

# 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/](https://scouts.ca/program/canadianpath/outdoor-adventure-skills/)
- [wiki.scouts.ca/en/Scoutcraft\\_Skills\\_by\\_Topic](https://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. (Scouters must approve ... before ... consumed...)	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.

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## Outdoor Adventure Skills by Topic

# Camping Skills, Stages 1-5 by topic






	Leadership	Gear	Food	Safety	Environment	Tent	Fire	Adventures
	1.2 I can <b>follow directions</b> while at camp.	1.3 I can <b>help pack a bag</b> 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 ... <b>buddy system</b> at camp. 1.7 I can describe the different <b>emergency services in the camp</b> ... & how to call them.		1.8 I can <b>set out my sleeping area</b> for good night's sleep at camp.	1.1 I can collect small sticks for a campfire	1.9 I have spent <b>one (1)</b> 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 <b>help prepare food</b> for cooking at camp and be safe ...		2.8 I can get <b>help if someone is hurt</b> while at camp.	2.9 I can identify the main parts of a tent. 2.10 I can <b>help pitch</b> a tent at camp.	2.11 I behave safely around fires at camp. 2.12 ... identify and explain the elements of the <b>fire triangle</b> .	2.13 ... <b>two (2)</b> nights in a tent at camp.
	3.1 I can <b>help others learn</b> 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 <b>store food</b> ... 3.6 ...assist in cooking a meal ... 3.7 ... be safe while cooking at camp.	3.8 I can demonstrate <b>first aid</b> treatment for a <b>minor cut</b> ... <b>prevent infection</b> ...	3.9 I can <b>get a weather forecast</b> for a camp. 3.10 ... describe how weather can affect our camp. 3.11 ... discuss <b>7 principles of Leave No Trace</b> .	3.12 I can <b>show how to pitch a tent</b> (with help ...	3.13 ... a hot drink on a campfire at camp. 3.14 ... clean up a fire area after camp	3.15 ... <b>seven (7)</b> nights at camp.
	4.1 I can demonstrate <b>shared teamwork</b> ...	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 ... <b>7 principles of Leave No Trace</b> while at camp.	4.9 I can find the best place to pitch a tent ... and explain my reasoning. 4.10 ... <b>assist pitching tent</b> with my team at camp.	4.11 I can demonstrate <b>safe practices around fires</b> and cooking equipment to <b>minimize the risk of burns, scalds</b> and other injuries.	4.12 ... <b>twelve (12)</b> nights at camp.
	5.1 ... <b>organization of 2 camps</b> ... 5.2 ... <b>planning</b> a camp program of activities.	5.3 I can <b>show</b> the personal gear needed for an overnight lightweight camp. 5.4 ... <b>explain</b> how the type of camp / choice of equipment ... 5.5 ... <b>maintain &amp; store tools</b> ... 5.6 ... <b>teach</b> ... what to pack ...	5.7 I can <b>plan a balanced menu</b> ... with a team. 5.8 ... use <b>different cooking methods</b> / fuel	5.9 ... prepare for and help <b>prevent heat-, cold- and sun-related injuries</b> ...	5.10 I can describe the weather forecast and <b>record the weather</b> for ... camp.	5.11 I can <b>pitch a variety of tents</b> and shelters. 5.12 ... to <b>secure tents</b> ... 5.13 ... <b>suitable location</b> for standing/ lightweight camp. 5.14 ... <b>best layout</b> .. campsite and explain my reasoning.	5.15 ... light, maintain and use a <b>fire</b> to <b>cook</b> a balanced <b>meal</b> at camp.	5.16 ... <b>18 nights</b> 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	1.1 I can <b>help pack</b> ... for a day hike. 1.2 ... <b>dress myself</b> 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 <b>responsible for myself</b> while hiking.	1.6 ... <b>behave safely</b> hiking. 1.9 I can <b>recognize</b> the main <b>distress signals</b> .	1.4 ... <b>follow directions</b> ... 1.8 I can explain the <b>buddy system</b> .	1.10 ... at least <b>two</b> hikes.
 2	2.1 I <b>know what gear to bring</b> for a hike depending on the weather. 2.2 I can show how to <b>take care of all personal gear</b> 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 <b>responsible member of my team</b> ... 2.7 I can <b>get help</b> if someone is hurt.	2.9 I can <b>explain</b> why one brings <b>certain foods and drinks</b> ...	2.8 ... attended at least <b>three</b> hikes
 3	3.1 I can <b>pack a rucksack</b> ... 3.2 ... <b>explain what clothes to bring</b> for a day hike depending on the weather.	3.3 I can <b>follow a route</b> on an orienteering map. 3.4 I can identify the features of a <b>topographical map</b> . 3.5 ... demo the basic use of a GPS unit. 3.6 I can <b>teach</b> another youth how to <b>find directions</b> by using a <b>compass</b> .	3.7 I can explain the <b>effect of weather on hiking</b> activities. 3.9 ... main <b>principles of Leave No Trace</b> .	3.10 I can treat <b>simple cuts and scratches</b> . 3.11 I know how to <b>avoid becoming lost</b> , and ... what to do if I get lost.	3.8 I can be <b>responsible for myself</b> and aware of my surroundings while hiking.	3.12 ... at least <b>three</b> hiking activities, one ... involves hiking on <b>hilly trails</b> .
 4	4.2 I can <b>pack a rucksack</b> for a weekend hike. 4.3 ... <b>care</b> for all my <b>personal hiking equipment</b> ...	4.5 I can use a map and compass together ... 4.6 ... <b>teach</b> ... how to <b>follow a route</b> on an <b>orienteering map</b> 4.7 ... <b>keep a map dry</b> and safe ... 4.8 ... <b>locate a waypoint</b> ... pre-programmed into a <b>GPS unit</b> .	4.11 I can apply the <b>Leave No Trace principles</b> while hiking 4.12 I can <b>minimize trail hazards</b> ...	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 <b>emerg. shelter</b> .	4.1 I can <b>teach another youth what to pack</b> for a day hike. 4.13 ... <b>responsible for younger</b> ... members of team...	4.17 ... <b>three</b> hikes (incl. <b>overnight</b> ). 4.18 I can <b>lead a leg</b> of a hike. 4.19 ... help plan ... 4.10 I can cross <b>various terrains</b> ...
 5	5.1 ... explain how the <b>weather affects the equipment</b> I bring ... 5.2 ... show what <b>group equipment</b> to bring on a weekend hike and explain why ... 5.3 ... how to use <b>group equipment</b> ... 5.4 ... select appropriate footwear 5.5 ... use lightweight stoves ... 5.13 ... plan effectively and recommend appropriate gear ...	5.7 I can use a <b>map and compass</b> to <b>find my position</b> on the ground. 5.8 ... <b>plot</b> a proposed hiking <b>route</b> on a <b>map</b> and obtain ... compass bearings. 5.9 I can <b>input a waypoint</b> into a GPS and then find it. 5.10 I can <b>teach</b> another youth the basic use of a <b>GPS</b> unit. 5.11 I can <b>find directions without a compass</b> . 5.14 ... when and how to cross a river.	5.12 I can describe the <b>dangers of weather</b> on hikes. 5.15 I can show how and explain when to use the <b>main distress signals</b> . 5.16 I can hike on <b>steep trails</b> safely, using appropriate gear as required. 5.18 I can recognize and respond to <b>hazards from flora and fauna</b> .	5.6 I can keep <b>food</b> and food preparation materials <b>hygienic</b> .	5.17 ... an <b>active member</b> of my team while hiking.	5.19 ... <b>three</b> hikes (incl. <b>overnight</b> ). 5.20 ... <b>written a log</b> 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 <b>how to dress</b> when I go outside... 1.7 I know to <b>stay dry</b> or <b>change to dry clothes</b> ...	1.1 I have built something out of snow.	1.8 I know about the <b>buddy system</b> ... 1.11 ... I should <b>not touch cold metal</b> with bare skin...	1.9 I know to <b>follow the instructions</b> of the <b>activity leader</b> ... at an outdoor event.	1.5 I have participated in a <b>winter sports day</b> ( <i>Beaveree, Cuboree</i> ...) 1.10... <b>hiked</b> $\geq 1$ km
	2.2 I have <b>packed a proper lunch</b> for a winter outing.	2.4 I know how to <b>pack extra clothes</b> for winter outings. 2.5 ...to <b>keep my feet dry</b> while I am outside .... 2.6 ... I know how to <b>put away my outdoor clothing</b> so that it will dry	2.1 I have gone <b>sledding</b> or tobogganing 2.11 ... <b>made</b> a piece of simple <b>winter gear or clothing</b> ( <i>wristlet or neck warmer</i> ).	2.10 I know to <b>avoid ice or open water</b> 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 <b>overnight</b> winter camp/sleepover 2.9 ... <b>two hikes</b> $\geq 1$ km.
	3.2 I can light a small fire. 3.3 I have helped <b>plan a menu</b> for a winter camp. 3.4 I have cooked a lunch over an open fire.	3.5 I understand the <b>layering principle</b> when dressing for winter activities ... 3.8 I can <b>pack a day pack</b> for a winter outing.	3.6 With a small group, I have <b>built an emergency shelter</b> in winter. 3.11 I can identify the <b>North Star</b> 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 <b>find shelter</b> from the wind on a cold day. 3.9 ... watch my fellow Scouts for <b>signs of exposure</b> to the cold 3.13 ... made a <b>winter survival kit</b> that I take with me on all winter activities.		3.1 ... participated in a <b>winter sport</b> ( <i>alpine skiing, cross-country skiing, snowshoeing, snowboarding, skating, hockey, tobogganing, sledding, curling</i> ). 3.10 ... <b>one additional night</b> at winter camp in cabin /heated tent. 3.12 ... <b>hike</b> $\geq 3$ km.
	4.2 I have helped <b>purchase food</b> for a winter outing. 4.3 I have helped <b>cook meals</b> at winter camp.	4.5 I have <b>put up a tent</b> in winter... 4.6 I can properly <b>set up my sleeping area to stay warm</b> through the night at winter camp. 4.7 I have used a toboggan or sled to <b>transport equipment</b> .	4.10 I have traveled in snow using <b>snowshoes</b> or <b>nordic skis</b> .	4.12 I know how to <b>help someone</b> ... 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 <b>taught a winter skill</b> to a less experienced Scout.	4.1 I have participated in a <b>winter sport</b> ( <i>different from earlier</i> ). 4.4 ... attended a winter campfire. 4.9 ... <b>two consecutive nights</b> at winter camp ( <i>in addition prev.</i> ) 4.11 ... <b>two</b> $\geq 3$ km hikes.
	5.3 ... <b>chief cook</b> for at least one meal at winter camp. 5.7 I can <b>lay and light a fire</b> in winter conditions for warmth and cooking. 5.8 I can use a <b>liquid fuel stove</b> in winter conditions...	5.5 I am able to <b>pack</b> ... for a two-night winter camp.	5.6 ...built & <b>slept in shelter</b> ; quinzhee, snow trench or a lean-to.	5.13 I know how to avoid, recognize & treat <b>carbon monoxide poisoning</b> (which can occur in winter shelters). 5.14 I have <b>first aid qualification</b> ( <i>SJA or Red Cross Standard First Aid</i> ). 5.15 I can execute <b>ladder rescue, chain assist</b> and <b>reaching assist</b> ...	5.2 led ... <b>planning &amp; purchasing meals</b> ... 5.4 ...helped <b>run a winter campfire</b> 5.9 ... helped <b>lead a winter sports day</b> .	5.1 ... played an outdoor game in winter $\geq 6$ meetings. 5.10 ... <b>two nights</b> outside at winter camp ( <i>in addition prev.</i> ) 5.11 Hiked $\geq 3$ <b>6 hours</b> $\geq 6$ km 5.12 $\geq 5$ 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 <b>basic</b> approach to <b>first aid</b> . 1.3 I can <b>treat</b> minor <b>cuts</b> or <b>scrapes</b> .	1.4 I can be <b>responsible</b> for my own <b>health</b> . 1.5 ... responsible for my own safety. 1.7 I know <b>not</b> to <b>play</b> with <b>matches</b> ...	1.6 I <b>know my address</b> and location in an emergency. 1.8 I know how to <b>spot things</b> in my <b>home</b> that are <b>not safe</b> . 1.9 ... <b>emergency services</b> that are available and how and when to call them and what to say.	1.10 I use the " <b>buddy system</b> " when outdoors. 1.11 I can <b>signal for help</b> 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 " <b>hug a tree</b> " [or stay put] if lost... 1.15 I know how to be <b>safe</b> around a <b>campfire</b> . 1.16 I know how to behave around wildlife.
	2.1 ... added items to my own personal first aid kit ...	2.2 I can <b>keep</b> myself <b>safe</b> in emergency... 2.3 I can care for... a <b>minor burn</b> . 2.10 I can <b>direct a responder</b> to ... where ... needed.	2.6 I know how to <b>Stop, Drop and Roll</b> if my clothes are on fire. 2.8 I can <b>check for dangers</b> 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 <b>warning label</b> on a product and know to leave the product alone.	2.11 I know the hazards of water sources... 2.12 I wear my <b>helmet</b> when using my bicycle, skateboard or scooter 2.13 I can dress myself ... for the weather. 2.14 I know some of the <b>wild animals in my area</b> and how to <b>be safe</b> around them. 2.15 ... find a safe place in bad weather.
	3.1 I can perform first aid for <b>large wounds</b> . 3.2 ... for nosebleeds. 3.3 ... choking. 3.4 I know the <b>signs</b> and <b>symptoms of shock</b> and how to treat shock. 3.5 ... <b>comfort</b> someone who is ill or injured.	3.7 I know the <b>dangers of playing</b> on or near <b>train</b> tracks, trestles, crossings & train yards. 3.8 I know the <b>dangers</b> of touching <b>power lines</b> with a stick/ladder, climbing electrical power poles, towers/substations, and poking electrical outlets. 3.9 I know the <b>dangers of playing</b> 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 <b>lock, unlock</b> and secure all <b>windows, doors</b> ... 3.10 ... made a list of <b>emergency numbers</b> , such as: police, fire, ambulance, poison control, etc., and <b>posted</b> it ... in my home. 3.11 I know how to help <b>create an escape plan for a building</b> ... in case of fire.	3.13 I can <b>identify</b> some of the <b>poisonous/hazardous plants</b> in my area & those I may encounter when travelling in Canada. 3.14 I know some of the international <b>distress signals</b> and when to use these. 3.15 I can treat <b>bee stings</b> and reactions to some local plants... 3.12 "Rules of the Road" for safe bicycling.	
	4.4 I know what goes into <b>home first aid kit</b> . 4.9 I know what is in our <b>Group first aid kit</b> ...	4.1 I can place someone into <b>recovery</b> ... <b>position</b> . 4.2 provide care ... <b>poisoned</b> . 4.3 ... for <b>dirt in an eye</b> .	4.5 ... reduce the <b>risk</b> of fire and <b>burns</b> ... 4.6 ... how to test and care for a <b>smoke alarm</b> . 4.7 I can manage a <b>home emergency</b> ... 4.8 know where local <b>emergency shelter</b> is located	4.10 I can <b>care</b> for my <b>feet</b> ... <i>outdoors</i> 4.11 ... prevent/treat <b>heat &amp; cold injuries</b> . 4.12 I know how to <b>treat</b> and report ... <b>insect</b> and <b>animal bites</b> .	
	5.1 ... completed an <b>Emergency First Aid and CPR</b> (Level A) course from a recognized provider. 5.2 I can correctly <b>record</b> everything that has happened <b>at the scene</b> of the accident.	5.5 I have <b>assisted</b> in providing <b>training</b> to others in aspects of emergency aid.	5.3 I know the <b>rules</b> and why they are important for a home/community <b>pool</b> or a body of water used for <b>swimming</b> . 5.4 ... safely use/care <b>barbecue</b> .	5.6 I know how to deal with an incident ... <b>remote outdoor location</b> ... 5.7 ... flares, mirrors, horns other <b>signalling devices</b> . 5.8 ... <b>build a stretcher</b> ... improvised 5.9 ... <b>compass</b> or <b>GPS</b> to find direction and travel ...	

Edited for brevity. Be sure to consult the official documentation [scouts.ca/scoutinglife/wp-content/uploads/oas/emergency-skills-en.pdf](https://scouts.ca/scoutinglife/wp-content/uploads/oas/emergency-skills-en.pdf) as well as the complete wiki references [wiki.scouts.ca/en/Emergency\\_Aid](https://wiki.scouts.ca/en/Emergency_Aid) and [wiki.scouts.ca/en/Emergency\\_Aid\\_by\\_Topic](https://wiki.scouts.ca/en/Emergency_Aid_by_Topic)



## Outdoor Adventure Skills by Topic





# Aquatic Skills, Stages 1-5 by topic

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

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

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

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## Outdoor Adventure Skills by Topic

# Ropes & Knots

	<p>1.1 I can <b>hang a drying/gear line</b> with a <b>half hitch</b> or other knot.</p> <p>2.1 I can tie a <b>reef knot</b>, a <b>round turn</b> and <b>two half-hitch</b> knots.</p>		<p>2.7 I can demonstrate how to tie <b>reef knot</b>, <b>sheet bend</b> and <b>figure-eight</b>.</p>
	<p>3.1 I can tie a <b>half hitch</b>, <b>clove hitch</b> and a <b>fisherman's knot</b>.</p>		<p>3.1 I have correctly tied a <b>figure-8 follow-through knot</b>.</p>
	<p>4.1 As part of a team, I have completed a Scoutcraft project using at least a <b>square lashing</b> to <b>join two poles</b> at right angles.</p> <p>4.2 I can tie a <b>figure eight</b>, <b>bowline</b>, <b>trucker's hitch</b> and <b>sheet bend</b>, and <b>whip the end of a rope</b>.</p>		<p>4.1 I have tied a <b>climbing rope</b> into my <b>climbing harness</b>.</p> <p>4.5 I have <b>coiled a climbing rope</b> (any method).</p>
	<p>5.1 I have built a lean-to shelter and an A-frame sleeping tripod shelter using wood, tied with four <b>lashing</b> knots: <b>square</b>, <b>diagonal</b>, <b>tripod</b> and <b>shear lashings</b>.</p>		<p>5.1 I can tie these knots: water (tape), <b>double fishermen's</b>, <b>prusik</b>, <b>clove hitch</b> and <b>bowline</b>.</p> <p>5.2 I can <b>coil a climbing rope</b> using a butterfly and a mountaineer method.</p> <p>5.7 I have constructed and climbed in a "Swiss seat" improvised climbing harness, with tubular or tape webbing.</p> <p>5.11 I have set up a 3:1 (or greater) <b>rope pulley system</b>.</p>
	<p>6.1 I have built a usable Burma / Monkey bridge.</p>		<p>6.1 I have tied and used a <b>Munter hitch</b> (also called an Italian hitch) as a belay method.</p> <p>6.2 I have constructed and used an improvised "<b>Parisian Baudrier</b>" chest harness</p>
	<p>7.1 Using spars (poles) and rope, I have constructed a <b>3m-high tower or a bridge</b> over a 3m span.</p> <p>7.2 I have <b>taught five knots</b> to younger Scouts</p> <p>7.4 I can construct a 2:1, 3:1, and 4:1 <b>rope pulley system</b> to raise or move loads or tension lines.</p>		<p>7.2 I have constructed and used a <b>highline</b> (also called Tyrolean Traverse or Aerial Runway).</p> <p>7.5 I have used utility cord and a <b>friction knot/system</b> as protection on a rappel.</p>
	<p>8.1 I can <b>backsplice</b>, <b>short splice</b> and <b>eye splice</b> a three-strand rope.</p> <p>8.10 I have <b>made 4 metres of 3-strand cordage</b> from only <b>natural plant</b> products found outdoors.</p>		<p>8.6 I have taught younger Scouts to tie these seven knots: <b>figure-8 follow-through knot</b>, <b>double fishermen's</b>, water knot, <b>bowline</b>, <b>Munter hitch</b>, <b>prusik</b> and <b>clove hitch</b>.</p>
	<p>9.1 I have <b>built</b> a large temporary pole and lashing "<b>gateway</b>" <b>entrance (with flag pole)</b> for a jamboree or campout activity site.</p>		<p>9.4 I have set up and used a Munter mule combination hitch to facilitate the rescue of beginners learning to rappel.</p>

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.

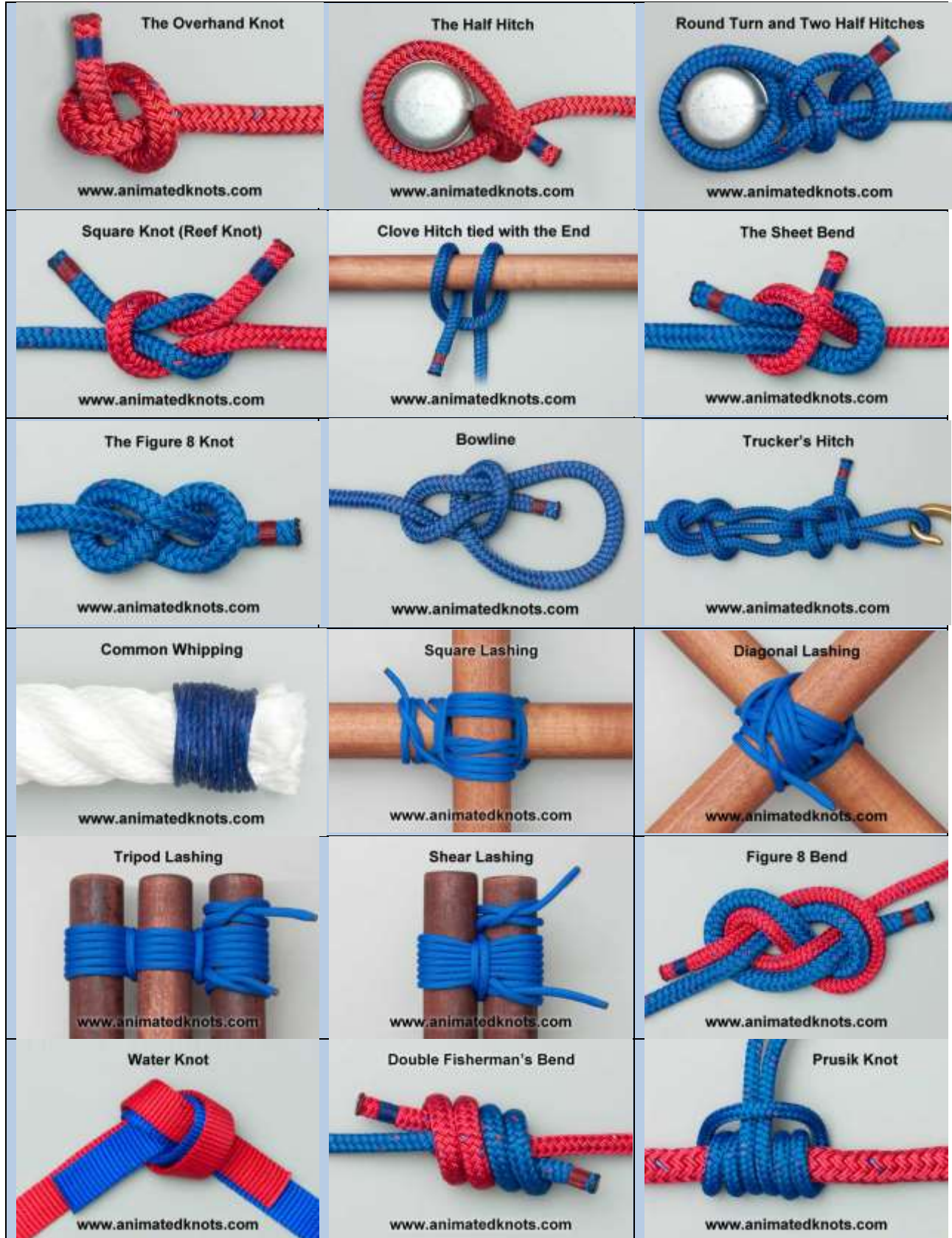
[wiki.scouts.ca/en/Knots](http://wiki.scouts.ca/en/Knots)

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

[animatedknots.com](http://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 <b>natural shelter materials</b> or <b>locations</b> 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 <b>shelter out of plastic sheeting</b> and rope. 3.11 I know what makes a <b>comfortable</b> and <b>safe</b> place for a sleeping shelter/site.	 3	3.6 With a small group, I have <b>built an emergency shelter</b> in winter. 3.7 I know how to <b>find shelter</b> from the wind on a cold day.
 4	4.7 I can build a <b>personal sleeping shelter</b> out of snow or any other natural materials.	 4	4.16 I can build or find an <b>emergency shelter</b> .
		 4	4.5 I have put up a <b>tent</b> in <b>winter</b> 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: <b>square</b> , <b>diagonal</b> , <b>tripod</b> and <b>shear lashings</b> . 5.6 I have <b>built and slept</b> out at least <b>two nights</b> in a shelter <b>big enough for three persons</b> and made of only <b>natural materials</b> found outdoors and rope.	 5	5.12 I can <b>pitch</b> a <b>variety of tents</b> and shelters.
 6	6.6 I have <b>constructed</b> and <b>slept two nights</b> in an <b>igloo</b> , <b>quinzee</b> or <b>trench snow shelter</b> capable of sleeping three persons.	 5	5.6 I have <b>built and slept</b> in a temporary <b>winter shelter</b> 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 <b>dinning shelter</b> protected on all side from the weather.	 6	6.6 I have <b>taught</b> a less experienced Scout how to <b>build</b> a <b>winter shelter</b> . 6.10 I have <b>slept outside for two nights</b> 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><b>4.4</b> I can <b>use a knife safely</b> (<i>opening, closing, passing, cleaning, caring for</i>) and have earned my <b>knife permit</b>.</p>		<p><b>4.5</b> I can use basic camp tools safely.</p>
	<p><b>5.3</b> I know how to <b>use a camp axe</b> and camp folding or bow <b>saw</b> safely (<i>opening, closing, passing, cleaning, caring for, sharpening, cutting</i>) and have <b>obtained</b> the appropriate <b>permits</b> for these.</p>		<p><b>5.5</b> I can use, maintain and store tools safely at camp.</p>
	<p><b>6.3</b> Using a knife and axe, I have prepared a <b>10-person campfire</b> with <b>tinder, kindling</b> and fuel <b>logs</b> gathered from a forest floor. The fire burned for <b>5 hours</b> with all wood gathered before the fire was lit (no gathering additional fire wood once the fire is lit and burning).</p> <p><b>6.10</b> From wood I have not harvested from a live source, I have <b>carved</b> and used my own hiking “Scout” <b>staff</b> on a trail hike.</p>		<p><b>6.6</b> I can demonstrate to others how to care for, store and maintain group gear for camp.</p>
	<p><b>8.3</b> I have <b>carved</b> cooking and eating <b>spoons</b> and a <b>bowl</b> with a knife/carving tools and wood.</p>		<p><b>7.6</b> I can teach another youth how to care for, store and maintain group gear needed for camps.</p>
	<p><b>9.3</b> 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><b>8.5</b> I can make recommendations to improve group equipment for various camp types.</p>
































# Fire Laying and Lighting

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

## Outdoor Adventure Skills by Topic

# Cooking


















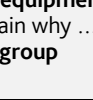
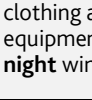

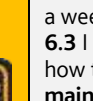


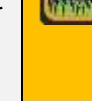
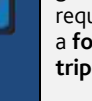
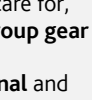
 1	1.2 I can <b>keep my mess kit clean</b> at camp.	 1	1.3 I can <b>list what food</b> to bring on a day hike.	 1	1.2 I have <b>prepared a good snack</b> for a winter outing.				
 2	2.2 I can <b>cook a foil-wrapped meal</b> in a fire.	 2	2.5 I can explain how to use <b>Canada's Food Guide ...</b> and help to <b>plan a nutritious meal</b> . 2.6 ... <b>safe food handling and hygiene ...</b> 2.7 I can <b>help prepare food</b> for cooking at camp and be safe while cooking at camp.	 2	2.2 I have <b>packed a proper lunch</b> for a winter outing.				
 3	3.2 I can <b>cook a meal on a camp stove</b> .	 3	3.4 ... help <b>plan a basic balanced meal ...</b> 3.5 ... demonstrate how to <b>store food ...</b> 3.6 ... assist in cooking a meal ... 3.7 ... be safe while cooking at camp... 3.13 ... make a <b>hot drink</b> on a campfire...	 3	3.3 ... <b>plan a menu</b> for...camp 3.4 ... <b>cooked a lunch</b> over an <b>open fire</b>				
 4	4.3 I can cook over a fire to <b>roast and bake</b> food items. 4.11 I can set up a <b>tree food hang</b> to protect my food from animals.	 4	4.6 I can store and cook food safely... 4.11 ... <b>safe practices</b> around fires and cooking equipment to <b>minimize the risk of burns, scalds ...</b>	 4	4.4 I know how to plan for and avoid <b>food allergies</b> in a group hike.	 4	4.2 I have helped <b>purchase food</b> for a winter outing. 4.3 I have helped <b>cook meals</b> at winter camp.		
 5	5.2 I have <b>cooked with cast iron cookware</b> ... fire/coals... 5.7 I have <b>caught, cleaned and cooked a fish</b> over a campfire.	 5	5.8. ... use <b>different cooking methods/fuel</b> types 5.16 I can light, maintain and use a fire to cook a meal...	 5	5.5 ... use... <b>lightweight stoves ...</b> 5.6 ... keep food & prep materials <b>hygienic</b> .	 5	5.2 ...led... <b>planning &amp; purchasing meals...</b> 5.3 ... <b>chief cook</b> for at least 1 meal 5.7 ... <b>lay &amp; light a fire</b> 5.8 I can use a liquid fuel stove	 5	5.3 I have participated in <b>creating a menu</b> for an overnight trip.
 6	6.2 I have <b>built and cooked on a personal-sized stove</b> only made out of tin cans, wax, candle wicks and cardboard	 6	6.8 ... <b>plan/purchase food</b> for a weekend camp. 6.9 I can demonstrate to others how to use a <b>variety of cooking stoves</b> at camp and explain to others when each type is most effective. 6.10 I can <b>teach another youth to prepare a meal</b> to be cooked on a fire or improvised stove.	 6	6.4 I have <b>baked bread or a dessert</b> at a winter camp.	 6	6.8 I can explain how to deal with <b>waste ...</b> including greywater, solid waste, food scraps ... 6.16 With my paddling team, I can <b>plan a healthy menu</b> for our canoe adventure and can <b>help prepare</b> the meals		
 7	7.3 I have made a <b>vagabond / tin can stove</b> and cooked ... on it.	 7	7.8 I can <b>teach</b> the use of various <b>stoves</b> and their effective use ...	 7	7.5 I can <b>plan and cook</b> a variety of <b>meals</b> on a <b>hiking expedition</b> ≥ 2 nights. 7.6 ... explain <b>how much food is needed</b> on hiking expeditions of various lengths.	 7	7.1 I know how to <b>plan ... a simple, nutritious menu</b> for a <b>mobile winter camp</b> .	 7	7.10 I can use several different methods for cooking.
 8	8.2 I can cook a <b>complete campout meal using only improvised natural cooking surfaces</b> and devices (cooking only using flat stones, wood planks, cooking cranes/hooks, spits, covered pits/trenches).								
 9	9.2 Using only wood as a fuel source, I have built a <b>reflector camp oven</b> and <b>cooked</b> a meal for a minimum of five persons, including both <b>roasted</b> and <b>baked food</b> 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 <b>help pack a bag</b> for camp.</p> <p>1.4 ... keep my camping gear neat &amp; tidy.</p> <p>1.5 ... care for my basic personal gear on an overnight camp.</p>	 1	<p>1.1 I can <b>help pack</b> a rucksack for a day hike.</p> <p>1.2 I can <b>dress myself</b> 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 <b>know what gear to bring</b> for a hike depending on weather.</p> <p>2.2 ... <b>take care of all personal gear</b> needed for a day hike.</p>	 2	<p>2.4 I know how to <b>pack extra clothes</b> for winter outings.</p>		
 3	<p>3.2 I can <b>audit my personal gear</b> for camp.</p> <p>3.3 ... <b>pack a bag</b> for camp.</p>	 3	<p>3.1 ... <b>pack a rucksack</b></p> <p>3.2 ... explain what clothes to bring ... depending on the weather.</p>	 3	<p>3.8 I can <b>pack a day pack</b> for a winter outing.</p>		
 4	<p>4.2 ...<b>list personal gear</b>...</p> <p>4.3 ... show how to use <b>group gear safely</b> at camp.</p> <p>4.4 ... show proper use, care &amp; <b>maintenance of group gear</b> during and in <b>between camps</b>.</p>	 4	<p>4.2 I can pack a rucksack for a weekend hike.</p> <p>4.3 ... show how to <b>care</b> for all my <b>personal hiking equipment</b> needed</p>	 4	<p>4.2 I can explain what <b>clothing</b> ... canoe tripping.</p>	 4	<p>4.7 I have used a toboggan or sled to <b>transport equipment</b></p>
 5	<p>5.3 I can show the personal <b>gear</b> needed for an <b>overnight lightweight</b> camp.</p> <p>5.4 I can explain how the <b>type of camp</b> affects the <b>choice of equipment</b> needed.</p>	 5	<p>5.1 I can explain how the <b>weather</b> affects the <b>equipment</b> I bring ...</p> <p>5.2 I can show what <b>group equipment</b> ... a weekend hike and explain why ...</p> <p>5.3 I can show <b>how to use group equipment</b> ...</p>	 5	<p>5.5 I am able to <b>pack</b> the appropriate clothing and equipment for a <b>two-night</b> winter camp.</p>		
 6	<p>6.6 I can demonstrate to others <b>how to care for</b>, store and maintain <b>group gear</b> for camp.</p> <p>6.7 I can prepare a <b>list of personal and group gear</b> required for a <b>standing camp</b>.</p>	 6	<p>6.1 ... <b>teach</b> ... what to <b>pack</b> for a weekend hike.</p> <p>6.3 I can <b>teach</b> another youth how to care for, store and <b>maintain the group equipment</b>.</p> <p>6.4 I can look after my <b>hiking footwear</b>.</p> <p>6.5 I can <b>select and maintain</b> my <b>pack</b> for various hiking adventures.</p>	 6	<p>6.5 I can create a <b>gear list</b> for personal &amp; group <b>gear</b> required on a <b>four-day trip</b>.</p>	 6	<p>6.7 I can do simple <b>repairs</b> on liquid fuel <b>stoves</b>.</p>
 7	<p>7.6 I can <b>teach</b> ... to care for, store and <b>maintain group gear</b> needed for camps.</p> <p>7.7 I can create <b>personal and group gear lists</b> for <b>lightweight camping</b> excursions.</p>	 7	<p>7.1 I can <b>pack a rucksack</b> for a <b>hiking</b> expedition of <b>more than two nights</b>.</p> <p>7.3 I can show what <b>group equipment</b> to bring hiking expedition <math>\geq 2</math> <b>nights</b> and why...</p> <p>7.4 ... <b>choose</b> ... <b>lightweight</b> hiking <b>equipment</b>.</p>	 7	<p>7.2 I know how to <b>select</b> ... <b>tent</b> for <b>winter</b> camping.</p>		
 8	<p>8.5 I can make <b>recommendations</b> to improve <b>group equipment</b> for various camp types.</p>	 8	<p>8.1 <b>teach</b> youth to <b>pack</b> for a <b>hiking</b> expedition.</p> <p>8.2 I can make <b>recommendations</b> to improve <b>group equipment</b>.</p>	 8	<p>8.1 I can carry out <b>repairs</b> on gas-<b>fuelled</b> stoves in <b>winter</b> conditions.</p>		
		 9	<p>9.1 I <b>know</b> what <b>equipment</b> is required for <b>various hiking expeditions</b> 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.



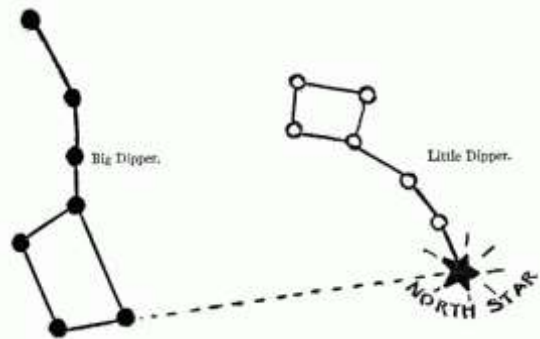
# Survival / First Aid Kit

	<p>1.1 I have made my own <b>personal first aid kit</b>.</p>	
	<p>2.1 I have <b>added items</b> to my own <b>personal first aid kit</b> and I know how and when to use it.</p>	
	<p>3.13 I have made a <b>winter survival kit</b> that I take ... on all winter activities.</p>	 <p>3.10 I have put together a personal outdoor <b>survival kit</b>.</p>
	<p>4.4 I know what goes into <b>home first aid kit</b>. 4.9 I know what is in our <b>Group first aid kit</b> 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 <b>group emergency equipment</b> for a camp.</p>	 <p>6.2 I can show what <b>group emergency equipment</b> we can carry on a <b>weekend hike</b>, and how to use each item.</p>
	<p>7.10 I know what <b>specialized equipment</b> is required in my <b>field first aid kit</b> based upon my activities, skill level, certification and how to use and care for the equipment.</p>	 <p>7.2 I can <b>inspect group emergency equipment</b> for a hiking expedition of <b>more than two nights</b>.</p>
	<p>8.6 I have <b>taught</b> a group of people on the importance of, and what should be in, a <b>72-hr home preparedness kit</b>. 8.10 I know what <b>equipment</b> needs to be in a <b>first aid kit</b> for an activity of at least one <b>weekend</b> in length in the wilderness.</p>	
	<p>9.8 I can assemble, display and describe <b>winter</b> and <b>summer survival kits</b> 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 <b>identify</b> the main parts of a <b>compass</b>			
	2.3 I can <b>read</b> a <b>simple map</b> . 2.4 I can use a <b>compass</b> to find basic <b>directions</b> .			
	3.3 I can <b>follow a route</b> on an orienteering map. 3.4 ... identify <b>features</b> of a topographical <b>map</b> . 3.5 ... demonstrate the <b>basic use of a GPS</b> unit. 3.6 I can <b>teach</b> another youth how to <b>find directions</b> by using a <b>compass</b> .		3.6 I have used a <b>compass</b> to <b>walk on a bearing</b> .	
				3.11 I can identify the <b>North Star</b> and three other features in the winter night sky.
	4.5 I can use a <b>map and compass together</b> for navigation. 4.6 I can <b>teach</b> ... <b>follow</b> a route on an <b>orienteering map</b> 4.7 I can <b>keep a map dry</b> and safe from the elements. 4.8 I can <b>locate a waypoint</b> ... into a <b>GPS unit</b> .		4.6 I can establish the <b>four cardinal directions</b> (north, south, east, west) <b>without a magnetic compass</b> or any electronic means.	
	5.7 I can use a <b>map and compass</b> to <b>find my position</b> on the ground. 5.8 I can <b>plot</b> a proposed <b>hiking route</b> on a map and obtain ... compass bearings. 5.9 I can <b>input</b> a given <b>waypoint</b> into a <b>GPS</b> and then <b>find it</b> . 5.10 I can <b>teach another youth</b> the basic use of a <b>GPS</b> unit. 5.11 ... <b>find directions without a compass</b>		5.5 I have <b>navigated</b> , all <b>off trail</b> , <b>3 km</b> to a pre-determined fixed point in a wilderness area using <b>compass bearing</b> .	
				5.9 I can use a <b>compass</b> and/or a <b>GPS device</b> to <b>find direction</b> and <b>travel</b> to a desired location.
	6.9 I can obtain <b>coordinates from</b> ... a <b>topographical map</b> so that it can be <b>inputted</b> into a <b>GPS</b> unit. 6.10 I can demonstrate the <b>limitations</b> of the <b>compass</b> and other navigation tools. 6.11 I can <b>teach</b> ... how to <b>find</b> ... <b>position</b> on the ground using a <b>map and compass</b> .		6.5 I have <b>navigated</b> to and found <b>10 geocache</b> locations.	
				6.9 I can <b>read</b> and understand a <b>topographical map</b> and can use it and a <b>compass</b> to tell where I am / going on a canoe trip.
	7.7 I can <b>navigate at night</b> / poor visibility. 7.8 I can use a topographical <b>map</b> to <b>plan a hike</b> in unfamiliar territory.		7.8 Using a topographic <b>map</b> and magnetic <b>compass</b> , I have taught younger Scouts to <b>determine their location</b> on a map and to make their way to <b>another</b> location on a map	
			7.2 I can <b>navigate</b> with a <b>compass underwater</b> and understand the specific challenges of underwater navigation (currents, lack of landmarks, etc.)	
	8.3 I can <b>navigate</b> ... over <b>rough terrain</b> in any type of weather, and at night. 8.4 I can <b>teach</b> ... <b>plan a hike</b> ... using the appropriate tools.		8.5 I can find the <b>North Star</b> and identify four of the constellations in the northern sky.	
				8.3 I have <b>drawn</b> a rough <b>map</b> of a <b>dive site</b> .
			9.5 Using <b>GPS devices</b> , I have set up and facilitated a <b>ten-station outdoor orienteering</b> course ...	

Edited for brevity.

## Outdoor Adventure Skills by Topic

# Nature

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

Edited for brevity.



Maple



Oak



Birch



Poplar



Elm



Ash tree



Aspen



Willow