

Ranger Award Core Requirements

CORE REQUIREMENTS

Do all of the following core requirements.

1. First Aid

Complete a standard first aid course plus the American Red Cross *When Help Is Delayed* module or equivalent course.

2. Communications

Do (a), (b), or (c).

- a. Take a communications-related training class that includes at least 15 hours of training. This could be a nonrequired course at school such as creative writing, technical writing, American Sign Language, or film production. It could also be a commercial course such as speedreading or effective presentations.
- b. Actively participate in a communications-related club or organization for at least three months. Participate in at least three activities of the organization where you practice or improve your communications skills. Examples include Toastmasters, debate clubs, or drama clubs.
- c. Read at least two books approved by your Advisor on a communications subject of interest to you. Write a report on the important communications principles you learned and how you think you can apply these principles to improve your communications.

and do (d), (e), or (f) in connection with an outdoor skill or area you are interested in. Have your Advisor approve your plan before you begin.

- d. Make a formal, oral presentation of at least 30 minutes to your crew, another crew, a Cub or Boy Scout group, or another youth group. Include demonstrations, visual aids, or other techniques that will help you communicate more effectively.
- e. Prepare and present an audio/video presentation at least 15 minutes long to your crew or other group approved by your Advisor.
- f. Prepare a written pamphlet, set of instructions, or description and summary. It should be at least 1,000 words and provide a complete description of your chosen subject. Include pictures, charts, and/or diagrams to better communicate your topic. Have two people, one with expertise in the area you are presenting and one without expertise, read and critique your work. Make improvements to your draft based on their input. If your work is applicable to your crew, such as a work on caving skills, then share your work with your crew.

and do (g).

g. Make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on communications equipment used in the outdoors with emphasis on how this equipment would help in a wilderness survival situation.

3. Cooking

- g. Plan a menu and purchase the food for at least six people for a two night campout with at least three meals.
- h. On the campout in (a) above, cook the three meals using at least two of the following three methods of cooking: fire/coals, charcoal, stove.
- i. Demonstrate and explain proper safe food handling methods for outdoor cooking.
- j. Demonstrate that you can prepare backpacking-type trail food using a backpacking style stove.
- k. Without using any cooking utensils, prepare a meal with the four basic food groups for three people.
- 1. Cook an entree, a bread, and a dessert in a Dutch oven.

4. Emergency Preparedness

(Use Exploring Emergency Management Program Helps, No. 99-243, for resources.)

- . Discuss potential disasters and emergency preparedness with your family and then set up a family emergency plan.
- a. Build a family emergency kit.
- b. Make a tabletop display or presentation on what you have learned for your crew, another crew, a Cub or Boy Scout group, or another youth group.

5. Land Navigation

. Using a topographical map for your area or the area you will be navigating in, demonstrate that you know the following map symbols:

Index contour Checked spot elevation

Vertical control station Hard-surface, medium-duty road

Hard-surface, heavy-duty road Marsh

Depression Bridge

Railroad, single track Map scale

Ridge Cemetery

Power transmission line Intermittent stream

Trail Campsite

Building Water well or spring

Stream Unimproved dirt road

a. Explain contour lines. Be able to tell the contour interval for your map and be able to show the difference between a steep and a gentle slope.

- b. Using a map and compass, navigate an orienteering course that has at least six legs covering at least 2.5 miles.
- c. Learn to use a global positioning system (GPS) receiver. Demonstrate that you can find a fixed coordinate at night using a GPS receiver.
- d. Teach the navigating skills you have learned in (a) through (d) above to your crew, another crew, a Cub or Boy Scout group, or another group.

6. Leave No Trace

- . Recite and explain the principles of Leave No Trace.
- a. Participate in three separate camping/backpacking trips demonstrating that you know and use Leave No Trace principles.
- b. Make a tabletop display or presentation on the Leave No Trace principles and how they affect the environment and attitude of campers for your crew, another crew, a Cub or Boy Scout group, or another group.

7. Wilderness Survival

(Before you begin wilderness survival, you must have completed the cooking, land navigation, and first aid core requirements.)

- . Write a risk management plan for an upcoming crew high adventure activity such as a whitewater canoeing or rockclimbing trip. The plan should include nutrition, health, first aid, supervision, insurance, safety rules and regulations, proper equipment, maps and compass, in-service training, environmental considerations, emergency and evacuation procedures, and emergency contacts.
- a. From memory, list the survival priorities and explain your use of each in a survival situation.

- b. Learn about and then make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on the following subjects:
 - 1. Emergency signals used in the outdoors
 - 2. Search and rescue patterns
 - 3. Evacuation procedures and value of when to move and when not to move in a wilderness emergency
- c. Explain the following environmental exposure problems. Discuss what causes them, signs and symptoms, and treatment.
 - 0. Hypothermia
 - 1. Frostbite
 - 2. Sunburn
 - 3. Heat exhaustion
 - 4. Heat cramps
 - 5. Heat stroke

d.

- 0. Explain dehydration and the necessity of conserving fluids in a survival situation.
- 1. Explain at least four methods of obtaining water in the outdoors and demonstrate at least two ways to purify that water.

e.

- 0. Demonstrate at least two different fire lays-one for cooking and one for warmth.
- 1. Learn and discuss the use of fire starters, tinder, kindling, softwoods, and hardwoods in fire making.
- f. Explain and demonstrate how you can gain knowledge of weather patterns using VHF band radio and other radios, winds, barometric pressure, air masses and their movements, clouds, and other indicators.

g.

- 0. Explain the different rope materials and thicknesses that are best for wilderness use and how to care for them.
- 1. Know the use of and demonstrate how to tie the following knots and lashings:
 - a. Sheet bend
 - b. Fisherman's knot
 - c. Bowline
 - d. Bowline on a bight
 - e. Two half hitches
 - f. Clove hitch
 - g. Timber hitch
 - h. Taut-line hitch
 - i. Square lashing
 - j. Shear lashing

h.

0. Explain the usefulness and drawbacks of obtaining food in the wilderness, including things to avoid.

1. Prepare and eat at least one meal with food you have found in the outdoors.

i.

- 0. Make a list of items you would include in a wilderness survival kit and then make copies to hand out to visitors to your wilderness survival outpost camp.
- 1. Using your list, make a wilderness survival kit. Explain the use of each item you have included.

j.

- 0. Set up a wilderness survival outpost camp and spend at least two nights and two days in your site.
- 1. Use and demonstrate several knots and lashings from requirement (h) in your wilderness survival campsite demonstration.
- 2. Know how to plan a wilderness shelter for three different environments and then build a shelter as part of your wilderness survival campsite demonstration.
- 3. Have your crew, another crew, a Cub or Boy Scout group, or another youth group visit you in your outpost for a presentation you make on wilderness survival (at least one hour).

8. Conservation

- . As a Venturer, plan, lead, and carry out a significant conservation project under the guidance of a natural resources professional.
- a. Make a tabletop display or presentation on your conservation project for your crew, another crew, a Cub or Boy Scout group, or another youth group.

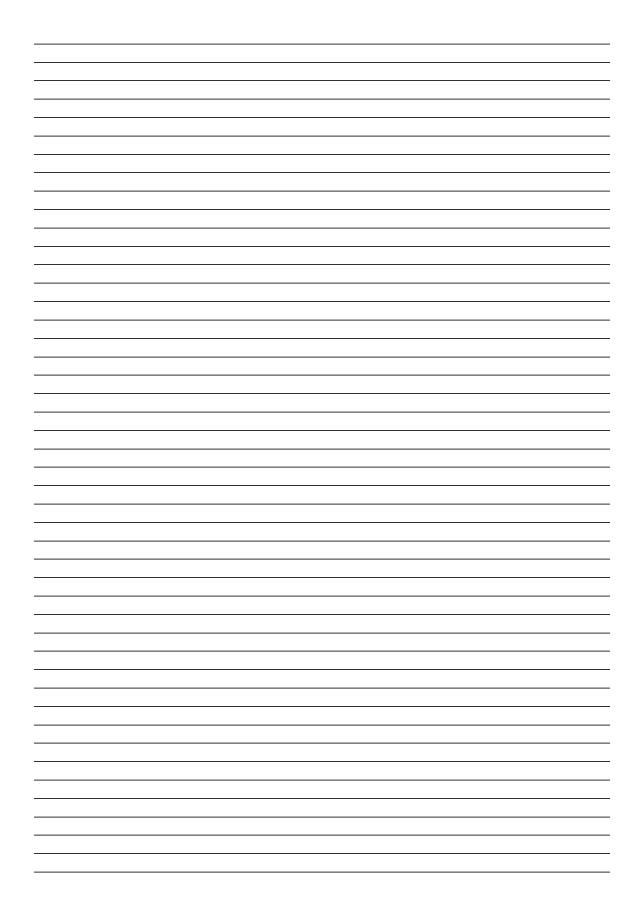


Ranger Award Core Requirements

Do all of the following core requirements. t Aid
t Aid
applete a standard first aid course plus the American Red Cross <i>When Help</i> ayed module or equivalent course.
name:
signature:
(a), (b), or (c). a. Take a communications-related training class that includes at least 15 hours of training. This could be a nonrequired course at school such as creative writing, technical writing, American Sign Language, or film production. It could also be a commercial course such as speedreading effective presentations.
Name of Course:

organization where you practice or improve your communications skills. Examples include Toastmasters, debate clubs, or drama clubs.

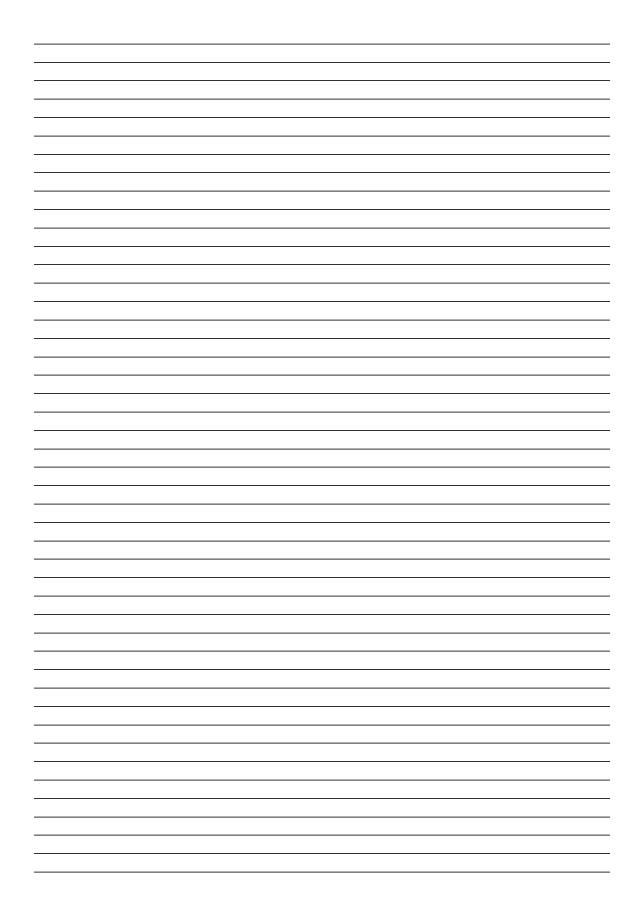
Name of club or organization:
Date started:
Date ended:
Name of one activity:
Name of another activity:
Name of another activity:
Date:
c. Read at least two books approved by your Advisor on a communications subject of interest to you. Write a report on the important communications principles you learned and how you think you can apply these principles to improve your communications.
Name of one book:
Name of the other book:
Write report on the important communications principles you learned and how you think you can apply these principles to improve your communications:

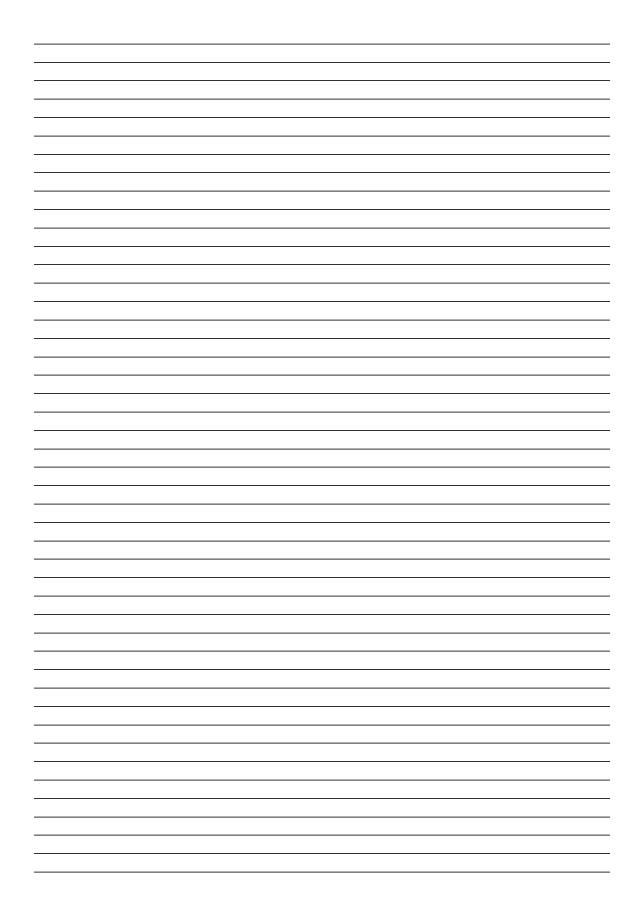


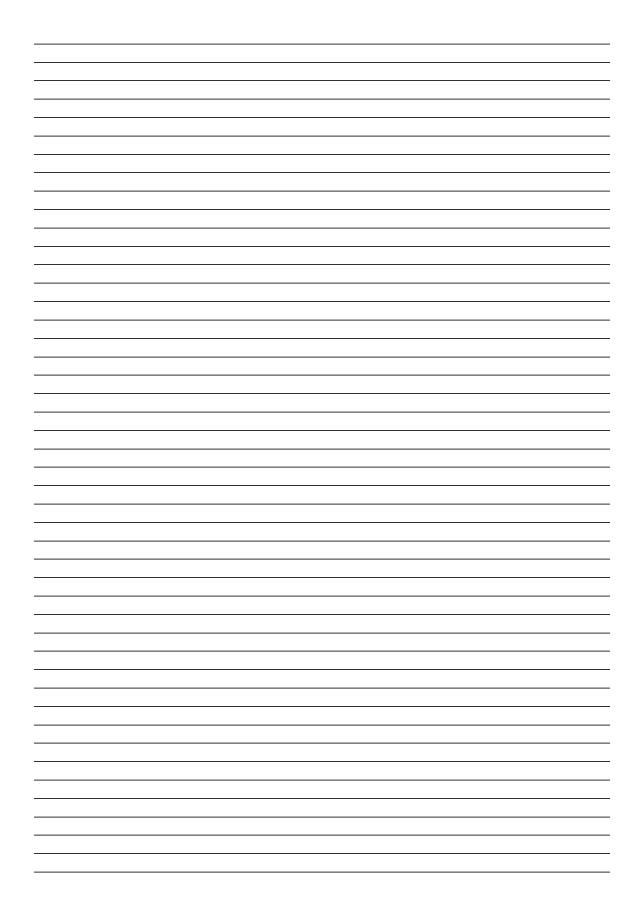
Date:	
Advisor signature:	
and do (d), (e), or (f) in connection with an outdoor skill in. Have your Advisor approve your plan before you beg	
d. Make a formal, oral presentation of at least 30 m another crew, a Cub or Boy Scout group, or another demonstrations, visual aids, or other techniques to communicate more effectively.	her youth group. Include
Outline of Presentation:	

Date:
Advisor signature:
e. Prepare and present an audio/video presentation at least 15 minutes long to your crew or other group approved by your Advisor.
Outline of Presentation:

Date:	
Advisor sign	ature:
f.	Prepare a written pamphlet, set of instructions, or description and summary. It should be at least 1,000 words and provide a complete description of your chosen subject. Include pictures, charts, and/or diagrams to better communicate your topic. Have two people, one with expertise in the area you are presenting and one without expertise, read and critique your work. Make improvements to your draft based on their input. If your work is applicable to your crew, such as a work on caving skills, then share your work with your crew.
at least 1,000	tten pamphlet, set of instructions, or description and summary. It should be words and provide a complete description of your chosen subject. Include ts, and/or diagrams to better communicate your topic:







Person with expertise:	
nput:	
erson without expertise:	
nput:	
Make improvements to your draft based on their input	







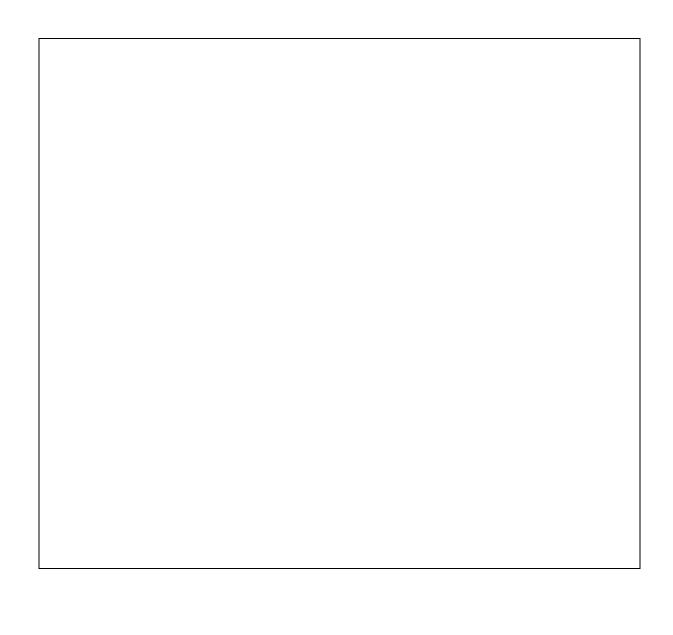
Date:	
Advisor signa	ature:
and do	o (g).
g.	Make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on communications equipment used in the outdoors with emphasis on how this equipment would help in a wilderness survival situation.
Outline of Pre	esentation:
Or Layout of	tabletop
display:	

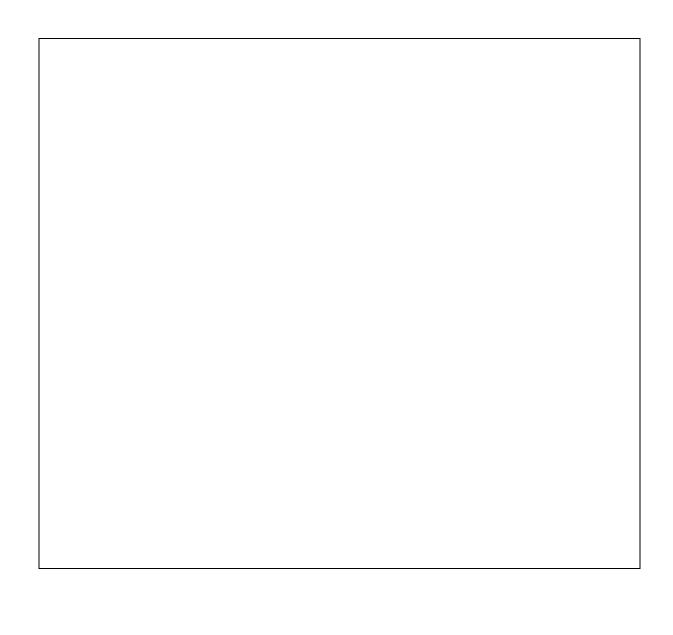
Date:
Advisor Signature:
3. Cookingg. Plan a menu and purchase the food for at least six people for a two night campout with at least three meals.
Nome of the Compout
Name of the Campout:

Plan a	
menu:	
C	1
Cost of fo	ood:
Date:	
Advisor Si	gnature:
	h. On the composition (a) shows cook the three mode using at least two of the
	h. On the campout in (a) above, cook the three meals using at least two of the following three methods of cooking: fire/coals, charcoal, stove.
	following three methods of cooking. The coals, charcoar, stove.
Date:	
Advisor Si	gnature:
	i. Demonstrate and explain proper safe food handling methods for outdoor
	i. Demonstrate and explain proper safe food handling methods for outdoor cooking.
	cooking.
	Explain proper safe food handling methods for outdoor
	cooking:

Date:		
Advisor	Signa	ature:
	U	
	j.	Demonstrate that you can prepare backpacking-type trail food using a backpacking style stove.
Date:		
Advisor	Signa	ature:
	k.	Without using any cooking utensils, prepare a meal with the four basic food groups for three people.
Date:		
Advisor	Signa	ature:
	1	Cook an anting a huged and a descent in a Dutch area
	1.	Cook an entree, a bread, and a dessert in a Dutch oven.
_		
Date:		

Adviso	or Signature:
4.	Emergency Preparedness (Use Exploring Emergency Management Program Helps, No. 99-243, for resources.) . Discuss potential disasters and emergency preparedness with your family and then set up a family emergency plan.
	Potential disasters and emergency preparedness in the home:
	Set up a family emergency plan:





Date:	
Advisor signature	
a. Build a family emergency kit.	
List of items in your family emergency kit:	

	Date:
	Advisor signature
	b. Make a tabletop display or presentation on what you have learned for yo crew, another crew, a Cub or Boy Scout group, or another youth group.
Name of (Group:
Outline of	f Presentation:
Or Layou	t of tabletop
Or Layou display:	t of tabletop

Date:	
Date	
Advisor Signature:	
5. Land Navigation	
	area or the area you will be navigating ollowing map symbols:
Index contour	Checked spot elevation
Vertical control station	Hard-surface, medium-duty road
Hard-surface, heavy-duty road	Marsh

	Depression	Bridge
	Railroad, single track	Map scale
	Ridge	Cemetery
	Power transmission line	Intermittent stream
	Trail	Campsite
	Building	Water well or spring
	Stream	Unimproved dirt road
Date:		
A	dvisor Signature:	
a.	Explain contour lines. Be able to the able to show the difference bet	tell the contour interval for your map and ween a steep and a gentle slope.
Explain conto		
b.	Using a map and compass, naviga six legs covering at least 2.5 miles	te an orienteering course that has at least
Location of c	ourse:	
Date:		

Advisor S	igna	ture:
	c.	Learn to use a global positioning system (GPS) receiver. Demonstrate that you can find a fixed coordinate at night using a GPS receiver.
Where did	you	a learn to use a GPS:
	•	demonstrate that you can find a fixed coordinate at night using a GPS
Date:		
Advisor Si	igna	uture:
	d.	Teach the navigating skills you have learned in (a) through (d) above to your crew, another crew, a Cub or Boy Scout group, or another group.
Group nan	ne:_	
Outline of	Pre	sentation:
Or Layout display:	of t	tabletop

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Date:	
Advisor Signature:	
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C. I. N. M.	
6. Leave No Trace	
. Recite and explain the principles of <u>Leave No Trace</u> .	
Evaluin the principles of Leave no	
Explain the principles of Leave no	
trace:	

Date:
Date
Advisor Signature:
a. Participate in three separate camping/backpacking trips demonstrating that
you know and use Leave No Trace principles.
Name of Backpacking Trip:
Name of Backpacking Trip:
2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2
Name of Backpacking Trip:
Name of Backpacking 111p

b. Make a tabletop display or presentation on the Leave No Trace principles and how they affect the environment and attitude of campers for your crew, another crew, a Cub or Boy Scout group, or another group.

Name of Group:	
Outline of Presentation:	
	
Or Layout of tabletop display:	

Date:			
			
A 1 ' G' /			
Advisor Signature:		<u></u>	
7. Wilderness Survival			

(Before you begin wilderness survival, you must have completed the cooking, land navigation, and first aid core requirements.)

. Write a risk management plan for an upcoming crew high adventure activity such as a whitewater canoeing or rockclimbing trip. The plan should include nutrition, health, first aid, supervision, insurance, safety rules and regulations, proper equipment, maps and compass, in-service training, environmental considerations, emergency and evacuation procedures, and emergency contacts.

Name of upcoming crew high adventure activity:
Write a risk management plan for it:

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: :



Dota:	
Date	
Advisor S	Signature:
	a. From memory, list the survival priorities and explain your use of easurvival situation.
Date:	
	Advisor Signature:
	b. Learn about and then make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group the following subjects:
	 Emergency signals used in the outdoors Search and rescue patterns
	3. Evacuation procedures and value of when to move and when move in a wilderness emergency
0.41	
Outline of	f Presentation:

r Layout of tabletop			
4	 	 	

c.	Explain the following environmental exposure problems. Discuss what
	causes them, signs and symptoms, and treatment.
	0. Hypothermia
	1. Frostbite
	2. Sunburn
	3. Heat exhaustion
	4. Heat cramps
	5. Heat stroke

Hypothermia:	_
Heatstoke:	
Heat exhaustion:	
Frostbite:	
Sunburn:	_
Date:	
Advisor Signature:	

d.

0. Explain dehydration and the necessity of conserving fluids in a survival situation.

Dehydration:	
Date:	
Advisor Signature	:
ravisor orginature	•
	1. Explain at least four methods of obtaining water in the outdoors and demonstrate at least two ways to purify that water.
	ur methods of obtaining water in the
outdoors:	
Demonstrate two	ways to purify that
Location that you water:	purified the
Date:	
Advisor Signature	:

0. Demonstrate at least two different fire lays-one for cooking and one for warmth.

Location of fire building:
Cooking fire:
Warmth fire:
Date:
Advisor Signature:
1. Learn and discuss the use of fire starters, tinder, kindling, softwoods, and hardwoods in fire making.
The use of Fire starters:
Tinder:
TZ: 11:
Kindling:
Softwoods:
Hardwoods:

Date:
Advisor Signature:
f. Explain and demonstrate how you can gain knowledge of weather patterns using VHF band radio and other radios, winds, barometric pressure, air masses and their movements, clouds, and other indicators.
Explain how you can gain knowledge of weather patterns using VHF band radio and other radios, winds, barometric pressure, air masses and their movements, clouds, and other indicators.
VHF band radio and other radios:
Winds:
Barometric pressure:
Air masses and their movements:
Clouds:

Other indicators:
Date:
Advisor Signature:
g.0. Explain the different rope materials and thicknesses that are best for wilderness use and how to care for them.
Explain the different rope materials that are best for wilderness use:
Thickness of rope that are best for wilderness use:
How to care for them:

Date:
Advisor Signature:
1. Know the use of and demonstrate how to tie the following knots and lashings:
a. Sheet bend
b. Fisherman's knot
c. Bowlined. Bowline on a bight
e. Two half hitches
f. Clove hitch
g. Timber hitchh. Taut-line hitch
i. Square lashing
j. Shear lashing
Demonstrate how to tie the above knots and lashings:
Date:
Advisor Signature:
Know the use of:
Sheet
bend:
Fisherman's
knot:

Bowline:		
Bowline on a bight:		
Two half hitches:		
Clove hitch:		
Timber hitch:		
Taut-line hitch:		
Square lashing:		
Shear lashing:		
Date:		
Advisor Signature:		

h.

0. Explain the usefulness and drawbacks of obtaining food in the wilderness, including things to avoid.

Explain the <u>Usefulness</u> of obtaining food in the wilderness:
Explain the <u>Drawbacks</u> of obtaining food in the wilderness:
Things to avoid:
Date:
Advisor Signature:

List of food that you found in the outdoors:_____ Advisor Signature: 2. Make a list of items you would include in a wilderness survival kit and then make copies to hand out to visitors to your wilderness survival outpost camp. Make a list of items you would include in a wilderness survival Date:_____ Advisor Signature:

1. Prepare and eat at least one meal with food you have found in the

outdoors.

3. Using your list, make a wilderness survival kit. Explain the use of each item you have included.

Explain the use of each item you have included:	
Date:	
Advisor Signature:	

i.

0. Set up a wilderness survival outpost camp and spend at least two nights and two days in your site.

Location of your surv	vival outpost
Date:	
Advisor Signature:	
1.	Use and demonstrate several knots and lashings from requirement (h) in your wilderness survival campsite demonstration.
Date:	
Advisor Signature:	
2.	Know how to plan a wilderness shelter for three different environments and then build a shelter as part of your wilderness survival campsite demonstration.
Know how to plan a	wilderness shelter for:
Environment #1	

Drawing	
Diawing	
Environment #2	
Ziivii oiiiileite ii 2	

Drawing
Environment #3

_	
Drawing	
	XXII: 1 1: 1 1: 1 1: 1 C
	Which kind will you build for your
	demonstration:
Date:	
Advisor Cianatura	
Advisor Signature	:
	3. Have your crew, another crew, a Cub or Boy Scout group, or
	another youth group visit you in your outpost for a presentation
	you make on wilderness survival (at least one hour).
	•
Group Nama	
Group Maine	

sentation:	 	 	
Drawing			

8. Conservation a.	As a Venturer, plan, lead, and carry out a significant conservation project under the guidance of a natural resources professional.
Plan for Conservation proje	ect:
,	

Advisor Signature:

Date:	
Date:	
Advisor Signature:	
Auvisoi Signatuic	

b. Make a tabletop display or presentation on your conservation project for your crew, another crew, a Cub or Boy Scout group, or another youth group.

Group name:	-
Outline of Presentation:	

Or Layout of Tabletop	
lisplay:	
Date:	
Advisor Signature:	