




CASTAWAY



RATIONALE FOR ADVENTURE

Survival skills are essential for anyone who might ever become lost in the wilderness—in a jungle, on a desert island, or, yes, during a Scout hike or campout! This adventure teaches several of those skills to Webelos Scouts, preparing them to deal with emergencies in an outdoor environment.

TAKEAWAYS FOR CUB SCOUTS

- Explores the pros and cons of different wilderness survival methods
- Introduces skills Scouts will need later in Scouting or in any survival situation
- Provides opportunities to do things they have never done before 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 294

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 daypack. 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.”

NOTES TO DEN LEADER

The theme of this adventure is survival. Each meeting will be more exciting and fun if it is done outdoors. Meeting 1 should be held in an organized camp setting or on a pack or den campout. For Meeting 3, plan an outing to a location where there are downed branches and other materials to build shelters (requirement 1C) and to gather tinder and kindling (requirement 1B).

Before each meeting held in these environments, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

These den meeting plans include preparing and serving food. Be sure to check with members of your den for any food allergies or restrictions.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Notebook and pen for Talk Time
- Secure an organized camp setting several weeks in advance, or plan the meeting to take place during a pack or den campout.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- Distribute information to families, including travel details, needed gear, food, and fees for use of facility.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Prepare thank-you notes that Scouts can sign for those who help.
- Items for water treatment (Activity 1):
 - Water treatment tablets
 - Stove for boiling water
 - Large pot with cover
 - Quart-size water bottle
 - Water filter (optional)
- Ingredients for breakfast burritos (Activity 2; see Meeting 1 Resources)
- Hand-washing station
- List of items Scouts will bring next week to assemble their survival kits (see the *Webelos Handbook*)

GATHERING: FOOD PREPARATION

- Remind Scouts to wash their hands.
- Chop meat and vegetables for burritos.
- Start pot of water boiling (see Activity 1).

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Sing an outdoor-oriented song. Here is one from the *Cub Scout Songbook*:

Be Kind to Your Web-Footed Friends

(tune: "Stars and Stripes Forever")

*Be kind to your web-footed friends,
For a duck may be somebody's mother.
Be kind to your friends in the swamp,
Where the weather's always damp.
You may think that this is the end.
Well—it is!*

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Castaway adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Discuss leadership qualities that are important to have in case of an emergency. Ideally, some or all of these qualities should relate to points of the Scout Law. Have the den decide on the four most essential qualities; then write these down and give a copy of the four qualities to each Scout so they can prepare for Meeting 2 (see Do-at-Home Project Reminder below).
- To lead into the activities, a few comments about food safety would be helpful:
 - Keep hot foods hot, and cold foods cold.
 - Do not cross-contaminate foods.
 - Clean all utensils.
 - Wash hands before and after preparing or handling food items.

ACTIVITIES

Water Treatment (Requirement 2B)

- Add water to a quart water bottle and add treatment tablets according to directions. Set aside and let it stand for the indicated length of time (usually 30 minutes).
- Put a large pot of water on the stove and start heating it. Once water is at a rolling boil, time it for one minute. Water should now be safe to drink. Remove enough for everyone to taste after it cools. Leave boiling water on stove with heat on for breakfast burritos.
- Once the boiled drinking water you removed has cooled to the ambient temperature (or cooler), let everyone sample it. Have a blind taste-testing contest using regular tap water, boiled water, and treated water (add filtered water if you have a filter). See if the Scouts can tell which is which.
- Remind Scouts that all water that comes from an unknown source should be treated using one of the methods shown in the *Webelos Handbook*—especially any water from naturally occurring sources like lakes, rivers, etc. The water they are drinking may have traveled a long way to get to them, and there is no way of knowing where it passed or what *passed through it* along the way. Be safe!

◆ Activity 2: Cooking Without Utensils (Requirement 1A) (Breakfast Burritos)

Scouts will need to prepare two recipes for requirement 1A. Additional recipe options can be found in the Meeting 1 Resources and in the *Webelos Handbook*.

Ingredients

1–2 eggs per Scout
Chopped ham, cooked bacon, or sausage
Chopped onions, green peppers
Tortillas
Cooking quality 1-quart, plastic resealable freezer bags
Salt and pepper
Other seasonings to taste

- If you are cooking more than four burritos at a time, you may want to use two pots of water.
- While water is coming to a boil, have Scouts prepare their breakfast burritos.
- Show the Scouts how to crack eggs into the bags with minimal mess. Any meat items should be ready to eat—you only want to cook the eggs for this recipe. Squeeze most of the air out of the bags and seal them.

- Add the bags to the water still boiling on the stove from Activity 1. Avoid splashing! Don't let the bags touch the edge of the pot for extended periods of time. The water will stop boiling when you add the bags, then gradually warm up again. The hotter the water, the faster the eggs will cook.
- Using long tongs and a hot pad, glove, or towel, remove the bags occasionally and knead the eggs inside the bag. As the eggs cook, they will start to look like scrambled eggs. Once the eggs are firm, they are done. Then open the bag, drop the contents into a tortilla, and add desired seasonings. Roll up the tortilla and enjoy!
- Clean up the cooking area.

CLOSING

- Gather the den together and recite the 12 points of the Scout Law.



Do-at-Home Project Reminder (Requirement 2D):

Each Scout will pick two of the four leadership qualities and prepare to act out those two qualities for the rest of the den at Meeting 2. Each member of the den will also need to describe how both qualities relate to points in the Scout Law, and how working on this adventure is giving them a better understanding of the Scout motto: Be Prepared.

Remind each Scout and their family to collect the items needed for a survival kit—using the list in their handbooks—and bring them to the next meeting.

AFTER THE MEETING

- Serve additional refreshments, if desired.
- Work together to leave the outdoor location cleaner than you found it.
- Record completion of requirements 1A and 2B.
- Have Scouts sign their thank-you notes for those who helped.

MEETING 1 RESOURCES

ACTIVITIES

◆ Activity 2: Cooking Without Utensils (Requirement 1A)

Here are a couple of extra recipes, if desired. For more options, see requirement 1A in the *Webelos Handbook*.

Walking Tacos

1 pound hamburger
1 package taco seasoning
1 small onion
Chopped lettuce
Shredded cheese
Sliced black olives
Chopped tomato
Sour cream or dressing of your choice
Salsa
1-ounce bag of any type corn chip

- Before the meeting or campout, brown the hamburger and onion, drain, and add taco seasoning according to directions. Let simmer until the taco seasoning is absorbed.
- On the outing, press the corn chip bag to crush the chips. Turn the bag on its side and cut the top off with a pair of scissors. Add the hamburger mixture along with any of the toppings you desire. Take a plastic fork and enjoy!

Baked Campfire Apples

1 apple per serving
Brown sugar
Raisins, nuts, and/or red hot cinnamon candies
Heavy-duty aluminum foil

- Core the upper part of the apple, leaving the bottom half intact. Fill the center with raisins, nuts, and/or candies. Add brown sugar to taste.
- Double-wrap the apple in aluminum foil and place on hot coals for 20 minutes.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials for small survival kits in Activity 1 (requirement 2A). See *Webelos Handbook* for items needed, and add emergency whistles. Have Scouts bring their own items, while you may provide a few such as trail food, garbage bags, and duct tape. Collect a few nonessential items, too—as examples of what a Scout *shouldn't* take along.
- Consider inviting a local search-and-rescue worker to this meeting. Be sure your guest knows what you want to cover with the den. (Check with your local sheriff's department or fire and rescue team. Allow several weeks' lead time.)
- Prepare thank-you notes to be signed in advance for anyone who will be helping with the outing (Meeting 3).

GATHERING

- Have some 5-foot lengths of rope for the early arrivers to practice their knots. This would be a good opportunity for them to learn or refine their ability to tie the bowline, which can be used as a rescue knot because it will not slip or strangle someone if tied around the body.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Remind den members of last week's outdoor meeting. Then lead them in singing "America the Beautiful."

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Finish the discussion the den started last week on leadership qualities. Have each Scout say which pair of qualities they chose from the four, and how those two relate to points of the Scout Law.

ACTIVITIES

◆ Activity 1: Leadership Qualities (Requirement 2D)

- Give the Scouts a few minutes to come up with an impromptu skit illustrating the four qualities you just discussed. Tell them to imagine facing an emergency while on a hike or campout—how should they respond?
- Have them present the skit.

◆ Activity 2: Survival Kits (Requirement 2A)

- Have Scouts assemble their survival kits, while you lead a discussion on why each item is important.
- Ask: *Which items would be most handy if you were in a desert? A forest with lakes nearby? At the seashore? How about if you were in a high-altitude, rocky area?*

◆ Activity 3: Lost in the Woods (Requirement 2C)

- Have Scouts brainstorm scenarios in which they might become lost in the woods and how they would respond. Make sure to emphasize the S-T-O-P system in the *Webelos Handbook*: Stop, Think, Observe, Plan.
- Cover the ways Scouts might signal to help rescuers find them:
 - Shout three times in a row, or make three blasts on a whistle.
 - Start a campfire to create a bright light at night or smoke in the daytime; tossing grass or green leaves on the flames will provide even more smoke.
 - In daylight, spread your rain gear, sleeping bag, and bright-colored equipment in the open to catch a rescue pilot's eye, or flash a mirror in the direction of aircraft.
- Other priorities include maintaining body temperature (cool in hot weather, warm in cool weather), finding adequate shelter, and drinking plenty of water. (Don't worry as much about food. While being hungry is not pleasant, it's also not a high priority. Unless you are an expert in plants and properly preparing animals to eat, it's best to save the energy and concentrate on other matters.)

CLOSING

- Gather the den together and close with the Scout Oath.
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 2A and 2C.
- Have Scouts sign their thank-you notes for the outing.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Items needed to make fire without matches (see requirement 1B in *Webelos Handbook*). You may want to recruit a Wilderness Survival merit badge counselor or an experienced leader in a troop.
- Outdoor Code in large print on poster board (Opening)
- Outdoor Code script (one copy for leader/narrator; see Meeting 3 Resources)
- Outdoor Code written on pocket-size cards (one per Scout)
- Firem'n Chit information to share with Scouts

GATHERING (REQUIREMENT 1C)

- When everyone has arrived at the campout site, have Scouts spread out and begin gathering material for making shelters: wood that has fallen from trees, pine needles, dry leaves, etc. (Remind everyone they must not cut wood or leaves from any tree or plant.)
- Ideally, each Scout will make their own shelter, but if time is limited the group might build one shelter that is large enough for a single Scout.
- Leave No Trace: Return the shelter material to a natural look.

OPENING: OUTDOOR CODE

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have Scouts read the Outdoor Code aloud from the poster board as you read the narrator lines provided in the Meeting 3 Resources. Give each Scout one of the pocket cards you prepared to reinforce the points of the code.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Discuss ways that an overnight shelter could be improved with other supplies (tarp, sleeping bag, etc.).

ACTIVITIES

◆ Activity 1: Fire Without Matches (Requirement 1B)

- Gather the Scouts around and demonstrate how to start a fire without matches. If you have time, consider demonstrating more than one of the methods shown in the *Webelos Handbook*—with a magnifying glass, flint and steel, or wood-on-wood friction.
- After a successful demonstration, have each member of the den try it themselves as you assist them. This exercise takes time and a little finesse, so give them plenty of opportunities.
- Remind Scouts they should do this only in a safe environment and under the close supervision of an adult.
- Review the Fireman's Chit Award information (see Meeting 3 Resources). Do not award the card or patch, but tell them this is something they can earn when they join a troop.
- Leave No Trace: When finished, make sure the area is returned to its natural state.

CLOSING

- Gather the den in a circle and review the leadership qualities Scouts should show in an emergency, as discussed at earlier meetings.
- Ask the den: *How has working on this adventure helped you understand the Boy Scout motto: "Be Prepared"?* Starting with the denner and moving right, let each Scout respond to the question (requirement 2D).

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Work together to leave the outdoor location cleaner than you found it.
- Record completion of requirements 1B, 1C, and 2D.
- Have Scouts sign their thank-you notes for those who helped.

MEETING 3 RESOURCES

OPENING: OUTDOOR CODE

Den members will read their words from the Outdoor Code poster board while the narrator reads from this script:

Den: As an American, I will do my best to ...

Narrator: The Outdoor Code reminds Scouts of the importance of caring for the environment. Its ideals take on special meaning whenever you are camping, hiking, and taking part in other outdoor events.

Den: Be clean in my outdoor manners. Be careful with fire. Be considerate in the outdoors.

Narrator: Being clean in your outdoor manners, careful with fire, and considerate means you can enjoy the outdoors in ways that do the environment no harm; that you can hike and camp in an area without leaving any sign you were there.

Den: And be conservation-minded.

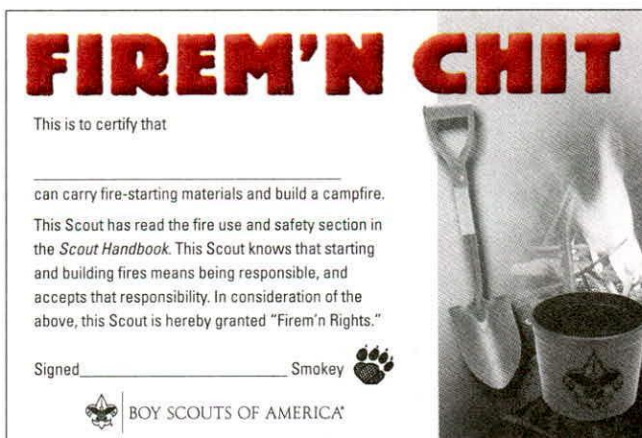
Narrator: Being conservation-minded encourages the protection and thoughtful use of natural resources. You can do your part in service projects that improve the condition of wildlife, water, air, forests, and the land itself. Please give the Scout sign and repeat after me:

*I promise
On my honor as a Scout
To live by the Outdoor Code,
To take care of the world around me
Today
And from this day forward.*

ACTIVITIES

Activity 1: Fire Without Matches (Requirement 1B)

Firem'n Chit



This certification grants a Scout the right to carry fire-lighting devices (matches, lighters, etc.) to build campfires. The Scout must show their Scout leader, or someone designated by their leader, an understanding of the responsibility to do the following:

1. I have read and understand use and safety rules from the *Scout Handbook*.
2. I will build a campfire only when necessary and when I have the necessary permits (regulations vary by locality).
3. I will minimize campfire impacts or use existing fire lays consistent with the principles of Leave No Trace. I will check to see that all flammable material is cleared at least 5 feet in all directions from fire (total 10 feet).

4. I will safely use and store fire-starting materials.
5. I will see that fire is attended to at all times.
6. I will make sure that water and/or a shovel is readily available. I will promptly report any wildfire to the proper authorities.
7. I will use the cold-out test to make sure the fire is cold out and will make sure the fire lay is cleaned before I leave it.
8. I follow the Outdoor Code, the *Guide to Safe Scouting*, and the principles of Leave No Trace and Tread Lightly!

The Scout's "Fireman's Rights" can be taken away if they fail in their responsibility.

Upon completion of the Castaway adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.

