

Adventure Trek

Prepared By:

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Target Group:

All Scouts (Third Year+)

Time Allotted:

1-Hour Blocks

Pre-Requisites:

None

Materials Needed-Staff:

Listed with each activity

Materials Needed-Scouts:

Provided by staff

Instructional Goal:

Scouts will be challenged in their outdoor and scouting skills, and gain confidence in their lifelong skills learned during their time in scouts.

Monday

Materials:

Flint and Steel

Magnifying glass

Suitable rocks for fire pits

Fire Building:

- Split the scouts into teams of 3-4
 - These teams will stay the same all week
 - Teams will compete with each other throughout the week, with reward for winning team
- Have teams brainstorm name, emblem, ect.
 - Teams will appoint a leader
- Teach Survival methods of building fires
 - Flint and steel
 - Magnifying glass
 - Friction
 - In order to start a fire using friction, you need to make a notch in the shape of V on a log or board, and use a spindle to create that friction. Next, you should rub the spindle between your hands. Make sure you rub it as fast as possible and move your hands up and down rapidly.
 - When you see that the log or board begins to make smoke, it's time to catch the produced glowing spark using the tinder nest.
- Have teams each attempt friction method
 - Keep track of which teams finish fastest, award 5 pts for first, 3 for second

Activity/Additional:

- Discuss challenges with getting fire started, have teams attempt other methods

Tuesday Morning

Materials

Eggs
Oranges
Flour
sugar
salt
Water
Fire building materials

Survival Breakfast (will need to remind at Monday Dinner):

- Skip breakfast- meet in scoutcraft at same time as breakfast
- Give food but no cooking materials
- Have them use fire skills taught the day before to cook
- Guide through material-less cooking methods (egg in orange peel, cook on clean flat rock, bread on a stick, skewered food, boil water in paper cup, pancake on hot rock)

Tuesday Afternoon

Materials

Scout Handbook
First Aid Kit

First Aid:

- Stage emergency scenarios (role-playing), test knowledge
 - Use scenarios discussed in pioneers program, have scouts demonstrate first aid technique
 - Tenderfoot req. 4, Second Class req 6, First Class req 7
- Team competition
 - Keep track of correct answers and most accurately completed solutions, give 5 pts to first team, 3 to second

Wednesday

Materials

Cloth to filter water

Purifying tablets

Compass

Camp Map

Hike:

- Plan and complete 20-30 minute long hike
 - Have scouts discuss good hiking practices
 - Plan for weather
 - Use buddy system
 - Identify potential dangers
 - Pack proper materials
- Find water source and purify water
 - Award team points for cleanest, highest quality water
- Use orienteering methods to follow planned route
 - If time remaining, challenge scouts with an orienteering course

Thursday

Materials

Ropes for lashings

Building materials (wooden posts (probably needs to be different from pioneering), logs, trees)

Project - Low Ropes Course:

- Have each team design element to be added to low ropes course
 - Ideas include bridges, ramps, obstacles, balance beams, handrails, ect.
- Build each team's idea using knots and lashings
 - Keep a maximum height of ~3ft off the ground
- Have each team try to complete course

Friday

Materials

Compass

Camp Map

Search and Rescue:

- (S&R Req 9) Discuss with your counselor the terms hasty team and hasty search. Then do the following:
 - (a) Plan and carry out a practice hasty search-either urban or wilderness-for your patrol or troop. Include the following elements in the search: clue awareness, evidence preservation, tracking the subject, and locating the subject using attraction or trail sweep.
 - (b) When it's over, hold a team debriefing to discuss the hasty search. Discuss problems encountered, successful and unsuccessful tactics, and ideas for improvement.
- Hasty Team:
 - The goal of a hasty team is to move quickly through the search area, almost at a slow jog to check cliffs, wells, tangle hazards, caves, ditches, etc. where a person might be injured or might have stopped to rest.
- Hasty Search:
 - A "Hasty Search" is a quick search of high probability areas. It is the first location effort in a search and rescue operation. The search is conducted by a highly mobile team of trained searchers who quickly cover routes and locations with high probability
- Subject and Scenario
 - Subject will be either Area Director or other Person of Interest (Camp Director, Program Director, ect)
 - Teams will be challenged to find POI using hasty search methods, take picture with them, and report back to instructor.
 - **EMPHASIZE MOS AREAS AND MAIN ROAD ARE OFF LIMITS**
 - Points will be awarded for speed of completion