers of putting too much water on a fire to put it out...clouds of hot steam can burn too.
6. By this level the girls should be experienced chefs, so let them do something new. Use any two cooking methods not employed in Levels 1, 2, or 3. Maybe you can even find a new method that is not on the list. The internet is an excellent source of new outdoor cooking recipes.
7. Discuss prevention first. Fainting: have victim lie down for at least 10 minutes; keep head low; if recovery is not prompt or if condition recurs, see a doctor. Sunburn: prevent by using sunscreen and limiting exposure to sun. Once burned, stay out of sun completely until soreness is all gone. If burn covers a large area or is severe a doctor may be needed. Level 4 girls should be familiar with standard first aid and personal safety.

8. A compass is a watch-like instrument that determines direction through the use of a steel needle that is attracted to the magnetism of the earth. To help the girls learn to find direction by using a compass, refer to GSGLA's Camping Skills Level III training manual. The length of your hike will depend on your site; it may be through a park, around school buildings, or around a campground. When hiking in or around a campground, be sure to teach the girls to observe and respect the boundaries of each campsite. Divide into groups or teams. One group makes the map and another group tries to follow it. Try a mystery hike to teach girls to navigate by street map. Blindfold them and transport them a mile or so from where you would like to end the hike. Remove blindfolds. Let them use their map to get to the destination.

PROGRAM LINKS:

Junior Girl Scouts - Finding Your Way #2, #8, Hiker #5

EIGHT BASIC CAMPING SKILLS

LEVEL 4

GIRL WORKSHEET

1. Find out what GSGLA is doing to protect the environment at either Camp Mariposa or the Montrose Program Center backyard. When camping, what could you do to help protect the site?
2. Know how to roll and tie your own sleeping bag. Know how to pack for an overnight camping trip. Learn about the appropriate weights for sleeping bags for various temperature conditions.
3. Show that you can tie a square knot, clove hitch, bowline, and a sheetbend. Describe the uses of each knot.
4. Know tips for using a jackknife and share them with a group of less experienced Girl Scouts.
5. Lay and light a fire and keep it going and put out the fire when you are finished using it. Practice conservation of fuel by using only as much as you really need.
6. Use at least two of the following cooking methods: reflector oven, Dutch oven, foil oven, stick cooking, or buddy burner.
7. Learn and demonstrate what to do if someone faints, or is severely sunburned. Discuss ways to help prevent these conditions.
8. Learn to use a compass to follow directions.

(completion date)

EIGHT BASIC CAMPING SKILLS

LEVEL 5

LEADER'S GUIDE SHEET

1. PRE-REQUISITES TO BEGINNING LEVEL 5:

Girl Scouts must have completed all four previous levels of the GSGLA Eight Basic Camping Skills program.

2. Completion of Level 5 is an assurance that the girls are good all-around campers, able to live comfortably and wisely in the out-of-doors. "To live wisely" means not only with due regard for health and safety, but much more - it means living in harmony with nature and the natural processes that make living on this planet possible.
3. Orienteering is navigating through unfamiliar terrain to find a series of natural or built features with the aid of a map and compass. It is generally done in a forested area but may be carried out on any site that has been mapped, even a shopping mall.
4. As you work on this level with your girls, or any time you are in the out-of-doors, keep these things in mind:
- a. SOIL EROSION - Leave the soil and the rocks in their natural place. Stay on trails while hiking. Don't "trench" tents. Instead, choose a site where natural terrain will keep you dry if it rains. Leave ground cover in place. Rake only where needed for fire safety.
 - b. PLANT LIFE - This year's flowers grow the seeds for next year's flowers. An adequate ground cover of plants, both living and dead, is essential to the control of erosion. Leave flowers on plants and roots in the ground. Avoid cutting or trampling all growing things. Bring your firewood from home.
 - c. POLLUTION AND LITTER - Dispose of "gray" water where it will not pollute drinking water, streams or lakes. Use a can with a tight fitting lid for grease. When you leave, make certain the site is always cleaner than you found it.

PROGRAM LINKS:

Junior Girl Scouts - Outdoor Cook #1, #3, #4, #5, #6, #9, #10, Hiker #3

Finding Your Way #7

Camp Together #1, #4, #5, #7

Cadettes and Senior Girl Scouts - Emergency Preparedness IPP #1, #11

Outdoor Survival IPP #7, #9, #10

EIGHT BASIC CAMPING SKILLS

LEVEL 5

GIRL WORKSHEET

PRE-REQUISITE TO BEGINNING THE ADVANCED CAMPING SKILLS:

Girl Scouts must have completed all four previous levels of the Eight Basic Camping Skills.

1. Take part in at least two camping trips by troop or patrol of at least two nights each. Trips must take place on two different campsites. Remember to use minimal impact.
 - a. Practice planning a good working layout of a troop campsite. Draw sketch maps or build site models.
 - b. Help arrange layout of site on each trip. Try to do each one differently. Before striking camp, evaluate what worked well and what did not. What would you do differently next time?
 - c. Use these trips to use the fire building, cooking, knots, lashing, tents, dishwashing, and other skills you are building.
2. Pitch and strike at least two different tents or tarp shelters.
 - a. Mark ropes and poles with white cloth or tags or foil for safety at night.
 - b. Know how to care for a tent and tarp; how to fold and store.
 - c. Know how to choose a good place to pitch your tent.
3. Knots
 - a. Tie a square knot, clove hitch, bowline, sheetbend, tautline hitch, and two half hitches. Know the uses for each knot.
 - b. Learn round, square, sheer, and diagonal lashing.
 - c. Lash at least one sturdy useful item to be used at your campsite. These could include a flagpole, table, towel rack, tool rack, wash basin stand, etc.
4. Jackknife
 - a. With a jackknife, make a useful item.
 - b. Split kindling.
5. Fires
 - a. Make your own fire starters. Prepare fuzz sticks. Light and maintain a fire during difficult weather conditions.
 - b. Build and light and use a cooking fire or campfire using wood or charcoal and extinguish it properly when finished.
 - c. Learn how to operate various types of cooking stoves and lanterns.
 - d. Know how to replace fuel canisters for stoves and lanterns. Also, how to replace lantern mantels.
 - e. Learn how to use a fire for signaling.
6. Cooking

- a. Prepare foods that require at least three different methods of cooking.
 - b. Try at least one new outdoor cooking method, in addition to the three used above.
 - c. Use books, magazines and the internet as resources.
 - d. Purify at least 1 quart of drinking water.
 - e. Know how to make a solar still to get water out of the ground.
7. First Aid
- a. Know how to recognize and treat heat exhaustion and hypothermia and shock.
 - b. *Juniors*: Earn the First Aid badge or Red Cross Basic Aid Training.
Cadettes: Earn the Red Cross Standard First Aid card.
Seniors: Hold current Red Cross Standard First Aid, Community CPR, or Basic Lifesaving certification.
8. Finding Your Way
- a. With your patrol or other group, use a compass to design an orienteering map for another Patrol or troop to follow. Be sure to include a legend.

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