ADVENTURE TREK PREPARATION episode 1
"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."
Scout Oath

On my honor I will do my best,
To do my duty to God and my country,
and To obey the Scout Law,
To help other people at all times,
To keep myself physically strong,
mentally awake, and morally straight.
Scout Law

A Scout is:

Trustworthy.......Loyal.......Helpful

Friendly.......Courteous.......Kind

Obedient.......Cheerful.......Thrifty

Brave.......Clean.......Reverent
TEN ESSENTIALS  episode 1
The only way to completely prevent accidents in the backcountry is to never go outside. But that’s no way to live. The next best option is to pack emergency gear that will help you tackle nearly every situation you can think of.

Backpacking Checklist

- Navigation: Map and Compass
- Sun protection: Sunglasses and sunscreen
- Illumination: Headlamp or flashlight
- First-aid: Kit or supplies
- Fire: Waterproof matches or lighter
- Nutrition: Extra food
- Hydrations: Extra water or filter
- Insulation: Extra clothing
- Tools: Multi-tool or knife
- Emergency shelter: Blanket or bivvy
- Optional: Communication device
Map and Compass

Contemporary navigation tools include five essentials for traveling in the backcountry: a map, compass, altimeter watch, GPS device and personal locator beacon (PLB).

• **Map:** A topographic map should accompany you on any trip that involves anything more than a short, impossible-to-miss footpath or frequently visited nature trail. Learn [how to read a topo map](#).

• **Compass:** A compass, combined with map-reading knowledge, is a vital tool if you become disoriented in the backcountry. Many smartphones, GPS devices and watches include electronic compasses, but it’s wise to also carry a standard baseplate compass because it weighs next to nothing and does not rely on batteries, making it an indispensable backup. Learn [how to use a compass](#).

Note: A compass equipped with a sighting mirror can also be used to flash sunlight to a helicopter or rescuer during an emergency.
How to Read a Topo Map

HOW TO:
READ TOPO MAP
How to Read a Topo Map
WHO CAN POINT OUT SOME OF THE ITEMS DISCUSSED IN THE VIDEO?

HOW MANY CAN WE FIND?
How to Use a Compass
WHO CAN POINT OUT SOME OF THE ITEMS DISCUSSED IN THE VIDEO?

HOW MANY CAN WE FIND?
Map and Compass

- GPS device: A GPS device allows you to accurately find your location on a digital map. Those designed specifically for outdoor travel are often built rugged and weatherproof. Another popular option is to use a smartphone with a GPS app, but consider that most phones are more fragile so you’ll likely need to protect it with a case. Whichever you choose, keep in mind that these gadgets run on batteries, so you’ll need to monitor your battery power and possibly carry extra batteries.

- Altimeter watch: This is a worthwhile navigational extra to consider bringing along. It uses a barometric sensor to measure air pressure and/or GPS data to provide a close estimate of your elevation. This info helps you track your progress and determine your location on a map.

- Personal locator beacon (PLB) or satellite messenger: These gadgets can be used to alert emergency personnel if you need help in the backcountry. When activated in an emergency, they will determine your position using GPS and send a message via government or commercial satellites. A PLB or satellite messenger can be a nice backup to have in case something goes awry, and they will work in remote locations where a cell phone cannot be counted on to have a signal.
SUN PROTECTION

Sunglasses and Sunscreen

• Sun can literally be a killer if you’re stuck outside. A good hat, sunscreen, and sunglasses keep the rays at bay and the adventure rolling.

• Never forget your sunglasses. A pair that blocks UVA and UVB is best. If you’re on the snow or water, polarized lens will cut out the glare.
Sunglasses and Sunscreen

- Sunscreen: Spending long hours outdoors can expose you to ultraviolet rays, the cause of sunburn, premature skin aging and skin cancer. Wearing sunscreen is recommended to help limit your exposure to UV. When selecting a sunscreen, health experts advise choosing:
  - A formula that offers a sun protection factor (SPF) of at least 15, though SPF 30 is recommended for extended outdoor activity.
  - A formula that blocks both UVA and UVB rays.

Apply the sunscreen generously and thoroughly to all exposed skin. UV rays can reflect off of snow and water so don’t forget to get spots like the underside of your chin and nose. Depending on many factors (time of day, sweat and more), you should reapply as often as every two hours. And don’t overlook SPF-rated lip balm.
SUN PROTECTION

Sunglasses and Sunscreen

• Sun-protection clothing: Clothing can be an effective way of blocking UV rays from reaching your skin without having to slather on sunscreen (you’ll still need sunscreen for any exposed skin, like your face, neck and hands). Many lightweight, synthetic pieces of clothing come with an ultraviolet protection factor (UPF) rating to indicate how effective the pieces are against UVA and UVB light. A hat, preferably one with a full brim, is a key accessory for sun protection.
Headlamp or Flashlight

- If you can’t see where you’re going, it’s going to be tough getting home. You definitely need a source of light, whether it be a flashlight, headlamp, or portable lantern.
- A headlamp is the preferred choice of most backcountry travelers because it keeps your hands free for all types of tasks, whether that’s cooking dinner or holding trekking poles. Always carry extra batteries.
- The Petzl Actik Headlamp has easy, glove-friendly buttons and is super-bright. The rechargeable battery means you never have to worry about finding AAA batteries again.
BACKPACKING
HOW TO CHOOSE A HEADLAMP

HOW TO:
CHOOSE A HEADLAMP
BACKPACKING
HOW TO CHOOSE A HEADLAMP
Kit or Supplies

• It’s vital to carry and know how to use the items in a first-aid kit. Pre-assembled first-aid kits take the guesswork out of building your own, though many people personalize these kits to suit individual needs. Any kit should include treatments for blisters, adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Nitrile gloves should also be included.

• The length of your trip and the number of people involved will impact the contents of your kit. It's also a good idea to carry some sort of compact guide to dealing with medical emergencies.
Waterproof Matches or Lighter

- Heat and light from a fire can make a world of difference — always have something to light a fire with.

- In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire. For many people, this is a disposable butane lighter, but matches are also suitable so long as they are waterproof or stored in a waterproof container. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use.

- Firestarter, as the name implies, is an element that helps you jump-start a fire and is indispensable in wet conditions. The ideal firestarter ignites quickly and sustains heat for more than a few seconds. Options include dry tinder tucked away in a plastic bag, candles, priming paste, heat “nuggets” (chipped-wood clusters soaked in resin) and even lint trappings from a household clothes dryer.

- For outings where firewood is not available, such as trips above tree line and/or on snow, a stove is recommended as an emergency heat and water source.
Extra Food

- You should pack more than you think you will eat. You’ll be happy to find those extra bars at the bottom of your pack. High-calorie, nutrient-dense food that lasts a long time will keep you going the longest.

- Always pack at least an extra day’s worth of food in case something causes your trip to go long (such as an injury or bad weather). It’s a good idea to pack items that don’t require cooking and that have a long shelf life. Things like extra energy bars, nuts, dried fruits or jerky are good.

- If you’re going on a long multiday trek or a winter adventure, consider bringing along more than a one-day supply.
Extra Water or Filter

• Bad situations get much worse if you don’t have any water. Humans can only go so long without it.

• It’s crucial to carry enough water for your outing and have some method of treating water while you’re out there, whether that’s with a filter/purifier, chemical treatment or a stove for melting snow. When determining how much water to carry exactly, consider that most people need about a half liter per hour during moderate activity in moderate temperatures. You may need to carry more than that depending on factors like the outside temperature, altitude, level of exertion or an emergency.

• As a starting point, always carry at least one water bottle or a collapsible water reservoir. When beginning a hike, fill up your bottle or reservoir from a potable water source.
Extra Clothing

• Conditions can abruptly turn wet, windy or chilly in the backcountry or an injury can result in an unplanned night out, so it’s necessary to carry extra clothes beyond those required for your trip.

• When deciding what to bring, think about what you would need to survive a long, inactive period out in the elements. Common options include a layer of underwear (tops and bottoms), an insulating hat or balaclava, extra socks, extra gloves and a synthetic jacket or vest. For winter outings, bring insulation for your upper body and legs.

• Hypothermia is a serious concern if you’re stuck out overnight in the cold. Bring along extra layers to keep you warm. Cotton will make you colder if it gets wet; Merino wool or synthetic materials are your best bet.
WHAT TO: WEAR CAMPING
Multi-tool or Knife

- Knives are handy for gear repair, food preparation, first aid, making kindling or other emergency needs, making them an essential for every outing. Every adult in your group should carry a knife.

- A basic knife may have only a single foldout blade; more elaborate knives and multitools include things like one or two flathead screwdrivers, a can opener and/or a pair of foldout scissors. The more complex your needs, the more options you may want in your knife or tool.

- In addition to a knife, a small gear repair kit can get you out of a bind in the backcountry (and the more remote you are, the more important your kit becomes). Common items include duct tape, cordage, fabric repair tape, zip ties, safety pins and repair parts for a water filter, tent poles, stove, sleeping pad, crampons, snowshoes and skis.
Blanket or Bivvy

- If you’re really stuck, you might be waiting for a rescue. The Space All-Weather Blanket can keep you warm and dry in terrible weather. The SOL Emergency Bivvy is like a sleeping bag made out of space blanket material. It reflects your body heat back to you keeping you warmer than without.

- Always carry some type of emergency shelter to protect you from wind and rain in case you get stranded or injured on the trail. Options include an ultralight tarp, a bivy sack, an emergency space blanket (which packs small and weighs just ounces) or even a large plastic trash bag. It’s important to understand that your tent is only your emergency shelter if you have it with you at all times (a tent left behind at your camp is not sufficient).
Communication Device

- A bonus item to this list is a good communication device. Cell phones work but only go so far. A good satellite communication device can call help anywhere in the world.
TAKE TEN - SCAVENGER HUNT CHALLENGE

Ready
Set;
Go!

Take 10
TAKE TEN - SCAVENGER HUNT CHALLENGE

PARENT MEETING
• Every youth the opportunity to be a Scout, no matter their economic circumstances
• First-class camping programs
• Support and training for volunteer leaders
• Recruitment materials for every unit
• Online resources
• Professional staff that serves every community

Your pledge to Scouting helps provide these resources available to our programs.
Scouting at Home

Facebook Live Videos!

On your desktop or laptop, click the Video tab on our Facebook homepage along the left hand side. From your mobile phone, click the Video tab along the top of your screen on our Facebook homepage. You'll see a LIVE option flagged in red.

Upcoming Videos this Week:

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<th>Backyard Campsite</th>
<th>Rope Splicing</th>
<th>Woodworking</th>
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<td><img src="image1.jpg" alt="Backyard Campsite" /></td>
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<td><img src="image3.jpg" alt="Woodworking" /></td>
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Upcoming Events

- **TUE 07**
  - Puvunga Lodge Meeting (Order of the Arrow)
    - April 7 @ 7:00 pm - 9:00

- **THU 09**
  - Passover Begins
    - April 9
    - Long Beach CA
  - Afterguard Sea Scout Leader Meeting
    - April 9 @ 7:00 pm - 9:00

- **THU 09**
  - Cub Scout & Scouts BSA Roundtable
    - April 9 @ 7:00 pm - 8:00

- **SAT**
  - Scout Shop Closed
Time's Up!
How to Read a Topo Map  
Website: https://www.rei.com/learn/expert-advice/topo-maps-how-to-use.html  
Video: How to Read a Topo Map: https://youtu.be/CoVcRxza8nI

How to Use a Compass  
Website: https://www.rei.com/learn/expert-advice/navigation-basics.html  
Video: How to Use a Compass: https://youtu.be/0cF0ovA3FtY

How to Choose a Headlamp  
Website: https://www.rei.com/blog/hike/how-to-choose-headlamps  
Video: How to Choose Headlamps: https://youtu.be/Ooii3BzjuzE

How to Choose and Use Sunscreen  
Website: https://www.rei.com/learn/expert-advice/sunscreen.html

How to Choose a First Aid Kit  
Website: https://www.rei.com/learn/expert-advice/firstaid-kits.html

How to Choose a Knife  
Website: https://www.rei.com/learn/expert-advice/knives-and-tools--how-to-choose.html

Hydration Basics  
Website: https://www.rei.com/learn/expert-advice/hydrate.html

What to Wear Hiking  
Website: https://www.rei.com/learn/expert-advice/how-to-choose-hiking-clothes.html

Layering Basics  
Website: https://www.rei.com/learn/expert-advice/layering-basics.html  
Video: What to wear camping - layering basics: https://youtu.be/W8AjrLz_I4o
ADVENTURE TREK
PREPARATION

episode 1