

Camp Hi-Sierra

Webelos Camp 2007



Name: _____

Campsite: _____

Patrol: _____

DRINK WATER!

Signs of dehydration:

1. Thirst

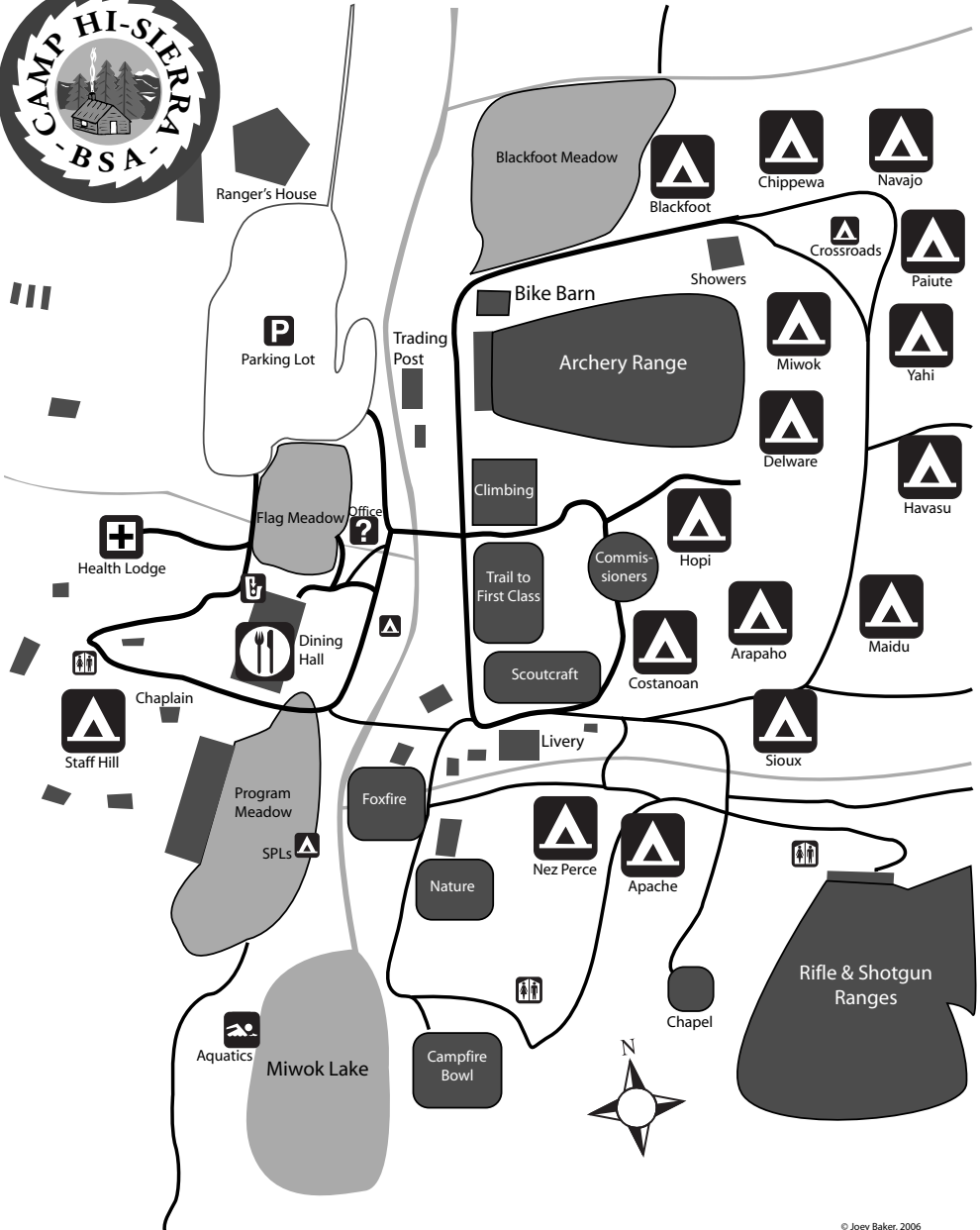
2. Crankiness

3. Headache

4. Lack of appetite

5. Dizziness

6. Tiredness





Aquanaut

Do these:

1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.
2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.
3. Put on a personal flotation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry.

And do three of these:

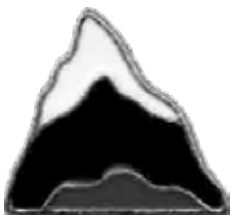
5. Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.
7. Pass the BSA “Swimmer” test:
 - Jump feet-first into water over the head in depth, level off, and begin swimming.
 - Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
 - Then swim 25 yards using an easy, resting backstroke.
 - After completing the swim, rest by floating.
8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming.

Note: For requirement 8, you must earn the Swimming Belt Loop while you are a Webelos Scout. (even if you earned it while in a Cub Scout Den).



Swimming Belt Loop

1. Explain rules of Safe Swim Defense. Emphasize the buddy system.
2. Play a recreational game in the water with your den, pack, or family.
3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area



Geologist

1. Collect five geologic specimens that have important uses.
2. Rocks and minerals are used in metals, glass, jewelry, road-building products, and fertilizer. Give examples of minerals used in these products.
3. Make a scale of mineral hardness for objects found at home. Show how to use the scale by finding the relative hardness of three samples.
4. List some of the geologic materials used in building your home.
5. Make a drawing that shows the cause of a volcano a geyser; or an earthquake.
6. Explain one way in which mountains are formed.
7. Describe what a fossil is. How is it used to tell how old a formation is? Find two examples of fossils in your area.
8. Take a field trip to a geological site, geological laboratory, or a rock show. Discuss what you learned at your next Webelos den meeting.
9. While you are a Webelos Scout, Earn the Cub Scout Academic belt loop for Geology.



Readyman

Do all of these:

2. Explain what first aid is. Tell what you should do after an accident.
3. Explain how you can get help quickly if there is an emergency in your home. Make a “help list” of people or agencies that can help you if you need it. Post it near a phone or another place with easy access.
4. Demonstrate the Heimlich maneuver and tell when it is used.
5. Show what to do for these “hurry cases”:
 - Serious bleeding
 - Stopped breathing
 - Internal poisoning
 - Heart attack
6. Show how to treat shock.
7. Show first aid for the following:
 - Cuts and scratches
 - Burns and scalds
 - Choking
 - Blisters on the hand and foot
 - Tick bites
 - Bites and stings of insects other than ticks
 - Poisonous snakebite
 - Nosebleed
 - Frostbite
 - Sunburn
8. Tell what steps must be taken for a safe swim with your Webelos den, pack, family, or other group. Explain the reasons for the buddy system.

And do two of these:

9. Explain six safety rules you should follow when “driving” a bicycle.
10. Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.)
11. Make a home fire escape plan for your family.
12. Explain how to use each item in a first aid kit.
13. Tell where accidents are most likely to happen inside and around your home.
14. Explain six safety rules you should remember when riding in a car.
15. Attend a first aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place.



Leave No Trace Awareness Award

1. Discuss with your leader or parent/guardian the importance of Leave No Trace frontcountry guidelines.
2. On three separate outings, practice the frontcountry guidelines of Leave No trace.
3. Earn the Outdoorsman activity badge.
4. Participate in a Leave No Trace-related service project.
5. Promise to practice the Leave No Trace frontcountry guidelines by signing the Cub Scout Leave No Trace Pledge.
6. Draw a poster to illustrate the Leave No Trace frontcountry guidelines and display it at a pack meeting.



Citizen

Do all of these:

1. With your parent, guardian, or Webelos den leader, complete the Citizenship Character Connection.
 - **Know:** List some of your rights as a citizen of the United States of America. Tell ways you can show respect for the rights of others.
 - **Commit:** Name some ways a boy your age can be a good citizen. Tell how you plan to be a good citizen and how you plan to influence others to be good citizens.
 - **Practice:** Choose one of the requirements for this activity badge that helps you be a good citizen. Complete the requirement and tell why completing it helped you be a good citizen.
2. Know the names of the President and Vice-President of the United States, elected Governor of your state and the head of your local government.
3. Describe the flag of the United States and give a short history of it. With another Webelos Scout helping you, show how to hoist and lower the flag, how to hang it horizontally and vertically on a wall, and how to fold it. Tell how to retire a worn or tattered flag properly.
4. Explain why you should respect your country's flag. Tell some of the special days we fly it. Tell when to salute the flag and show how to do it.
5. Repeat the Pledge of Allegiance from memory. Explain its meaning in your own words.
6. Tell how our National Anthem was written.
7. Explain the rights and duties of a citizen of the United States. Explain what a citizen should do to save our natural resources.

8. As a Webelos Scout, earn the Cub Scout Academics belt loop for Citizenship. At a Webelos den meeting, talk about the service project Good Turn that you did.

And do two of these:

14. Tell why we have laws. Tell why you think it is important to obey the law. Tell about three laws you obeyed this week.
15. Tell why we have government. Explain some ways your family helps pay for government.

Worksheet

President & Vice President of United States _____

Governor of California _____

Mayor of San Jose _____

Special days we fly the flag of the United States: _____



Citizen Belt Loop

Complete these three requirements:

1. Develop a list of jobs you can do around the home. Chart your progress for one week.
2. Make a poster showing things that you can do be a good citizen.
3. Participate in a family, den, or school service project.

Flag Folding

To properly fold the flag, begin by holding it waist-high with another person so that its surface is parallel to the ground.



Fold the lower half of the stripe section lengthwise over the field of stars, holding the bottom and top edges securely.



Fold the flag again lengthwise with the blue field on the outside.



Make a triangular fold by bringing the striped corner of the folded edge to meet the open (top) edge of the flag.



Turn the outer (end) point inward, parallel to the open edge, to form a second triangle.



When the flag is completely folded, only a triangular blue field of stars should be visible.





Outdoorsman

Do two of these:

1. Present yourself to your Webelos den leader, properly dressed, as you would be for an overnight campout. Show the camping gear you will use. Show the right way to pack and carry it.
2. With your family or Webelos den, help plan and take part in an evening outdoor activity that includes a campfire.
3. With your parent or guardian, take part in a Webelos den overnight campout or a family campout. Sleep in a tent that you have helped pitch.
4. With your parent or guardian, camp overnight with a Boy Scout troop. Sleep in a tent that you have helped pitch.

And do five of these:

5. During a Webelos den meeting, discuss how to follow the Leave No Trace Frontcountry Guidelines during outdoor activities (See page 72.)
6. Participate in an outdoor conservation project with your Webelos den or a Boy Scout troop.
7. Discuss with your Webelos den leader the rules of outdoor fire safety. Using these rules, show how to build a safe fire and put it out.
8. With your accompanying adult on a campout or outdoor activity, assist in preparing, cooking, and cleanup for one of your den's meals. Tell why it is important for each den member to share in meal preparation and cleanup, and explain the importance of eating together.
9. Discuss with your Webelos den leader the things that you need to take on a hike. Go on one 3-mile hike with your Webelos den or a Boy Scout troop.

10. Demonstrate how to whip and fuse the ends of a rope.
11. Demonstrate setting up a tent or dining fly using two half hitches and a taut-line hitch. Show how to tie a square knot and explain how it is used.
12. Visit a nearby Boy Scout camp with your Webelos den.



Artist

Do these:

1. Talk to an artist in your area or to your art teacher about the different occupations in the art field. make a list of them.
2. Create a scrapbook (portfolio) of your Artist activity badge projects and show it to your den leader.

And do five of these:

3. Draw or paint an original picture out-of-doors, using the art materials you prefer. Frame the picture for your room or home.
4. List the primary and secondary colors. Explain what happens when you combine colors
5. Using a computer, make six original designs using straight lines, curved lines, or both.
6. Draw a profile of a member of your family.
7. Use clay to sculpt a simple subject.
8. Make a mobile, using your choice of materials.
9. Make an art construction, using your choice of materials.
10. Create a collage that expresses something about you.
11. While you are a Webelos Scout, earn the Cub Scout Academics belt loop for art.



Astronomy Belt Loop

Complete these three requirements:

1. Set up and demonstrate how to focus a simple telescope or binoculars.
2. Draw a diagram of our solar system--identify the planets and other objects.
3. Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, and universe.



Ultimate Belt Loop

Complete these three requirements:

1. Explain the rules of ultimate to your leader or adult partner.
2. Spend at least 30 minutes practicing ultimate skills.
3. Participate in an ultimate game.



Map & Compass Belt Loop

Complete these three requirements:

1. Show how to orient a map. Find three landmarks on the map
2. Explain how a compass works.
3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit.



BB Guns

Complete these two requirements:

1. Explain the rules for Safe BB gun shooting you have learned to your leader or adult partner.
2. Demonstrate to your leader or adult partner good BB gun shooting techniques, including eye dominance, shooting shoulder, breathing, sight alignment, trigger squeeze, follow through.
3. Practice shooting at your district or your council camp in the time allowed.



Archery

Complete these three requirements:

1. Explain the rules for safe archery that you have learned in the district/council camp or activity you are attending with your leader or adult partner.
2. Demonstrate to your leader or adult partner good archery shooting techniques, including the stance and how to nock the arrow, establish the bow, draw, aim, release, follow-through and retrieve arrows.
3. Practice shooting at your district or council camp for the time allowed.

Grace

Philmont Grace

For Food
For Raiment
For Life
For Opportunity
For Friendship
And Fellowship
We thank Thee, Oh Lord.
Amen.

Rhyming Grace

God is great
and God is good,
and we thank Him
for this food.
By his hand we all are fed.
Grant us, Lord,
our daily bread.
Amen

Hi-Sierra Grace

(by Ed Sheldon)

As we wake here in the Valley of
the Tuolomne,
With the sun barely shining over
Dodge Ridge,
We give Thee thanks, O Lord
For the beauty of this earth and
the opportunity to share it with
thee.
We ask that you bless this food,
That it may strengthen and
nourish us as we go about our
day.
[Add a more personal statement
about the day ahead here.]

Scout Law

A scout is **trustworthy**: A scout tells the truth. He is honest, and he keeps his promises. People can depend on him.

A scout is **loyal**: A scout is true to his family, friends, scout leaders, school, and nation.

A scout is **helpful**: A scout cares about other people. He willingly volunteers to help others without expecting payment or reward.

A scout is **friendly**: A scout is a friend to all. He is a brother to other scouts. He offers his friendship to people of all races and nations, and respects them even if their beliefs and customs are different from his own.

A scout is **courteous**: A scout is polite to everyone regardless of age or position. He knows that using good manners makes it easier for people to get along.

A scout is **kind**: A scout knows there is strength in being gentle. He treats others as he wants to be treated. Without good reason, he does not harm or kill any living thing.

A scout is **obedient**: A scout follows the rules of his family, school, and troops. he obeys

the laws of his community and country. If he thinks these rules and laws are unfair, he tries to have them changed in an orderly manner rather than disobeying them.

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 own way and to help others. He saves for the future. He protects and conserves natural resources. He carefully uses time a property.

A scout is **brave**: A scout can face danger although he is afraid. He had the courage to stand for what he thinks is right even if other laugh at him or threaten him.

A scout is **clean**: A scout keeps his body and mind fit and clean. He chooses the company of those who live by high standards. 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.

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 three promises are:

- Duty to God and country
- Duty to other people
- Duty to self

Scout Motto

Be prepared.

Scout Slogan

Do a good turn daily.

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.

Tribe of Hi-Sierra

Runner

	Complete one week at Camp Hi-Sierra as a Webelo. _____
Elective Beads	Complete any 5 elective beads _____ _____ _____ _____ _____

Tracker

	Complete a second week at Camp Hi-Sierra as a Webelo. _____
Elective Beads	Earn six elective beads that are different from the ones that you earned for the Runner rank. _____ _____ _____ _____ _____ _____
Sun	Exemplify the 11th point of the scout law. _____



10 Rules of Camp

- Drink LOTS of Water!
- Always use the Buddy System!
- Always walk in Camp.
- Never throw rocks.
- Always wear closed-toe shoes in Camp.
- Always stay on trails and paths.
- Pick up litter whenever you see it.
- Challenge yourself to do something hard.
- Sing a song!
- Have fun!

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Credit to: <http://usscouts.org>

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