

Outdoor Adventure Skills by Topic






An unofficial guide to help with planning and understanding.

OAS Program Delivery

Earning badges as outdoor skills are learned is a great way to reward and encourage outdoor adventures.

Consider [Top Section awards](#), which require a meaningful project, a youth-lead review, an increasing number of community service hours, and OAS stages earned.



Award Name	 North Star	 Seeonee	 Chief Scout's	 Queen's Venturer	 Canadian Rover Scout
Community Service Hours	5	15	30	60	80
Outdoor Adventure Skills Stages	5	10	18	24	32

Resources

- scouts.ca/program/canadianpath/outdoor-adventure-skills/
- wiki.scouts.ca/en/Scoutcraft_Skills_by_Topic







OAS Program Planning

How to incorporate into your program? Use youth led to get direction. Consider focusing appropriate stages to different year levels of youth, for example:

Progression	Camping	Emergency	Scoutcraft	Trail	Winter
 Runner					
 Tracker					
 Howler					





Of course, an Ad Hoc or entirely youth-lead approach can work as well. Just be sure to keep track and stay on target for your top section award!

Is your Cub Pack coming out rotations of two stars per year cycle, based on the pre-Canadian Path system? Consider rotating OAS focus, which may work with small Packs with limited resources, for example:

Rotation:	Year A	Year B	Year C	
OAS				Sample Pack rotation plan, with potential of up to 15 OAS stages per Cub Scout
				
Service:	Animal Shelter	Toys for Hospital	Food Drive	

Do what makes the most sense for your group, section, Scouter teams, resources, and (most importantly) for your youth!

Scoutcraft Skills, Overview

	Knots	Food / Water	Camp Tools	Fire	Shelter	Nature	Navigation	Health / Safety
   	Accomplishments	Application	Knowledge	Ability	Demonstration	Observation	Skills	Responsibility

As stages increase, the depth of knowledge or accomplishments increases. The themes of the topics generally remain the same.








In the last two decades, childhood has moved indoors. The average American boy or girl spends just **four to seven minutes in unstructured outdoor play** each day, and **more than seven hours each day in front of an electronic screen.** - National Wildlife Federation
[fws.gov/international/pdf/education-parents-get-kids-outdoors.pdf](https://www.fws.gov/international/pdf/education-parents-get-kids-outdoors.pdf)

Let's look at the first few Stages of Scoutcraft, Camping Skills, Trail Skill, Winter Skills, Emergency Aid Skills, Aquatic Skill, Sailing Skills and Vertical Skills in more detail so we can see the common topics that each Outdoor Adventure Skill divides into.

Outdoor Adventure Skills by Topic






Scoutcraft Skills, Stages 1-5 by topic

	Knots	Food	Camp Tools	Water	Fire	Shelter	Nature	Navigation	Health / Safety	
	1.1 I can hang a drying/gear line at camp with a half hitch or other knot.	1.2 I can keep my mess kit clean ...		1.3 ... I know what is drinkable and not drinkable water ...	1.7 I can gather dry burnable wood for a fire.	1.5 I know three reasons for having a shelter when sleeping outdoors.	1.6 I can name three wildflowers by direct observation	1.4 I know ...to stick to trails ... 1.8 ... tell adults where I am going...	1.9 I know how to keep a camp clean.	
	2.1 I can tie a reef knot , a round turn and two half-hitch knots.	2.2 I can cook a foil-wrapped meal in a fire.		2.3 I know how much water I should carry when on a hike ... outdoor activity, and ... how to carry the water.	2.6 I have helped light a fire using only natural fire starter materials found in the forest, and I know the safety rules ...	2.4 I know what natural shelter materials or locations are to keep out of the wind, rain, sun and snow and where to find...	2.5 I can identify four trees	2.7 I know why ... to use a buddy system when traveling in the forest.	2.8 ... rules for hygiene at camp (for eating and preparing food).	
	3.1 I can tie a half hitch , clove hitch and a fisherman's knot .	3.2 I can cook a meal on a camp stove.	3.10 ... put together a personal outdoor survival kit .	3.3 I can use a shovel to build a camp greywater sump pit and close the pit when finished.	3.9 I can lay and start a fire with only matches and materials found in the forest. 3.4 I have boiled water over a campfire and know ... safety ... around fires & hot pots.	3.7 I can make a personal shelter out of plastic sheeting and rope. 3.11 I know what makes a comfortable and safe place for a sleeping shelter/site.	3.8 ... three wild animal tracks...	3.6 I have used a compass to walk on a bearing .	3.5 ... first aid ... for burns from hot water, grease & food.	
	4.1 ... square lashing to join two poles at right angles. 4.2 ... figure eight , bowline , trucker's hitch , sheet bend , and whip end of rope .	4.3 I can cook over a fire to roast and bake food.... 4.11 ...set up a tree food hang...		4.4 I can use a knife safely ... and have earned my knife permit.	4.5 I know how to disinfect water for drinking.	4.9 I can quickly (under five minutes) build an emergency warming fire for a group of 3 persons without using tools (only matches).	4.7 ...build a personal sleeping shelter out of snow or any other natural materials.	4.8 I can safely identify three edible wild plants . <i>(Scouters must approve ... before ... consumed...)</i>	4.6 I can establish the four cardinal directions (north, south, east, west) without a magnetic compass ...	4.10 I know what to do if lost and alone ...
	5.1 .. lean-to ... and ... tripod shelter, using wood and tied with four lashing knots : square , diagonal , tripod and shear lashings.	5.2 ... cooked with cast iron ... in fire/coins ... 5.10 ... dehydrated 1000 calories of food and taken it on a camping trip ... for two days.		5.3 I know how to use a camp axe and ... saw safely ... and obtained the appropriate permits	5.4 I have maintained and used a ... portable water treatment device ...	5.8 I have laid and lit a teepee fire, pyramid fire, star fire and reflector fire.	5.6 ... built & slept ... 2 nights in a 3 person shelter ... of only natural materials ... and rope. 5.9 ... built ... stretcher out of rope, ... camping equipment and natural materials ...	5.7 I have caught , cleaned and cooked a fish over a campfire	5.5 I have navigated , all off trail , 3 km to a ... fixed point in a wilderness area using a magnetic compass bearing.	

Edited for brevity. Be sure to consult the official documentation scouts.ca/scoutinglife/wp-content/uploads/oas/scoutcraft-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Scoutcraft and wiki.scouts.ca/en/Scoutcraft_Skills_by_Topic.

Outdoor Adventure Skills by Topic






Camping Skills, Stages 1-5 by topic

	Leadership	Gear	Food	Safety	Environment	Tent	Fire	Adventures
	1.2 I can follow directions while at camp.	1.3 I can help pack a bag for camp. 1.4 ... keep my camping gear neat & tidy. 1.5 ... care for my basic personal gear on an overnight camp.		1.6 I can explain ... buddy system at camp. 1.7 I can describe the different emergency services in the camp ... & how to call them.		1.8 I can set out my sleeping area for good night's sleep at camp.	1.1 I can collect small sticks for a campfire	1.9 I have spent one (1) night at camp.
	2.1 I can explain the importance of following directions at camp.	2.2 I can list what personal gear to bring on an overnight camp. 2.3 ...look after all my personal gear ... 2.4 ...explain what clothing to bring on overnight camp.	2.5 I can explain ... Canada's Food Guide at camp and help to plan a nutritious meal. 2.6 I can describe safe food handling and hygiene at camp. 2.7 I can help prepare food for cooking at camp and be safe ...		2.8 I can get help if someone is hurt while at camp.	2.9 I can identify the main parts of a tent. 2.10 I can help pitch a tent at camp.	2.11 I behave safely around fires at camp. 2.12 ... identify and explain the elements of the fire triangle .	2.13 ... two (2) nights in a tent at camp.
	3.1 I can help others learn about camping.	3.2 I can audit my personal gear for camp. 3.3 ... pack a bag for camp.	3.4 ... plan ... balanced meal ... 3.5 ... demonstrate how to store food ... 3.6 ...assist in cooking a meal ... 3.7 ... be safe while cooking at camp.	3.8 I can demonstrate first aid treatment for a minor cut ... prevent infection ...	3.9 I can get a weather forecast for a camp. 3.10 ... describe how weather can affect our camp. 3.11 ... discuss 7 principles of Leave No Trace .	3.12 I can show how to pitch a tent (with help ...	3.13 ... a hot drink on a campfire at camp. 3.14 ... clean up a fire area after camp	3.15 ... seven (7) nights at camp.
	4.1 I can demonstrate shared teamwork ...	4.2 I can list the personal gear ... 4.3 ... show how to use group gear ... 4.4 ... show proper use, care and maintenance of group gear during and in between camps. 4.5 ... use basic camp tools safely.	4.6 I can store and cook food safely at camp.	4.7 I can demonstrate how to treat cuts and minor burns and prevent infection ...	4.8 ... explain ... 7 principles of Leave No Trace while at camp.	4.9 I can find the best place to pitch a tent ... and explain my reasoning. 4.10 ... assist pitching tent with my team at camp.	4.11 I can demonstrate safe practices around fires and cooking equipment to minimize the risk of burns, scalds and other injuries.	4.12 ... twelve (12) nights at camp.
	5.1 ... organization of 2 camps ... 5.2 ... planning a camp program of activities.	5.3 I can show the personal gear needed for an overnight lightweight camp. 5.4 ... explain how the type of camp / choice of equipment ... 5.5 ... maintain & store tools ... 5.6 ... teach ... what to pack ...	5.7 I can plan a balanced menu ... with a team. 5.8 ... use different cooking methods / fuel	5.9 ... prepare for and help prevent heat-, cold- and sun-related injuries ...	5.10 I can describe the weather forecast and record the weather for ... camp.	5.11 I can pitch a variety of tents and shelters. 5.12 ... to secure tents ... 5.13 ... suitable location for standing/ lightweight camp. 5.14 ... best layout .. campsite and explain my reasoning.	5.15 ... light, maintain and use a fire to cook a balanced meal at camp.	5.16 ... 18 nights at camp.

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Outdoor Adventure Skills by Topic






Trail Skills, Stages 1-5 by topic

	Gear	Navigation	Environment	Safety	Leadership	Adventures
	1.1 I can help pack ... for a day hike. 1.2 ... dress myself for a day hike 1.3 ... list what food to bring ...	1.5 I can identify the main parts of a compass.	1.7 I can be responsible for myself while hiking.	1.6 ... behave safely hiking. 1.9 I can recognize the main distress signals .	1.4 ... follow directions ... 1.8 I can explain the buddy system .	1.10 ... at least two hikes.
	2.1 I know what gear to bring for a hike depending on the weather. 2.2 I can show how to take care of all personal gear needed for a day hike.	2.3 I can read a simple map. 2.4 I can use a compass to find basic directions.	2.5 I can obtain a weather forecast.	2.6 I can be a responsible member of my team ... 2.7 I can get help if someone is hurt.	2.9 I can explain why one brings certain foods and drinks ...	2.8 ... attended at least three hikes
	3.1 I can pack a rucksack ... 3.2 ... explain what clothes to bring for a day hike depending on the weather.	3.3 I can follow a route on an orienteering map. 3.4 I can identify the features of a topographical map . 3.5 ... demo the basic use of a GPS unit. 3.6 I can teach another youth how to find directions by using a compass .	3.7 I can explain the effect of weather on hiking activities. 3.9 ... main principles of Leave No Trace .	3.10 I can treat simple cuts and scratches . 3.11 I know how to avoid becoming lost , and ... what to do if I get lost.	3.8 I can be responsible for myself and aware of my surroundings while hiking.	3.12 ... at least three hiking activities, one ... involves hiking on hilly trails .
	4.2 I can pack a rucksack for a weekend hike. 4.3 ... care for all my personal hiking equipment ...	4.5 I can use a map and compass together ... 4.6 ... teach ... how to follow a route on an orienteering map 4.7 ... keep a map dry and safe ... 4.8 ... locate a waypoint ... pre-programmed into a GPS unit .	4.11 I can apply the Leave No Trace principles while hiking 4.12 I can minimize trail hazards ...	4.4 ... plan for and avoid food allergies in a group hike. 4.14 ... treat ... sprains / blisters. 4.15 ... identify the different emergency services ... how & when to call them. 4.16 ... build/find emerg. shelter .	4.1 I can teach another youth what to pack for a day hike. 4.13 ... responsible for younger ... members of team...	4.17 ... three hikes (incl. overnight). 4.18 I can lead a leg of a hike. 4.19 ... help plan ... 4.10 I can cross various terrains ...
	5.1 ... explain how the weather affects the equipment I bring ... 5.2 ... show what group equipment to bring on a weekend hike and explain why ... 5.3 ... how to use group equipment ... 5.4 ... select appropriate footwear 5.5 ... use lightweight stoves ... 5.13 ... plan effectively and recommend appropriate gear ...	5.7 I can use a map and compass to find my position on the ground. 5.8 ... plot a proposed hiking route on a map and obtain ... compass bearings. 5.9 I can input a waypoint into a GPS and then find it. 5.10 I can teach another youth the basic use of a GPS unit. 5.11 I can find directions without a compass . 5.14 ... when and how to cross a river.	5.12 I can describe the dangers of weather on hikes. 5.15 I can show how and explain when to use the main distress signals . 5.16 I can hike on steep trails safely, using appropriate gear as required. 5.18 I can recognize and respond to hazards from flora and fauna .	5.6 I can keep food and food preparation materials hygienic .	5.17 ... an active member of my team while hiking.	5.19 ... three hikes (incl. overnight). 5.20 ... written a log for at least 2.. 5.21 I can help plan an overnight hike. 5.22 ... help choose ... destination.

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Outdoor Adventure Skills by Topic






Winter Skills, Stages 1-5 by topic

	Food / Water	Clothing / Gear	Achievement	Safety	Leadership	Adventures
	1.2 ... prepared a good snack... 1.3 ... carry a water bottle ... 1.4 ... keep my water bottle from freezing ...	1.6 I know how to dress when I go outside... 1.7 I know to stay dry or change to dry clothes ...	1.1 I have built something out of snow.	1.8 I know about the buddy system ... 1.11 ... I should not touch cold metal with bare skin...	1.9 I know to follow the instructions of the activity leader ... at an outdoor event.	1.5 I have participated in a winter sports day (<i>Beaveree, Cuboree</i> ...) 1.10... hiked ≥ 1 km
	2.2 I have packed a proper lunch for a winter outing.	2.4 I know how to pack extra clothes for winter outings. 2.5 ...to keep my feet dry while I am outside 2.6 ... I know how to put away my outdoor clothing so that it will dry	2.1 I have gone sledding or tobogganing 2.11 ... made a piece of simple winter gear or clothing (<i>wristlet or neck warmer</i>).	2.10 I know to avoid ice or open water without an adult present.	2.7 I can help less experienced Scouts to get dressed to go outside.	2.3 ... two winter sports days ... 2.8 ... one overnight winter camp/sleepover 2.9 ... two hikes ≥ 1 km.
	3.2 I can light a small fire. 3.3 I have helped plan a menu for a winter camp. 3.4 I have cooked a lunch over an open fire.	3.5 I understand the layering principle when dressing for winter activities ... 3.8 I can pack a day pack for a winter outing.	3.6 With a small group, I have built an emergency shelter in winter. 3.11 I can identify the North Star and 3 other features in the winter night sky. 3.14 ... I have made a piece of winter gear or clothing.	3.7 I know how to find shelter from the wind on a cold day. 3.9 ... watch my fellow Scouts for signs of exposure to the cold 3.13 ... made a winter survival kit that I take with me on all winter activities.		3.1 ... participated in a winter sport (<i>alpine skiing, cross-country skiing, snowshoeing, snowboarding, skating, hockey, tobogganing, sledding, curling</i>). 3.10 ... one additional night at winter camp in cabin /heated tent. 3.12 ... hike ≥ 3 km.
	4.2 I have helped purchase food for a winter outing. 4.3 I have helped cook meals at winter camp.	4.5 I have put up a tent in winter... 4.6 I can properly set up my sleeping area to stay warm through the night at winter camp. 4.7 I have used a toboggan or sled to transport equipment .	4.10 I have traveled in snow using snowshoes or nordic skis .	4.12 I know how to help someone ... fallen through ice. 4.13 ... prevent and treat hypothermia and frostbite. 4.14 I know how to avoid and treat snow blindness	4.8 I have taught a winter skill to a less experienced Scout.	4.1 I have participated in a winter sport (<i>different from earlier</i>). 4.4 ... attended a winter campfire. 4.9 ... two consecutive nights at winter camp (<i>in addition prev.</i>) 4.11 ... two ≥ 3 km hikes.
	5.3 ... chief cook for at least one meal at winter camp. 5.7 I can lay and light a fire in winter conditions for warmth and cooking. 5.8 I can use a liquid fuel stove in winter conditions...	5.5 I am able to pack ... for a two-night winter camp.	5.6 ...built & slept in shelter ; quinzhee, snow trench or a lean-to.	5.13 I know how to avoid, recognize & treat carbon monoxide poisoning (which can occur in winter shelters). 5.14 I have first aid qualification (<i>SJA or Red Cross Standard First Aid</i>). 5.15 I can execute ladder rescue, chain assist and reaching assist ...	5.2 led ... planning & purchasing meals ... 5.4 ...helped run a winter campfire 5.9 ... helped lead a winter sports day .	5.1 ... played an outdoor game in winter ≥ 6 meetings. 5.10 ... two nights outside at winter camp (<i>in addition prev.</i>) 5.11 Hiked ≥ 3 6 hours ≥ 6 km 5.12 ≥ 5 km hikes following compass bearings.

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Outdoor Adventure Skills by Topic






Emergency Aid Skills, Stages 1-5 by topic

	Kit	First Aid	Personal	Home	Outdoors
	1.1 I have made my own personal first aid kit.	1.2 I can demonstrate the basic approach to first aid . 1.3 I can treat minor cuts or scrapes .	1.4 I can be responsible for my own health . 1.5 ... responsible for my own safety. 1.7 I know not to play with matches ...	1.6 I know my address and location in an emergency. 1.8 I know how to spot things in my home that are not safe . 1.9 ... emergency services that are available and how and when to call them and what to say.	1.10 I use the " buddy system " when outdoors. 1.11 I can signal for help if needed ... 1.12 I always tell an adult where I am going. 1.13 I carry a whistle and visible covering ... <i>in bush</i> 1.14 I know to " hug a tree " [or stay put] if lost... 1.15 I know how to be safe around a campfire . 1.16 I know how to behave around wildlife.
	2.1 ... added items to my own personal first aid kit ...	2.2 I can keep myself safe in emergency... 2.3 I can care for... a minor burn . 2.10 I can direct a responder to ... where ... needed.	2.6 I know how to Stop, Drop and Roll if my clothes are on fire. 2.8 I can check for dangers at...emergency... 2.9 ... follow directions from a Scouter.	2.4 I have...home escape plan... 2.5 know ... list of emergency telephone numbers ... and how to call them. 2.7 I can recognize a warning label on a product and know to leave the product alone.	2.11 I know the hazards of water sources... 2.12 I wear my helmet when using my bicycle, skateboard or scooter 2.13 I can dress myself ... for the weather. 2.14 I know some of the wild animals in my area and how to be safe around them. 2.15 ... find a safe place in bad weather.
	3.1 I can perform first aid for large wounds . 3.2 ... for nosebleeds. 3.3 ... choking. 3.4 I know the signs and symptoms of shock and how to treat shock. 3.5 ... comfort someone who is ill or injured.	3.7 I know the dangers of playing on or near train tracks, trestles, crossings & train yards. 3.8 I know the dangers of touching power lines with a stick/ladder, climbing electrical power poles, towers/substations, and poking electrical outlets. 3.9 I know the dangers of playing around storm sewers, construction sites, garbage dumps or dumpsters, ice-covered water or water areas, dams, vacant buildings, farm machinery, quarries, old wells and/or unfriendly animals.	3.6 I can show how to lock, unlock and secure all windows, doors ... 3.10 ... made a list of emergency numbers , such as: police, fire, ambulance, poison control, etc., and posted it ... in my home. 3.11 I know how to help create an escape plan for a building ... in case of fire.	3.13 I can identify some of the poisonous/hazardous plants in my area & those I may encounter when travelling in Canada. 3.14 I know some of the international distress signals and when to use these. 3.15 I can treat bee stings and reactions to some local plants... 3.12 "Rules of the Road" for safe bicycling.	
	4.4 I know what goes into home first aid kit . 4.9 I know what is in our Group first aid kit ...	4.1 I can place someone into recovery ... position . 4.2 provide care ... poisoned . 4.3 ... for dirt in an eye .	4.5 ... reduce the risk of fire and burns ... 4.6 ... how to test and care for a smoke alarm . 4.7 I can manage a home emergency ... 4.8 know where local emergency shelter is located	4.10 I can care for my feet ... <i>outdoors</i> 4.11 ... prevent/treat heat & cold injuries . 4.12 I know how to treat and report ... insect and animal bites .	
	5.1 ... completed an Emergency First Aid and CPR (Level A) course from a recognized provider. 5.2 I can correctly record everything that has happened at the scene of the accident.	5.5 I have assisted in providing training to others in aspects of emergency aid.	5.3 I know the rules and why they are important for a home/community pool or a body of water used for swimming . 5.4 ... safely use/care barbecue .	5.6 I know how to deal with an incident ... remote outdoor location ... 5.7 ... flares, mirrors, horns other signalling devices . 5.8 ... build a stretcher ... improvised 5.9 ... compass or GPS to find direction and travel ...	

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Outdoor Adventure Skills by Topic





Aquatic Skills, Stages 1-5 by topic

	Health & Safety	Technique: Swimming	Technique: SCUBA	Technique :Snorkel	Nature
	<p>1.1 I know when to use a PFD (Personal Flotation Device).</p> <p>1.4 I understand the importance of the buddy system ... for swimming and water activities.</p> <p>1.5 ... stay safe while playing around water.</p>	<p>1.2 I can float for five seconds and glide for five metres on my front and back without assistance.</p> <p>1.3 I can put my face in the water and blow bubbles.</p> <p>1.6 I can get an object off the bottom in chest-deep water.</p>			<p>1.7 I know three different types of animals that live in the ocean.</p>
	<p>2.3 I know how to put on a PFD by myself.</p>	<p>2.1 I can swim with my head in the water.</p> <p>2.2 I can swim 10 metres (any stroke) without assistance.</p>		<p>2.4 I know how snorkel gear works.</p> <p>2.5 I have snorkeled in a pool or open water (such as a lake).</p>	
	<p>3.1 I can explain common water safety risks and how to avoid them.</p> <p>3.3 I know how to remove a cramp in my leg with a buddy's help.</p> <p>3.4 I can put on a PFD while in the water and use the HELP and Huddle positions.</p> <p>3.6 I can recognize the signs of a panicked snorkeler/diver ... call for help</p>		<p>3.5 I can swim 25 metres in a pool (using any stroke).</p>	<p>3.2 I can use a snorkel and adjust my mask to fit comfortably.</p>	
	<p>4.3 I can explain the hazards of shallow water blackout.</p> <p>4.5 I know how to select a safe place to snorkel.</p>	<p>4.1 I have achieved one of the following: Aquaquest Stage 6, YMCA Swimmer Level, Red Cross Swim Kids Stage 5, or I can demonstrate equivalent skills.</p>	<p>4.2 I can free dive with snorkel and mask to 1.5 metres and fetch an item from the bottom, and clear my snorkel upon surfacing—without lifting my head out of the water.</p> <p>4.4 I know what gear is necessary for a water-based snorkel Adventure, including protective clothing, masks and sunscreen.</p> <p>4.6 I have snorkeled in open water and observed at least one marine/aquatic creature.</p> <p>4.7 I know why ear equalization is necessary when snorkelling/diving at depth.</p>		
	<p>5.3 I can achieve the "Swim to Survive" standard.</p>	<p>5.1 I have tried an introductory Scuba experience in a pool (Bubblemaker/SEAL Team/Discover Scuba Diving).</p>		<p>5.2 I can identify five species in my local aquatic environment, including hazardous species.</p>	

Edited for brevity. Stages 6 onward have addition topics of Leadership, Adventure, and Navigation. Be sure to consult the official documentation www.scouts.ca/scoutinglife/wp-content/uploads/oas/aquatic-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Aquatic_Skills and wiki.scouts.ca/en/Aquatic_Skills_by_Topic

Outdoor Adventure Skills by Topic






Sailing Skills, Stages 1-4 by topic

	Adventure	Health / Safety / Environment	Swim	Technique	Navigation	Knots
	1.10 I have taken part in a short sailing adventure of ≥ 1 hour.	1.1 I can explain the risks of cold water . 1.2 I can explain what PFD is for. 1.3 I can put on my PFD / how it should fit. 1.4 I can show how to avoid sunburns . 1.5 ... to contact the emergency services .	1.7 I can jump into chest-deep water wearing my PFD . 1.8 I can blow bubbles in the water for 10 sec.	1.6 I can show where the bow and stern are in a sailboat. 1.9 I can explain and have demonstrated how to behave safely in my sailboat. 1.11 I have participated in a fun physical fitness program designed for sailing .		
	2.14 2 daysails of 4 hours or 4 daysails of 2 hours	2.1 ... explain the safety rules ... near water . 2.2 ... signs/symptoms of mild hypothermia . 2.3 ... explain ... care for my PFD . 2.4 ... difference .. PFD and a life jacket . 2.5 ... three common whistle signals ... 2.9 I have used a throw bag .	2.12 I can swim 50 metres wearing my PFD .	2.6 I can describe five appropriate actions I should take if I capsize in a sailboat. 2.8 I can identify 12 key parts of my sailboat. 2.10 I can lift a boat with ..., rig a sailboat , and practice getting into and out of my boat safely. 2.13 I can sail away from dock, hold the tiller, pull in the mainsheet, ease the sheets, & sail straight 1 min.	2.11 Before I launch my boat, I can show where I am allowed to go sailing .	2.7 I can demonstrate how to tie reef knot, sheet bend and figure-eight .
	3.12 3 daysails of 4 hours, or 6 daysails of 2 hours .	3.1 I can get help if I see somebody in difficulty... 3.2 I can explain why I should not drink the water from the lake, river or ocean I am sailing on . 3.5 I can explain what impact I have on the environment while sailing.	3.14 While fully clothed and with a properly fitted PFD , I can tread water for five minutes, then swim 100 metres using any stroke.	3.3 I am familiar with common hand signals ... 3.4 I can identify the equipment Transport Canada requires me to have in my sailboat. 3.6 I can identify six types of sailcraft . 3.9 I can rig my boat and then practise getting into and out of my boat safely . 3.10 I can tack, gybe, sit on gunwale, hike, slow down, speed up, bail the boat & balance the boat. 3.11 ... de-rig ... dry the sails and store ... properly.	3.7 I can identify the signs of dangerous weather and water conditions . 3.13 I know how and where to get the latest weather forecast for the area where I will be sailing.	3.8 I can tie the reef knot, sheet bend, figure-eight and bowline .
	4.17 4 daysails of 4 hours, or 8 daysails of 2 hours , on safe, familiar waters.	4.1 I know how to find an appropriate PFD that is the right size and fit for me. 4.2 ... everyone must wear ... PFD while in a boat. 4.3 ... signs and symptoms of severe hypothermia . 4.4 I can describe and demonstrate safety in/on the water . 4.18 I can toss a throw bag	4.19 I can swim and demo. the HELP and huddle positions while in the water wearing a PFD . 4.20 ... self-help procedures and can explain how to perform the HELP position by myself and the huddle position with others.	4.7 I understand balance ... how to sail the boat flat . 4.8 ... how to trim my sail to get the best performance ... 4.10 Under the direction of the Skipper, I have sailed my sailboat forward for 200 metres. 4.11 I can demonstrate how to steer a sailboat going upwind or downwind. 4.12 I can demonstrate balance ... how to sail the boat flat . 4.13 I have capsized & recovered to an upright position. 4.14 I can get back into the sail boat solo, or with help from the Skipper, if my boat capsizes. 4.15 ... help my Skipper to return sailboat to dock/beach safely. 4.16 I can de-rig ... dry the sails and store ... properly.	4.6 I know the hazards for sailing in different weather conditions .	4.5 I know how to properly secure a towline to my sailboat. 4.9 I can tie eight knots that are useful when sailing, canoeing

Edited for brevity. Be sure to consult the official documentation www.scouts.ca/scoutinglife/wp-content/uploads/oas/sailing-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Sailing_Skills and wiki.scouts.ca/en/Sailing_Skills_by_Topic.

Outdoor Adventure Skills by Topic





Vertical Skills, Stages 1-5 by topic

	Adventures	Safety	Gear	Knots & Ropes	Terminology & Techniques	Misc.
	1.2 I have been to a jungle gym playground and know how to play safely and cooperatively with others.	1.1 I know the safety rules for climbing on rocks, trees, fences and man-made structures.				
	2.1 I have been climbing on an artificial wall or natural rock formation .	2.2 I know the safety rules for being at the top of or the bottom of a cliff face	2.3 I can properly put on a climbing helmet . 2.4 ... identify and name the parts of a carabiner .			
	3.6 I have completed a climb to the top of an artificial climbing wall .	3.2 I know when & where I should have a climbing helmet on. 3.3 I know the safety rules ... on an artificial climbing wall . 3.8 ... safety rules for ... an aerial/ ropes challenge course .	3.4 I know how to care for, handle and store a climbing rope, harness, helmet and climbing webbing . 3.7 I can put on and adjust a climbing harness .	3.1 I have correctly tied a figure-8 follow-through knot .	3.9 I know the difference between: a. single-pitch, b. multi-pitch, c. top-rope, d. lead climbing e. seconding climbing methods.	3.5 I know the basic outdoor Leave No Trace rules for an outdoor climbing site.
	4.2 I know the main safety rules for climbing or rappelling at an outdoor natural climbing site . 4.3 ... an equipment safety check of myself, my climbing partner, and anchor and belay systems. 4.6 I know what makes a safe and unsafe climbing site .		4.8 I can name and identify the use of 3 types of locking carabiners and 3 types of non-locking carabiners .	4.1 I have tied a climbing rope into my climbing harness . 4.5 I have coiled a climbing rope	4.4 I know the communication calls and script to follow between a climbing and belayer . 4.7 I can belay using an auto-locking belay device .	
	5.6 I can lower a climber on a top rope down to the ground.	5.8 I know the safety rules for bouldering . 5.9 I can set and use passive and natural climbing protection to build both top and bottom climbing pitch anchor point systems .	5.3 I can perform a safety inspection of a climbing helmet, harness, rope and carabiners. 5.12 I understand the concepts, principles, physics and consequences of shock loading in climbing.	5.1 I can tie these knots: water (tape), double fishermen's, prusik, clove hitch and bowline . 5.2 I can coil a climbing rope using a butterfly and a mountaineer method. 5.7 I have constructed and climbed in a " Swiss seat " improvised climbing harness, with tubular or tape webbing. 5.11 I have set up a 3:1 (or greater) rope pulley system .	5.4 I can belay using a friction , (non-moving part) belay device such as a tube or auto-blocking device. 5.5 I have attached a friction ... rappel device ... and used the device to rappel .	5.10 I know the climbing-specific principles of Leave No Trace

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Outdoor Adventure Skills by Topic

Paddling Skills, Stages 1-4 by topic

	Safety	Technique	Expedition Skills	Education	Adventures
	<p>1.1 I can jump into chest-deep water with PFD on.</p> <p>1.3 I can explain what a PFD is for.</p> <p>1.4 I can put on my PFD & know how it should fit.</p> <p>1.7 ... how to behave safely in my canoe or kayak.</p> <p>1.8 I can explain why I should care for my PFD.</p> <p>1.9 I can explain the risks of cold water.</p> <p>1.10 ... how to contact the emergency services.</p>	<p>1.6 I can demonstrate the correct way to hold my paddle.</p> <p>1.11 I can get in and out of my watercraft safely.</p>	<p>1.2 I can blow bubbles in the water for 10 seconds.</p>	<p>1.5 I can show where the bow and stern are in a canoe or kayak.</p>	<p>1.12 I have taken part in a short paddling adventure of at least one hour.</p>
	<p>2.2 ... difference between a PFD and a life jacket.</p> <p>2.4 I can explain why I should not drink the water ... paddling on until it has been filtered or treated.</p> <p>2.5 I can identify the equipment Transport Canada requires me to have in my canoe or kayak.</p> <p>2.6 ... the safety rules for being near water.</p> <p>2.10 I can get help if ... somebody in difficulty ...</p> <p>2.11 I am familiar with common whistle signals ...</p> <p>2.14 ... the signs/symptoms of mild hypothermia.</p>	<p>2.7 I can list the appropriate action I should take if I capsize in a canoe or kayak.</p> <p>2.12 I have used a throw bag.</p> <p>2.13 I can identify the parts of my watercraft and my paddle.</p>	<p>2.1 I can swim 25 metres with PFD on.</p> <p>2.3 Before I launch my watercraft, I can show where I am allowed to go canoeing or kayaking.</p>	<p>2.8 I have explained some of the ways that paddling a canoe or kayak can have a negative impact on the environment where I am paddling.</p>	<p>2.15 I have taken part in an at least two paddling activities.</p>
	<p>3.7 I know what the risks are for paddling in different weather conditions.</p> <p>3.8 I can make a recognized distress signal.</p> <p>3.10 I have helped a Stage 1 paddler ... to put ... PFD on.</p>	<p>3.2 ... how to choose a paddle ... the correct size.</p> <p>3.3 With help from my team or my Scouter, I can paddle my canoe or kayak forward a short way.</p> <p>3.4 I have capsized a canoe while sitting in it.</p> <p>3.5 I can get back into my canoe or kayak with help from someone in another watercraft if ... capsized.</p> <p>3.9 I can throw a throw bag.</p>	<p>3.1 I can swim 100 metres with my PFD on using any stroke.</p>	<p>3.6 I know how and where to get the latest weather forecast for the area where I will be paddling.</p>	<p>3.11 I have taken part in two paddling activities.</p>
	<p>4.1 ... HELP & Huddle positions ... w/PFD.</p> <p>4.5 ... helped a Stage 2 paddler to explain the basic safety rules for being near water.</p> <p>4.12... describe ... conditions that make paddling unsafe and ... what to do ...</p> <p>4.14 I can identify three methods for helping someone in the water to reach safety and have demo'd how to use them.</p> <p>4.17 I can explain what a float plan is.</p>	<p>4.8 ... paddle a canoe/ kayak in a straight line going forward for at least 50 metres.</p> <p>4.9 I can make my canoe or kayak turn in the direction I want it to turn.</p> <p>4.10 I can demo basic canoe strokes (<i>forward, reverse, draw, pry, stop, j, sweep</i>).</p> <p>4.11 I can explain why my watercraft needs a painter and can attach one...</p> <p>4.15 I can throw a throw bag ...</p>	<p>4.2 I can explain what clothing should be worn while canoe tripping.</p> <p>4.6 I can explain the seven principles of Leave No Trace.</p>	<p>4.3 I can assist in launching and landing a canoe or kayak.</p> <p>4.4 I can trade places w/ paddling partner ...</p> <p>4.13 ... explain why canoes/kayaks important to ... aboriginal people & the history of Canada.</p>	<p>4.7 I have taken part in a canoe/kayak raft-up...</p> <p>4.16 I have taken part in & logged at least four paddling activities.</p> <p>4.18 ... one paddling activity of at least eight hours duration, incl. making/eating a meal.</p>

Edited for brevity. Be sure to consult the official documentation www.scouts.ca/scoutinglife/wp-content/uploads/oas/paddling-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Paddling_Skills and wiki.scouts.ca/en/Paddling_Skills_by_Topic

Outdoor Adventure Skills by Topic

Ropes & Knots

	1.1 I can hang a drying/gear line with a half hitch or other knot.			2.7 I can demonstrate how to tie reef knot , sheet bend and figure-eight .
	2.1 I can tie a reef knot , a round turn and two half-hitch knots.			
	3.1 I can tie a half hitch , clove hitch and a fisherman's knot .			3.8 I can tie the reef knot , sheet bend , figure-eight and bowline used by Scouts when sailing or when camping.
	4.1 As part of a team, I have completed a Scoutcraft project using at least a square lashing to join two poles at right angles. 4.2 I can tie a figure eight , bowline , trucker's hitch and sheet bend , and whip the end of a rope .			4.9 I can tie eight knots that are useful when sailing , canoeing or camping.
				4.11 I can explain why my watercraft needs a painter (rope attached to the bow and/or stern) and can attach one...
	5.1 I have built a lean-to shelter and an A-frame sleeping tripod shelter using wood, tied with four lashing knots: square , diagonal , tripod and shear lashings .			5.1 I can tie these knots: water (tape), double fishermen's , prusik , clove hitch and bowline . 5.2 I can coil a climbing rope using a butterfly and a mountaineer method. 5.7 I have constructed and climbed in a "Swiss seat" improvised climbing harness, with tubular or tape webbing. 5.11 I have set up a 3:1 (or greater) rope pulley system .
	6.1 I have built a usable Burma / Monkey bridge.			6.1 I have tied and used a Munter hitch (also called an Italian hitch) as a belay method. 6.2 I have constructed and used an improvised " Parisian Baudrier " chest harness
	7.1 Using spars (poles) and rope, I have constructed a 3m-high tower or a bridge over a 3m span. 7.2 I have taught five knots to younger Scouts 7.4 I can construct a 2:1, 3:1, and 4:1 rope pulley system to raise or move loads or tension lines.			7.2 I have constructed and used a highline (also called Tyrolean Traverse or Aerial Runway). 7.5 I have used utility cord and a friction knot/system as protection on a rappel.
	8.1 I can backsplice , short splice and eye splice a three-strand rope. 8.10 I have made 4 metres of 3-strand cordage from only natural plant products found outdoors.			8.6 I have taught younger Scouts to tie these seven knots: figure-8 follow-through knot , double fishermen's , water knot, bowline , Munter hitch , prusik and clove hitch .
	9.1 I have built a large temporary pole and lashing " gateway " entrance (with flag pole) for a jamboree or campout activity site.			9.4 I have set up and used a Munter mule combination hitch to facilitate the rescue of beginners learning to rappel.

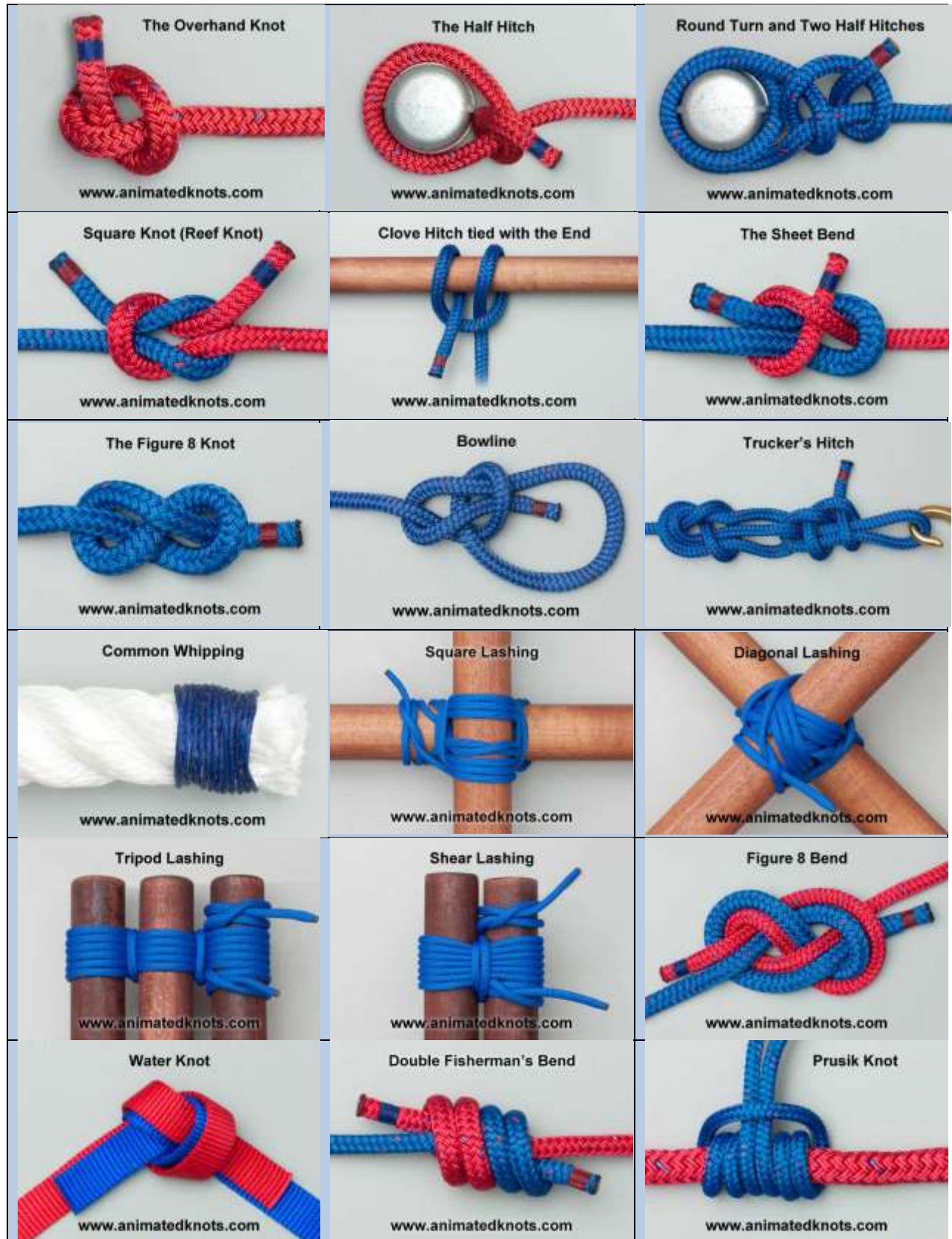
It is interesting that additional knots required in stages past 4 are lashings (Stage 5: *square, diagonal, tripod and shear*) and splicing (Stage 8: *backsplICE, short splice, eye splice*), which one could argue are not knots at all, but rather applications of knots. This really shows the importance of these fundamental knots. Higher stages may require more complex *projects* (*monkey bridge, tower, bridge, camp gateway*), but largely rely on the knots potentially taught to Cub Scouts or early stage Scouts.

wiki.scouts.ca/en/Knots

[wiki.scouts.ca/en/Outdoor Adventure Skills Knots](http://wiki.scouts.ca/en/Outdoor_Adventure_Skills_Knots)

animatedknots.com

Outdoor Adventure Skills by Topic



Outdoor Adventure Skills by Topic

Shelters

 1	1.5 I know three reasons for having a shelter when sleeping outdoors	 1	1.1 I have built something out of snow.
 2	2.4 I know what natural shelter materials or locations are to keep out of the wind, rain, sun and snow and where these may be found.	 2	2.15 I can find a safe place in bad weather.
 3	3.7 I can make a personal shelter out of plastic sheeting and rope. 3.11 I know what makes a comfortable and safe place for a sleeping shelter/site.	 3	3.6 With a small group, I have built an emergency shelter in winter. 3.7 I know how to find shelter from the wind on a cold day.
 4	4.7 I can build a personal sleeping shelter out of snow or any other natural materials.	 4	4.16 I can build or find an emergency shelter .
		 4	4.5 I have put up a tent in winter to sleep in.
 5	5.1 I have built a lean-to shelter and an A-frame sleeping tripod shelter using wood, tied with four lashing knots: square , diagonal , tripod and shear lashings . 5.6 I have built and slept out at least two nights in a shelter big enough for three persons and made of only natural materials found outdoors and rope.	 5	5.12 I can pitch a variety of tents and shelters.
 6	6.6 I have constructed and slept two nights in an igloo , quinzee or trench snow shelter capable of sleeping three persons.	 5	5.6 I have built and slept in a temporary winter shelter such as a quinzhee, snow trench or a lean-to.
 8	8.6 With only materials found in the forest, rope and plastic sheeting, I have built a 10-person campout dinning shelter protected on all side from the weather.	 6	6.6 I have taught a less experienced Scout how to build a winter shelter . 6.10 I have slept outside for two nights in a lightweight shelter in winter

Camp Tools: Knives / Axes / Saws

Policies — Knives, Axes, Saws, Camp Stoves, Lanterns, and Other Camping Tools Standards:

Youth are introduced to equipment with the appropriate safety knowledge and supervision. All members have the appropriate and necessary skills and experience to safely use the equipment. Tools will be used in the right place, at the right time, with the right tool for the right job, with the right training and skills, and the right supervision. Members will only use folding, lock-blade knives for program activities. The blade shall be 8.5 centimetres long or less. All other knives are not permitted in Scouting activities without the express approval of the Group Commissioner, as detailed and approved on the Outdoor Activity application form and with the appropriate risk management plan.

	<p>4.4 I can use a knife safely (<i>opening, closing, passing, cleaning, caring for</i>) and have earned my knife permit.</p>		<p>4.5 I can use basic camp tools safely.</p>
	<p>5.3 I know how to use a camp axe and camp folding or bow saw safely (<i>opening, closing, passing, cleaning, caring for, sharpening, cutting</i>) and have obtained the appropriate permits for these.</p>		<p>5.5 I can use, maintain and store tools safely at camp.</p>
	<p>6.3 Using a knife and axe, I have prepared a 10-person campfire with tinder, kindling and fuel logs gathered from a forest floor. The fire burned for 5 hours with all wood gathered before the fire was lit (no gathering additional fire wood once the fire is lit and burning). 6.10 From wood I have not harvested from a live source, I have carved and used my own hiking "Scout" staff on a trail hike.</p>		<p>6.6 I can demonstrate to others how to care for, store and maintain group gear for camp.</p>
	<p>8.3 I have carved cooking and eating spoons and a bowl with a knife/carving tools and wood.</p>		<p>7.6 I can teach another youth how to care for, store and maintain group gear needed for camps.</p>
	<p>9.3 I know all the safety techniques, operating procedures, personal protective equipment and hazard identification / defence for chainsaw use to both fell a tree and buck up downed wood.</p>		<p>8.5 I can make recommendations to improve group equipment for various camp types.</p>




































Fire Laying and Lighting

	1.7 I can gather dry burnable wood for a fire.		1.1 I can collect small sticks for a campfire		1.15 I know how to be safe around a campfire
	2.6 I have helped light a fire using only natural fire starter materials found in the forest, and I know the safety rules for when around a campfire.		2.11 I behave safely around fires at camp. 2.13 I can identify and explain the elements of the fire triangle .		
	3.4 I have boiled water over a campfire and know the safety precautions around fires/hot pots. 3.9 I can lay and start a fire with only matches and materials found in the forest.		3.13 I can make a hot drink on a campfire at camp. 3.14 I can clean up a fire area after camp		3.2 I can light a small fire . 3.4 I have cooked a lunch over an open fire .
	4.9 I can quickly (under five minutes) build an emergency warming fire for a group of three persons without using tools (only matches).		4.11 I can demonstrate safe practices around fires and cooking equipment to minimize the risk of burns, scalds and other injuries.		
	5.8 I have laid and lit a teepee fire, pyramid fire, star fire and reflector fire.				5.8 I can light a fire using no more than three matches.
	6.3 Using a knife and axe, I have prepared a 10-person campfire with tinder, kindling and fuel logs gathered from a forest floor. The fire burned for 5 hours with all wood gathered before the fire was lit (<i>no gathering additional fire wood once the fire is lit and burning</i>). 6.8 I can light a fire using only mechanical means (<i>flint and steel, ferrocerium striker or friction-i.e. bow and drill</i>).				
	7.5 I have made newspapers fire logs and/or bricks, sufficient to have a three-hour warming fire indoors in a stove or fireplace or outside with a campfire.				
	8.8 Using only natural materials, I can light and maintain a fire in falling rain or falling snow conditions.				
	9.7 I have built and used a Leave No Trace warming fire for 10 persons for three hours.				9.1 I have led a winter campfire .

Outdoor Adventure Skills by Topic














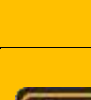
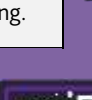





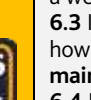



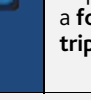
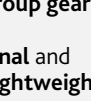
Cooking

	1.2 I can keep my mess kit clean at camp.		1.3 I can list what food to bring on a day hike.		1.2 I have prepared a good snack for a winter outing.
	2.2 I can cook a foil-wrapped meal in a fire.		2.5 I can explain how to use Canada's Food Guide ... and help to plan a nutritious meal . 2.6 ... safe food handling and hygiene ... 2.7 I can help prepare food for cooking at camp and be safe while cooking at camp.		2.2 I have packed a proper lunch for a winter outing.
	3.2 I can cook a meal on a camp stove .		3.4 ... help plan a basic balanced meal ... 3.5 ... demonstrate how to store food ... 3.6 ... assist in cooking a meal ... 3.7 ... be safe while cooking at camp... 3.13 ... make a hot drink on a campfire...		3.3 ... plan a menu for...camp 3.4 ... cooked a lunch over an open fire
	4.3 I can cook over a fire to roast and bake food items. 4.11 I can set up a tree food hang to protect my food from animals.		4.6 I can store and cook food safely... 4.11 ... safe practices around fires and cooking equipment to minimize the risk of burns, scalds ...		4.4 I know how to plan for and avoid food allergies in a group hike.
	5.2 I have cooked with cast iron cookware ... fire/coals... 5.7 I have caught, cleaned and cooked a fish over a campfire.		5.8. ... use different cooking methods/fuel types 5.16 I can light, maintain and use a fire to cook a meal...		5.5 ... use... lightweight stoves ... 5.6 ... keep food & prep materials hygienic .
					5.2 ...led... planning & purchasing meals... 5.3 ... chief cook for at least 1 meal 5.7 ... lay & light a fire 5.8 I can use a liquid fuel stove
					5.3 I have participated in creating a menu for an overnight trip.
	6.2 I have built and cooked on a personal-sized stove only made out of tin cans, wax, candle wicks and cardboard		6.8 ... plan/purchase food for a weekend camp. 6.9 I can demonstrate to others how to use a variety of cooking stoves at camp and explain to others when each type is most effective. 6.10 I can teach another youth to prepare a meal to be cooked on a fire or improvised stove.		6.4 I have baked bread or a dessert at a winter camp.
					6.8 I can explain how to deal with waste ... including greywater, solid waste, food scraps ... 6.16 With my paddling team, I can plan a healthy menu for our canoe adventure and can help prepare the meals
	7.3 I have made a vagabond / tin can stove and cooked ... on it.		7.8 I can teach the use of various stoves and their effective use ...		7.5 I can plan and cook a variety of meals on a hiking expedition ≥ 2 nights. 7.6 ... explain how much food is needed on hiking expeditions of various lengths.
					7.1 I know how to plan ... a simple, nutritious menu for a mobile winter camp .
					7.10 I can use several different methods for cooking.
	8.2 I can cook a complete campout meal using only improvised natural cooking surfaces and devices (cooking only using flat stones, wood planks, cooking cranes/hooks, spits, covered pits/trenches).				
	9.2 Using only wood as a fuel source, I have built a reflector camp oven and cooked a meal for a minimum of five persons, including both roasted and baked food preparation.				

Edited for brevity. *Why is camp food so awesome? Is it because we're with friends? Is it because we work up a better appetite outside? Maybe it's because we are more connected with its preparation.*













Outdoor Adventure Skills by Topic

Gear

 1	<p>1.3 I can help pack a bag for camp.</p> <p>1.4 ... keep my camping gear neat & tidy.</p> <p>1.5 ... care for my basic personal gear on an overnight camp.</p>	 1	<p>1.1 I can help pack a rucksack for a day hike.</p> <p>1.2 I can dress myself for a day hike</p>				
 2	<p>2.2 I can list ... gear to bring on an overnight camp.</p> <p>2.3 ...look after all my personal gear ...</p> <p>2.4 ...explain what clothing to bring on overnight camp.</p>	 2	<p>2.1 I know what gear to bring for a hike depending on weather.</p> <p>2.2 ... take care of all personal gear needed for a day hike.</p>	 2	<p>2.4 I know how to pack extra clothes for winter outings.</p>		
 3	<p>3.2 I can audit my personal gear for camp.</p> <p>3.3 ... pack a bag for camp.</p>	 3	<p>3.1 ... pack a rucksack</p> <p>3.2 ... explain what clothes to bring ... depending on the weather.</p>	 3	<p>3.8 I can pack a day pack for a winter outing.</p>		
 4	<p>4.2 ...list personal gear...</p> <p>4.3 ... show how to use group gear safely at camp.</p> <p>4.4 ... show proper use, care & maintenance of group gear during and in between camps.</p>	 4	<p>4.2 I can pack a rucksack for a weekend hike.</p> <p>4.3 ... show how to care for all my personal hiking equipment needed</p>	 4	<p>4.2 I can explain what clothing ... canoe tripping.</p>	 4	<p>4.7 I have used a toboggan or sled to transport equipment</p>
 5	<p>5.3 I can show the personal gear needed for an overnight lightweight camp.</p> <p>5.4 I can explain how the type of camp affects the choice of equipment needed.</p>	 5	<p>5.1 I can explain how the weather affects the equipment I bring ...</p> <p>5.2 I can show what group equipment ... a weekend hike and explain why ...</p> <p>5.3 I can show how to use group equipment ...</p>	 5	<p>5.5 I am able to pack the appropriate clothing and equipment for a two-night winter camp.</p>		
 6	<p>6.6 I can demonstrate to others how to care for, store and maintain group gear for camp.</p> <p>6.7 I can prepare a list of personal and group gear required for a standing camp.</p>	 6	<p>6.1 ... teach ... what to pack for a weekend hike.</p> <p>6.3 I can teach another youth how to care for, store and maintain the group equipment.</p> <p>6.4 I can look after my hiking footwear.</p> <p>6.5 I can select and maintain my pack for various hiking adventures.</p>	 6	<p>6.5 I can create a gear list for personal & group gear required on a four-day trip.</p>	 6	<p>6.7 I can do simple repairs on liquid fuel stoves.</p>
 7	<p>7.6 I can teach ... to care for, store and maintain group gear needed for camps.</p> <p>7.7 I can create personal and group gear lists for lightweight camping excursions.</p>	 7	<p>7.1 I can pack a rucksack for a hiking expedition of more than two nights.</p> <p>7.3 I can show what group equipment to bring hiking expedition ≥ 2 nights and why...</p> <p>7.4 ... choose ... lightweight hiking equipment.</p>	 7	<p>7.2 I know how to select ... tent for winter camping.</p>		
 8	<p>8.5 I can make recommendations to improve group equipment for various camp types.</p>	 8	<p>8.1 teach youth to pack for a hiking expedition.</p> <p>8.2 I can make recommendations to improve group equipment.</p>	 8	<p>8.1 I can carry out repairs on gas-fuelled stoves in winter conditions.</p>		
		 9	<p>9.1 I know what equipment is required for various hiking expeditions and the correct use and care of this equipment.</p>				

Edited for brevity. Can't camp without the right gear! First aid and survival kits are listed in a separate table.

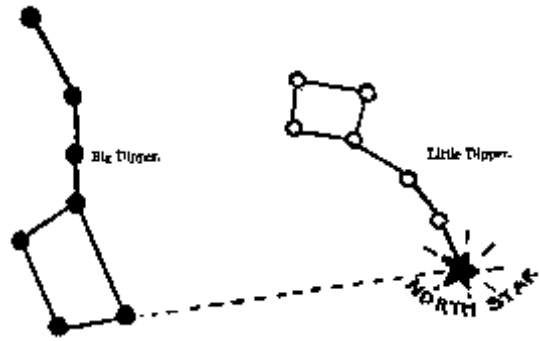
Survival / First Aid Kit

	<p>1.1 I have made my own personal first aid kit.</p>	
	<p>2.1 I have added items to my own personal first aid kit and I know how and when to use it.</p>	
	<p>3.13 I have made a winter survival kit that I take ... on all winter activities.</p>	 <p>3.10 I have put together a personal outdoor survival kit.</p>
	<p>4.4 I know what goes into home first aid kit. 4.9 I know what is in our Group first aid kit and know how to use it.</p>	 <p>5.9 I have made a personal survival kit as identified in the Field Guide for Canadian Scouting (pages 27–28).</p>
	<p>6.5 I can explain group emergency equipment for a camp.</p>	 <p>6.2 I can show what group emergency equipment we can carry on a weekend hike, and how to use each item.</p>
	<p>7.10 I know what specialized equipment is required in my field first aid kit based upon my activities, skill level, certification and how to use and care for the equipment.</p>	 <p>7.2 I can inspect group emergency equipment for a hiking expedition of more than two nights.</p>
	<p>8.6 I have taught a group of people on the importance of, and what should be in, a 72-hr home preparedness kit. 8.10 I know what equipment needs to be in a first aid kit for an activity of at least one weekend in length in the wilderness.</p>	
	<p>9.8 I can assemble, display and describe winter and summer survival kits and explain how to use them.</p>	

Carrying a survival and first aid kit is long traditional in Scouting, as a very useful habit when in the outdoors! For years cigarette tins were commonly used, which doesn't fit in with today's promotion of a healthier lifestyle. (Plus they don't make metal ones anymore.) What's a suitable container for your kit?

Outdoor Adventure Skills by Topic

Navigation





















	1.5 I can identify the main parts of a compass			
	2.3 I can read a simple map . 2.4 I can use a compass to find basic directions .			
	3.3 I can follow a route on an orienteering map. 3.4 ... identify features of a topographical map . 3.5 ... demonstrate the basic use of a GPS unit. 3.6 I can teach another youth how to find directions by using a compass .		3.6 I have used a compass to walk on a bearing .	
				3.11 I can identify the North Star and three other features in the winter night sky.
	4.5 I can use a map and compass together for navigation. 4.6 I can teach ... follow a route on an orienteering map 4.7 I can keep a map dry and safe from the elements. 4.8 I can locate a waypoint ... into a GPS unit.		4.6 I can establish the four cardinal directions (north, south, east, west) without a magnetic compass or any electronic means.	
	5.7 I can use a map and compass to find my position on the ground. 5.8 I can plot a proposed hiking route on a map and obtain ... compass bearings. 5.9 I can input a given waypoint into a GPS and then find it . 5.10 I can teach another youth the basic use of a GPS unit. 5.11 ... find directions without a compass		5.5 I have navigated , all off trail , 3 km to a pre-determined fixed point in a wilderness area using compass bearing .	
				5.9 I can use a compass and/or a GPS device to find direction and travel to a desired location.
				5.12 I have hiked a minimum of 5 km in winter conditions following compass bearings .
	6.9 I can obtain coordinates from ... a topographical map so that it can be inputted into a GPS unit. 6.10 I can demonstrate the limitations of the compass and other navigation tools. 6.11 I can teach ... how to find ... position on the ground using a map and compass .		6.5 I have navigated to and found 10 geocache locations.	
				6.9 I can read and understand a topographical map and can use it and a compass to tell where I am / going on a canoe trip.
	7.7 I can navigate at night / poor visibility. 7.8 I can use a topographical map to plan a hike in unfamiliar territory.		7.8 Using a topographic map and magnetic compass , I have taught younger Scouts to determine their location on a map and to make their way to another location on a map	
			7.2 I can navigate with a compass underwater and understand the specific challenges of underwater navigation (currents, lack of landmarks, etc.)	
	8.3 I can navigate ... over rough terrain in any type of weather, and at night. 8.4 I can teach ... plan a hike ... using the appropriate tools.		8.5 I can find the North Star and identify four of the constellations in the northern sky.	
				8.3 I have drawn a rough map of a dive site .
			9.5 Using GPS devices, I have set up and facilitated a ten-station outdoor orienteering course ...	

Edited for brevity.

Outdoor Adventure Skills by Topic

Nature

	1.6 I can name three wildflowers by direct observation in a wild field, bush or forest.		1.7 I know three different types of animals that live in the ocean .
	2.5 I can identify four trees by direct observation in a wild field, bush or forest.		2.14 I know some of the wild animals in my area and how to be safe around them.
	3.8 I can identify three wild animal tracks .		3.13 I can identify ... poisonous/hazardous plants in my area, and ... in Canada. 3.15 I can treat bee stings and reactions to some local plants, such as stinging nettle
	4.8 I can safely identify three edible wild plants . <i>(Note: Scouts must approve all plants before they are consumed by Scouts.)</i>		4.12 I know how to treat and report (if appropriate) insect and animal bites .
	5.7 I have caught, cleaned and cooked a fish over a campfire.		5.18 I can recognize and respond to hazards from flora and fauna .
			5.2 I can identify five species in my local aquatic environment, including hazardous species.
	6.7 I have identified 15 bird species in the wild using a written birding record journal .		6.5 I can identify common poisonous plants in my area and I know how to treat exposure and symptoms.
	7.6 I can identify the poisonous living organisms, animals and plants in Canada.		7.3 I have participated in a marine environmental service project , cleaning up a water body.
	8.7 I have observed (and photographed as proof) a total of 15 North American mammals, reptiles or amphibians in the wild.		
	9.6 I have planted a minimum of 100 new trees		

Edited for brevity.

