

Cooking

Dutch Ovens



Regulating Oven Cooking Temperature

The number and placement of the coals on and under your oven is critical. The optimal number of coals used for any oven is based on its diameter. For example, if you are using a 12-inch oven, you will need two coals per inch, a total of 24. More coals will likely burn your food and less may necessitate too long a cooking period. To determine how many coals go under and how many go on top, remember the magic number 2:

- 2 coals per inch of oven diameter
- place 2 more coals than the oven size on the lid, and
- place 2 less than the oven size under it.

Example: For a 12-inch oven, $12 - 2 = 10$ coals under the oven, and $12 + 2 = 14$ coals go on the lid, for a total of 24. The same formula applies to all ovens. A 10-inch oven should have 8 coals underneath and 12 coals on the lid. A 14-inch oven should have 12 coals underneath and 16 coals on the lid.

The placement of the coals is also an important part of proper heat regulation. The proper layout for coals or briquettes under the oven is circular. Coals should be approximately one inch apart in a circle under the oven. Never place coals directly under the center of the oven. If you do, you will create a hot spot and burn whatever you

are cooking. By placing the coals in a circle, the natural conductivity of the oven will distribute the heat evenly and effectively.

The coals on the lid of the oven should also be placed evenly in a circle along the flange of the outer lid. However, four of the coals should be placed toward the center of the lid, two on either side of the handle. This coal placement will produce an even, consistent temperature within the oven of approximately 350° and maintain that heat for up to two hours.

In the event that you need to generate a higher temperature inside your oven, “cheat up” the coals. Additional coals placed two at a time, one on the lid and one under the oven, will add another 50°. Two additional coals top and bottom would bring your oven’s temperature up to 450°. It is extremely rare to need a temperature of 450°, and you should never need one higher than that.

Regulating cooking temperature is by far the hardest thing to master when learning to cook in a Dutch oven. Hopefully the few tips I have to offer will help you out.

First and foremost, always use high quality briquettes. I recommend using Kingsford charcoal. Kingsford is packed tighter than most other brands so it won't pop and spit, and it tends to burn longer than other brands. Avoid using "Match Light" charcoal as it burns hot so it doesn't last as long. Kingsford charcoal will generate good heat for about an hours time. For recipes that take more than an hour to cook, after an hour remove the remaining briquettes and ash from the oven and replenish them with new briquettes. **Note: because the Dutch oven is already hot, you will not need as many briquettes as when you started cooking.** I usually remove 2-3 briquettes from the top and bottom the first time I replenish them.

The general rule of thumb to produce about a 350° heat is to take the size of the Dutch oven in inches, double the number, and use that many total briquettes. So, for a 12" oven you would use 24 briquettes, for a 14" oven you would use 28 briquettes, etc.. **Remember this is just a rule of thumb and does not work for all makes of ovens!** This rule for instance does not work when cooking with MACA deep Dutch ovens because they are much deeper and they are manufactured with more metal. This will be better explained below.

Lodge Cast Iron Mfg. has recently put out a baking temperature chart for use with their ovens listing the total number of briquettes necessary to bring an oven to different temperatures.

Generally speaking **each briquette will produce about 10° - 15° F. worth of heat on a moderately warm day with no wind.** However, do not use these numbers to try and formulate how many briquettes you should use to generate internal oven temperatures. Instead, use the general rule of thumb to calculate the number of briquettes to reach 350° F. and then add or subtract briquettes to reach the temperature you desire. Why shouldn't you use the heat values to determine temperature? The answer is, other factors such as the amount of metal used to manufacture the oven, the size of the oven (volume), and the amount of free airspace inside the oven affect the final internal temperature the oven will reach when using a set number of briquettes. **The more metal, volume of food, and internal air space you have to heat up, the more heat will be required to bring your oven to the desired temperature.**

Other factors such as ambient air temperature, humidity, altitude, and wind all influence how much heat is generated by burning briquettes. **Cool air temperatures, high altitudes, shade, and high humidity will decrease the amount of heat generated by briquettes. Hot air temperatures, low altitude, direct sunlight, and wind will increase the amount of heat generated by briquettes.** Also note that in windy conditions briquettes will burn faster due to the increased air flow around them, so they will not last as long.

Heat placement around the Dutch oven is crucial to yield the best cooking results. Briquettes placed under the oven should be arranged in a circular pattern no less than 1/2" from the outside edge of the oven. Briquettes placed on the lid should be spread out in a checkerboard pattern. Try to avoid bunching the briquettes as this causes hot spots.

The number one question I am asked is **"How many briquettes should I put on the lid and how many should go underneath the oven?"** The answer is **"It depends on what you are cooking"**.

For food you wish to simmer such as soups, stews, and chilis; place 1/3 of the total briquettes on the lid and 2/3 under the oven.

For food you wish to bake such as breads and rolls, biscuits, cakes, pies and cobblers (rising); place 2/3 of the total briquettes on the lid and 1/3 underneath the oven.

For food you wish to roast such as meats, poultry, casseroles, quiche, vegetables, and cobblers (non-rising); use an even distribution of briquettes on the lid and underneath the oven.

The golden rule of Dutch oven cooking is "go easy with the heat". If the oven isn't hot enough you can always add more briquettes, but once food is burned, it's burned.

Campfire Cooking Tips

I have received a lot of response from people asking how to use their Dutch ovens over a campfire. I have two separate campfire cooking methods I like to use, each depending on the amount of time I want to spend tending my ovens.

The first method involves using charcoal briquettes which are lit in the campfire. I prefer to use charcoal for cooking as opposed to cooking over an open fire because temperatures can be easily regulated with briquettes whereas an open fire is riddled with hot spots that can lead to burned food if your Dutch ovens are not watched carefully. I simply add a pile of charcoal to the center of the campfire to be started by the flames. Once the charcoal is lit, the briquettes are removed from the fire and arranged for cooking near the edge of the fire pit away from the campfire flames. Then cooking proceeds just like it would at home.

The second method entails burying your Dutch oven in coals and is about like cooking in a crock pot set on low heat. I usually use this method when out hunting or fishing (in a campfire safe area) and I don't want to spend a lot of time over my ovens. It starts by digging a hole 18-20 inches deep and 20-24 inches in diameter in the center of the campfire pit. Line the sides of the hole with flat stones and check to make sure the oven will fit in the hole. Next, start a campfire in the bottom of the hole to get coals going. Keep adding wood to the fire until the hole is 1/2 - 2/3 full of coals. Next kick the fire out and remove the larger pieces of remaining wood. Dig a hole in the coals that the Dutch

oven containing the evening meal can be set in then cover the Dutch oven with the remaining coals (you want at least 2-3" of coals on top of the lid) followed by a 2" layer of dirt spread out over the coals. Spread 2 wet burlap bags over the dirt and cover them with rocks so they won't be blown away in the event a wind comes up. The burlap bags will help to hold the heat in. Then leave the oven to sit for the day. When you return to camp in the evening the food will be ready for eating. Simply dig the oven up and brush it off with a whisk broom prior to opening it.

Seasoning Your Dutch Oven

Cast iron Dutch ovens, if properly cared for, will last for many generations. Constant and proper Dutch oven care beginning from the day the oven is purchased will keep it in service for many years. All quality ovens are shipped with a protective coating that must be removed prior to seasoning. Removing the protective coating requires a good scrubbing with a little soap, some hot water, steel wool, and a little elbow grease. **This is the only time you will ever use soap on your Dutch oven.** Once the oven has been cleaned, it should be rinsed well, then towel dried and allowed to air dry.

You can use your kitchen oven to season a Dutch oven but just a word of warning, **You will smoke up your house if you season your Dutch ovens indoors.** I recommend using an outdoor gas barbecue in a well ventilated area. Preheat your barbecue or kitchen oven to 375°. After your Dutch oven is dry, place it on the center rack with the lid ajar. Allow it to warm slowly so it is just barely too hot to handle with bare hands. The preheating does two things, it drives any remaining moisture out of the metal and opens the pores of the metal.

Note: You can also season a Dutch oven in your fireplace. I installed a cast iron pot hanger to the back wall of my fireplace so I could hang my ovens over the fire. If your chimney flu has a good draw you won't get much grease smoke in your house, however, I still recommend opening a few windows and doors.

Now, using a paper towel or a clean 100% cotton rag, apply a thin layer of cooking oil. I prefer using vegetable oil over peanut and olive oils because the burning point of vegetable oil is lower so it will set up and harden at lower temperatures. Tallow or lard can also be used but they tend to break down over time so are not recommended on ovens that will be stored for long periods of time. Make sure the oil covers every inch of the oven, inside and out and replace it on the center rack, this time upside down with the lid resting on top of the legs. This will keep oil from pooling in the bottom of the oven. Bake the oven for about an hour or so at 375°. This baking hardens the oil into a protective coating over the metal.

After baking, allow the Dutch oven to cool slowly. When it is cool enough to handle, apply another thin coating of oil. Repeat the baking and cooling process. When the oven can be handled again apply another thin coating of oil. Do not leave any standing oil in the oven! Standing oil can turn rancid ruining the protective coating you just applied. Allow the oven to cool completely. Now it should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready for use.

This seasoning procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well kept oven and of it's use. The

seasoning's purpose is two fold, first and most important; it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a nonstick coating on the inside of the oven. When properly maintained, this coating is as nonstick as most of the commercially applied coatings.

Note: Avoid cooking anything with a high acid content such as tomatoes, or a lot of sugar such as cobblers for the first 2 or 3 times after seasoning your oven. The acid and sugars can break down the protective covering before it has a chance to harden properly.

Aluminum Dutch ovens do not require a "seasoning". Most aluminum ovens are shipped with a protective coating and a simple washing with soap and hot water will remove it. Since aluminum doesn't rust, no further protection is required. However, if you season an aluminum oven like you do a cast iron oven, food will not stick in it as often as it would if left untreated.

Cleaning a Dutch Oven

Dutch oven care starts with the seasoning of the metal, but the second step is to make sure you clean your ovens properly after each use. More often than not, cleaning cast iron Dutch ovens is much easier than scrubbing pots and pans.

The easiest way to clean a Dutch Oven is to not get it dirty to begin with. If possible, even when food is cooked in a separate pan, line the inside of the Dutch Oven with aluminum foil. If food is cooked directly in the Dutch Oven, then use Extra Heavy-Duty aluminum foil so that the foil won't easily rip. If all of this prevention fails to keep the Dutch Oven unsoiled, or if the cooking juices or dirt get on any part of the metal then it must be cleaned.

Cleaning a Dutch Oven has one large don't...**DON'T** use Soap. **Soap is not recommended because it will break down the protective covering and will get into the pores of the metal to taint the flavor of your next meal.** First wipe out as much residue as possible, with paper towels, for instance. Scrub and rinse the inside surfaces with clean water (remember – no soap). When all of the dirt and residue has been removed, or is so cooked-on that it cannot come off by simple scrubbing, allow the oven to air dry. Once dry, put the lid back on the Dutch Oven and put them over a bed of hot coals and put hot coals on top of the lid. Leave it in the coals for at least 15 minutes. This final heating process does two things: it disinfects the oven, and it turns remaining residue into clean ash. After the oven cools from the coals, one final wipe of the inside with a clean paper towel to remove ashes makes it ready for its next use.

Apply a thin coating of oil to both the inside and outside of the oven and the top and underside of the lid. Allow the oven to cool completely. If you do not oil the outside of the oven, then with use, the protective barrier will break down and the oven will start to rust. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

If a Dutch Oven is new, or if a used oven is washed with soap by mistake, then you must *season* the metal. For new ovens, follow the directions on the box. To season a Dutch Oven in camp, wipe shortening (or cooking oil, if no shortening is available) lightly, and evenly on all surfaces of the clean oven (don't forget the lid). Put the lid

slightly ajar on the oven, put the oven over ~7 hot coals, and put ~7 coals on top of the Dutch Oven. Heat for an hour or more. After cooling, gently wipe the inside surfaces where any oil remains pooled and make sure that all surfaces are coated with the oil. Your Dutch Oven is now protected from rust and is ready to cook with again or to pack away for the next camping trip.

Sanitation

Materials

- Paper Towels
- A biodegradable Dish soap
- A Dishcloth/Sponge/Scrubby
- Tongs
- Three Dishpans
- Hot Water
- Cool Water
- A splash of bleach or sanitizing tablets
- Dirty Dishes

Resources

Boy Scout Handbook—chapter 10,

Goals

By the end of this session, participants will be able to

- Setup a dishwashing station
- Properly clean dishes and pots used on a campout
- Properly dispose of used dishwater

Clean up and Sumps

1. Three pot method of cleaning: (p 282)
 - Wash pot – biodegradable soap, hot water
 - Cold rinse pot – cold water with Clorox
 - Hot rinse pot – clear, hot water
2. Principle of sumping (p 283)
 - Use a sump hole for depositing gray water from cleaning dishes. This is a hole dug similarly to a cathole that is re-covered after use. Sump holes concentrate waste water and associated food odor, localizing it in the kitchen, rather than broadcasting it over a larger area.

Camping Dishwashing - How to Wash Dishes without A Sink

Camping dishwashing seems to be a puzzling act for many people. This is one of the most frequent questions I get by visitors to this site...how to wash dishes when you are camping! Most campers are environmentally conscious and prefer to stick with reusable rather than disposable kitchen items but give in to the throwaways because washing dishes while camping seems like such a daunting or impossible task.

So here is the easy step-by-step camping dishwashing process that we faithfully use to wash dishes when we are camping. We use this method on both our family camping trips as well as our scouting trips where everyone brings a mess kit and there are no throwaway plates, cups, or utensils used.

What Equipment Do You Need??

When setting up our camping dishwashing station, first we start with the equipment list. We keep all of things packed in our kitchen box...except for the water, the dirty dishes, and the human of course!

- Paper Towels
- A biodegradable Dish soap
- A Dishcloth/Sponge/Scrubby
- Tongs
- Three Dishpans
- Hot Water
- Cool Water
- A splash of bleach or sanitizing tablets
- Dirty Dishes
- A Human Dishwasher

Step One: Heat the Water

Immediately after dinner is ready, put two or three pots of water to boil on the stove while eating.



Step Two: Wipe the Plates

After dinner...and this is the only place we use disposable paper good item, everyone takes a paper towel and wipes their plate and silverware clean of any food particles. This can be done with one paper towel and it is an important step to help to keep the food particles out of the washtub.

Step Three: Set Up the Wash Tubs

Now it is time to get the three tubs out. You can work from left to right, or right to left, whichever works best for you.

These are just cheap ordinary rectangular dish tubs you can get at Wal-Mart. They easily nest inside each other and you can put a bunch of your kitchen stuff inside the top one for storage.



Step Four: Prepare the Tubs

Tub A is for washing. We put a few squirts of dish soap in here and fill the tub halfway with regular water. When the hot water is ready, we add some to warm this tub up (This is a personal preference.)



Tub B is the rinsing tub and gets just plain water in it. We fill the tub 1/3 of the way with cool water, and the rest (about 2/3) with hot water

Tub C is for sterilization. This is a very important part of your camping dishwashing station. Some people like to use sterilization tablets, some put a few drops of bleach in the tub (health safety standards recommend 1 teaspoon of bleach for every 2 gallons of water). This is extremely hot and you will need tongs to pull the dishes out of this tub

Step Five: The Washing Process

Using a paper towel, thoroughly wipe any food residue off of the plates. You want as little food as possible to be in the tub when washing. One paper towel is good for wiping several plates.

Start with the cleanest dishes first, leaving the dirtiest dishes, usually the pots and pans and mixing bowls, for last.

The first dishes to be washed will be placed in Tub A with the soapy water and dishcloth or sponge, just like you do in a sink.



After washing, the dishes come out of Tub A and into Tub B where you agitate a little to rinse off the soap



Now the dishes get moved from Tub B, the rinsing tub, to Tub C, sterilization. Be careful when you put the dishes in so you don't splash the hot water on yourself!



Let the dishes sit a few minutes in the boiling water (Tub C) while you go back to Tub A and wash some more dirty dishes, put these washed dishes in Tub B to rinse, and while they are in there, with the tongs take the clean, sterilized dishes out of Tub C.



Spread some paper towels, or use a portable dish drainer if you like, and let them drip dry upside down



Principle of sumping the Dishwater

Now it is time to clean up the camping dishwashing area! The method that we use to dispose of the dishwater also sounds a little complicated....but it is not at all...and it is done this way to wash out and clean up your dish tubs without using any more water than you already used for the dishes!

- First dump out the water in Tub A. This was the washing water with the soap...and will be the dirtiest of the three tubs (remember...check out the minimal impact method of dumping your water in the next section!)
- Now...dump the rinse water from Tub B into the empty Tub A (this gives Tub A a rinse with water that you already have).
- Now...dump the boiling water (it won't be boiling hot anymore) from Tub C into Tub B. So now Tub C is empty and clean and you are done with it. Turn it upside down with your other clean dishes to dry.
- So now you have water in only Tub A and Tub B. Go ahead and dump the water from Tub A again.
- Now pour the water from Tub B into Tub A so Tub B is clean and empty, and Tub A is getting its final rinse with the batch of hot rinse water. Put Tub B upside down with the clean dishes to dry.
- Finally, dispose of the water in Tub A and turn it over to dry...and you are done! And your dishes are done too!



Some Rules for Your Camping Dishwashing Station

As campers we love nature and its beauty and try to do the best we can to promote Leave No Trace camping, or camping that does as little damage as possible to the environment.

There are many debates as to whether camping dishwashing is more harmful to the environment than using paper and plastic disposables, because you are using and disposing soap and water.

All of the research points to camping dishwashing with reusable plates, pots, silverware, and cups, as being the preferred method; but here are some important steps you should take when washing your dishes at your campsite to make sure you protect the area so many can enjoy it in the future as well.

- If possible, use small quantities of biodegradable soap.
- Make sure you wash and dispose of the waste water at least 100 feet from any water source. Never pour it into a river or lake, or any water source as this will contaminate the water!
- If possible, dig a small hole to pour the water into, to allow the ground to filter the water and return it back to the water source in its own natural way. If you can't dig a hole, spread it over the ground to encourage natural filtration.
- Do not wash dishes/pots/pans under a running spigot on their site. This is not an acceptable practice of camping dishwashing for several reasons. First, the running water is a huge waste of excess water! Second, the water is not being dispersed of properly to encourage natural filtration.

FIRST AID

Learning Objectives:

As a result of this experience, each participant should be able to:

- Show first aid for cuts, scratches, blisters, minor burns, insect bites/stings snake bites, nosebleeds, frostbite and sunburn. **Tenderfoot rank requirement 12b**
- Prepare a personal first aid kit to take on a hike. **Second Class rank requirement 6b**
- Demonstrate first aid for: Object in the eye, bite of a rabid animal, Puncture wounds from a splinter, nail, and fishhook, serious burns, heat, hyperventilation, exhaustion, shock, heatstroke, dehydration, hypothermia and hyperventilation. **Second Class rank requirement 6c**
- Perform the Heimlich maneuver **Tenderfoot requirement 12a**

Materials Required:

- First Aid Kit Contents (Scout book, page 289):
 - Adhesive Bandages (6 per participant)
 - Sterile gauze pads – 3x3 (2 per participant)
 - Adhesive tape – 1 sm. Roll per participant
 - Moleskin – 3x6 (1 per participant)
 - Soap (1 sm. bar per participant)
 - Antiseptic (1 sm. tube per participant)
 - Scissors (1 pair per participant)
 - Latex gloves (1 pair per participant)
 - Mouth barrier device for CPR (1 per participant)
 - Plastic goggles (1 per participant)
 - Pencil and paper (1 each per participant)
- Posters / handouts re: first aid procedures for Tenderfoot 12b and Second Class 6b and 6c requirements
- 3x5 Cards containing symptoms of medical problems (hypothermia, insect bites, etc) to use in role play

Discovery:

Have exemplar first aid kit assembled. Ask participants to compare their kits with the exemplar kit. Have extra items available if boys need to supplement their kits to conform.

Teaching-Learning:

First aid for

- minor cuts, scratches (Boy Scout Handbook, p. 304):
 - Wash with soap and water
 - Apply antiseptic (prevents infection)
 - Cover with adhesive bandage (to keep clean)
 - Clean and rebandage daily
- Blisters (p. 308):
 - Warning signs: “hot spot”
 - Make “doughnut bandages” from moleskin; use several if needed
 - If hiking, consider draining blister – clean first and use sterile bandage.
- Minor burns - first degree (p. 306):
 - Hold under cold water until little or no pain
- Insect bites/stings (p. 310 – 311):
 - Bees/Wasps: Scrape away stinger with knife blade; Don’t squeeze it out; Ice may reduce swelling
 - Tick Bites: Avoid by wearing long pants and long sleeve shirt; Remove by gently pulling until tick comes loose, do not twist; Wash with soap and water and apply antiseptic.
 - Chigger Bites: Do not scratch. Relieve with calamine lotion
 - Spider Bites: Two to be concerned about – Black Widow and Brown Recluse. Black Widow painful immediately, Recluse may not show symptoms for 2 to 8 hours. Treat for shock if necessary. Get victim to doctor as soon as possible.
- Snake bites (p. 312-313):
 - Non-poisonous: Wash and apply antiseptic as with any minor wound.
 - Poisonous: Get medical care immediately; Keep wound site lower than rest of body if possible; treat for shock if necessary; use commercially available venom extractor IF within first three minutes (follow directions); Do NOT, apply ice, cut the wound area or attempt to “suck out” venom.
- Nosebleeds (p. 306):
 - Have victim sit up and lean forward
 - Pinch nostrils together
 - Apply cool, wet cloth to face
 - For severe bleeding, treat for shock and call for help
- Frostbite (p. 324):
 - Get into tent or building
 - Keep injury area warm
 - Avoid rubbing frostbitten flesh
 - Get victim to a doctor

- Sunburn (p. 307):
 - Prevent with frequent application of SPF 15 or greater sunscreen, broad brimmed hat and long sleeves.
 - Treat with cool compress and aloe.
- Object in the eye (p. 314):
 - Have victim blink eyes
 - Wash hands, then pull upper lid over lower one (lower lashes may brush out object.
 - For object under lower lid, pull down lower lid and gently brush out object with corner of clean gauze pad.
 - If does not work, get victim medical care
- Bite of a possibly rabid animal (p. 312):
 - ANY warm blooded animal may have rabies
 - Scrub bite with soap and water to remove animal saliva
 - Cover wound with sterile bandage and get victim to a doctor
 - Call police, rangers or animal control to catch animal for rabies testing. Do NOT attempt to catch animal yourself.
- Puncture wounds from a splinter, nail, or fishhook (p. 305):
 - Encourage wound to bleed to remove anything forced inside
 - Use tweezers, sterilized over a flame or with boiling water, to remove splinters, bits of glass or other visible objects.
 - Wash with soap and water, apply sterile bandage and get victim to doctor.
 - Fishhook: Let doctor remove if possible. In back county, remove hook by clipping off barb with wire cutters before retracting.
- Serious burns (2nd and 3rd Degree) (p. 306-307)
 - 2nd Degree: Do not break blisters; Do not apply creams. Place into cool water until pain goes away.
 - 3rd Degree: Do not try to remove clothing. Do not apply creams. Wrap a clean sheet around victim, treat for shock and get immediate medical attention.
- Heat exhaustion (p. 319)
 - **Symptoms:** Clammy skin; dizziness, nausea, headache or muscle cramps
 - Body's cooling system becomes overworked
 - Have victim lie in cool, shady place
 - Fan victim and apply wet cloths
 - If alert, give victim water with pinch of salt in it
 - If symptoms do not improve quickly, get medical help.
- Heatstroke (p. 320)
 - **Symptoms:** Very hot skin; Red skin; Rapid pulse, noisy breathing; Confusion, irritability; not cooperative with treatment; Unconscious
 - Body's cooling system stops function

- Move victim to cool, shady spot
- Cover with wet towels, place in stream or tub of cool water, put in air-conditioned car or house.
- Get medical attention
- Dehydration (p. 321)
 - Prevent: Drink plenty of fluids
 - Treat by hydrating – give victim fluids
- Hypothermia (p. 323)
 - Exposure to elements; does not have to be below freezing
 - Symptoms: Cold and numb; Fatigue and anxiety; Uncontrolled shivering; Confusion; Stumbling; Loss of Consciousness
 - Get to a building and get victim in warm, dry clothes
 - Zip victim into a sleeping bag
 - Offer alert victim hot beverages
 - Apply hot water bottles to armpit or groin area
 - Seek medical care for serious cases.
- Shock (p. 303)
 - Eliminate cause of shock: restore breathing / heartbeat; control bleeding, relieve severe pain; treat wounds.
 - Keep airway open
 - Raise feet above heart to keep blood going to vital organs
 - Keep victim warm
 - Call or send someone for emergency care.
- Choking / Stopped Breathing (p. 294 – 297) *Tenderfoot requirement 12a*
 - Stopped breathing: Open airway; Place victim on back; remove tongue from airway; Look for obstructions; perform rescue breathing if needed.
 - Choking: Heimlich Maneuver – Get behind victim; grasp hands together and, at point between navel and rib cage, pull inward and upward. Repeat until obstruction is removed.

Application:

Have participants divide into pairs. One scout will “role play” from 3x5 card with symptoms. The other will “diagnose” the problem and describe how to treat.

Instructing Notes

Types of Wounds

Name	Description
avulsion	In an avulsion, a portion of skin is torn. This can be partial, with a portion of skin remaining as a "flap." In a total avulsion, a body part is completely torn off.
bruise	Bleeding that occurs under the skin causes discoloration, swelling. The area begins as red but may turn into a "black and blue mark."
cut	A cut is a split in the skin caused by a sharp object, such as a knife, or even a dull object. A cut can have either a jagged or smooth edge.
puncture	A puncture wound is caused when the skin is pierced by a sharp object. Included in this category are gunshot wounds, impaled objects, and an object that passes totally through a part of the body.
scrape	A scrape is very common, and occurs when skin is rubbed or scraped away.

Caring for a Minor Open Wound

- Stop the bleeding by applying pressure with a clean, absorbent cloth, or if cloth is unavailable, your fingers.
- If the blood soaks through, apply a second bandage on top. Do not take off the first bandage because it will disturb the clotting that has already taken place.
- If bleeding still doesn't stop, raise the wound above heart level.
- Once bleeding stops, clean the wound gently with soap and water, or just water. It is very important to get all debris or dirt out.
- Apply an antibiotic ointment such as bacitracin or a triple antibiotic ointment. Remember, some people are allergic to these ointments, so contact your doctor if you have any doubts.
- Wrap the wound firmly in a cloth or a bandage. Do not cut off circulation!

Caring for a Major Open Wound

- Covering the wound with a clean dressing, press against it firmly with your hand.
- Elevate the wound above the level of the heart.
- The clean dressing should then be covered over with a roll bandage (like an Ace) to hold the dressings in place.
- If bleeding still does not stop, add additional dressings over the roll bandage.
- Squeeze a pressure point, the artery against the bone. This is in the bottom upper arm, or where the leg bends at the hip.
- Once the bandages and pressure point are being maintained, have someone call EMS if they have not already.



Special Problems

When part of the body has been torn off...

- Try to find the part
- Wrap it in a clean dressing and place in a plastic bag.
- Put the bag on ice, but don't freeze.
- Take the part to the hospital.

When an object is impaled in a wound...

- Do not remove it. You could reveal an open artery which would then be awfully hard to deal with, a.k.a. nearly impossible.
- Bandage many dressings around the object to immobilize it and support it in its position in the wound.

Splinters...

- A small splinter in the skin should be removed with tweezers.
- For a splinter in the eye, seek emergency help immediately, do not touch it.

Nosebleeds...

- Have the victim sit with his or her head tilted a little bit forward while pinching his or her nostrils together.
- One could also place an ice pack on the bridge of the nose.

Injury to the mouth...

- If the injury does not involve the head, neck, or spine, have the victim sit with the head slightly tilted forward. If the victim is unable to reach this position, place the victim on his or her side. This ensures that blood drains from the mouth.
- If the injury has broken the lip, place a clean rolled dressing between the lip and gum. Applying cold can also help.

If a tooth is knocked out...

- Place a small roll of sterile gauze in the gap left by the tooth that was knocked out.
- Pick up the tooth *not* by the root, but by the crown, the part you see when you smile in the mirror. If you can, place the tooth back how it belongs in the socket.
- If you can't put the tooth back in, put the tooth in a container with cool, fresh milk. If this cannot be done, use water.

First Aid Kits

In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things you should have:

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer**
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Things it may be good to have:

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

Animal Identification

Plant Identification

Packing and Hiking

Finding Your Way – Map and Compass Reading

Materials

- One topographical map for at least every two participants.
- Instructor's compass plus one compass per participants

Resources

Boy Scout Handbook—chapter 4, “Second Class Scout”; chapter 5, “First Class Scout”

Goals

By the end of this session, participants will be able to

- Define what a map is, how it is used and tell where maps can be obtained.
- Demonstrate how to read and interpret a map for descriptions, directions, distance, scale and detail.
- Interpret a map effectively for safe travel in the backcountry
- Read and use a compass effectively for safe travel in the backcountry
- Find their way with a map and compass

Assignments

- Demonstrate how a compass works and how to orient a map. Explain what map symbols mean. [Second Class 1a](#)
- Using a compass and map together, take a five mile hike (or 10 miles by bike) approved by your adult leader. [Second Class 1b](#)
- Demonstrate how to find directions during the day and at night without using a compass. [First Class 1](#)
- Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items. [First Class 2](#)

Understanding Maps

- Simple trail maps, the line-drawing variety often found in guidebooks, are useful for trip planning but NOT for navigation in the field. To safely find your way in wilderness terrain, you need the detail provided by topographic maps.

Basic (planimetric) maps:

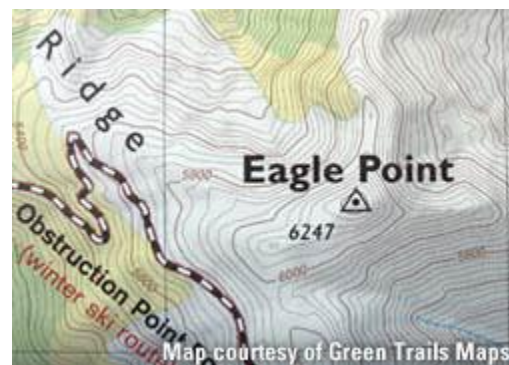
- **Examples:** Traditional road maps; hand-drawn trail maps provided in visitor-center handouts.
- **Appearance:** Flat, 2-dimensional, horizontal view of land areas showing roads, rivers and trails.
- **Attributes:** They display points of interest (viewpoints, trail junctions) and routes that connect them, but offer no perspective on elevation variances. Thus they may make the distance to your destination appear to be modest, but they will not indicate if a deep valley or high ridge must be crossed in order to reach it.



- **Usage:** OK for following a simple nature trail or making a short trip on a well-defined trail system, but insufficient for navigation should you head deep into the wilderness or step off an established path.

Topographic (topo) maps:

- **Examples:** U.S. Geological Survey (USGS) quadrangles; customized commercial and downloadable map products.
- **Appearance:** Areas of varying colors (or shades of gray) are overlaid with "squiggly" contour lines. Together they combine to give trained eyes a mental picture of the elevation variances in a landscape. Tightly spaced contour lines, for example, indicate steeper terrain.
- **Attributes:** Their ability to convey the physical relief (the highs and lows) of a landscape enables you to orient yourself in the field by identifying prominent natural features—peaks, ridgelines or valleys. They also show the location of prominent man-made features such as roads and towns.
- **Usage:** Always the best choice for any type of wilderness travel, from day trips to extended expeditions. Even if you're hiking on what you believe is an established, well-signed, can't-get-lost trail system, a topo map remains a helpful tool when you reach a viewpoint and want to identify peaks and landmarks with certainty.



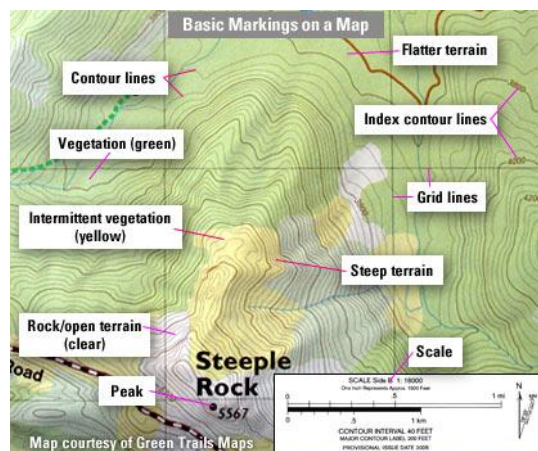
How Do Topo Maps Describe the Terrain?

Contour lines: They connect points on the map that share the same elevation, providing a 3-dimensional perspective of the landscape. Tightly packed contour lines indicate steep terrain; widely spaced lines indicate relatively level terrain. Contour lines never intersect.













Contour interval: Contour lines are separated at specific elevation intervals. Intervals may vary by individual map, appearing every 20, 40, 80, 100 or 200 feet. But the interval used on a single map (say, 80 feet) remains consistent throughout that map. A map's chosen contour interval is identified in the margin of each map.

Index contour lines: Every fifth contour line is the index contour line. Usually the line is slightly bolder and intermittently includes the elevation (usually the number of feet above sea level) of all points on that line.

Scale: Beyond the ratio scale (described later in this article), a map includes a horizontal graphic scale. It displays how a measurement on the map (1 inch, for example) equates to miles/kilometers of terrain covered by the map.



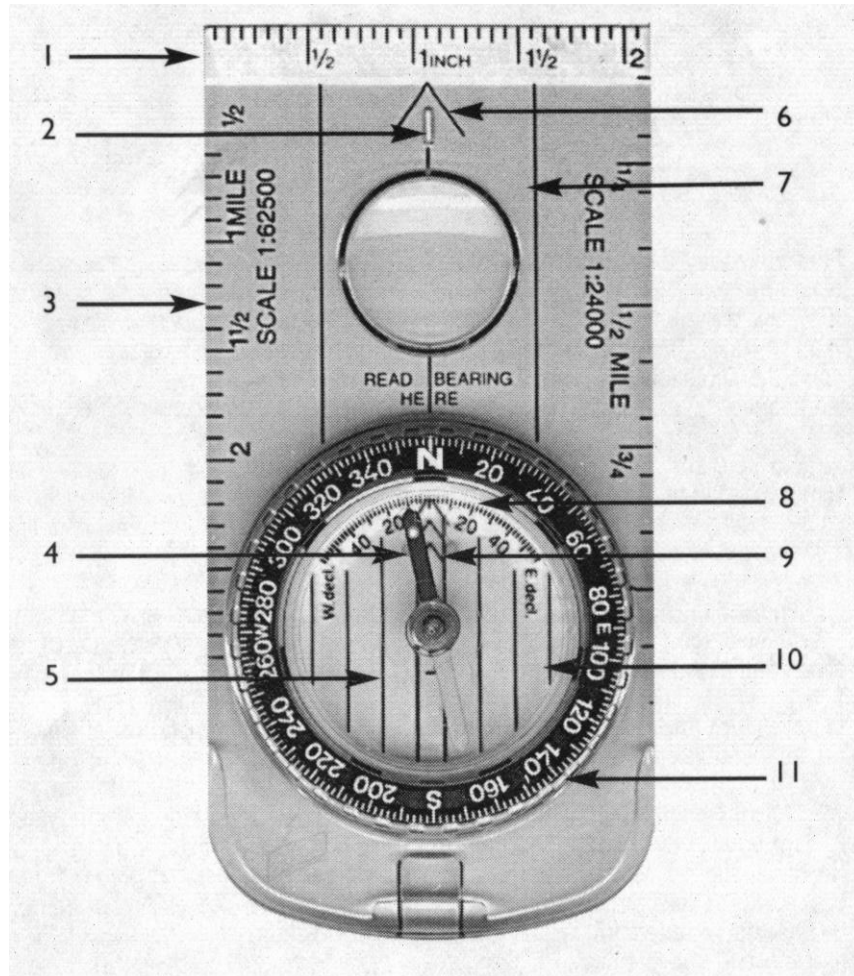
Map Symbols

 road	 Bridge	 Highway	 Footpath
 Small Road	 Post Office	 Railroad	 Train Station
 River	 School	 Church	 Woods

Understanding how a compass works

Parts of a Compass

1. Base plate
2. Luminous Point
3. Scale
4. Magnetic Needle (Red North)
5. Orienting Lines
6. Direction Of Travel Arrow
7. Index Line
8. Declination Scale
9. Orienting Arrow (Red North)
10. Liquid Capsule
11. Dial with incremental Gradations



Using Your Compass

Find A Heading (Field Bearing)

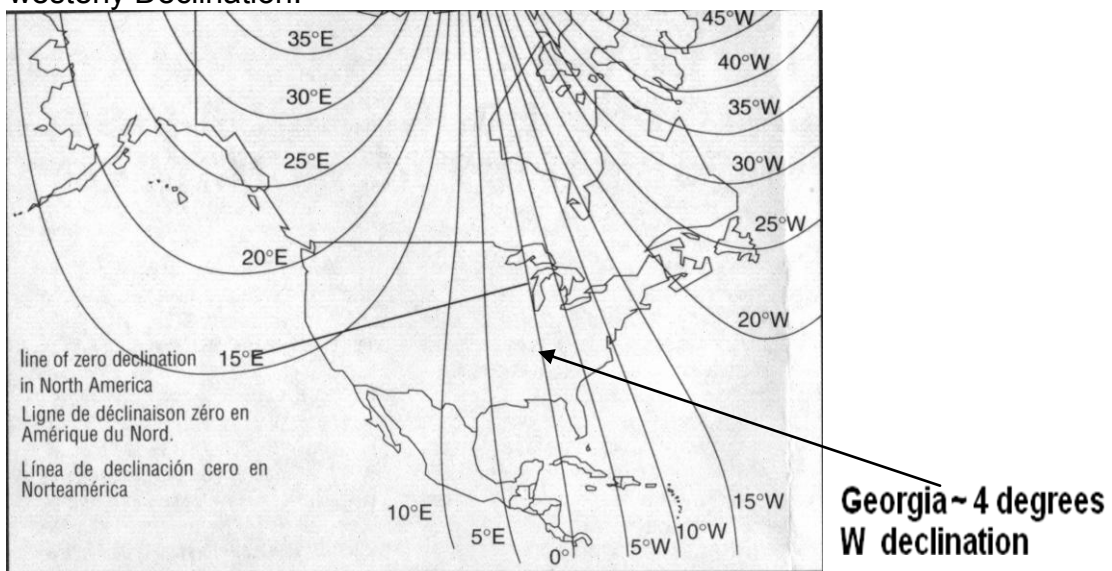
1. Select a landmark along the route you want to travel. Hold the compass level and point the Direction of Travel Arrow at the landmark.
2. Find your heading to the landmark by turning the compass dial until the "N" aligns with the red end of the needle (Red in the Shed). Read your heading in degrees at the index line.
3. Keep the needle aligned with "N", look up, sight on your landmark and pace off your distance to it. Repeat this procedure until you reach your destination.

Follow A Heading

1. If you are given a heading in degrees to travel, turn the Dial so that the heading is set at the Index Line. Hold the compass level in front of you with the Direction of Travel Arrow point straight ahead.
2. Turn your body until the red end of the needle is aligned with the "N" (Red In the Shed). You now face your direction of travel.
3. Pick out a landmark in line with your heading and pace toward it. Repeat this procedure until you reach your destination.

Magnetic Declination

The Magnetic Needle in a compass is attracted by the magnetism of the Earth and therefore always points to the constantly shifting Magnetic North. There is another "North Pole." True North is static and located geographically about 800 miles north of the magnetic pole. Maps and directions usually are based on True North. Magnetic declination at any given point depends on the location of that point on the globe. Where True and Magnetic North are in the same direction, the declination is zero. At any point west of that line, your compass needle will point east of True North. This is called "easterly Declination." At any point east of the zero line, your compass needle will point west of True North. This is called "westerly Declination."



Taking Compass Bearings

A compass makes wilderness navigation possible by enabling you to accurately gauge directions from your current position to identifiable landmarks throughout the terrain that surrounds you.

The most basic function a compass provides is pointing north (magnetic north, that is). An orienteering-style compass allows you to assign a numeric value (a "bearing") to any direction in the 360° circle around you. This means you can head toward a specific spot rather than simply ambling "south-southwest" or "due east."

The rotating bezel of a compass is used to convert general compass directions into specific bearings. A bezel's outer edge includes index (degree) lines that breaks down the 360° circle into 2° or 5° increments.

A bezel measures the direction towards a given object in terms of an angle—specifically, the clockwise angle between a straight line pointing due north and a straight line pointing toward the object. This bezel allows you to express any specific direction as a number between 0° and 360°.

Why is it useful to know that your campsite lies on a bearing of 40° instead of "to the northeast"? Because precise navigation results in efficiency, safety and speed.

Following a bearing off by just 1° can translate into almost 100 feet of error after 1 mile. That means that after a 5-mile hike, you could miss your target by almost 500 feet. In the wilderness, a few dozen feet can mean the difference between spotting a campsite or other landmark and missing it completely.

Transferring Bearings

On most backcountry excursions, especially those planned by beginners, compass navigation is seldom necessary. Simply following the trail carefully and checking your map from time to time should get you from campsite to campsite safely.

But if you become disoriented, or are just feeling confidently adventurous, a compass becomes a splendidly useful tool.

For example, if you know your location on the map, you can take a bearing on an unseen target elsewhere on the map and head toward that destination simply by following the bearing—even though your objective is not yet visible. Check out our video for a visual demonstration of how to transfer a bearing from map to compass:

1. Identify your position and your objective on the map. Connecting those two points creates a line on the map (which you can either visualize or physically draw on the map).
2. Align the edge of your compass with that line.
3. Rotate the bezel so its orienting lines run parallel with the map's orienting lines (which point to true north). This means the actual bearing have been captured at the front of the compass.
4. Take the compass and turn your body until the magnetic needle lines up with the orienting arrow on the compass. At point, you will be facing the direction that will lead to your chosen objective.

You can rearrange the process and use a compass to take a bearing off a real-world object (one that is known to be on your map) and transfer that information to the map to identify your location even if you are uncertain of your whereabouts in the field. Our companion video illustrates these steps:

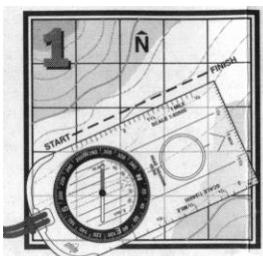
1. Hold the compass level and aim the front of it at an object.
2. Rotate the bezel until the magnetic needle is aligned with the orienting arrow of the compass.
3. Locate the object on the map and place the edge of the compass on that object.
4. With the edge still tight against the object, and without touching the dial, turn the entire compass until the orienting lines within the bezel line up with the orienting lines on the map.
5. The edge of the compass forms a line on the map, and you now know you are somewhere along that line.

Triangulation

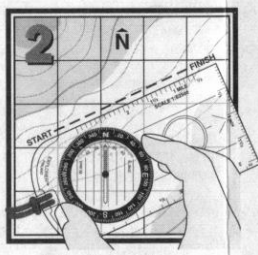
Triangulation is a technique that involves a map, a compass and 2 separate landmarks. It can pinpoint your position on your map even if you have no idea where you are. We demonstrate the following guidelines in our companion video:

1. Pick 2 distant landmarks that you can easily identify on your map. They should be at least 60° apart.
2. Take a bearing off of each object.
3. Transfer those bearing to your map.
4. Each bearing will form a line. Where the lines cross marks your location.

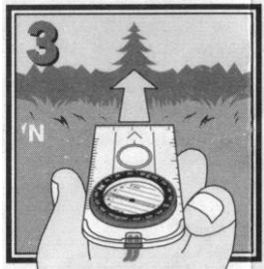
Find Your Way with a Map and Compass



1. Place your compass on the area of the map with the Base Plate edge connecting where you are with where you want to go.

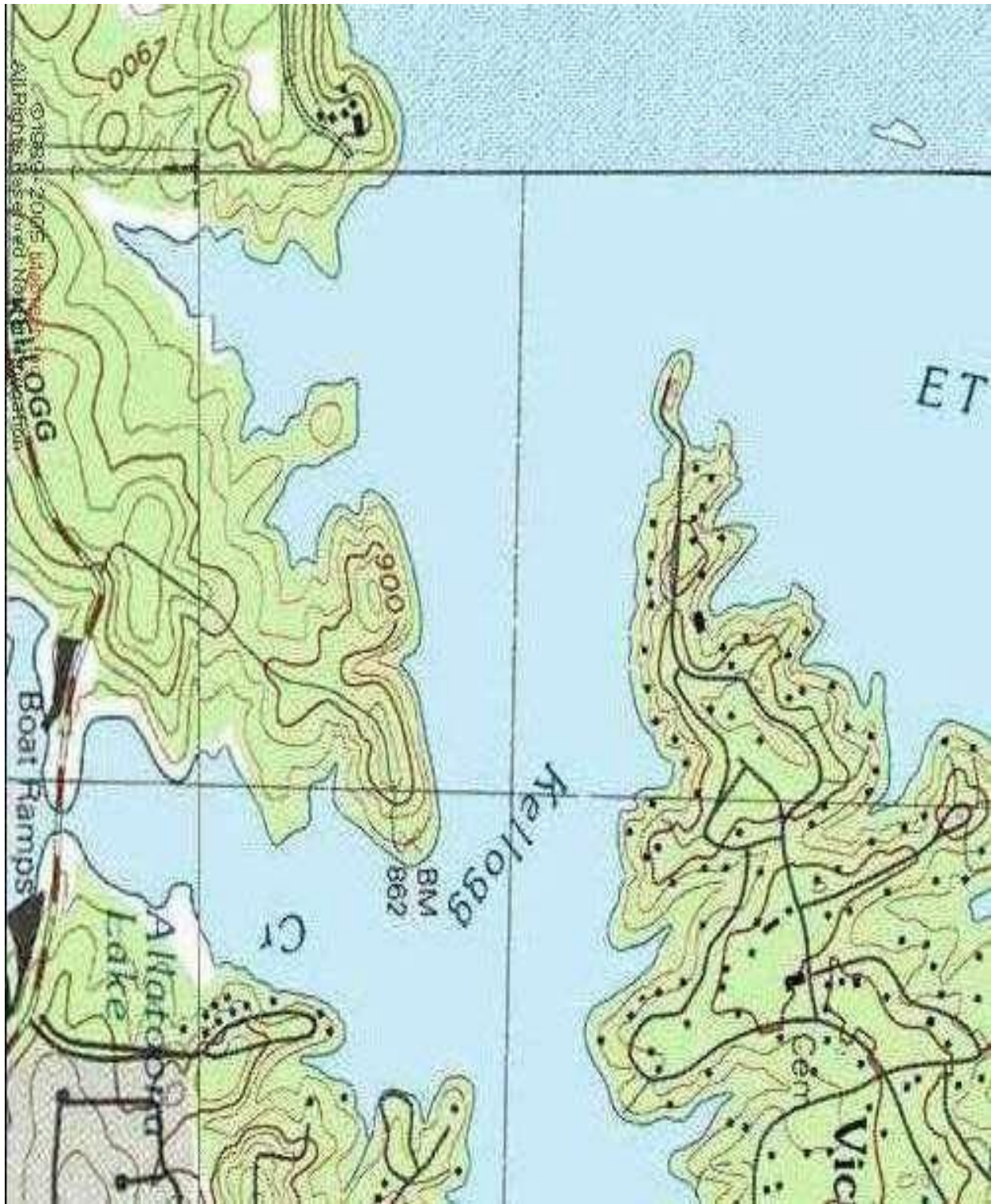


2. Set the compass heading by turning the compass Dial until "N" aligns with Magnetic North (MN) on the map.



3. Remove the compass from the map and hold it level in front of you with the Direction of Travel Arrow pointing straight ahead. Turn your body until the red end of the needle is directly over the Orienting Arrow (Red in the Shed). The Direction of Travel Arrow points precisely at your destination.





What is "Leave No Trace"?

Leave No Trace (LNT) is a nationwide (and international) program designed to assist visitors with their decisions when they travel and camp on America's public lands. The program strives to educate visitors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations. LNT is about enjoying the great outdoors while traveling and camping with care.

The mission of the Leave No Trace program is to promote and inspire responsible outdoor recreation through education, research, and partnerships. . The LTN program is focused specifically on human-powered (non-motorized) recreation. The LTN message is more than a campaign for clean campsites. It's a program dedicated to building awareness, appreciation, and most of all, respect for our public recreation places.

The Seven Principles of "Leave No Trace"

1. Plan ahead and prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2. Travel and camp on durable surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

3. Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.

- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

4. Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

5. Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

6. Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7. Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Interfaith Worship Service

Interfaith Worship Service is a brief worship or meditation, specifically designed for Scouting events where there may be members of more than one faith group. It is a service that all Scouts may attend and should focus on the universality of beliefs in a God and reverence and provides an opportunity for Scouts of many faiths to be reverent.

Why include a Religious Ceremony in Scouting?

- **BSA Charter and Bylaws** - *"The Boy Scouts of America maintains that no member can grow into the best kind of citizen without recognizing an obligation to God."*
- **BSA Boy Scout Handbook** - *"A Scout is reverent towards God. He is faithful in his religious duties. He respects the beliefs of others."*

Definitions:

- **Nondenominational** - a service that is usually just for Protestants, although it can be developed so it is appropriate for all Christians - in which case it would also be ecumenical
- **Ecumenical** - a service that is suitable for the whole Christian (Protestant and Catholic) church
- **Nonsectarian** - a service that is not affiliated with any specific religion. It usually uses inspirational passages instead of particular religious materials
- **Proselytize** – attempt to recruit, or convert someone to a specific faith or cause

Advertising:

Truth in advertising is one of the most important points in conducting and interfaith worship. Accurately name and promote the service. Nothing is more offensive than anticipating a service for everyone and then attending one that teaches the beliefs of one particular faith or religion. Let everyone know ahead of time the nature of a service so that those anticipating an ideally multi-faith (interfaith) experience or a specific faith (Christian, Jewish, Muslim, Buddhist, etc.) service. Clearly communicate that you are not going to attempt to fulfill all of the religious obligations of everyone present.

Attendance:

Encourage Scouts and Scouters to participate, but make sure they know it is optional. Even the opportunity to share the uniqueness of various faiths, beliefs, and philosophies with other members may be educational and meaningful.

Planning:

Planning is required to support and respect all the faiths represented in the group. There are three basic options:

1. Conduct an interfaith, nonsectarian service that is suitable for most faiths to attend; this is highly recommended.

2. Conduct multiple services for each faith represented; in most large groups, this is not very practical, but it could be practical at a Unit or Patrol level.
3. Conduct a specific faith service to allow Scout and Scouters to experience other's belief systems. This is acceptable provided you advertise correctly, and it is highly recommended that you rotate through all faiths in the unit.

Resources:

- Reverence: A Resource for Interfaith, Christian, Jewish, and Muslim Worship at Scouting Events (No. 34248)
- BSA Web site (www.scouting.org)—link to “Fact Sheets” and select those related to faith groups and interfaith service (to be added in May 2008)
- BSA adult leader application form No. 28-501
- Worship Service Planning Work Sheet
<http://scouting.org/filestore/pdf/worksheet08182008.pdf>

Interfaith Worship Service Planning Worksheet			
Date: _____		Helper 1: _____	
Location: _____		Helper 2: _____	
Event: _____		Helper 3: _____	
Leader: _____		Helper 4: _____	
Include ✓ Y/N	Possible Elements in Order of Service	Sequence Number in Order of Service	Assigned to
	Processional with flags		
	Call to worship		
	Opening song (No. 1)		
	Prayer		
	Responsive reading		
	Offering, if appropriate		
	Song (No. 2)		
	Meditation		
	Suitable prayer		
	Song (No. 3)		
	Benediction or closing prayer		
Other notes: _____			

Practical Suggestions:

Make Interfaith Worship at part of your camping program, plan it just like you plan for meals, duty roster, etc.. Elect a Chaplain Aide and have an adult mentor who is serving as the adult patrol's Chaplain Aide.

Use Chaplain Aides. It is not the Chaplain Aide's responsibility to plan and conduct the service, but to see that it is planned and conducted. Youth and adults should all participate. It is a great opportunity for leadership, teaching and communication merit badge requirements to be met.

Be brief. *"If a man cannot make his point to keen boys in ten minutes, he ought to be shot !"* Sir Robert Baden-Powell in *Aids to Scoutmastership* (1920)

If possible, tie the inspirational message to the events or surroundings of the weekend.

Canoe Trip Example:

Strong winds = peer pressure

Kept on paddling despite being tired = perseverance, goal in mind

Arrived at camp thankful for showers, meals, tents = thanks to parents, teachers, mentors for guidance, safety and care

Acorn Example:

Props: Healthy Acorn, Rotten Acorn, Rocky Ground, Oak Sapling, Mature Oak Tree

Relate the options of an acorn growing in various soils, draw a parallel to positive and negative peer pressure, and guidance they receive at home, church, school scouting. Use the sapling as and adults as mature trees (parents, pastors, teachers, scouters, etc.) shading and protecting the sapling from sun, heavy rain, hail in the scouts lives. Then, depending on the makeup of the group, draw the parallel to the parable of the Sower in the Gospels of the New Testament.

Don't try to undo what parents and spiritual leaders have been teaching the Scout. Generally a scout will not understand words like non-denominational, ecumenical, non-sectarian. For example: Don't tell them to pray a "generic prayer". Instead ask them, and tell everyone that they are *"there will be a group prayer led by NAME in the manner on his/her faith."*

Be sensitive to other beliefs. This means that you either have to do your homework or ask. One of the most common mistakes is to ask everyone to *"please remove you hats for the prayer"*. Some have a religious obligation to cover their heads while praying. So instead the following is always acceptable *"please prepare yourself for prayer"*.

Known your Scouts. Many scouts have strong spiritual supports, others may not have any and Scouting may be their only exposure to spiritual growth. Don't assume they are the same as your family. Scoutmaster Conferences (formal and informal) are great opportunities to explore how the Scout feels about Interfaith Worship and a chance for adults to encourage participation.

Singing? Many Scouts (especially teenage boys) are not comfortable singing in public. One approach is to use instruments, and recorded music if acceptable. Another approach is to talk about the meaning and the words and use the songs for group

reading. Ask for their favorite songs, not the favorites of the adults. Plan ahead and get the music and learn the songs.

Attendance is optional: Encourage all the scouts to attend, but make it clear that if they are not attending they are to spend their time in camp studying or reading or some quiet activity that is not disruptive to those who are worshiping together. Adults should set the example by attending and participating.

Sit in a circle. Ask leading questions, by name. Hold discussions, not monologues.

The material below came from the following link as of Dec 2008

www.scouting.org/BoyScouts/TrainingModules/Interfaith%20Service.aspx

An interfaith service is a brief worship or meditation, specifically designed for Scouting events where there may be members of more than one faith group. The intention of an interfaith service is to provide a spiritual focus during a camping experience that does not reflect the views of a particular denomination or faith. An interfaith service can be defined as a gathering of Scouts held to contribute to the development of their spirituality and to promote a fuller understanding of the Scout Oath and Law, with emphasis on one's Duty to God.

An interfaith service is a gathering of Scouts consistent with the 12th point of the Scout Law. This can be in groups as small as two or as large as a world Scout jamboree, though groups of a few patrols work best. In smaller groups, Scouts are able to get involved, share their experiences, and learn that spirituality is something that affects everyone.

Hence, an interfaith service is held for the development of the Scouts' spirituality. Spirituality is that which is beyond the material, that which gives meaning and direction to one's life. Scouting is primarily concerned with how people live out their beliefs in everyday life.

An interfaith service should connect in some way to the Scout Law, the ethical code of Scouting. Usually, mentioning the Scout Law, making allusions to it, and/or including a recitation of the Law as part of an interfaith service provides this connection. An interfaith service may simply include ethical content that the Scouts themselves can connect to the Scout Law.

Lord Baden-Powell, the founder of the Scouting movement, believed that a person's religion is not in how he behaves; rather it is in what he believes. This is where the Scout Law intersects with spirituality. In developing character, Scouts may connect their spirituality to the Scout Law so that the living out of their religious faith is also an active expression of the Scout Law.

As explained herein, the goal is to provide an uplifting and positive experience for all attendees. It is not necessary to attempt to account for the sensitivities of every conceivable religion on Earth; rather, seek to account for those religions whose members reasonably might be expected to be present. As promoters of the religious emblems program, unit leaders should have a good sense of the religions of those unit members present on a campout. For larger camping activities, such as camporees, all unit leaders could be asked about members' religious preferences to ensure that reasonable care is given to inclusiveness.

In the event that an individual attendee becomes offended as an outcome of an interfaith service, an apology is in order in the spirit of "a Scout is friendly." Similarly, though, in the spirit of "a Scout is friendly," the individual offended should accept the apology graciously and explain how the service might have been conducted so as not to be offensive to him or her. The acts of seeking to make subtle theological distinctions or looking to be offended are grossly out of place at an interfaith service, particularly when the service is planned by youth members with adult mentoring and conducted by youth members.

Attendance at an Interfaith Service

Participation at an interfaith service should be a voluntary, uplifting experience for Scouts and leaders. It should be a friendly, welcoming experience for all. There should never be coercion or criticism concerning participation or nonparticipation in an interfaith service.

Some religions do not support the participation of their members in Interfaith Services. Some religions obligate their members to participation in a specific religious service; consequently, participation in an interfaith service may not meet this obligation. Some individuals may choose to participate in the interfaith service and also in a service of their own faith.

Location of the Service

Any location separate from the noise and activity area is fine—a clearing in the woods, an empty campsite, the chapel area at a camp, a scenic overlook, an unused room in a building, the far corner of a gym.

Content of the Service

Distribute copies of the BSA adult registration form; read and briefly discuss the BSA “Statement of Religious Principle” to which all adult leaders subscribe. Highlight particularly the phrase stating that “its policy is that the home and organization or group to which the member is connected shall give definite attention to religious life.”

Explain that an interfaith service is an inspirational experience, usually built around a central theme, such as friendship, world peace, save the Earth, or appreciation of the world around us. Just about any topic is appropriate if it is consistent with the Statement of Religious Principle and program goals of Boy Scouts of America. Scouts should be part of the planning process so that they learn and grow spiritually. Active adult coaching, consistent with the training provided herein, is critical for success.

The form of an interfaith service can range from lively to somber. While the content may take different forms, an interfaith service always should be conducted with reverence. Advance planning (and scripting) is critical because extemporaneous comments, while well-intentioned, may lead to discomfort on the part of members of some faith groups.

To help ensure that nothing in an interfaith service would offend any participant, invite representatives of all faith groups with members present to participate in developing the service. Care must be used so that one person’s religious traditions are not imposed to offend another person. For example, one should not direct all attendees to remove their hats before prayer, as those of Jewish and Muslim faiths pray with heads covered. A more acceptable call to prayer would be: “Let us each prepare to pray according to his or her tradition.” Similarly, stating, “This we ask in Jesus’ name,” while making the prayer personal to the person leading it, could be troubling to people of other religions.

Planning an Interfaith Service (15 to 20 minutes)

While the leader can be either a Scout or an adult, the content of an interfaith service needs to promote a meaningful and inclusive experience. Distribute copies of *Reverence: A Resource for Interfaith, Christian, Jewish, and Muslim Worship at Scouting Events*. Open to Section I (Interfaith Section) and review the contents. They are endorsed by the BSA’s National Religious Relationships Committee, which includes representatives from most major faith groups that charter Scouting units in the United States.

Songs (hymns) are best when accompanied by an instrument, like a guitar or harmonica, to help the singers with the melody. The simpler the song, the easier it will be for Scouts to sing along. Songs like “America the Beautiful,” “God Bless America,” or other well-known melodies are the easiest to sing if no accompaniment is available. The leader (or song leader) may choose to hum the opening note to help get everyone started, or have the accompanist give the first chord or note.

On the last page of this training syllabus is a planning sheet that you may copy for your use. This sheet is a basic outline that can be modified to include content from the model services contained in the *Reverence* booklet. The planning sheet is useful in assigning and documenting various roles to be performed during the interfaith service.

Leaders should ensure that youth members are included in the planning and conduct of the interfaith service. It is important that those chosen to conduct the service gather ahead of time to plan the service, together with all the needed papers and material needed. Assign who will read what and who will provide accompaniment (ensuring that the songs are known or that musical scores are available), and determine where the service will be held. If time permits, those conducting the interfaith service should rehearse their parts as a group.

TENDERFOOT REQUIREMENTS

1	Present yourself to your leader, properly dressed, before going on an overnight camping trip. Show the camping gear you will use. Show the right way to pack and carry it.	
2	Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	
3	On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together	
4	a. Demonstrate how to whip and fuse the ends of a rope.	
	b. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.	
5	Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost.	
6	Demonstrate how to display, raise, lower, and fold the American flag.	
7	Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.	
8	Know your patrol name, give the patrol yell, and describe your patrol flag.	
9	Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one.	
10	a. Record your best in the following tests: Push-ups Pull-ups Sit-ups Standing long jump 1/4 mile walk/run	
	b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.	
11	Identify local poisonous plants; tell how to treat for exposure to them.	
12	a. Demonstrate how to care for someone who is choking.	
	b. Show first aid for the following: Simple cuts and scratches Blisters on the hand and foot Minor burns or scalds (first degree) Bites and stings of insects and ticks Poisonous snakebite Nosebleed Frostbite and sunburn	
13	Demonstrate Scout spirit by living the Scout Oath (or Promise) and Scout Law in your everyday life.	
14	Participate in a Scoutmaster conference.	
15	Complete your board of review.	

SECOND CLASS REQUIREMENTS

1	a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.	
	b. Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.*	
2	a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.	
	b. On one of these campouts, select your patrol site and sleep in a tent that you pitched.	
	c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.	
	d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.	
	e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.	
	f. Demonstrate how to light a fire and a lightweight stove.	
	g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.	
3	Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity.	
4	Participate in an approved (minimum of one hour) service project.	
5	Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.	
6	a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.	
	b. Prepare a personal first aid kit to take with you on a hike.	
	c. Demonstrate first aid for the following: <ul style="list-style-type: none"> - Object in the eye - Bite of a suspected rabid animal - Puncture wounds from a splinter, nail, and fishhook - Serious burns (second degree) - Heat exhaustion - Shock - Heatstroke, dehydration, hypothermia, and hyperventilation 	
7	a. Tell what precautions must be taken for a safe swim.	
	b. Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.	

	c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.	
8	Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family.	
9	Demonstrate Scout spirit by living the Scout Oath (or Promise) and Scout Law in your everyday life.	
10	Participate in a Scoutmaster conference.	
11	Complete your board of review.	

FIRST CLASS REQUIREMENTS

1	Demonstrate how to find directions during the day and at night without using a compass.	
2	Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.)	
3	Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.	
4	a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner and that requires cooking at least two meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.	
	b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.	
	c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.	
	d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.	
	e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.	
5	Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights and obligations as a U.S. citizen.	
6	Identify or show evidence of at least ten kinds of native plants found in your community.	
7	a. Discuss when you should and should not use lashings	
	b. Demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.	
	c. Use lashing to make a useful camp gadget.	
8	a. Demonstrate tying the bowline knot and describe several ways it can be used.	
	b. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone.	
	c. Show how to transport by yourself, and with one other person, a person: - from a smoke-filled room with a sprained ankle, for at least 25 yards	
	d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	

9	a. Tell what precautions must be taken for a safe trip afloat.	
	b. Successfully complete the BSA swimmer test.	
	c. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)	
10	Demonstrate Scout spirit by living the Scout Oath (or Promise) and Scout Law in your everyday life.	
11	Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active	
12	Describe the three things you should avoid doing related to use of the Internet. Describe a cyber bully and how you should respond to one.	
13	Participate in a Scoutmaster conference.	
14	Complete your board of review.	

