

CUB CAMPING

BUILDING TOMORROW TODAY

That no household task was left undone
In my home I will not say.
Dust feathers are under my bed,
But I was building tomorrow today.

I went with my boys on a nature hike
In a woodland beside a stream.
We saw spring stretch and yawn and grow,
Awakening from winter's dream.

We talked together and laughed together.
We saw the robins return.
We cooked together and ate together
And watched the campfire burn.

Yes, a household chore was left undone
In my house just over the way;
But I've been busy, as busy as can be,
Building tomorrow today.

CUB CAMPING

FAMILY CAMPING

Since Cub Scouting is home and family centered, its outdoor program must be also. It gives the boy and his family an introduction to the outdoors and an appreciation of nature and its conservation.

Family camping can be rewarding and fun for Cub Scout families. You can't camp without equipment and equipment can be expensive. Many beginners rent the larger items the first year from a dealer who will apply the rental fee to the purchase price if they decide to buy.

Some families try a practice camping weekend before taking a camping vacation. This helps ensure that the equipment is complete and in working order. Check with an experienced camper to determine what equipment is needed. This will probably include a tent, a good sleeping bag for a good night's rest, cooking and eating equipment, food and food containers, some tools, and personal equipment.

There are many places to camp. State and national parks offer some of the nation's most beautiful scenery, with rangers and other park personnel there to help you enjoy it. Some council Scout camps have family camping facilities. And there are many campgrounds which have running water, sanitary facilities, and outdoor fireplaces. It's your choice whether you camp at a campground or an undeveloped area.

Cub Scouts will be able to pass some of their advancement requirements while on a family camping trip. The whole family will have a lot of fun.



OTHER TYPES OF CUB SCOUT CAMPING

Pack Camping - an outdoor experience of one or more days

That is conducted on council property where the entire family is encourage to participate. Overnight camping by second and third grade cub scout dens or cub scout packs (other than at an approved camping facility operated by the local council) is not approved and certificates of liability insurance will not be provided by the Boy Scouts of America .

Resident Camping - organized overnight camping program covering at least 2 nights and operated under certified leadership in an

Established scout camp operated by the council during normal camping season. Cub scouts, Webelos scouts, and parents participate with den and pack leaders in a theme-related program.

Cub Scout Day Camp - day camp is an organized 1 to 5 day program for cub scouts and Webelos scouts under certified leadership at an approved site, usually during daylight or early evening hours.

Den members are supervised by den and pack leaders. A Webelos scout/parent overnighter at the end of camp may be added.

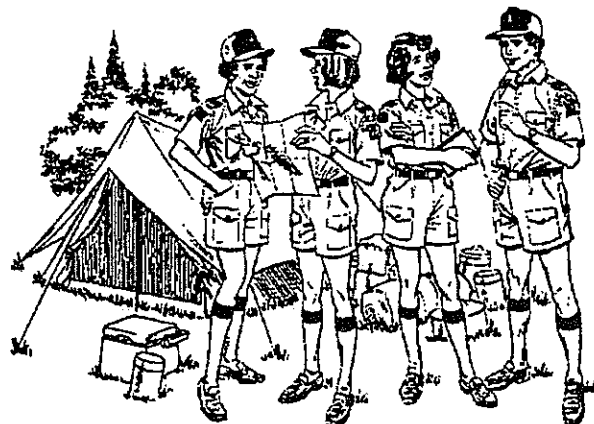
Sailing Academy - daytime council sponsored program for Webelos only. Council provides staffed program areas.

Mom & Me, Dad & Lad, Cub and One - a weekend experience for an adult member of the family and the cub scout member.

Backyard Camping - "Backyard camping is encouraged. Family camping is an excellent Cub Scout activity. Overnight or extended camping is good as long as it is done as a family experience. It is not authorized for the younger Cub Scouts except as a part of the Family camping." The boys may try to cook their meals outdoors, too.

Webelos Woods - district sponsored overnight event where Webelos and their adult partner have the opportunity to interact and interview with Boy Scout troops. Planned program areas are staffed.

Webelos Den Camping - Webelos scout/parent overnighters, introduce the boy and his parent to the camping program under the leadership of the Webelos den leader. In most cases the Webelos Scout will be under the supervision of his father or mother.



Cub Camping Tips

Cubs are just kids, and most parents aren't Davey Crockett, so a little help can go a long way when you pass along Cub Camping information to your Pack. These are tips that have been passed along from many years of camping with Cub Scouts, Boy Scouts, and Parents who don't have a clue..... I hope this helps. Happy Camping.

General Comments:

1. Prepare for temperatures 20 degrees colder than the TV weatherman says.
2. Prepare for rain. This is an outdoor event. When it rains, you get wet, period.
3. Take some snacks & drinks. If your son is a picky eater, he may not like what's on the menu.
4. It is recommended that Cubs DO NOT CARRY KNIVES. Adults and Boy Scouts that have earned their "Totin' Chip" may carry pocket knives. Folding blade. NO SHEATH KNIVES of any kind. NO HATCHETS. There will be no events that *require* a knife.
5. Do not cut down any live wood. Deadfall may be gathered. Adults may use a bow saw, but they must be a minimum of ten feet away from anyone else.
6. Campfires are OK as long as you abide by a few simple rules. Do not leave the campfire unattended. If no one will be there, put it out. Check with the Camp Ranger or Director about fire safety rules. A full water bucket has always been required when starting a fire. Not only to put out the fire, but if a spark floats onto a tent, it will burn quickly. No Fire in Tents! Do not walk into the tent with a burning stick. Sounds dumb to say it, but it happens.
7. Cubs are *not* allowed to start fires. Adults, or Boy Scouts with a "Fireman Chit" only.
8. Cubs are not allowed to play with the fire. Do not poke sticks into the fire, most typical burns at a campout is a boy with a long stick thats burning on one end, and he's not the one that gets burned. Roast marshmallows, cook foil dinners, get warm. No playing
9. Cub Weekends are different than Webelos camping with a Boy Scout Troop. These tips are targeted at Cub Weekends. More equipment and preparation will probably be needed for camping with a Troop. Talk to the Scoutmaster about what to bring, and what to prepare for.
10. This is nature, do not break branches or plants, leave it nicer than you found it.
11. This is Cub / Parent (or adult guardian). Each boy must have an adult with him. If a parent cannot go, the Cub Leader is not to take responsibility for that Cub.

Sleeping Bags:

1. Most Cub Weekends don't require expensive sleeping bags, a bag rated for 20 degrees will do fine.
2. A ground pad is a must. There are foam pads, get one that has "closed cell foam" on one side. This is to keep the ground moisture from penetrating the bag from below. If you can't get closed cell foam, or an inflatable pad, lay a sheet of plastic on the ground under the pad and bag. The dew comes up around 5am, that's when you see people without moisture barriers waking up cold.
3. If you think it may get cold at night, wear a knit cap, you lose a lot of heat out of your head, and waking up with gray hair (frost) is frightening.

Tents:

1. There is no substitute for a good tent. Many parents go out and buy an inexpensive dome tent from a discount store the day before they go camping. These are the people that will be asking how to dry out a sleeping bag. Its not usually the tent, its usually the inexperience. I camped for several years with a cheap tent, but I added a small tarp with a couple of poles, and built a "lean to" rain fly over it.
2. Before you buy a tent, ask around. Try to talk to some Boy Scout Leaders, and find out what type of tents they like in their Troop. Chances are they have some ideas on cost verses quality, and how to stay dry. (Sometimes they will lend a tent to you) If you camp with a troop, they often supply them.
3. At Philmont Scout Ranch, they teach a neat trick to stay dry. Buy two ground cloths. One goes down first to protect the bottom of the tent. And to stay dry, put the other inside the tent, and make sure that it goes a few inches up the sides of the tent. The tent gets wet, you stay dry. I can live with that! Also, do not let the groundcloth extend out from under the tent, the rain will run under the tent.
4. Where you put a tent is as important as how good it is. High ground is a good rule of thumb, but when scout camping, there's not a lot of high ground available. Look at the area, picture where the water would run if it rained, little dips, gentle rolls, and place your tent out of harms way. A friend camping at Agawam had a good tent, and placed it on high ground, but when the rain hit, it rolled off a big pine tree, and right into his door!
5. Look for rocks and sticks, they will always wind up directly below your sleeping bag. This is a rule.
6. When camping in woods, especially around pine trees, leave the pine needles on the ground, don't sweep them away. If there is no grass under them, you will find out all about mud when it rains.

Packing:

1. Two pairs of shoes. Two pairs of shoes. Two pairs of shoes. Did you get that? Two pairs of shoes. If you can afford them, hiking boots are great, in any event, spray whatever shoes you take with waterproofing (yes, the night *before* you leave). Any shoe store or sporting goods should have it.
2. Pack one set of underwear for each day. Pack it neatly, so you can put it all back in his drawer when you get home. (Unless forced, these will never leave his bag)
3. When you pack, use large zip lock bags. Put one full outfit for the day in each bag. Grab a bag, get an outfit: Underwear, socks, shirt, pants. Pack bags for warm, and bags for cold. Extra bags should contain a sweatshirt, sweatpants, extra socks. And they stay dry until he puts them on.
4. Sleepwear: warm - just shorts. (he can run to the outhouse without having to get dressed). Cold: sweatpants & tee shirt or sweatshirt. The sleeping bags do get warm, better to stay in the bag with little on, rather than peel the bag and wear sweats. Less chance of catching cold. Clothes that were worn all day have moisture in them, and you cannot get warm with them on in your sleeping bag
5. Rain suit or poncho. Rain suit or poncho. Rain suit or poncho. Get it??? Good. (I might add that I normally take a couple of extra 99 cent emergency ponchos, I rarely bring them all home.....)
6. Warm Jacket - April, 1991, 72 degrees, sun shining. woke up Sunday morning to 6 inches of snow, collapsed tents, *cold*. This is Michigan. Any questions???
7. Hats - one for sun, one for cold.

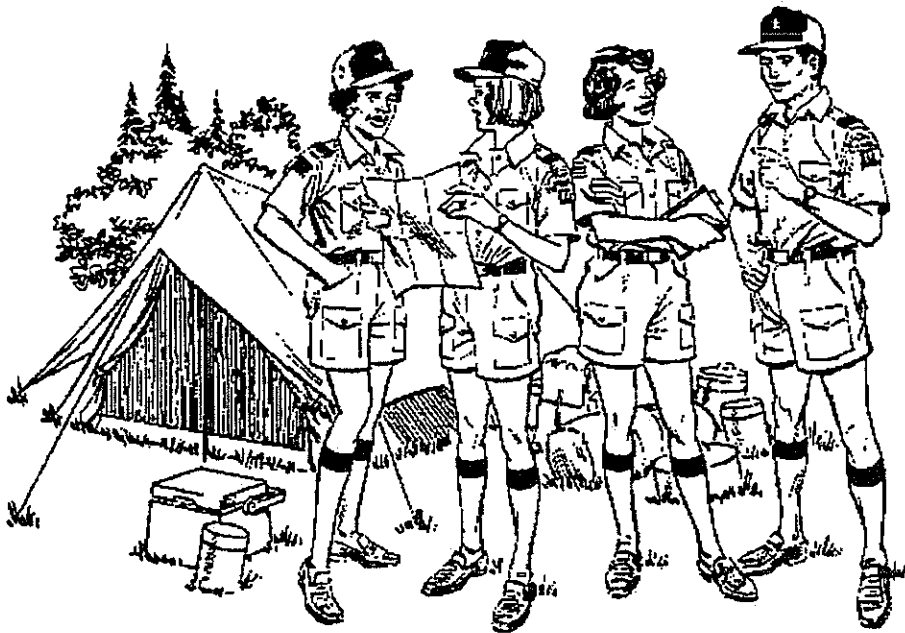
Safety:

1. First Aid Kits - the camp will have one, but you have to get to it, could be a mile. If you are in a group, make sure one of you has a First Aid Kit, and keep it handy, announce where it will be kept.
2. If you are not with your Pack, or with a Troop, bring a small First Aid Kit, you should have one in your car anyway, that will do nicely.
3. Bug Spray. Actually, most sprays get used up too fast, a small bottle of deet based repellent is best.
4. Sun Screen - outside all day you can get burned on a cloudy day.
5. Sunglasses - cheap ones, because they get lost or broken. This is not a rule, this is a fact.
6. Ask a staff member to point out poison ivy and poison oak if its in camp, (it usually is somewhere). And you will recognize it better that way, it just never quite looks like the pictures when you're chasing a scout thru it..

7. Flashlights - one for you, one for your cub to lose or break. Extra batteries. Note; you don't need a six pound flashlight, you won't be waving in any 747's, I find a small AA Maglight, or AA krypton bulb light is plenty, its *not heavy*, and the batteries are light, too. Have the boys point them at the ground when hiking, don't hit oncoming scouters in the eyes. Many scouters don't use flashlights, I enjoy walking by moonlight, it only takes a few minutes to adjust your eyes to it, but an oncoming flashlight can blind you.
8. Keep your tent closed at all times, bugs 'n things like to crawl or fly in.
9. **NO FOOD IN TENTS!** OK, understand that small creatures live there. Raccoons are especially fond of free food, and if its inside a tent, they don't use the door, they make a new one with their claws. Any food left out on a picnic table will be eaten, and a big mess will be left for you to clean up. Worse than a scouts mess. Raccoons have hands, they can open small coolers a easily as you. Put a bungee cord on it, or better yet, keep it in your car.

Survival:

1. No Problem; we wouldn't invite you out if it wasn't safe. We have never lost a scout, a few parents needed a little rest afterward, but they survived. If you don't know something, ASK! That's why the staff is there. This is a fun time with your boy, enjoy it!



CUB COOKING

A BOY'S EYES

I'd like to be a Cub Scout..
(His eyes were clear and true)
I'd like to learn, and play, and build,
Like Jim and Freddy do.

I know how to use a hammer;
I can drive a nail if I try...
I'm eight years old, I'm big and strong
And hardly ever cry.

I gave him the application
And parent-participation sheet.
(His eyes were filled with sunshine
As he left dancing on his feet.)

Next day my friend was back again,
A dejected little lad.
I guess I'll skip the Cub Scouts.
(His eyes were dark and sad.)

My mom is awfully busy,
She has lots of friends, you see,
She'd never have time for a Den,
She hardly had time for me.

And Dad is always working...
He's hardly ever there;
To give them any more to do
Just wouldn't be quite fair.

He handed me back the papers
With dignity of eight years,
And smiling bravely, left me.
(His eyes were filled with tears.)

Do you see your own boy's eyes
As other people may?
How he looks when you're "too busy"
Or "just haven't time today"?

A boy is such a special gift...
Why won't you realize
It only takes a little time
To put sunshine in his eyes.

You say, "I'll start tomorrow"
But tomorrow is far away.
He's a boy for such a short time
So won't you start today?



CUB COOKING

Cooking with Cubs can be fun and a learning experience for both the boys and the leaders. In the following pages you will find recipes that are easy to do and fun for you and the boys. They can be done with the boys from Tigers to WEBELOS.

Here are some simple rules to follow when you work with the boys and cooking. Remember the first rule of Cubing "KEEP IT SIMPLE, MAKE IT FUN"!!! Make sure that the recipe that you choose is not too hard for the boys that you are working with.

Here are some things that you should think about before you start a cooking project with your boys:

1. Do you have enough room for all of the boys to work on the project.
2. Is there enough things so that all of the boys will have something to do.
3. Make sure that you have enough help so that the boys have fun but do it safe!
4. Make the boys clean up behind themselves so that at the end of the meeting you don't have to do all the clean up yourself.

The recipes are broken down into the following sections so that you can find the right section for what you want to do with your boys:

Snacks; Dips; Salads; Sandwiches; Breakfast; Dinner; Deserts and Foiled Again.

MENU BASICS

Planning:

Aim for a balanced diet.....

Try to choose food from the four basic food groups:

- Meat, Poultry, Fish and Eggs
- Milk and Dairy products
- Fruits and Vegetables
- Breads, Cereal and Flour products

For short outings, day trips, fresh foods are a fine idea....

Plan hot meals for winter menus, cool, light meals for summer.....bring plenty of fluids in hot weather.....

For longer outings, more than a day, carry supplies that won't spoil.....

Estimate how much time you'll have for cooking each meal and choose recipes that are simple or complex to suit the situation.....

Remember to take all the incidental seasoning and condiments.....

How Much?

How many adults...how many boys...?

How many meals...?

Buy a little more than you would normally eat at home...camping activities burn up more calories....

Talk with others who have bought food for a camping trip...use their experience to estimate quantity....

Some skill in this area is needed...

Cooking Terms

BAKE - To cook by dry heat as in conventional oven, Dutch oven, or in aluminum foil.

BASTE - To moisten food while cooking with a liquid such as melted fat, drippings, or special sauces.

BOIL - To cook in water or other liquid hot enough to bubble (212 degrees F for water at sea level; subtract 2 degrees for each 1,000 feet of elevation; double given cooking time for boiling at 5,000 feet)

BRAISE - To cook meat tender by browning in hot fat, then cooking in covered pan, usually with added liquid.

CUT IN - To blend cooking fat with flour to make dough, by pressing in with fork or cutting in fine chunks with a knife.

DEEP FRY - To cook by immersion in very hot fat or oil.

DREDGE - To coat meat with flour, often seasoned, before browning or frying.

FRY - To cook in an open pan with small amount of fat or oil.

MARINATE - To tenderize or flavor meat by covering with spiced vinegar and oil, salad dressing, or commercial marinade sauce.

PAN BROIL - To cook meat in a very hot skillet with a minimum of fat. This method makes it possible to cook food by broiling over gas or electric stove.

POACH - To cook just below the boiling point of (usually) water.

ROAST - To cook meat and vegetables in hot air, as in a covered pan in an oven or in aluminum foil covered by coals.

SCALD - To heat to just below the boiling point.

COOKING MEASUREMENTS

Dash	= 6 or 7 drops
Pinch	= less than 1/8 teaspoon
1/4 teaspoon	= 15 drops
1 teaspoon	= 1/3 tablespoon
1 tablespoon	= 3 teaspoons
2 tablespoons	= 1 fluid ounce
4 tablespoons	= 1/4 cup or 2 fluid ounces
8 tablespoons	= 1/2 cup or 4 fluid ounces

16 tablespoons = 1 cup
1 cup = 8 fluid ounces
2 cups = 1 pint
1 pint = 16 fluid ounces
4 cups = 1 quart
1 quart = 32 fluid ounces
4 quarts = 1 gallon (U.S.)

SAFETY RULES

1. Take your time. Accidents happen when you get frustrated or when you're in too much of a hurry.
2. Don't worry about failures. You can learn from failure. Start out easy but don't be afraid to try something different.
3. Keep things clean and organized. If you get to do the cooking, then it's only fair to do the cleaning too. Besides, cleaner is safer.
4. Pay attention to your cooking from start to finish. Don't assume that someone else will remind you when it's time to take the cookies out of the oven or stop the vegetables from boiling over.
5. Always use hot pads to handle anything that is hot.
6. When cooking on top of the stove always turn the handles of the pans to the center of the stove.
7. When using sharp knives always pick them up by the handle and make sure that the sharp side of the knife is facing the cutting board into the ingredient that you are cutting.
8. Always make sure that when you are using an electrical appliance that you have dry hands when you plug and unplug it.
9. When using a grater make sure that you keep your finger tips and knuckles away from the grater so that you don't scrape them.

CAMP FIRE COOKING

1. Know and Practice the Outdoor Code.
2. Be sure your fire is in a safe, clear spot.
3. Have all materials to build your fire close at hand... tinder, kindling and foil.
4. Start and feed your fire until you have a nice bed of coals...for sustained heat for cooking.
5. Hardwoods provide the best bed of coals.
6. If you have a lot of cooking, two fires may be needed...one to produce a steady supply of coals...one to cook over.
7. Charcoal works better than wood for uniform heat...sustained heat...with little or no flame.
8. Cooking heat can be gauged by placing your hand over the coals at the cooking height:
 - 4-5 seconds...low heat...300 degrees F
 - 3-4 seconds...medium heat...350 degrees F
 - 2-3 seconds...high heat...400 degrees F

SNACKS

BUGS

- 1 Canned pears, half per boy
- 3 Raisins
- 1 Cherry
- 4 Toothpicks

Place the pear half on a plate with the hollow side down. With one raisin on a toothpick place them at the fat end of the pear half for eyes and mouth. With the other tooth pick place the cherry at the narrow end for the tail.

TRAIL MIX

- 1 Cup nuts
- 1 Cup M&M's
- 1 Cup coconut
- 2 Cups raisins
- 2 Cups sunflower seeds
- 2 Cups pretzels

Mix all together and store in closed container.

DIRT TO EAT

- 2 Packages of Oreos
- 1 Large container of Cool Whip
- 1 Clean flower pot
- Gummy worms

Crush the Oreos until they are well crumbled. They should look like graham cracker crumbs used for pie crust. Add to Cool Whip and mix well. Place mixture into the flower pot and add worms. You can add a flower and make people think that you are eating dirt.

DIPS

APPLE DIP

- 1/2 Cup peanuts, chopped
- 1 Teaspoon vanilla
- 8 oz. Cream cheese

3/4 Cup brown sugar

1/4 Cup sugar

Blend all ingredients together and serve with apple slices.

DYNAMITE DILLY DIP

- 1/2 Cup cottage cheese
- 2 Tablespoons plain yogurt
- 1 Teaspoon lemon juice
- Sprinkle of garlic powder
- 1/4 Cup shredded cheddar cheese
- 2 Tablespoons mayonnaise
- 1/4 Teaspoon dill weed
- Raw veggies

In a medium sized bowl, mix together the cottage cheese, shredded cheddar cheese, yogurt, mayonnaise, lemon juice and dill weed. Add garlic powder. Cut the raw veggies into strip and sticks, if necessary. Arrange on plate along with cherry tomatoes and happy dipping.

DIP IT SAUCE

- 1 Cup cream style cottage cheese
- 1 teaspoon dried dill weed
- Fresh veggies
- 1/2 of an 8 ounce container soft style cream cheese with onions and chives
- 1. Place strainer over a medium mixing bowl. Put the cottage cheese in the strainer. Let the liquid run into the bowl. Lift the strainer from the bowl. Throw away the liquid.
- 2. Put the drained cottage cheese in the mixing bowl. Add the cream cheese and dill weed. Stir with a wooded spoon till well mixed. Cover with plastic wrap. Put in the refrigerator till serving time.
- 3. Wash the veggies and cut into strips or flowers. Arrange veggies on a plate and serve with the dip.

SALADS

SILLY MOUSE SALAD

- 4 Large lettuce leaves
- 1 Medium sized apple
- 8 Raisins
- 16 Miniature marshmallows
- 4 Canned unsweetened peach halves, drained
- 1/2 Cup grated carrot
- 4 Chocolate chips
- 2 Maraschino cherries

1. Peel and core the apple. Cut it in half, then cut one of the halves into 8 wedges. Cut each cherry into 4 quarters. Using the grater, shred the carrot.
2. Open the can of peach halves and drain, over the sink.
3. Place a lettuce leaf on each of the 4 plates. Place a peach half, cut side down on each lettuce leaf.
4. Make a sillyface on the peach using apple wedges for ears; raisins for eyes; a chocolate chip for a nose, 2 pieces of cherry for a mouth, grated carrot for hair. Put 2 miniature marshmallows underneath the peach for a collar.

POTATO SALAD

- 2 Pounds red skinned or new potatoes
- 3 Green onions
- 1 Teaspoon mustard
- 5 Cups water
- 1 Rib celery
- 1 Cup mayonnaise

1. Rinse the potatoes under cold running water and place them in the saucepan. Place the saucepan on stove and add water. Cook the potatoes, uncovered over medium heat until they can be pierced easily with a fork, about 30 minutes, check the potatoes after 20 minutes so that they don't over cook and get mushy.
2. Place the strainer in the sink and ask an adult to pour the potatoes into the strainer. Run cool water over the potatoes for about 3 minutes. Place the potatoes in mixing bowl and refrigerate uncovered for at least 30 minutes.
3. While the potatoes are cooling rinse the celery and green onions under cold running water and pat dry with paper towel. Place the celery on the cutting board. Trim off the leaf and stem ends and throw them away. Cut the celery lengthwise in half and then cut the strips crosswise to make smaller pieces. Set them aside on a piece of wax paper.
4. Place the green onions on the cutting board. Trim the roots off and throw them away. Slice the green onions up to the green leaves. Add to the celery. Throw the green top away.
5. Take the potatoes out of the refrigerator. Place 12 potatoes on the cutting board and cut in half. Turn the potato halves so that they are cut side down on the board and cut each half into quarters. Cut all the potatoes in the same way and put all the pieces in the mixing bowl.
6. Add the celery, green onions, mayonnaise and mustard to the potatoes and gently mix it all together.

OUTSTANDING AMBROSIA

- 1 Medium apple
- 1 Banana
- 2/3 Cup vanilla yogurt
- 1 Tablespoon honey
- 1 Cup miniature marshmallows
- 1 Medium Orange
- 1 Cup canned bit-sized pieces unsweetened pineapple, drained
- 1/2 Cup shredded coconut

1. Wash all the fruit. Peel and core the apple and cut into pieces. Peel the orange, divide into sections, and cut each section in half. Peel the banana and cut into slices. Place these fruits and the pineapple in a large bowl.
2. In a small bowl, mix together the yogurt and the honey, pour over the fruit. Add the coconut and marshmallows, and mix well.
3. Spoon into bowls and eat.

SANDWICHES

PINT SIZE HEROES

- 1 Small tomato
- Mustard
- 4 Lettuce leaves
- 4 Slices of ham
- 4 Slices roast beef
- Mayonnaise or salad dressing
- 4 Hot dog buns
- 4 Slices of Swiss or American cheese
- 4 Slices turkey
- 4 Slices salami or summer sausage

1. On cutting board thinly slice the tomato. Save for step 3.
2. With table knife spread mayonnaise or salad dressing and mustard on the inside of the hot dog buns.
3. Tear the lettuce leaves to fit the buns. Put the lettuce on the bottom half of the buns. Then top with a slice of each of the meats and cheese. Add tomato and replace the top of the bun.

SLOPPY TOMS

- 1 Pound ground turkey or beef
- 1 - 8 oz. Can tomato sauce
- 1 Teaspoon mustard
- 8 Hamburger buns
- 1/2 Cup chopped onion fresh or frozen

- 1 Teaspoon chili powder
- 1 Teaspoon Worcestershire sauce
- 1 - 4 oz. Package shredded cheddar cheese

1. Using your hands to break up the turkey or beef as you put it in the skillet. Add onion to the skillet. Put the skillet on the burner. Turn the burner to medium high. Cook, stirring with a wooded spoon about 10 minutes or until there is no pink color left in the meat. Turn off the burner. Remove the skillet from the burner.
2. Place colander over mixing bowl. Spoon the meat into the colander. Let fat drain into the bowl. Spoon the meat mixture back into the skillet. Put the fat in a container to throw away.
3. Stir tomato sauce, chili powder, mustard and Worcestershire sauce into the meat mixture.
4. Put the skillet on the burner. Turn the burner on to high. Cook till the meat mixture is bubbly stirring now and then. Turn the burner to low. Simmer for 5 minutes stirring now and then. Turn off the burner. Remove the skillet from the stove.
5. For each serving put the bottom of a bun on a plate; spoon some the meat mixture over the bottom half of the bun. Sprinkle it with some of the shredded cheese. Cover with the bun top.

TACO CHEESEBURGERS

- 1 Pound ground beef
- 1 1/2 Teaspoon chili powder
- 1 Medium tomato
- 8 Taco shells
- 2 Tablespoons taco sauce
- 1/4 Teaspoon salt
- 4 slices Monterey Jack or American cheese
- 8 Lettuce leaves

1. Preheat oven to 350 degrees. Using your hands to bread up the meat into a large mixing bowl. Add taco sauce, chili powder and salt. Use your hands to mix well.
2. Place a sheet of waxed paper on counter or table. Put the eat mixture on the waxed paper. Divide the meat mixture into 8 portions. Shape each portion into an oval patty, about 1/2 inch thick.
3. Place the patties on a 13x9x2 inch baking pan. Put the pan in the oven for 15 minutes.
4. While the patties are cooking put the tomato on cutting board. Cut in half and chop the halves into small pieces. Save for Step 7.
5. With table knife cut each cheese slice diagonally in half to form 2 triangles.
6. Remove the pan from the oven. Place one cheese triangle on each patty. Put the pan back in the oven for 1 to 2 minutes or till the cheese melts. Turn off the oven and remove the pan.
7. Use a pancake turner to put a patty in a taco shell. Add a lettuce leaf and some chopped tomato. Serve with additional taco sauce if you like.

BREAKFAST

QUICK 'N' EASY DONUTS

1/2 Cup sugar
1/4 Cup shortening
1 1/4 Cup flour
2 Teaspoons baking powder
1/2 Teaspoon salt
1/4 Teaspoon nutmeg
1 Teaspoon cinnamon
1/4 Cup milk

1. Cream sugar and shortening together.
2. Beat eggs into creamed mixture. Add flour, baking powder, salt and spices.
3. Gradually add milk and beat until smooth. Consistency of batter should be such that batter will drop off spoon but not pour.
4. Fry in hot oil until golden brown.

QUICK CINNAMON ROLLS

3 Cups biscuit mix flour
3-4 oz. Raisins
1 Cup brown sugar
Cinnamon

1. Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough. Sprinkle with cinnamon.
2. Beginning with one long side of the dough, with floured hands, roll the dough into a cylinder. Cut slices from this rolled cylinder and place in an oiled baking pan.
3. Place pan in an oven and bake about 15-20 minutes. Serves 8.

BISQUICK APPLE PANCAKE

1 Apple
2 Tablespoons sugar
1/4 Teaspoon nutmeg (optional)
2/3 Cup milk
1 Tablespoon sugar
4 Tablespoons butter
1/4 Teaspoon cinnamon
1 Cup bisquick
1 Egg

1. Core apple; do not peel. Cut into twelve slices.
2. Melt butter in skillet. Stir in cinnamon, 2 Tablespoons sugar and apple slices; sauté until tender.
3. Combine bisquick, milk, egg and remaining sugar until just moistened. Pour over apple slices.

4. Place over low heat and cook 10 minutes until surface of pancake looks dull. Turn over for a couple minutes until lightly browned.
5. Serve, turn upside down on plate with extra butter and syrup.

DINNER

FIRST PLACE CRISPY CHICKEN

2 Pounds meaty chicken parts

1 1/2 Cup crisp rice cereal

1 Egg

2 Cups potato chips

Dash pepper

2 Tablespoons milk

1. Preheat oven to 375 degrees. Remove the skin from the chicken, pull the skin away from the meat. Rinse the chicken under cold water. Save for step 4.
2. In plastic bag put the potato chips and cereal. Seal or tie the plastic bag shut. Using a rolling pin to crush the chips and the cereal. Pour the crumbs in a pie pan. Add the pepper. Stir to mix using a small spoon.
3. Crack the egg into mixing bowl. With a small spoon or fork, beat lightly till the white and yolk are mixed. Add the milk. Stir to mix.
4. Dip each piece of chicken into the egg mixture. Turn to coat both sides. Then roll each chicken piece in the crumb mixture. Press the crumb mixture. Press the crumbs against the chicken, so they stick. Place chicken, meaty-side up, in baking pan. Sprinkle with the remaining crumbs.
5. Put the pan in the oven. Bake 45 to 55 minutes or till no pink color is left in the chicken. To see if the chicken is done, remove a piece of chicken and cut into it. Turn off the oven and remove the pan from the oven.

TACO FLATS

1/2 Head lettuce

1/2 Cup frozen chopped onion

1 - 8 oz. Jar taco sauce

1 - 4 oz. Package Monterey Jack or Cheddar cheese

1 Pound ground beef

1 - 8 oz. Can tomato sauce

4 Cups tortilla chip

Sour cream

Taco sauce

1. Rinse the lettuce under cold running water. Separate it into leaves. Put it on paper towels to drain. Pat it dry with more paper towels. Tear it into bite-size pieces. Save for step 5.
2. Use your hands to break up the ground beef as you put it in the skillet. Add the onion. Put the skillet on the burner. Turn the burner to medium high. Keep stirring with wooden spoon, till there is no pink color left in the meat. Turn off the burner. Remove the skillet from burner.
3. Place colander over the mixing bowl. Spoon the meat into the colander. Let the fat drain into the bowl. Spoon the meat and onion back into the skillet. Put the fat in a container to throw away.

4. Stir the tomato sauce and jar of taco sauce into the meat mixture. Turn the burner to medium high. Cook till bubbly. Turn the burner to low. Simmer uncovered about 10 minutes or till the mixture is thick. Stir now and then. Turn off the burner. Remove the skillet from the burner.
5. Arrange tortilla chips on the plate. Arrange lettuce over chips. Spoon the meat mixture over the lettuce. Sprinkle the meat mixture with cheese. Spoon sour cream and more taco sauce on top if you like.

Makes 4 servings.

MY VERY OWN MEAT LOAF

- 2 Tablespoons margarine
- 1 1/2 Pounds lean ground beef
- 1/2 Teaspoon garlic powder
- 1/4 Teaspoon pepper
- 6 Tablespoons ketchup
- 1 Medium sized onion
- 1/4 Cup dry bread crumbs
- 1/2 Teaspoon salt
- 1 Large egg

3 Slices bacon, cut in half

1. Preheat the oven to 350 degrees.
2. Lightly butter 6 muffin cups, using a paper towel.
3. Place the onion on cutting board. Using utility knife, trim off the ends then cut the onion in half from end to end. Peel off the skin and throw it away along with the ends. Place the onion halves flat side down on the cutting board. Cut lengthwise into several slices. Then cut cross the slices to make small pieces. Put onion pieces in the mixing bowl.
4. Crumble the meat with your hands into the bowl. Add the bread crumbs, garlic powder, salt and pepper. Break the egg into the bowl. Mix it all together with your hands and then wash your hands.
5. Spoon 1 tablespoon of the ketchup into each of the six greased muffin cups.
6. Using your hands, divide the meat mixture evenly among the 6 cups, and then wash your hands.
7. Place the bacon on the cutting board and cut each slice in half. Place 1 piece of the bacon on each small meat loaf.
8. Place the muffin tin on a cookie sheet. Put in the oven and bake for 25 minutes.
9. Remove from oven. Turn off the oven. To serve use a soup spoon and scoop out of the tin, place on a plate with the bacon down.

DESSERTS

APPLE CRISP

- 6 Apples good for baking
- 1/2 Cup flour
- 3/4 Teaspoon cinnamon
- 3/4 Cup brown sugar
- 1/2 Cup oatmeal, uncooked
- 1/3 Cup butter

1. Preheat oven to 375 degrees.
2. Peel, core and slice apples into a greased 8x8x2 inch pan.
3. Mix remaining ingredients together and crumble over the apples.
4. Bake for 30 minutes.

ICE CREAM PIE

1/2 Gallon ice cream
1 Cup peanut butter
4 Cups crisp rice cereal

1. Let ice cream set out at room temperature for 30 minutes.
2. Mix the peanut butter and the cereal together and spread in a pie pan.
3. Pour the ice cream in the pie pan and freeze.

PEPPERMINT CANDY SNOWBALLS

Vanilla ice cream
Shredded coconut
Crushed peppermint candy
Chocolate syrup

1. Make ice cream balls with an ice cream scoop. Place ice cream ball in freezer to keep from melting.
2. Crush the peppermint candy by placing in plastic bag and rolling with a rolling pin.
3. Take the ice cream ball from the freezer and roll in the crushed candy and the coconut.
4. Place in small dish and cover with syrup.

FOILED AGAIN

Individual or family meals cooked in foil are ideal for camping. Kids can create their own, cleanup is a breeze and foil is recyclable.

Assemble the ingredients, such as meat and potatoes or chicken and onions, on a 14 - 16 inch square of heavy duty foil. Carefully fold the package to prevent leaks and place on a grill or directly on the coals. Individual foil packs require 10 - 15 minutes per side when cooked on coals. Vegetables such as corn on the cob can also be cooked in foil, simply husk and butter an ear of corn, wrap in foil and place directly in the coals for about 15 minutes. Carrots, potatoes and onions are good this way also. The only drawback to foil meals is testing for doneness. There is no easy way to check the morsels without getting ashes in your dinner.

Camp Can Craft

The sketches show some of the uses of the different size tin cans for camp can craft. Although only one sketch is given, some of the devices shown have several uses, depending upon the size of the can chosen and how it is used. Always be careful to crimp or file edges smooth. Handle carefully.

You can make everything you need to cook with on a patrol hike or troop camp and a lot of other interesting and useful gadgets to boot. No, it doesn't cost a thing—just a little thought, planning, and time. Sure, you can still get them! It depends on the kind you want as to where you look. The number 10s and the 5-gallon squares you can get from a restaurant, hotel or filling station; the big round ones from a fish store or a bakery; the little ones you can have your boys bring from home. All you need is a can opener, a pair of tin snips, a pair of pliers, a little wire, a nail for a punch, a metal file, emery cloth, and an old pair of gloves to protect the hands. Be careful of sharp edges. Crimp edges over with a pair of pliers and pound them down, or strike the edges with a file and round them off with emery cloth.

Uses for the 5-gallon square (1):

- Troop or patrol water can (1)
- A simple reflector oven (2)
- An improved reflector (3)
- A dishpan, sterilizing basin, or foot-bath (4)
- A stove (5)

Uses for the No. 10 and associates (58):

- Charcoal stove (using triangular can opener)

- Stove (inverted) (56)
- Nesting pails save space (57)
 - Water bucket
 - Stew kettle
 - Fire bucket (painted red)
- Double Boiler (54)

Crimp an edge and choose size (55):

- Coffee pot
- Tea pot
- Water pitcher
- Milk pitcher
- Syrup pitcher

Cut it down to size:

- Stew pan (25)
- Cereal bowl (25)
- Saucer (25)
- Sugar bowl (26)
- Plate (27)
- Serving dish (26, 20)
- Pot cover (27)

By special design:

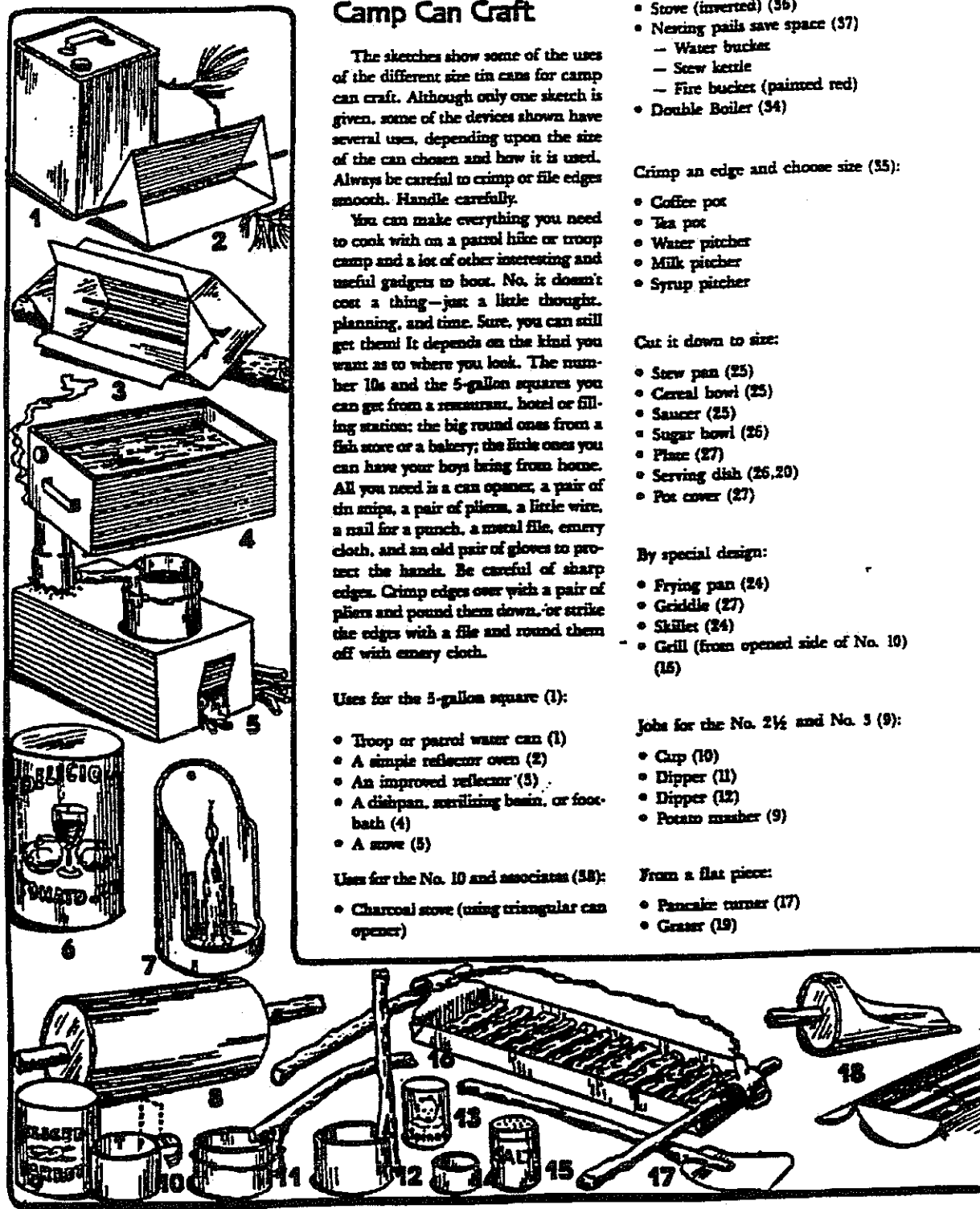
- Frying pan (24)
- Griddle (27)
- Skillet (24)
- Grill (from opened side of No. 10) (15)

Jobs for the No. 2½ and No. 5 (9):

- Cup (10)
- Dipper (11)
- Dipper (12)
- Potato masher (9)

From a flat piece:

- Pancake turner (17)
- Grater (19)



With a small can (15):

- Biscuit cutter (14)
- Broom holder (23)
- Salt and pepper shaker (15)

A job for the long ones (6):

- Sconce (7)
- Rolling pin (8)
- Stove pipe (5a)

A vote for the 11th point of the Scout Law:

- Patrol wash can (32)
- Soap dish (33)
- Shower (29)

Special devices:

- First aid can (contains band-aids, Unguentine, and antiseptic right where a boy can get at it for minor scratches and burns) (31)
- Troop or patrol mailbox (30)
- Shower (29)
- Strainer (29)
- Flour sifter (29)
- Sterilizer (when it contains cutlery or dishes and is dipped in larger can of boiling water) (29)
- Sundial (28)

Specialized design:

Bucket stove (same as 36, made from an old bucket)

Introducing the fish can (not shown in sketch):

- Dish pan
- Dish sterilizer
- Bread can
- Refrigerator—when weighted at edge of stream

By their size ye shall know them:

- Sugar scoop (18)

- Flour scoop (18)
- Dirt scoop for latrine (18)

At night they serve:

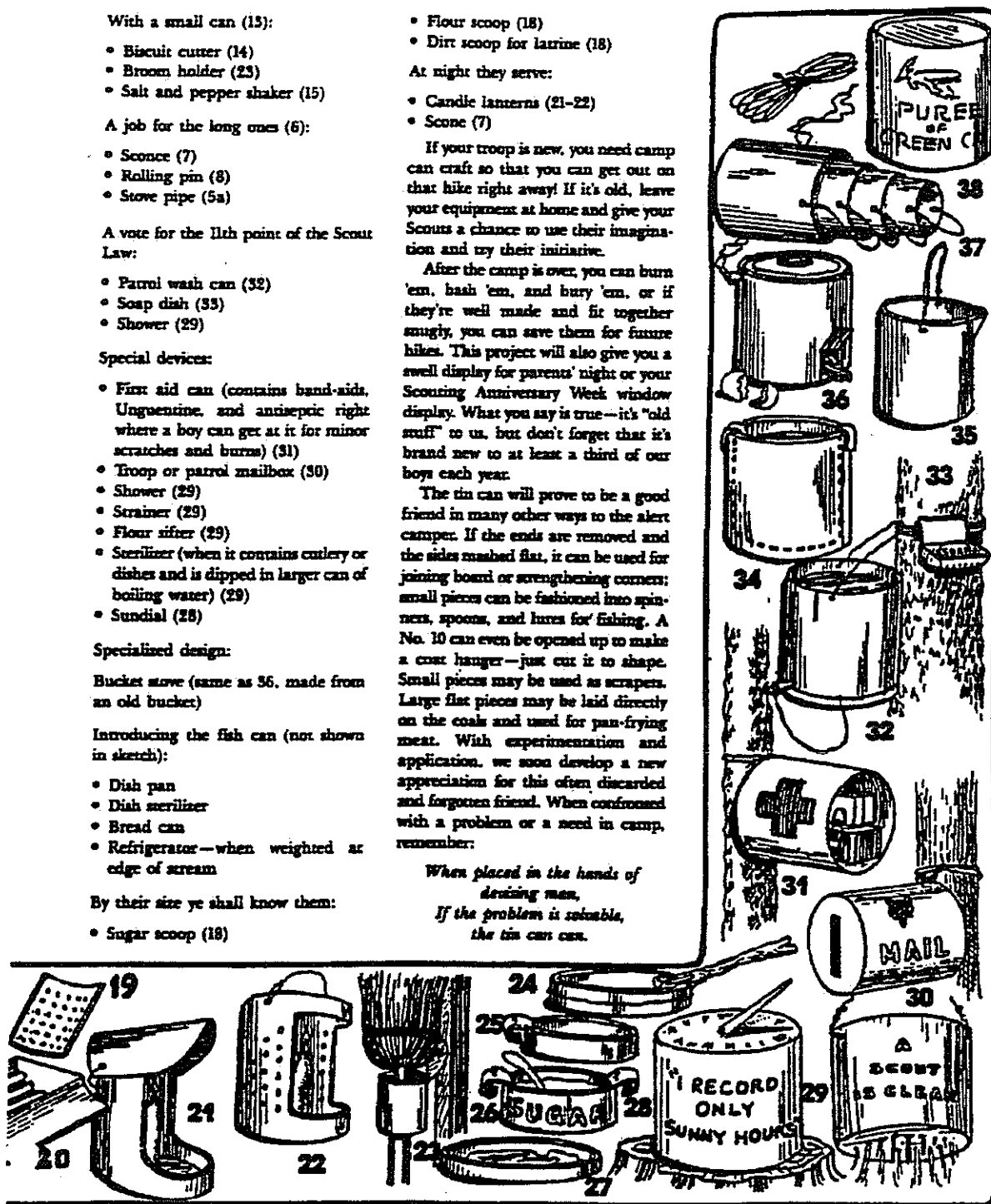
- Candle lanterns (21-22)
- Sconce (7)

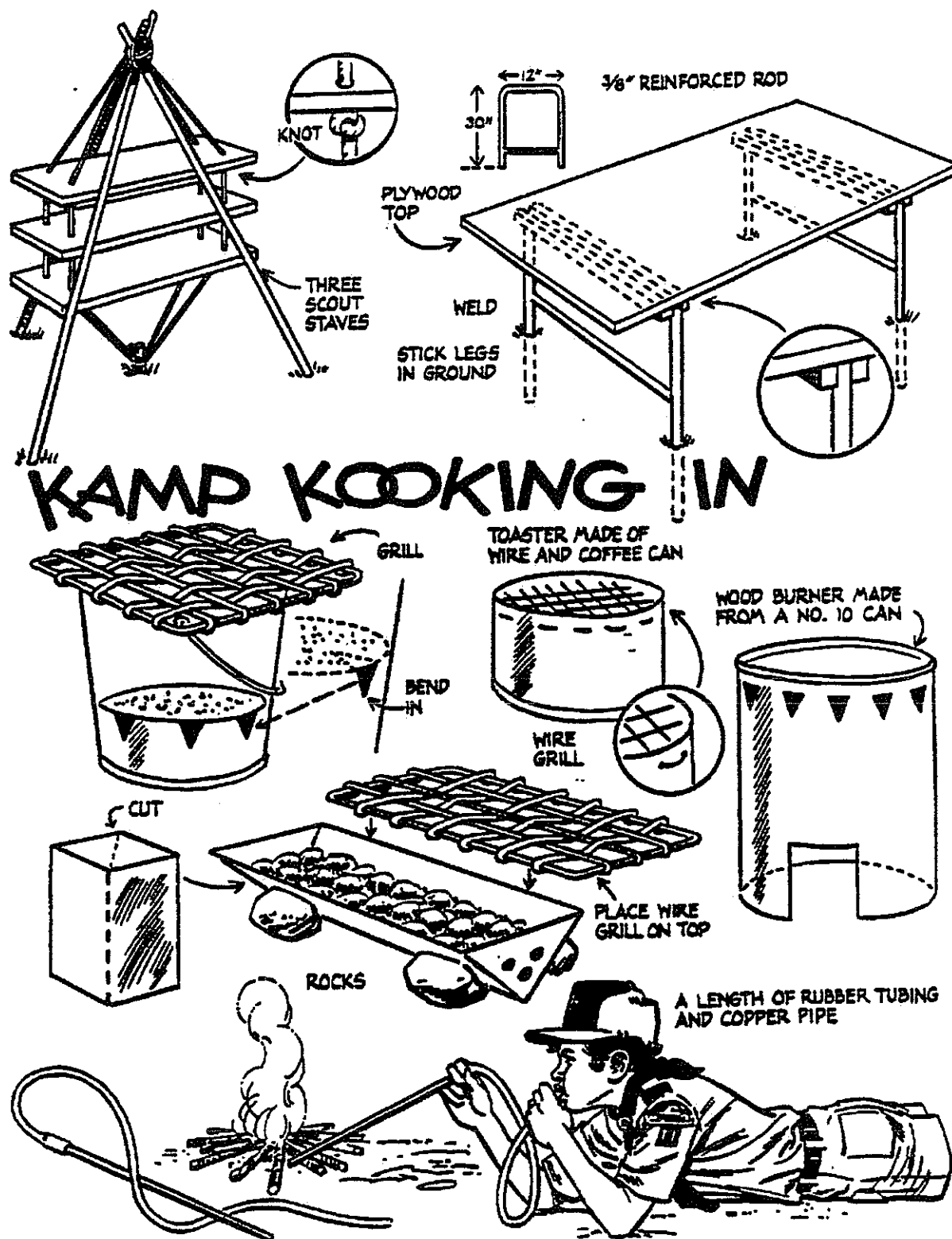
If your troop is new, you need camp can craft so that you can get out on that hike right away! If it's old, leave your equipment at home and give your Scouts a chance to use their imagination and try their initiative.

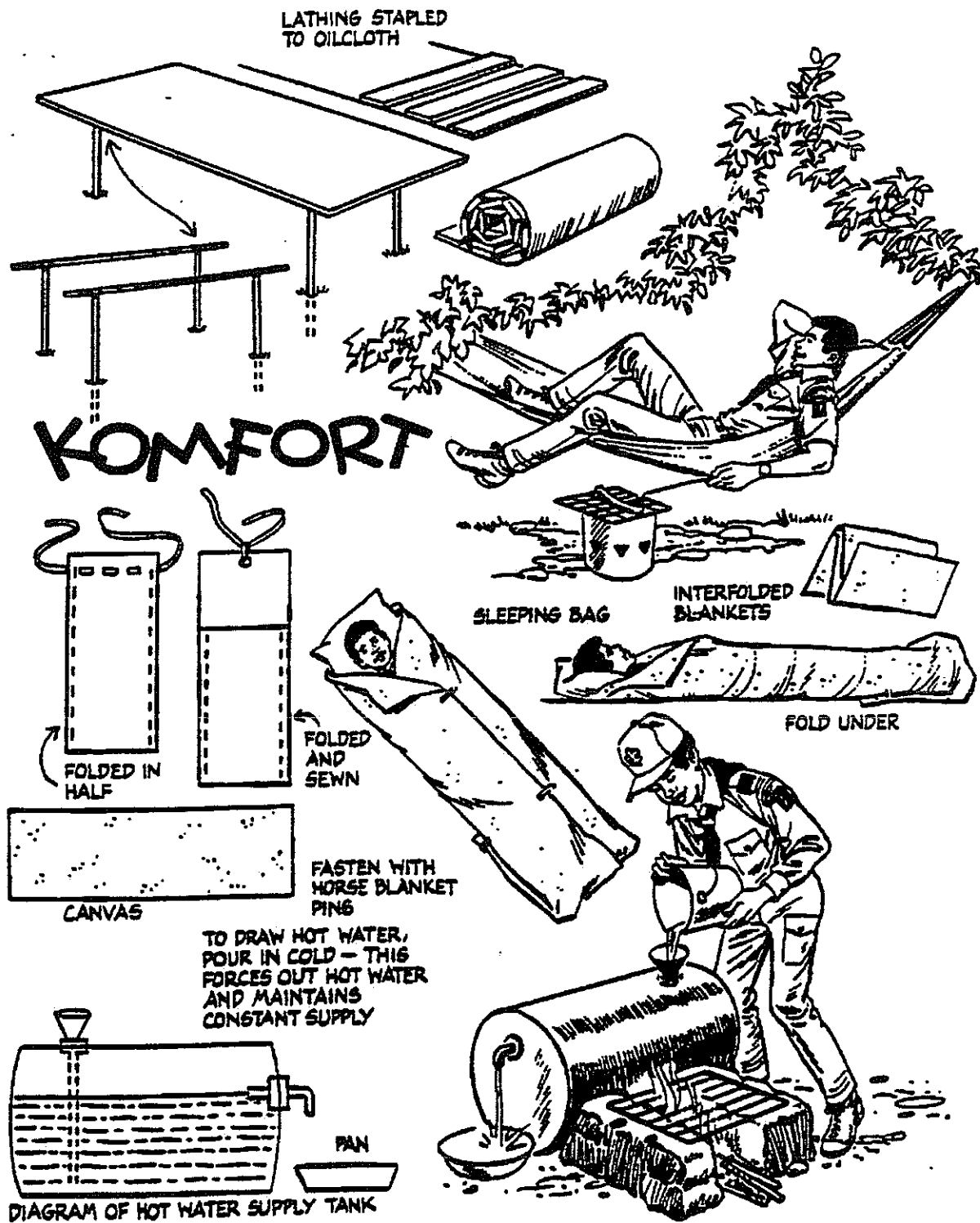
After the camp is over, you can burn 'em, bash 'em, and bury 'em, or if they're well made and fit together snugly, you can save them for future hikes. This project will also give you a swell display for parents' night or your Scouting Anniversary Week window display. What you say is true—it's "old stuff" to us, but don't forget that it's brand new to at least a third of our boys each year.

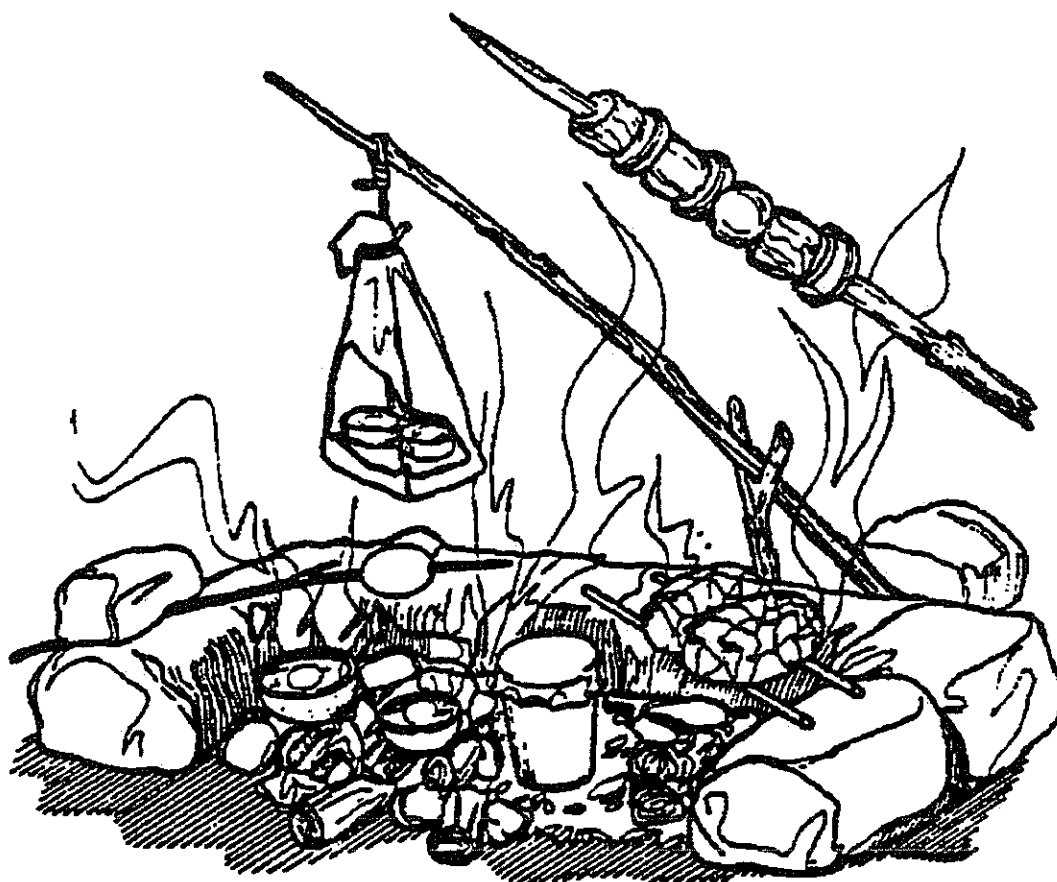
The tin can will prove to be a good friend in many other ways to the alert camper. If the ends are removed and the sides mashed flat, it can be used for joining board or strengthening corners; small pieces can be fashioned into spinners, spoons, and lures for fishing. A No. 10 can even be opened up to make a coat hanger—just cut it to shape. Small pieces may be used as scrapers. Large flat pieces may be laid directly on the coals and used for pan-frying meat. With experimentation and application, we soon develop a new appreciation for this often discarded and forgotten friend. When confronted with a problem or a need in camp, remember:

*When placed in the hands of
devising men,
If the problem is solvable,
the tin can can.*









FIRST AID

A WOLF CUB

A Wolf Cub finds adventure
In everything he does,
And every day life happenings,
And even bees that buzz.

His skills are not too many,
But he is glad to learn,
And does it with excitement
When it becomes his turn.

What Wolf Cubs lack in knowledge
Is made up for in desire,
When leaders lead the Wolf Den,
And truly do inspire.

The Wolf Cub makes advancements
Just like his friend the Bear,
And grows in skill and knowledge
Which he is glad to share.

James H. Lee



FIRST AID

WHAT IS FIRST-AID?

First-aid is the care you give someone who is hurt or ill before medical help arrives. Knowing first-aid skills and safety rules can help prevent accidents and prepare you for an emergency.

WHO SHOULD KNOW FIRST-AID?

Everyone. Even little kids should learn basic first-aid and safety rules. Older children and adults should be taught basic skills and then have these skills enhanced and reinforced every year.

WHERE DO I GO TO LEARN FIRST-AID SKILLS?

The American Red Cross puts out a booklet, "First Aid for Little People" which can be obtained by calling the Red Cross. It is a simple coloring book that explains the real basics of first-aid to little children. The Red Cross also has regular programs and instructors which can come to your group or school to teach basic first-aid and safety to older children and adults.

You can also check with your local hospitals, EMS, Police and Fire Departments to obtain further information. You may have a parent in your Pack or Den who is a doctor or nurse who would be willing to share some basic skills with your group. Do not be afraid to ask - you will be surprised to see how helpful parents are when given a chance to show their skills!

You should also check with your BSA council to see what resources are available to teach first-aid skills and safety rules to scouts.

FIRST-AID KITS

Every Den and Pack should have a First-Aid Kit that goes along with the Den or Pack on all outings, and is available at meetings. As the scout motto says, "BE PREPARED"! You never know when an emergency may occur. You can purchase a standard First-Aid Kit at most local stores, through the BSA council, or make up your own. Having a First-Aid Den Party, where each scout brings in something to put in your First-Aid Kit, and your theme and activities revolve around learning basic skills. The following list of items will give you an idea of what you should include in your First-Aid Kit (you may also want to have a small hip-purse filled with just the basics for little hikes or outings):

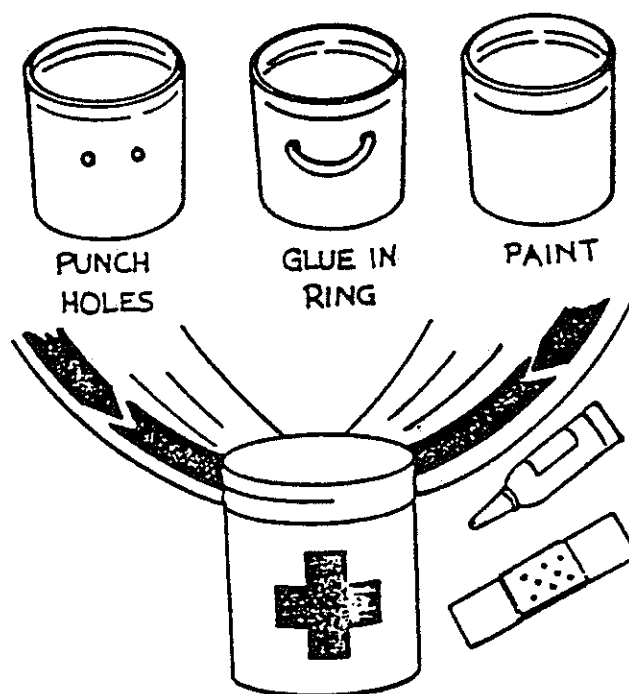
Small First-Aid Booklet
Antibiotic ointment
Ipecac Syrup/Acetaminophen tablets
Scissors/Tweezers/Safety Pins
Sewing Needle (removes splinters)
Waterproof Matches
Adhesive tape & bandages
Sterile Gauze Rolls & Pads
Cotton Swabs
Latex/Rubber Gloves
Flashlight

Elastic wraps
Disposable Instant Ice Pack
Pocket Face-Shield
Plastic Bag
Triangular Bandage
Emergency Telephone numbers
Pencil/Paper
Change for Telephone call
Rescue Breathing Apparatus
Band-aids in assorted sizes
Tote Bag to hold all items

NECKERCHIEF SLIDE FIRST-AID KIT

Here is a simple and easy activity which your scouts can do, and it will help them to remember their first-aid skills.

1. For each slide, use a plastic film can with lid (you can sometimes ask at your local photography drop-off for extras - sometimes they have bags and bags of empty film cans).
2. Punch two holes in the back of the can so slide ring can be inserted.
3. Paint can white. Paint a red cross, or use small pieces of red plastic tape to make cross.
4. Glue in leather thong for ring.
5. Put the following items in the can: small adhesive bandage, small tube of antiseptic ointment, small alcohol wipe, 2 safety pins, change for telephone call, and emergency telephone numbers.



EMERGENCY TELEPHONE LIST

Keep an up-to-date emergency telephone number list near every phone in your home, and keep an emergency telephone number list with you of all parents of scouts in your Den and those attending outings. You may also want to have your child keep an emergency telephone list in his wallet or backpack. The following is a helpful list to keep on hand:

EMERGENCY TELEPHONE LIST	
■ Mom (or guardian) at work:	_____
■ Mom (or guardian) car phone:	_____
■ Dad (or guardian) at work:	_____
■ Dad (or guardian) car phone:	_____
■ Your home phone number:	_____
■ Your home address:	_____
■ Other relatives:	_____
■ Neighbors:	_____
■ Emergency medical services:	_____
■ Police: 911 or	_____
■ Fire: 911 or	_____
■ Poison Control Center:	_____
■ Doctor:	_____
■ Dentist:	_____
■ Utilities:	_____
■ Taxi/Cab Service:	_____
■ Other Important Numbers:	_____

EMERGENCY TELEPHONE CALLING

Everyone should know how to properly make an emergency telephone call. Practice with your scouts so they will learn how to give the most important information quickly and how to follow directions given to you by the person you have called. Have the children practice speaking slowly, clearly, give the proper name of the injured victim, address/location of accident, age of victim, the condition of the victim, what happened to cause the injury, tell

what the injured person was eating (in the case of a poisoning) and any other type of dangerous situation they are in. Having some practice in making emergency telephone calls will teach children to remain calm when they really do have to make such a call. The following are some practice situations that you can use - or make up your own:

- You smell smoke in the hallway of your home.
- Your mother fell down the stairs and is unconscious on the floor.
- Your friend accidentally drank something that was stored in a soda bottle.
- You are home alone and you hear glass breaking downstairs.
- The lights suddenly go out in the house.
- Your little brother fell off the swingset in the backyard and can't move his arm.

FIRST-AID GUIDE

Animal Bites

Wash the wound with soap and warm water. Apply a sterile bandage or cloth. Call a doctor or the hospital. Try to identify the animal in case it needs to be tested for rabies.

Bleeding

Small cuts: If possible, use latex gloves or put your hands in plastic bags when caring for bleeding wounds. Clean the cut with soap and warm water. Cover with a bandage.

Large wounds that will not stop bleeding: Rest a clean cloth directly on the wound and press firmly. Apply pressure until the bleeding stops. Use adhesive tape to hold the cloth in place. Try to raise the wound higher than the injured person's heart. Call a doctor or hospital.

Blisters

Wash the area with soap and warm water. Cover with a clean bandage. **Do not break the blister.**

Bumps and Bruises

Put a cold, damp cloth on the area. If there is a lot of swelling, call for an adult for help.

Burns

There are three different kinds of burns. Depending on the seriousness of the burn, you must treat each as follows:

First degree burn: The skin is usually red and sore. Rest the burned area in cold (not ice) water, pat dry, and cover with a dry, sterile cloth.

Second degree burn: The skin is usually red, sore and with blisters. Rest the burned area in cold (not ice) water, pat dry, and cover with a dry, sterile cloth. **Do not break the blisters.**

Third degree burn: The skin is charred and/or peeling off. The injured person may not even feel the pain. **Do not try to remove any clothing from the burned area.** Wrap the injured

person in a clean sheet. Cover them with blanket if the weather is cold. **RUSH TO THE HOSPITAL A.S.A.P. OR CALL 911.**

Do not use ointment, butter, or petroleum jelly on any burns. A burn will continue to burn under the skin until it is properly cooled. Have an adult check the burn. Call a doctor or the hospital if any skin has been broken by a burn, or it is blistered or charred.

Choking

If the person can speak, cough, or breathe, do nothing. Otherwise, stand behind the person and grasp your hands around him, just under his rib cage. Press your hands into his stomach with four quick upward thrusts. Do this until the person spits out the stuck food or object. Call for help if the person goes unconscious.

Drowning

Someone should call a lifeguard or go for help immediately. It's important to get the person out of the water. Try to cover the mouth and nose with thin material or a face mask from your first-aid kit and find an adult to do CPR and rescue breathing. Then follow the directions for hypothermia.

Eye Injuries

When a person gets hit in the eye, put a cold, clean cloth over it. Have the eye checked by a doctor.

Foreign Objects: If small objects (like an eyelash or piece of dirt) get into the eye, do not allow the person to rub his eye. Use a cup filled with cool water to rinse the eye. Have the person bend so that his head is sideways and the injured eye is closest to the ground. Pour the water over the opened eye, and tell the person to move his eyeball up and down. If an object is sticking into the eyeball, do not try to remove it, call a doctor or hospital immediately.

Chemical burns: If bleach or some other cleaning chemical gets into the eye, immediately rinse it with cool water from a running faucet or cup for at least 15 minutes. To rinse, turn the person's head to the side so that the injured eye is closest to the ground. Let water run slowly across the eye starting from the part closest to the nose. Cover the eye with a clean, dry cloth. Call a doctor or hospital immediately.

Fainting

Help the person lie down or bend over with his head between his knees. Loosen tight clothing. Wipe his face with cool water. Call a doctor or hospital if the person doesn't open his eyes quickly.

Fractures, Sprains, Broken Bones

What to look for: Look for the one or more signs if you suspect a bone or joint injury after an accident: (a) pain or tenderness over a bone or joint; (b) the person heard or felt a "snap"; (c) inability to move an injured limb; (d) numbness or tingling, or loss of pulse in an injured limb; (e) a grating sound or feeling; (f) swelling or bluish discoloration over a bone or joint; (g) abnormal shape, position, or movement of a bone or joint.

Fractures, Sprains, Broken Bones

How to treat: (a) try to keep the injured body part (and the person) still; (b) immobilize the injured part with a splint, sling or bandage; (c) if the skin is broken over a broken bone, you must place the cleanest cloth you have over the area; (d) **Do not try to push the bone back in;** (e) prevent swelling by elevating the injured part and applying an ice pack or ice wrapped in a cloth or towel. If you suspect a broken bone, or serious sprain or fracture, call a doctor or hospital.

Frostbite

Frostbite occurs when part of the body starts to freeze. The skin turns white, grayish yellow or pale blue. Frostbite usually occurs at the fingertips and toes first. Keep these areas dry and warm. If frostbite occurs, or you don't have feeling in your fingertips or toes, as quickly as possible, warm the area. Put the frozen area into warm (not hot) water. Dry very gently (do not rub or press hard) and wrap in warm cloth, blankets, or both. Call a doctor.

Heart Attack

Signs of a heart attack: Feeling of pain or pressure in the center of the chest (it may come and go -sharp twinges of pain usually are not a sign); Sweating when the room is not hot; victim feels like throwing up; shortness of breath; feeling of weakness.

What to do: Call 911 immediately. Keep the person calm and still. Place the person in a comfortable position until help arrives. If they go unconscious, check for pulse and start either rescue breathing or CPR until medical help arrives.

Hyperthermia (too much body heat)

Heat exhaustion is mild; heat stroke is severe. Get the person out of the sun and cool him off. Have him slowly drink cool (not cold) water. Call a doctor if the person is very hot, not sweating, pale, nauseous, has trouble breathing, and seems dazed.

Hypothermia (too little body heat)

Get the person out of the cold, and warm his body slowly. Remove wet clothing and cover with dry clothing or blankets. If the person is conscious and able to swallow, give warm liquids. Call a doctor.

Insect Bites

Remove the stinger, if you can. Don't use tweezers, as this may cause poison to be pumped into the bitten area. Instead, scrape across the top of the skin. Wash the area with soap and water, apply ice to reduce the swelling. If there is a lot of swelling, or if the person seems to be getting sick and showing signs of shock or is having trouble breathing, there may be an allergic reaction. In this case, call a doctor or hospital immediately.

Tick bite: Use tweezers to pull the tick out directly. Put the tweezers as close to the tick's head as possible. Save the tick (tape it to a piece of paper or put in plastic bag). Your doctor can test it for Lyme Disease.

Nosebleeds

Have the person sit forward on a chair with his head bent slightly forward. Pinch the lower part of his nose for at least five minutes to stop the bleeding. Then place a cold, wet cloth on his nose and face.

Poisoning

Call your local poison control center, doctor or hospital immediately. There are four ways you can be poisoned: (a) inhaled poisons (fumes/gases); (b) ingested poisons (drinking); (C) injected poisons (bites/stings); and (d) absorbed poisons (plants/fertilizers/pesticides). To prevent poisonings, keep all poisons, medicines, cleaning fluids, cosmetics, and poisonous plants out of reach of children! Label all poisons and store them in a safe place - out of reach of children. Keep ipecac syrup on hand (use only under the direction of a doctor). **Do not give a poisoned person a drink of anything unless directed by a doctor. Do not induce vomiting unless directed by a doctor.** Save the poison container for testing. If you suspect a poisoning, try to find out what type of poisoning it was, how much was taken, when it happened, and call for help immediately.

Rescue Breathing

If someone stops breathing, immediate action must be taken. You should look at their chest to see if it is moving up and down. Place your ear near their mouth and listen or feel for a person's breath. If you don't feel or hear breathing, rescue breathing must be started immediately. Rescue breathing forces air into a victim's lungs so that oxygen can be maintained in the blood of the victim. To do rescue breathing, do the following:

- (a) Lie victim down on his back on a hard surface.
- (b) Tilt victim's head back and raise chin to make a clear passageway.
- (c) Pinch victims nostrils together. Place your mouth on theirs. (If the victim is a small child, cover their nose and mouth together).
- (d) Slowly blow two breaths into the lungs (make sure the chest rises).
- (e) Remove your mouth and unpinch nostrils. Check pulse.
- (f) If pulse is present, give one breath every five seconds for one minute (one breath every 3 seconds if a small child).
- (g) Recheck pulse, continue rescue breathing until help arrives.
- (h) If pulse is not present, give CPR.

If the chest does not rise and fall, airway may be blocked:

- (a) re-tilt head back and breath again as above.
- (b) If you still do not get the chest to rise and fall, turn the victim's head to the side, look for blockage by hooking your baby finger around the inside of the mouth.
- (c) If you don't get anything, roll the person on their back, straddle their legs; place the heel of your hands on top of one another, place this between the victim's rib cage and belly button, give abdominal thrusts. Check for blockage again. Re-tilt head and try to breath again.

Shock (can occur in any kind of emergency)

You may notice swelling, rapid breathing, nausea, and cold or clammy skin. Keep the person lying down. Elevate the feet. Place one cloth or blanket under the person and one over the person. Try to keep the person calm. Call the doctor.

Snakebites

If you don't know what type of snake has bitten a person, treat it like a poisonous snakebite. Calm the person. Keeping a person calm makes his blood and the poison move more slowly. Try to keep the bitten area lower than the person's heart. Carry the person if possible. Get the person to a doctor or hospital immediately.

Splinters

Gently wash the area with clean water. Look for the edge of the splinter and try to pull it out using your fingertips or tweezers. Be careful not to push the splinter under the skin.

Sunburn

To prevent sunburn, use sunscreen (even on cloudy or hazy days). Look for lotions with SPF (sun protection factor) number 15 or higher. Limit your time in the sun based on your skin tone. Fair skinned people usually burn rather quickly. If a sunburn occurs, gently soak the burned area with cool or cold water (a sunburn will continue to burn under the skin until the area is cooled sufficiently). Do not put butter or ointment on the burn, as it tends to hold in the heat and lets it continue to burn under the skin. Do not put ice directly on the area. If you are in a great deal of pain, call a doctor. If you get a sunburn with blisters, do not break the blisters, seek medical help.

SAFE SWIMMING DEFENSE FOR SCOUTS

Swimming is fun - using common sense and being careful can help prevent an accident in the water. Water is dangerous, so we follow the eight steps below for safe swim defense:

1. Always have an adult in charge (and follow their directions)
2. Be physically fit and able to swim - provide a health history for swimmers
3. Always swim in a safe area
 - a. Have an adult check for underwater dangers
 - b. Swim in designated areas
 - i. Non-swimmers - 3.5 feet or less
 - ii. Beginner - touching bottom
 - iii. Good swimmers - an area comfortable for them to feel safe
4. Always have trained lifeguards on duty in or near water.
5. Have extra lookouts on shore to watch swimmers and notify lifeguard.
6. Use Ability Groups - have leader divide children by swimming ability and keep them in designated areas

7. Use the buddy system - either two or three to a group
 - a. Stay together - go in together, swim together, get out together
 - b. Have buddy checks, verify everyone is where they are supposed to be
8. Everybody follows all the water safety rules given by lifeguard at all times

FIRE SAFETY

BE PREPARED FOR FIRE

People should be prepared for fire. Follow the three P's of fire safety.

- PLAN** - Develop a family fire escape plan. Practice using the plan every few months.
- PREVENT** - Conduct a top-to-bottom, attic-to-basement-to-garage inspection of your home. Correct any conditions that could become fire hazards.
- PROTECT** - Use smoke detectors and have fire extinguishers handy.

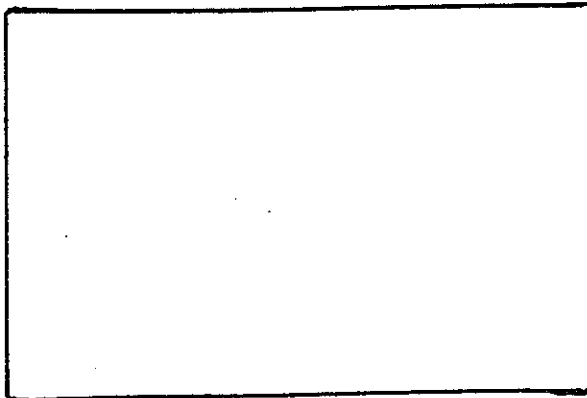
HOME FIRE ESCAPE PROCEDURES

Help your scouts learn more about fire safety by learning the importance of fire prevention and preparedness. Fire needs three things to keep it going - HEAT/OXYGEN/FUEL. Taking any one of them away from the other and you can stop a fire. Older scouts can be taught the following procedures to prepare for this type of emergency:

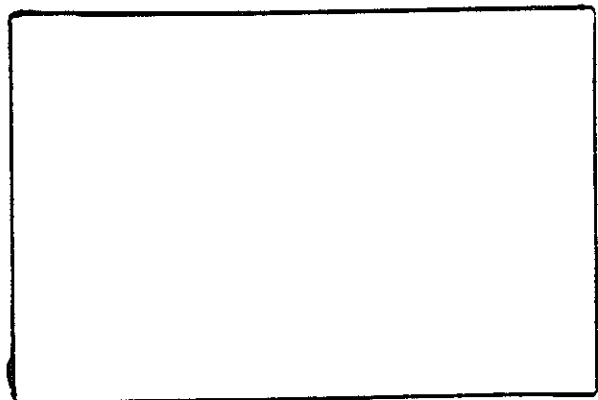
1. Draw a floor plan of your home or apartment, include locations of all smoke detectors. Map out an escape route from each room; make sure that there are at least two different exits from each bedroom - one extra in case the first way is blocked by smoke or flames.
2. Have a family meeting to discuss the fire escape plan. Teach everyone how to get out of the house if there is a fire; do not take anything with you - just get out! Have all family members practice getting out of the home in different situations. Make sure everyone can get outside even in the dark or through blinding smoke. Practice in the dark, too.
3. Develop a fire-danger signal everyone will recognize. Whistling, banging on the wall. Use this signal only for danger.
4. Teach everyone how to test for danger: if you wake up and smell smoke, roll out of bed and crawl to the door. Touch the door and door knob *with the palm of your hand*. If the door knob is hot, don't open the door to look - it could be fatal! Head for the alternate exit. If the door feels cool (or slightly warm), open it slightly, staying low behind it. If the air in the doorway feels cool, it should be safe to enter. Close doors behind you. Fire travels faster when fed by oxygen.
5. Learn how to remove screens and storm windows quickly. Also learn how to break a window and clean broken glass from the frame.
6. Learn how to jump safely from a window. Learn which windows not to jump from.

7. In advance, decide on a location where all family members can meet after exiting a house.
8. Make sure someone is in charge of little children and elderly or disabled persons.
9. Sleep with your bedroom door closed. A closed door can save your life in an emergency. Doors are important barriers when a fire is in the hallway. They give you time to get out.
10. If you hear the fire alarm, crawl to the closed door and feel the door for heat *with the palm of your hand*.
11. If you smell smoke, don't panic - arouse the family with the pre-arranged signal.
12. Always stay low; crawl, even if you can tolerate the smoke standing - the air is clearer and cleaner near the floor. Keep a wet cloth over your nose and mouth, and take short breaths.
13. Get everyone out of the building first, if possible. Don't try to fight the fire or call the fire department from the inside - just leave and go directly to the meeting place.
14. Never re-enter a burning building!
15. Call the fire department from a neighbor's telephone.
16. If you can't get out, wait by a window where you can signal and breathe fresh air. Open the window slightly and hang clothing or a bedsheet from it to signal rescuers. **TEACH YOUR CHILDREN NOT TO HIDE IN THE CLOSET OR UNDER A BED!!**
17. Valuables can be replaced - lives can't!! If there is a fire in your home, leave everything and get out. A few seconds can mean the difference between life and death.

FAMILY ESCAPE PLAN



first floor



second floor

MAIN ROUTE _____

ALTERNATE ROUTE _____

POISONOUS PLANTS YOU SHOULD KNOW

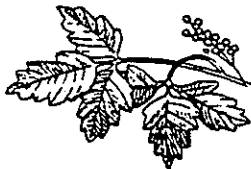
Poison Ivy

A small plant, bush, or vine with reddish-green stems and clusters of three shiny, teardrop-shaped leaflets.



Poison Oak

A bush or vine with clusters of three wavy-edged leaflets.



Poison Sumac

A bush or tree; leaflets are pointed at both ends and grow opposite each other, with one leaflet at the tip.



Signs of poison ivy, poison oak, and poison sumac contact:

- Red skin, often with blisters
- Itching and burning
- Headache
- Fever

First Aid for poisonous plants:

1. Remove all contaminated clothing and set aside for laundering.
2. Thoroughly wash with soap and water the rash and all skin that may have been in contact with the plant.
3. Wipe the skin with cotton balls, a cloth, or a tissue soaked in rubbing alcohol.
4. Paint the rash area with calamine lotion to relieve itching and burning.
5. If the rash is severe or in on the face or private parts, or if the plant parts were chewed or swallowed, seek medical help immediately. Be on the alert for shock or breathing difficulties.

BITES AND STINGS

First Aid for Snake Bites:

1. Identify the snake if possible. If you are sure that it is not poisonous, wash the bitten area thoroughly with soap and water, and seek medical care. If you are not sure if the snake is poisonous or not, follow the next steps for first-aid.
2. Have the person lie still, with the bitten part immobile and lower than his heart.
3. Tie a flat strip of cloth, a belt, or neckerchief around the bitten arm or leg (not the head, neck or torso) 2-4 inches above the bite. The strip should be snug, but loose enough so that blood can ooze from the bite (a finger should be able to fit underneath the strip). Check every few minutes, and loosen if necessary - DO NOT REMOVE.
4. If swelling reaches the band, tie another band 2-4 inches higher up, then remove the first one.
5. Wash the bitten area thoroughly with soap and water. Flus it repeatedly if a coral-snake bite is suspected.
6. Watch for signs of the injured person going into shock, and treat accordingly.
7. Watch for signs of difficult breathing. Be prepared to give CPR.
8. Get medical help right away. If someone killed the snake, take it with you for identification purposes.






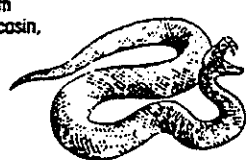
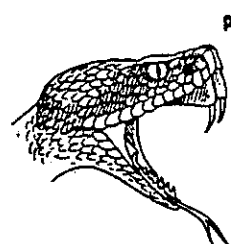

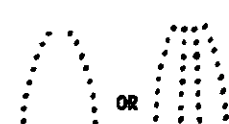
First Aid for Spider Bites:

1. Have the person lie still, with the bitten part immobile and lower than his heart.
2. Tie a flat strip of cloth, a belt, or neckerchief around the bitten arm or leg (not the head, neck or torso) 2-4 inches above the bite. The strip should be snug, but loose enough so that you can feel a pulse farther out on the limb (a finger should be able to fit underneath the strip). Check every few minutes, and loosen if necessary.
3. If swelling reaches the band, tie another band 2-4 inches higher up, then remove the first one. After 30 minutes, remove the band.
4. Apply ice wrapped in cloth or an ice compress to the bite. Do not apply ice directly to the skin.
5. Watch for signs of the injured person going into shock, and treat accordingly.
6. Watch for signs of difficult breathing. Be prepared to give CPR.
7. Get medical help right away. If someone killed the spider, take it with you for identification purposes.

First Aid for Bee Stings:



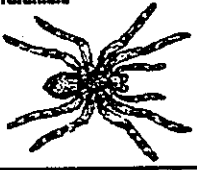

1. Only a honey bee leaves its stinger in the skin. If it is visible, carefully remove it with the edge of a fingernail or credit card. Do not squeeze the stinger.
2. Wash all stings with soap and water. Put ice wrapped in cloth or an ice compress on the bite. Do not apply ice directly to the skin. Paint bite area with calamine lotion or baking soda and water paste to relieve the pain.

3. If a person is allergic to bee stings - seek medical attention immediately. If symptoms appear suggesting the beginning of an allergic reaction or a reaction to multiple stings and the stings are on the arm or leg:
- Have the person lie still, with the bitten part immobile and lower than his heart.
 - Tie a flat strip of cloth, a belt, or neckerchief around the bitten arm or leg (not the head, neck or torso) 2-4 inches above the bite. The strip should be snug, but loose enough to allow a pulse farther out on the limb (a finger should be able to fit underneath the strip). Check every few minutes, and loosen if necessary - DO NOT REMOVE.
 - Watch for signs of the injured person going into shock, and treat accordingly.
 - Watch for signs of difficult breathing. Be prepared to give CPR.
 - Get medical help right away.





North American Snakes—Identification Guide			
Snake	Appearance	Symptoms (usually begin in minutes* but sometimes after hours)	Bite marks
Poisonous snakes			
Coral snake (harlequin or bead snake)	 1 to 3 feet long; fangs may not be visible; round pupils; red, yellow & black rings; black nose	minor pain and swelling at site of bite; blurred vision; droopy eyelids; drooling; drowsiness; sweating; nausea; difficulty speaking and breathing; possible paratysis and shock	tooth marks with or without fang marks
Rattlesnake	 1 to 8 feet long; fangs; rattles on end of tail; pits between eyes & nostrils; slit-like pupils	 severe pain and swelling at site of bite, with discoloration of the skin; weakness; nausea; rapid pulse; blurred vision; difficulty breathing; possible convulsions and shock	 fangs teeth
Copperhead (adder, chunkhead, pilot snake, highland moccasin)	 2 to 4 feet long; fangs; pits between eyes & nostrils; slit-like pupils		tooth and fang marks—usually 2 fang marks, but there may be more, or there may be only one if the bite is on a finger or toe
Cottonmouth (water moccasin, water pilot)	 2 to 4 feet long; fangs; pits between eyes & nostrils; slit-like pupils		 pupils pits
Nonpoisonous snakes			
Most North American snakes are nonpoisonous* except for the types listed above.	 round pupils; no fangs, pits, or rattles	minor pain at site of bite	 tooth marks but no fang marks

BITES AND STINGS

Serious bites & stings: spiders & scorpions

Name	Appearance	Symptoms
Black widow spider 	brown or black, with red or yellow hourglass on belly of female (male is not poisonous)	immediate redness and sharp pain; sweating; nausea; stomach and muscle cramps; difficult breathing; possible convulsions
Brown recluse (violin) spider 	yellow or tan, with dark violin-shaped mark on back	delayed (2-8 hours) pain; swelling and blisters; rash; nausea; fever; joint pain; possible ulcer at site of bite
Tarantula 	large spider with hairy body and legs	usually only slight local pain; occasionally produces reactions like black widow spider (above) or ulcer at site of bite
Scorpion 	like a little lobster with a set of pincers at the end of its tail	burning pain, numbness or tingling; nausea; fever; stomach cramps; difficulty speaking; possible convulsions and shock

Potentially serious stings: bees

Bee	Appearance	Symptoms
 Honey bee	hairy yellow or white and black body	local swelling, pain, redness, itching & burning at the site of the sting.
 Hornet	not hairy; narrower or pinched waist; brown, black, red or striped body.	
 Yellow jacket		Multiple stings: headache; fever; muscle cramps; drowsiness; possible unconsciousness. Allergic reaction: swelling elsewhere on the body, especially the face; weakness; wheezing; coughing; nausea; stomach cramps; blue skin; dizziness; possible unconsciousness.
 Wasp		