



Webelos Castaway

Adventure Requirements

Complete the following requirements.

1. Complete A. and your choice of B. or C.
 - A. On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.
 - B. With the help of an adult, demonstrate one way to light a fire without using matches.
 - C. Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.
2. Do all of the following.
 - A. Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.
 - B. With your den, demonstrate two ways to treat drinking water to remove impurities.
 - C. Discuss what to do if you become lost in the woods. Tell what the letters "S-T- O-P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
 - D. Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Scout motto, "Be Prepared."



Parent Corner

In this adventure, your Scout will learn more about the Scout motto, "Be Prepared", by learning how to cook without pots and pans, building a fire through different methods, putting together a first aid kit and the necessary essential equipment, and learning how to respond in case of an emergency. This adventure is all about being prepared!



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Requirement 1A : Cooking Without Pots and Pans

Materials Needed

- Tin foil
- Cooking ingredients

Instructions

1. Watch this [campfire safety video](#).
2. On a campout or an outdoor activity with your den or family, cook two different recipes that do not require the use of pots and pans. Your Webelos Handbook also has some great suggestions!



What two recipes did you cook outdoors?

What worked well?



What would you do differently next time?



Pee Wee Says

"You can get very creative when planning your tin foil meal, just make sure your meal is a balanced and healthy meal by incorporating proteins, good carbohydrates and healthy fats."



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Requirement 1B : Lighting a Fire

Materials Needed

- Flint and steel
- Lint

Instructions

1. Watch [this video](#) to learn how to light a fire safely.
2. With the help of an adult, demonstrate one way to light a fire without using matches. See your Webelos Handbook for more information on fire building.



Fire Building Materials

Tinder – fine, dry materials that will burst into flames at the touch of a match (pine needles, inner bark, dry grass).

Kindling – material that will burn with a little help (twigs no thicker than a pencil. The drier, the better!).

Fuel – dead or downed wood no bigger than your wrist that will keep the fire burning.

Generating Heat To Start The Fire

Magnifying Glass – the curved lens in a magnifying glass can focus the sun's rays to produce a very small point of heat.

Flint and Steel – striking a flint and steel rod against each other will cause friction and sparks.

Friction – energy created when you rub two objects together, which generates heat.



Pee Wee Says

"A Scout is always prepared. It is a good idea to learn how to be prepared by knowing how to start a fire through different methods. Remember, you won't always have access to matches or a lighter to start a fire."



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Requirement 2 : Basic Essentials – First Aid Kit

Instructions

1. Assemble a basic first-aid kit

Materials Needed

- Band-aids
- Antibiotic ointment
- Sting Eeze pads
- Antiseptic wipes
- Zip bag



What Goes Into a Basic First Aid Kit?

Band-aids
Antibiotic ointment
Sting Eeze pads
Antiseptic wipes

Other items to consider:

Bandana
Tweezers
Gauze
Elastic band aid

You also need to build a first aid kit for the First Responder adventure. This first aid kit is for hiking and will be more compact than the first aid kit that you prepare for your home or when you go camping.



Pee Wee Says

“The Scout motto is “Be Prepared.” You can be prepared by making a first aid kit and carrying it with you when you go on outings.”



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Requirement 2 : Basic Essentials

Instructions

1. Demonstrate your knowledge of all the basic essentials to take with you on a campout.

Materials Needed

- Paracord carabiner
- Mini flashlight
- Drawstring bag
- Whistle
- Collapsible water bottle
- 6 essentials



Scout Basic Essentials Scavenger Hunt

Find a backpack or container to gather the following basic essentials:

- First aid kit
- Water bottle
- Pocket knife (if you have earned your Whittling Chip)
- Flashlight
- Trail food
- Sun protection
- Whistle
- Rain gear
- Compass
- Matches and fire starters

Other helpful items to consider:

- Change of clothes
- Duct tape
- Signal mirror
- Thin wire
- Garbage bag
- Fishing line and hooks



Pee Wee Says

“What essentials are you missing? Do you plan to add them?”



Webelos Castaway Requirement 2B : Drinking Water

Materials Needed

- Water purification tablets
- Water filtering system

Instructions

1. Watch this video on [How To Treat Water](#).
2. With your family or den, demonstrate two ways on how to treat water. If you don't have water filtration equipment, see if you can borrow equipment from another Scout in your neighborhood.

Water treatment filters made for hikers are quick and easy to use. They pump water through filter pores that are small enough to filter out bacteria and parasites. Filtering is the most expensive way to treat water, but it is also the most effective for all types of contaminants.



A filter can become clogged if the water has a lot of dirt or sand in it. You may want to strain the water through a clean banana before filtering it. You can also place water in a pot to allow the dirt and sand to settle.



Pee Wee Says

"Don't forget to bring your favorite water bottle with you, and to stay hydrated as much as possible by drinking clean, purified, or filtered water."



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Requirement 2C : Lost in the Woods

Materials Needed

- Pencil or pen

Instructions

1. Watch this video on [Emergency Preparedness and What to Do If You Get Lost In The Woods](#).
2. Watch this video to learn more about [Emergency Distress Signals](#).
3. Learn the STOP method to use it in case you ever get separated from your group while in the outdoors. Watch this video to learn more about the [STOP Method](#). See your Webelos Handbook for additional signaling methods.



Universal Emergency Signal

The universal emergency signal is anything that appears in a series of 3. That could be 3 whistle blasts, 3 fires, or 3 large X's formed with logs in an open field.



Pee Wee Says

"What are other signaling methods that could work everywhere?"



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A Scout should never get separated from the rest of the group while hiking, but sometimes it happens.

If you do find yourself away from the rest of your group while on a hike in the woods, here's what you need to do:

WHEN YOU ARE LOST OR SEPARATED FROM YOUR GROUP



STAY PUT

S It is easier for rescuers to find a stationary person than one who is moving.

THINK

T Consider what resources you have should the situation extend into overnight.

OBSERVE

O Take note of your surroundings. Is there shelter from the cold or storms?

PLAN

P Determine what you can do to conserve energy and be as comfortable as possible.



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Requirement 2D : Leader in an Emergency

Materials Needed

- Pencil or pen

Instructions

1. List 4 qualities you think a leader should have in an emergency. Include why you think this is important.
2. Pick two of the qualities and prepare a skit demonstrating these qualities. Perform your skit for your den or family.
3. Describe to an adult how working on this adventure has given you a better understanding of the Scout motto "Be Prepared."

What are four qualities that a leader should have during an emergency?

- 1.
- 2.
- 3.
- 4.



Pee Wee Says

"Do you possess all 4 qualities? If not, what can you do to develop these qualities?"