Arrow of Light Adventures

ARROW OF LIGHT DEN • ADVENTURE MEETING PLAN

Bobcat

Required adventure • Character and Leadership

If you read nothing else

The Arrow of Light Bobcat is a different animal from every Bobcat before it. The den becomes a patrol, the Scouts elect their own patrol leader, and the signs and handshake change to the Scouts BSA versions.

Two meetings, and meeting 2 is a visit to a Scouts BSA troop. Book that visit before you start.

Requirement 8 is done at home with a parent or legal guardian.

From this adventure on, call them a patrol. The word does real work — it is the first thing that tells a fifth grader that something has changed.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.
- ❑ 2. Get to know members of your patrol.
- ❑ 3. Recite the Scout Oath and Scout Law with your patrol.
- ❑ 4. With your patrol, create a Code of Conduct.
- ❑ 5. Demonstrate the Scouts BSA sign, Scouts BSA salute, and Scouts BSA handshake. Show how each is used.
- ❑ 6. Learn the Scouts BSA slogan and motto.
- ❑ 7. With your patrol, or with your parent or legal guardian, visit a Scouts BSA troop.
- ❑ 8. At home, with your parent or legal guardian, do the activities in the booklet How to Protect Your Children From Child Abuse: A Parent's Guide.

Requirement 7 — the troop visit — is the single highest-value thing you will do all year for retention. Do it early, do it more than once, and do not save it for spring.

Meeting 1: Becoming a patrol

Goal: The den elects a patrol leader, picks a patrol name, writes its Code of Conduct, and switches to the Scouts BSA sign, salute, and handshake.

Covers requirements 1, 2, 3, 4, 5 and 6

Before the meeting

- Book the troop visit for meeting 2 now if you have not. Talk to the Scoutmaster and, more importantly, to the senior patrol leader — a visit run by youth lands differently than one run by adults.
- Print the Scout Oath, Scout Law, slogan and motto. Print the Scouts BSA sign, salute and handshake with pictures.
- Print the parent booklet, one per family, plus acknowledgement slips.
- Bring paper and markers for patrol flag design.
- Resist the urge to pick the patrol name yourself, however bad their ideas are.

Supplies

- Scout Oath, Scout Law, slogan and motto posters
- Sign, salute and handshake reference sheets
- Paper ballots and a box
- Poster board, markers, fabric or felt for a patrol flag
- Parent booklets and acknowledgement slips

Run of show

Time	What happens
5 min	Gathering: two truths about me
5 min	Opening: Scout Oath and Scout Law
20 min	Activity 1: the patrol method and the election
15 min	Activity 2: patrol name and flag
10 min	Activity 3: sign, salute, handshake, slogan, motto
10 min	Activity 4: the patrol Code of Conduct
5 min	Closing

Gathering — Two truths about me (5 min)

Each Scout says two true things about themselves that the patrol probably does not know. It is requirement 2, and at this age it works better than a name game — fifth graders know each other's names and are bored by being asked.

Play along yourself. They will remember that you did.

Activity 1 — The patrol method and the election (20 min)

Explain the change first, and be direct about it.

> **Say something like**
>
> Until this year, I ran your den. Starting tonight, you run your patrol and I help. You are going to

> elect one of your own to lead, and when we camp and cook and plan this year, they lead it and I stay out of the way unless someone is about to get hurt. That is called the patrol method, and it is how Scouts BSA works.

Discuss the benefits before you vote — that is part of requirement 1. Pull the answers from them: you learn to lead, you learn to follow, decisions get made by the people doing the work, everyone gets a job, a small group can actually do things a big group cannot.

Then hold a real election. Secret ballot, every Scout eligible, count it in front of them. Plurality wins.

Set the term — six months is standard, so most patrols do two leaders across the year. Name an assistant patrol leader too, usually the runner-up.

Give the patrol leader real duties on the spot: leads the opening, runs the meeting plan with you beforehand, assigns jobs, represents the patrol. If you do not actually give the job away, the election was theater and the Scouts will know it.

Activity 2 — Patrol name and flag (15 min)

The patrol picks its own name. Nominate, discuss, vote. It is theirs and it will be on their flag all year and remembered for decades.

Then design and start building the patrol flag. It carries the name, a symbol, and every member's name. Bring it to every meeting, every campout, and the crossover ceremony.

Let it be a little ridiculous. The patrol that named itself something silly and owned it is a patrol with an identity, which is the entire point of requirement 1.

Activity 3 — Sign, salute, handshake, slogan, motto (10 min)

These change this year and the change matters to them. Teach the differences explicitly:

- Sign — three fingers up, not two. Raised for silence and given when reciting the Oath and Law.
- Salute — three fingers, hand to the eyebrow or hat brim. Used for the flag and in formal ceremonies.
- Handshake — left hand, normal grip, no two-finger version. The left hand is the one nearer the heart, and it is the hand that holds the shield.

Practice until it is automatic. They will use these at the troop visit next week, and being the kid who does it right is worth a lot to a fifth grader walking into a room of older Scouts.

Slogan: Do a Good Turn Daily. Motto: Be Prepared. Ask what each one actually asks of them — a good turn is not the same as a chore you were told to do, and being prepared is not the same as being lucky.

Activity 4 — The patrol Code of Conduct (10 min)

The patrol leader runs this, not you. Hand them the marker and sit down. It will be slower and messier than if you did it, and that is the price of the patrol method.

Same three questions as always: what makes a good meeting, what ruins one, what happens when someone breaks it. But this year the patrol leader asks them and writes the answers.

Everyone signs, you included. Bring it every week.

Send home with families

Do the activities in How to Protect Your Children From Child Abuse: A Parent's Guide together and return the signed slip. Requirement 8.

Troop visit next meeting — details on the handout. Class A uniform, and a parent is welcome and encouraged to come.

Ask your Scout what their patrol is called and why.

Meeting 2: Troop visit

Goal: The patrol visits a Scouts BSA troop meeting and sees what comes next, run by the troop's youth leaders.

Covers requirements 7, and collects 8

Before the meeting

- Talk to the senior patrol leader, not just the Scoutmaster. Ask them to run it. The single biggest factor in whether your Scouts want to cross over is whether they liked the older Scouts they met.
- Ask the troop for something active. A skills relay, fire building, first aid race, knot competition — anything but a tour of the meeting room and a slideshow.
- Tell the troop your Scouts' names in advance and ask them to use them.
- Send parents. This visit is at least as much for them, and the questions they need answered are different from the Scouts'.
- Visit more than one troop across the year if there is more than one nearby. Fit matters and it is not your call to make for a family.

Supplies

- Patrol flag — bring it
- Class A uniform
- A question card per Scout, written at the previous meeting
- A parent handout on how a troop differs from a pack
- Thank you card for the patrol to sign afterward

Run of show

Time	What happens
10 min	Arrive early, meet the senior patrol leader
10 min	Troop opening — your patrol takes part
40 min	Troop activity, Scouts mixed into troop patrols
15 min	Question time with the youth leaders
10 min	Troop closing and Scoutmaster minute

Time	What happens
10 min	Debrief in the parking lot

Before you go

Set expectations on the drive or at the door. They are guests, they are in uniform, and they participate rather than watch.

Tell them the one thing that makes this visit work: mix in. A patrol that stands together in a corner all evening has not visited a troop, it has observed one.

During the visit

Split your Scouts into different troop patrols if the troop will do it. Uncomfortable for ten minutes, then transformative.

Stand at the back with the other adults and let it happen. If you find yourself managing your Scouts during a troop meeting, you are in the wrong place in the room.

Questions worth having on the cards: What is the hardest thing you have done in Scouts? Where have you camped? What do you do when it rains? Who decides what the troop does? How much does it cost? What was crossing over like?

Debrief in the parking lot (10 min)

Do it before anyone gets in a car, while it is fresh.

- What was different from a pack meeting?
- Who was running the meeting? (The answer is the youth leaders, and you want them to notice that themselves.)
- What do you want to try?

Do not ask “do you want to join this troop.” It is too early, it puts them on the spot, and it makes the visit feel like a sales call.

Sign and send the thank you card. Then book the next visit.

> **Send home with families**
>
> Talk about the visit. Ask what surprised your Scout.
>
> Crossover is at Blue and Gold in February. Start thinking about which troop fits your family — visiting two or three is normal and expected.
>
> If the parent booklet slip has not come back, it is due.

Leader notes

- Say “patrol,” not “den,” from this adventure onward. It is a small thing that changes how fifth graders see themselves.
- Give the patrol leader real authority or do not hold the election. Scouts detect a fake job instantly and the whole year’s tone follows from this.

- Troop visits are the highest-leverage retention activity in the Cub Scout program and the pack is judged on how many of its Arrow of Light Scouts actually land in a troop. Do at least two.
- Some of your Scouts have older siblings in a troop and some have no idea what a troop is. Pitch the visit to the second group.

Safety

> **Before this adventure**
>
> Two registered adults with current Safeguarding Youth Training on the visit, from your pack — do not rely on the troop's adults to cover your Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.
>
> Youth protection rules apply across units. Your Cub Scouts are not left alone with troop youth leaders or troop adults.
>
> Transportation: seat belts, licensed and insured drivers, no one-on-one car rides.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8

ARROW OF LIGHT DEN • ADVENTURE MEETING PLAN

Outdoor Adventurer

Required adventure • Outdoors

> **If you read nothing else**
>
> Two planning meetings and an overnight campout. This is the biggest adventure of the Arrow of Light year and the one Scouts remember.
>
> The requirements are written so the patrol plans it and the patrol sets up camp — including setting up the patrol gear before their own tents. Let them.
>
> Camping with a Scouts BSA troop satisfies requirement 5 and doubles as a troop visit. If you can arrange it, do.
>
> Counts as the den's outdoor activity for the year.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. Learn about the Scout Basic Essentials.
- ❑ 2. Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.
- ❑ 3. Review the four points of the Scouting America SAFE Checklist and how you will apply them on the campout.
- ❑ 4. Locate the campsite where you will be camping on a map.
- ❑ 5. With your patrol or a Scouts BSA troop, participate in a campout.
- ❑ 6. Upon arrival at the campout, determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.
- ❑ 7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.
- ❑ 8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids.

Meeting 1: Gear, essentials, and the map

Goal: Every Scout knows the Scout Basic Essentials, has a packing list they built themselves, and can find the campsite on a map.

Covers requirements 1, 2 and 4

Before the meeting

- Book the campsite first. Everything else depends on the date.

- Bring a complete set of real gear to display — tent, sleeping bag, pad, pack, mess kit, headlamp. Borrowed is fine.
- Print a topographic or park map of the camp, plus a road map showing the drive.
- Get the camp's own site map from the council or the park.
- Find out which families have no camping gear at all, quietly and privately, and solve it before the packing list goes home. A Scout who cannot come because of a sleeping bag is a Scout you lose.

Supplies

- Full display set of camping gear
- Printed camp maps and road maps
- Blank packing list templates
- A duffel and a backpack, to talk about how gear gets carried
- Scout Basic Essentials reference cards

Run of show

Time	What happens
10 min	Gathering: pack the pack relay
5 min	Opening: Outdoor Code, led by the patrol leader
15 min	Activity 1: the Scout Basic Essentials
20 min	Activity 2: build the packing list
15 min	Activity 3: find the camp on the map
5 min	Closing

Gathering — Pack the pack relay (10 min)

Pile of gear at one end, two packs at the other, plus a few items that do not belong — a game console, a glass jar, a full-size pillow. Teams race to load only what should go.

Argue about the ringers afterward. The pillow is the interesting one.

Activity 1 — The Scout Basic Essentials (15 min)

Hold each item up and explain what it is for and when it saves you. This is requirement 1 and it upgrades the Cub Scout Six Essentials they already know.

- Pocketknife, where permitted, with the Whittling Chip earned
- First aid kit
- Extra clothing for the weather, including rain gear
- Rain gear specifically — a poncho is not a jacket and both have a place
- Filled water bottle
- Flashlight or headlamp with fresh batteries
- Trail food

- Matches and fire starters, in a waterproof container
- Sun protection
- Map and compass

Ask the question that makes it stick: which of these would you miss most if it started raining at 9pm and the temperature dropped twenty degrees?

Activity 2 — Build the packing list (20 min)

The patrol builds this, not you. Patrol leader at the board, three columns: personal gear, patrol gear, food.

Prompt for what they forget rather than dictating: sleeping pad, camp shoes, a second pair of socks, a trash bag, sunscreen, medications, the flag.

Then talk about carrying it. How far from the car to the site? Can you make one trip? What goes in a duffel and what goes in a pack? That is the second half of requirement 2 and Scouts skip it every time.

Assign patrol gear to specific Scouts by name, written down. “Someone bring the stove” means nobody brings the stove.

Send the list home as-is, in their handwriting if you can photograph it. It is theirs.

Activity 3 — Find the camp on the map (15 min)

Spread the maps out. Find the camp, then find the specific campsite within it — requirement 4 is the campsite, not just the camp.

Have them trace the drive from the meeting place. How long? Which highway? Where is the last gas station, and where is the nearest hospital?

On the site map, find the water source, the latrines, the parking, the trailheads, and the ranger station.

If the map has contour lines, teach them: close together is steep, far apart is flat. Then ask where they would rather pitch a tent and why. They will find the flat spot themselves.

> **Send home with families**
>
> Packing list is attached. Tell the den leader this week if you need to borrow gear — the pack has some and nobody misses a campout over equipment.
>
> Annual Health and Medical Record parts A and B are required for every camper, youth and adult.
>
> Break in boots now, not the night before.

Meeting 2: SAFE, food safety, and the plan

Goal: The patrol reviews the SAFE Checklist against this specific campout, plans the menu, and learns camp kitchen sanitation before they need it.

Covers requirements 3 and 7

Before the meeting

- Print the SAFE Checklist and the menu planning sheet.
- Bring the actual camp kitchen gear: stove, fuel, pots, dish tubs, biodegradable soap, a thermometer, a cooler.
- Have the Scouts BSA duty roster format ready to show — cooks, cleanup, fire, water.
- Collect health forms at the door and chase what is missing this week, not on the morning of.

Supplies

- Camp stove and fuel — demonstration only
- Three dish tubs, biodegradable soap, sanitizer
- Food thermometer, cooler, ice
- Menu planning sheets and duty roster template
- Printed SAFE Checklist

Run of show

Time	What happens
5 min	Gathering: duty roster puzzle
5 min	Opening
15 min	Activity 1: SAFE against this campout
20 min	Activity 2: plan the menu and the duty roster
15 min	Activity 3: camp kitchen sanitation
5 min	Closing: final logistics

Activity 1 — SAFE against this campout (15 min)

Not in the abstract. On the board, against this camp, this weekend, these Scouts. That is what requirement 3 asks for.

- Supervision — who is coming, how many registered adults, is everyone SYT current, who is the designated first aider, what is the buddy system rule after dark.
- Assessment — what could go wrong here. Weather, water, fire, wildlife, the road, getting lost, someone getting cold. Write the top five and say what you would do about each.
- Fitness and skill — health forms on file, any Scout with a condition the adults need to know about, has everyone camped before, who has never slept outside.
- Equipment and environment — the packing list, the weather forecast, the terrain, the fire restrictions in effect that week.

Assign the patrol leader to check the forecast the day before and report to the patrol. Give it to them as a real job.

Activity 2 — Menu and duty roster (20 min)

Plan the real meals: Saturday dinner, Sunday breakfast, and trail lunch. Simple, cookable on a camp stove or over coals, and something they will actually eat.

Constraints on the board before they start: no refrigeration beyond the cooler, one stove, twenty minutes of cook time, this many people, these allergies.

Then the duty roster, which is the patrol method made concrete. Cooks, cleanup, fire, water, and rotate across meals so nobody cooks twice and cleans zero times.

The patrol leader assigns it and the patrol lives with it. If it is unfair, they find out at camp, which is exactly the lesson.

Activity 3 — Camp kitchen sanitation (15 min)

Requirement 7 says explain, then demonstrate at camp. Teach it here so the demonstration is possible.

Set up the three-tub wash line for real and have them run a plate through it:

- Tub 1 — hot soapy water, wash.
- Tub 2 — hot clear water, rinse.
- Tub 3 — cold water with sanitizer, sanitize. Then air dry on a rack, never a towel.

Food safety rules they need to say back to you:

- Cold food stays under 40°F. Cooler with ice, out of the sun, lid shut.
- Raw meat stays separate. Its own container, at the bottom, its own cutting board.
- Cook to temperature and check it — ground beef 160°F, chicken 165°F. Pass the thermometer around.
- Hands washed before cooking, after handling raw meat, after the latrine, before eating. No exceptions and no “it is just camping.”
- Leftovers out more than two hours get thrown away.
- Wash water gets strained and disposed of where the camp says, never in a stream.
- All food and anything scented goes in the car or a bear box overnight, never in a tent.

> **Send home with families**
>
> Health forms are due now for every camper including adults.
>
> Final packing list check. Label everything with your Scout’s name.
>
> Departure time and location on the handout. Arrive fifteen minutes early for the gear check.

Meeting 3: The campout

Goal: The patrol camps overnight, sets up patrol gear before personal gear, runs its own kitchen, and debriefs honestly at the end.

Covers requirements 5, 6, 7 and 8

Before the meeting

- Confirm the campsite reservation, the roster, and the health forms the week before.
- Recheck fire restrictions the day before — they change fast in a dry season.
- Pack the patrol first aid kit, the roster with emergency contacts, and a written plan showing the nearest hospital.
- Brief the other adults on one thing: we let the patrol leader lead, and we step in for safety, not for efficiency.

Supplies

- Everything on the patrol gear list, checked against names
- Patrol flag
- Patrol first aid kit
- Roster, health forms, emergency contact sheet
- Trash bags — pack it in, pack it out

Run of show

Time	What happens
Arrival	Gear check, then site walk and layout decisions
+30 min	Patrol gear up first, then personal tents
Afternoon	Skills, hike, or troop activity
Evening	Cook, eat, clean by the roster
Night	Campfire and Scoutmaster-style minute
Morning	Breakfast, break camp, Leave No Trace sweep
Before leaving	The debrief circle — requirement 8

Arrival and layout (requirement 6)

Do not let anyone touch a tent yet. Walk the site as a patrol and decide together where things go. The patrol leader runs it; you ask questions rather than giving answers.

- Kitchen — flat, away from tents, downwind, near but not on the water source.
- Eating area — beside the kitchen, room for everyone to sit.
- Tents — flat, high ground, not under a dead branch, not in the low spot that becomes a puddle at 2am.
- Firepit — in the existing ring, away from tents and low branches, with water and a shovel beside it.

Then the part the requirement is specific about: patrol gear goes up first. Dining fly, kitchen, water, latrine path. Personal tents after. Say why out loud — the patrol eats and stays dry together before anyone worries about where they personally sleep.

That sequence is the patrol method in physical form, and Scouts who learn it here arrive at a troop already knowing it.

The kitchen (requirement 7 demonstrated)

The duty roster runs. Cooks cook, cleanup cleans, and you eat what the patrol made.

Watch for the three that always slip: hands not washed, the cooler lid left open in the sun, and the wash line set up but bypassed when everyone is tired after dinner. Correct the first one gently and the patrol will correct the rest themselves.

Have the patrol leader check the meat temperature with the thermometer in front of everyone.

Evening campfire

Songs, skits, and run-ons led by the Scouts. Then let it go quiet before the end.

Close with something short and real — a minute on what you saw them do that day. Name a specific Scout and a specific thing.

> **Say something like**
>
> Tonight you put the kitchen up before your own tents. Nobody made you do that in that order — you decided it, and it meant everyone ate warm. That is what a patrol is.

Breaking camp and the sweep

Everything comes down and out. Then walk the site shoulder to shoulder, eyes down, and pick up every scrap — including the ones that were there before you.

The standard is that the next patrol cannot tell you were here.

The debrief circle (requirement 8)

Sit down before the cars get loaded. Patrol leader runs it; you keep quiet as long as you can stand to.

- What went well?
- What would we do differently next time?
- How did we follow the Outdoor Code and the Leave No Trace Principles for Kids?

Requirement 8 names the Outdoor Code and Leave No Trace specifically, so make sure that question gets a real answer rather than a nod.

Write down what they say. Read it back before the next campout — it is the single best planning document you will have, and it teaches them that a debrief is not a formality.

> **Send home with families**
>
> Air out and dry the tent and sleeping bag before storing them, or they will smell next year.
>
> Ask your Scout what they would change about the campout. They will have a strong opinion.

Leader notes

- Let the patrol run it. The campout will be slower and slightly worse than one you organize yourself, and it will be worth ten times as much.
- Camping alongside a Scouts BSA troop is the ideal version of this adventure — it satisfies requirement 5 and it is a second troop visit.
- No Scout misses a campout for lack of gear. Ask quietly, solve it quietly, and keep a pack loan kit.
- At least one adult on every campout should have current first aid training beyond the basics, and everyone should know who that is.
- The first night outdoors is a big deal for some fifth graders. Watch for the Scout who is quiet at bedtime and check on them without making it public.

Safety

> **Before this adventure**
>
> Annual Health and Medical Record parts A and B for every participant, youth and adult, in hand before departure.
>
> Two-deep leadership, both registered, both SYT current, and a registered female adult 21 or over any time girls are present. No adult shares a tent with a youth who is not their own child.
>
> Check the fire restrictions the day before. Water and a shovel at the firepit whenever there is fire.
>
> Check your council for any tour or activity notification requirement, and for local rules on unit overnight camping.
>
> Know the route to the nearest hospital and whether you have cell signal. Tell every adult both answers before the Scouts arrive.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7	8

Scout	1	2	3	4	5	6	7	8

ARROW OF LIGHT DEN • ADVENTURE MEETING PLAN

Personal Fitness

Required adventure • Personal Fitness

If you read nothing else

Two meetings with a 14-day tracking period in between. Start the tracking at the end of meeting 1 or it will not happen.

Requirement 1 is a camping meal cooked on camping gear — pair it with the Outdoor Adventurer campout and do both at once.

Requirement 2 asks the Scout to judge themselves against the Scout Oath. Handle that conversation with care.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

❑ 1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.

❑ 2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.

❑ 3. Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.

❑ 4. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

Meeting 1: Camp cooking and starting the 14 days

Goal: The patrol plans and cooks a balanced camping meal on camp gear, and every Scout leaves with a tracking sheet started.

Covers requirement 1, starts 2

Before the meeting

- Decide where. Outdoors is better — a park shelter, a backyard with two registered adults, or the campout itself.
- Bring real camp gear: stove and fuel, or charcoal and a dutch oven. The requirement says the gear you would use on a campout, so a kitchen oven does not satisfy it.
- Collect allergies and restrictions in writing a week ahead.
- Print 14-day tracking sheets.

- Adult handles fuel and lighting. Scouts do everything else.

Supplies

- Camp stove and fuel, or charcoal, chimney, and dutch oven
- Mess kits, pots, long tongs, spatula, hot pads
- Three-tub wash line and biodegradable soap
- Food thermometer and cooler
- Ingredients for the planned meal
- 14-day tracking sheets

Run of show

Time	What happens
10 min	Gathering: menu triage
5 min	Opening: Scout Oath, physically strong
15 min	Activity 1: plan the camping meal
35 min	Activity 2: cook it on camp gear
15 min	Activity 3: eat, clean, and start the 14 days
5 min	Closing

Gathering — Menu triage (10 min)

Cards with meal ideas. Sort into: works at camp, does not work at camp, works with changes. Ice cream sundaes, spaghetti, foil packet dinners, cereal with milk, walking tacos, pancakes.

The “works with changes” pile is the useful one. Cereal works if you bring shelf-stable milk. Spaghetti works but the drained water has to go somewhere.

Activity 1 — Plan the camping meal (15 min)

Patrol leader runs it. Balanced across MyPlate, cookable on the gear in front of them, within the constraints you name.

Reliable choices: foil packet dinners with chicken, potato, carrot and onion in the coals; a one-pot chili with cornbread in the dutch oven; walking tacos with a fruit and vegetable side.

Push them on the balance. A pot of chili is not a balanced meal until someone adds the fruit and the vegetable, and they should be the ones who notice.

Assign the duty roster now: cooks, fire, cleanup, water.

Activity 2 — Cook it on camp gear (35 min)

Hands washed first. Then the patrol cooks and you stand back.

Adult lights the stove or the charcoal and stays at the fire. Everything else is theirs — chopping, mixing, tending, temping, timing.

Camp cooking is slower than they expect and that is a lesson worth letting them have. Do not rescue the timeline.

Have the patrol leader check the internal temperature and announce it.

Activity 3 — Eat, clean, and start the tracking (15 min)

Eat together. Then run the three-tub wash line properly, because the next time they do it will be at camp in the dark.

Hand out the 14-day tracking sheets and start them tonight. Explain exactly what counts: any 30 minutes or more of being active. Practice, a bike ride, a hike, PE, swimming, shoveling snow, walking the dog, a scrimmage in the driveway. Not screen time, not a ten-minute walk.

Say the honest part out loud: this only works if you write it down the same day. Nobody can remember day four on day fourteen.

Put the return date on the sheet, on the calendar, and in the family email.

> **Send home with families**
>
> Track every day for 14 days. Mark whether your Scout was active for 30 minutes or more, and what they did. Sheet comes back at the next meeting.
>
> Review the Annual Health and Medical Record together and talk about your Scout's ability to take part in patrol and pack activities, including the campout. Requirement 4.
>
> Cook something on camp gear at home if you have it — the practice pays off at camp.

Meeting 2: Thirty minutes together, and an honest look at the fourteen days

Goal: The patrol is active together for 30 minutes with stretching, and each Scout reflects honestly on their tracking against the Scout Oath.

Covers requirements 2 and 3; collects 4

Before the meeting

- Book space with room to move.
- Ask a younger den if the patrol can lead their activity — requirement 3 explicitly allows it, and Arrow of Light Scouts leading Wolves is good for everyone.
- Collect tracking sheets at the door. Have spares for whoever lost theirs — let them reconstruct rather than fail.
- Confirm health form conversations happened.

Supplies

- Cones, balls, jump ropes
- Completed tracking sheets
- Whiteboard for the group tally

- Water for everyone

Run of show

Time	What happens
5 min	Gathering: tracking sheets in, tally on the board
5 min	Opening
30 min	Activity 1: warm up, play, cool down — patrol leads
20 min	Activity 2: the honest reflection
5 min	Closing

Activity 1 — Thirty minutes, patrol led (30 min)

The patrol leader plans and runs this block. Give them the structure and let them fill it:

- Five minutes dynamic warm-up and stretching.
- Twenty minutes of hard, inclusive play — no elimination games.
- Five minutes cool down with held stretches.

If you arranged for them to lead a younger den, this is where fifth graders discover that leading eight second graders is harder than it looks. Debrief that afterward — it is the most useful ten minutes of the meeting.

Requirement 3 asks for stretching and moving in the same block. Both halves count.

Activity 2 — The honest reflection (20 min)

Tally the patrol total on the board — days active across everyone, not ranked by Scout. Never compare Scouts to each other here.

Then the two questions requirement 2 actually asks:

- What did you enjoy? Which of these would you do even if nobody was tracking it?
- Do you feel you are living up to the part of the Scout Oath about keeping yourself physically strong?

The second one is a self-assessment and it belongs to the Scout. Your job is to make it safe to answer honestly. A Scout who says “no, not really” has completed the requirement better than one who says “yes” because that is the expected answer.

> **Say something like**
>
> Nobody is grading this. The Oath says keep myself physically strong — myself. So the only person who can answer this is you, and the only useful answer is the true one.

Close forward, not backward: what is one thing you will do next month? Write it on the sheet.

Watch your language throughout. Never mention weight or body size, never compare Scouts, never single out the Scout with the lowest number. If a Scout raises a concern about their own body or eating, listen, do not advise, and tell a parent privately.

Send home with families

Ask your Scout what they picked as their next-month goal and help them do it.

Health form conversation is due if it has not happened.

Leader notes

- Pair requirement 1 with the Outdoor Adventurer campout and you complete two adventures with one cooking session.
- The 14-day tracking is where this adventure fails. Send a reminder at day 3 and day 10, and hand out spare sheets without comment.
- Every Scout works at their own level. Modify anything. The requirement is participation, not performance.
- This is the second year running that Scouts examine their own fitness. Point back to Stronger, Faster, Higher — several will notice their answers have changed.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.

Health forms A and B on file before physical activity.

Water and real breaks. Watch for heat.

Adults handle fuel and lighting. Long tongs, hot pads, and a bucket of water at any fire.

Allergies collected in writing before any cooking, and the menu planned around them.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

Scout	1	2	3	4

ARROW OF LIGHT DEN • ADVENTURE MEETING PLAN

Citizenship

Required adventure • Citizenship

If you read nothing else

Only two requirements, but they are bigger than they look: the patrol identifies and plans its own service project, then does two hours of it.

One planning meeting plus the project itself. The planning is the requirement — do not hand them a project you already arranged.

Two hours, or multiple projects totalling two hours. Log the hours in Scoutbook — the pack reports its service total to the council and this is where the number comes from.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

❑ 1. Identify a community service project that your patrol or pack could accomplish. Use the Scouting America SAFE Checklist and develop a plan to conduct the service project safely.

❑ 2. Participate in a service project for a minimum of two hours, or multiple service projects for a total of two hours.

Requirement 1 says the patrol identifies the project and develops the plan. That planning work is the adventure — the two hours of labor is the easy half.

Meeting 1: Find the need, make the plan

Goal: The patrol identifies a real community need, chooses a project it can actually accomplish, and writes a safety plan using the SAFE Checklist.

Covers requirement 1

Before the meeting

- Do not pick the project. Bring information about needs, and let them choose.
- Call three or four organizations beforehand and ask what they actually need — a food pantry, a park district, a senior center, an animal shelter, your chartered organization, the school. Bring what they told you.
- Clear the possibilities with your committee for budget and calendar, so you are not vetoing their choice later.
- Print the SAFE Checklist and a project planning sheet.

Supplies

- Notes from your calls to local organizations
- Printed SAFE Checklist, one per Scout
- Project planning sheet — what, where, when, who, gear, safety
- Whiteboard
- A calendar showing the next three months

Run of show

Time	What happens
10 min	Gathering: what does our community need?
5 min	Opening: Scout Oath, help other people at all times
20 min	Activity 1: the needs list and the choice
25 min	Activity 2: build the plan, including SAFE
5 min	Closing: assignments

Gathering — What does our community need? (10 min)

Sticky notes, silent brainstorm, five minutes. One idea per note, anything counts.

Then read them all out without judging any of them. You will get “clean up the park” and you will also get something specific and local that you did not know about, because a fifth grader sees the neighborhood differently than you do.

Activity 1 — The needs list and the choice (20 min)

Add what you learned from your calls. Then the patrol filters against three honest questions:

- Can we actually do this, with the people and time we have?
- Does it help somebody who needs it, or does it just make us feel useful?
- Can we do at least two hours of real work on it?

That second question is worth sitting on. A patrol that decides its first idea was mostly for show and picks a harder, less photogenic project has learned the thing this adventure is for.

Patrol leader runs the vote. Majority.

Projects that work well at this age: food pantry sorting and stocking, park or trail cleanup and trail maintenance, a conservation planting, building and installing bird or bat houses, a coat or food drive with the collecting and sorting done by the patrol, yard work for elderly neighbors, cleaning and repair at the chartered organization, flags at a veterans cemetery.

Activity 2 — Build the plan (25 min)

Patrol leader at the board, patrol fills in the planning sheet. Requirement 1 is this document.

- What exactly are we doing, and what does “done” look like?
- Where, and who do we need permission from?
- When, how long, and what is the rain date?

- Who does what job?
- What tools and supplies, and who brings each one?

Then the SAFE Checklist against this project specifically:

- Supervision — how many adults, what ratio, who is the first aider, who is in charge of what.
- Assessment — what could hurt someone here. Sharp objects, broken glass, traffic, heat, lifting, poison ivy, machinery. Name each hazard and say what you will do about it.
- Fitness and skill — can everyone do this work, who needs a different job, has anyone used these tools before.
- Equipment and environment — gloves, closed shoes, long pants, high-visibility vests near a road, water, sunscreen, the forecast.

Assign the follow-up calls to Scouts, with an adult on the line. A fifth grader who calls the park district and asks for permission remembers this project for a long time.

> **Send home with families**
>
> Project date, location, and what to wear on the handout. Gloves, closed shoes, long pants.
>
> Parents are needed — we cannot run this without enough adults. Sign up on the sheet.
>
> Ask your Scout why the patrol chose this project.

Meeting 2: The service project

Goal: Two hours of real work, run by the patrol against its own plan.

Covers requirement 2

Before the meeting

- Confirm with the site the week before and again two days out.
- Check the forecast and call the rain date early rather than late.
- Bring the first aid kit, water, the roster, and spare gloves.
- Brief adults: the patrol leader runs it, adults work alongside rather than directing.
- Bring a way to record hours per person for Scoutbook.

Supplies

- Everything on the patrol’s own supply list
- Spare work gloves and spare water
- First aid kit
- Trash bags
- Sign-in sheet with start and end times

Run of show

Time	What happens
15 min	Arrive, safety brief, job assignments
2 hrs	Work, with breaks
15 min	Clean up, tools accounted for
15 min	Debrief circle

Safety brief and jobs (15 min)

Patrol leader runs the brief off their own SAFE plan. Hazards, boundaries, where the first aid kit is, what to do if someone gets hurt, where the bathroom is, and the buddy system.

Then assign jobs from the plan. Rotate midway so nobody does the worst job for two hours.

The work (2 hours)

Two hours is longer than fifth graders expect. Break at the hour with water and a snack, and again if it is hot.

Work alongside them. An adult standing with a clipboard while Scouts haul brush teaches the wrong thing about service.

Record start and end times and who was there. You need it for Scoutbook and for the requirement.

If the patrol finishes early, find more work rather than leaving. If they cannot finish, that is a real and useful outcome — say so honestly at the debrief.

Debrief circle (15 min)

Sit down where you worked, before anyone leaves.

- What did we actually accomplish? Point at it.
- Who is better off because we came?
- What was harder than we planned for?
- What would we do differently next time?

Then the question that connects it to the Oath: what does “help other people at all times” mean after today that it did not mean this morning?

> **Say something like**
>
> You found this yourselves, you planned it yourselves, and you worked two hours in the cold on it. Nobody made you. That is the difference between doing a chore and doing a good turn.

Log the hours in Scoutbook the same week. It is the step most often skipped, and the pack’s service total for the year is built out of these entries.

> **Send home with families**
>
> Ask your Scout what the patrol built, cleaned, or collected, and who it was for.

> Service hours are logged in Scoutbook — check that your Scout's are recorded.

Leader notes

- The planning is the adventure. A project handed to the patrol ready-made completes requirement 2 and fails requirement 1.
- Two hours is a floor, not a target. Several short projects add up and can be easier to staff.
- Coordinate with the committee so this counts toward the pack's service total for the year, and so you are not competing with a pack-wide project three weeks later.
- A patrol that picks a project connected to a Scout's own family or neighborhood will work harder at it than one that picks a generic cleanup.
- This is a natural bridge to Scouts BSA — troops run service projects constantly and an Arrow of Light Scout who has planned one arrives ahead.

Safety

> **Before this adventure**
>
> Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.
>
> Run the patrol's own SAFE plan, and make the patrol leader deliver the brief.
>
> Gloves, closed-toe shoes, long pants. High-visibility vests and adult spotters for anything near a road.
>
> No power tools, no ladders, no chainsaws, no work at height. Fifth graders do not operate machinery.
>
> Sharps and broken glass are picked up by adults with proper tools, not by Scouts.
>
> Water, shade, and real breaks. Reschedule for extreme heat or cold rather than pushing through.
>
> Photo permission before posting, especially at a shelter, pantry, or senior facility.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2

Scout	1	2

ARROW OF LIGHT DEN • ADVENTURE MEETING PLAN

First Aid

Required adventure • Personal Safety

If you read nothing else

The most skill-heavy adventure of the year — seven requirements, most of them “demonstrate.” Give it three meetings, not two.

Requirement 1 is the Protect Yourself Rules video for Arrow of Light and needs written parent permission.

Bring a real first aid kit and real supplies. Every Scout does every skill with their hands.

This is direct preparation for Scouts BSA Tenderfoot, Second Class and First Class first aid requirements. Tell them that.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ❑ 1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.
- ❑ 2. Explain what you should do if you encounter someone in need of first aid.
- ❑ 3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
- ❑ 4. Demonstrate how to help a choking victim.
- ❑ 5. Demonstrate how to treat shock.
- ❑ 6. Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleed.
- ❑ 7. Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

Meeting 1: Protect Yourself Rules, and what to do first

Goal: Scouts watch the Arrow of Light Protect Yourself Rules video with permission, and can say exactly what to do in the first thirty seconds of finding someone hurt.

Covers requirements 1 and 2

Before the meeting

- Written parent permission two weeks ahead. A Scout without it does something else with an adult in another room — no pressure, no comment.
- Preview the Arrow of Light video. It is pitched older than the Webelos one.
- Invite parents to watch.

- Invite an EMT, paramedic, school nurse, or ER nurse for the second half if you can. A parent in the pack often is one.

Supplies

- Screen and sound
- Signed permission slips
- Scenario cards
- A phone with the SIM out, or a toy phone, for 911 practice
- Disposable gloves, several pairs per Scout

Run of show

Time	What happens
5 min	Gathering: what would you do?
5 min	Opening
20 min	Activity 1: Protect Yourself Rules video and discussion
20 min	Activity 2: check, call, care
5 min	Activity 3: calling 911
5 min	Closing

Activity 1 — Protect Yourself Rules (20 min)

Check permission at the door. Watch together, parents welcome.

Keep the discussion calm and factual. The Arrow of Light version goes further than the Webelos one — expect harder questions and answer them plainly rather than deflecting.

Land the same three points: your body is yours, uncomfortable secrets do not have to be kept from anyone, and tell a trusted adult and keep telling until someone acts.

Have each Scout privately name three trusted adults, at least one outside their household.

If a Scout discloses anything, listen, do not question them, do not promise secrecy, and report to your Scout executive and local authorities the same day.

Activity 2 — Check, call, care (20 min)

Requirement 2 is what you do when you come across someone hurt, and the answer is a sequence they can say in their sleep.

- CHECK the scene first. Is it safe for you? A rescuer who becomes a second patient has made things worse. Look for traffic, fire, water, electricity, downed lines, an animal.
- CHECK the person. Are they awake? Are they breathing? Are they bleeding badly? Say “Are you okay?” and tap the shoulder.
- CALL. Get an adult. Call 911, or tell a specific person to call — point at them and say “you, call 911 and come back and tell me.”

- CARE. Do what you know how to do, and nothing you do not. Do not move someone who might have a neck or back injury unless they are in danger where they lie.

Add the two rules that keep them safe: put gloves on if there is blood, and get an adult. Being eleven means calling for help is the correct first aid, not a failure.

Run three scenarios with volunteers acting them out. Make one of them a scene that is not safe, so somebody has to say “we do not go in there yet.”

Activity 3 — Calling 911 (5 min)

Practice out loud, each Scout once. They need: what happened, where you are including the address, how many people are hurt, what is being done, and your name.

The one that matters: you do not hang up until the dispatcher says to. Fifth graders hang up. Say it twice.

> **Send home with families**
>
> Talk about your family’s emergency plan and make sure your Scout knows your home address and can say it under pressure.
>
> Poison Control on the fridge: 1-800-222-1222.
>
> Start gathering supplies for a personal first aid kit — list on the handout.

Meeting 2: Hurry cases

Goal: Every Scout demonstrates the response to serious bleeding, cardiac arrest, stopped breathing, stroke, and poisoning, plus choking and shock.

Covers requirements 3, 4 and 5

Before the meeting

- Get a CPR manikin if you can — your council, a troop, a fire station, or a hospital will often lend one. If not, practice compressions on a firm cushion.
- Bring your guest EMT or nurse if you found one. This is the meeting for it.
- Set up five stations and recruit an adult or older Scout for each.
- Make fake blood from corn syrup and food coloring if your Scouts can handle it — it makes direct pressure real. Skip it if anyone is squeamish.

Supplies

- CPR manikin, or firm cushions
- Gauze pads, roller bandages, triangular bandages
- Disposable gloves, many pairs
- Blankets for shock treatment
- Empty labeled product containers for the poisoning station
- Printed hurry case reference cards to take home

Run of show

Time	What happens
5 min	Gathering: review check, call, care
5 min	Opening
10 min	Activity 1: what makes a hurry case
40 min	Activity 2: five skill stations
15 min	Activity 3: choking and shock
5 min	Closing

Activity 1 — What makes a hurry case (10 min)

A hurry case is one where waiting costs a life. Name the five and what each one threatens: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

In every one of them, the first action is the same: get an adult and call 911. Everything else is care while help is coming. Say that before the stations so nobody thinks the skill replaces the call.

Activity 2 — Five stations, eight minutes each (40 min)

Every Scout does every skill with their hands. This is requirement 3 and “demonstrate” is the word.

- Serious bleeding. Gloves on. Direct pressure with a gauze pad, hard, and keep it there. If it soaks through, add more on top — never take the first one off. Elevate if you can. Keep pressure until help arrives.
- Heart attack or sudden cardiac arrest. Signs: chest pain or pressure, pain in the arm or jaw, short of breath, sweating, nausea. Call 911 immediately, have them sit and rest, loosen tight clothing. If they collapse and are not breathing, start compressions — center of the chest, hard and fast, and send someone for the AED. Let them feel the depth and rate on the manikin.
- Stopped breathing. Check for breathing for no more than ten seconds. Not breathing means 911 and compressions now. Teach that an untrained rescuer doing compressions only is correct and helps.
- Stroke. Teach FAST out loud and have them say it back: Face drooping, Arm weakness, Speech difficulty, Time to call 911. Note the time symptoms started — the hospital needs it.
- Poisoning. Do not make them vomit. Call Poison Control at 1-800-222-1222 or 911. Have the container in your hand when you call, and read the label. Practice with the empty containers.

Activity 3 — Choking and shock (15 min)

Choking, requirement 4. Ask first: “Are you choking? Can you speak?” Someone coughing forcefully is moving air — encourage the coughing and do not hit them. Someone who cannot speak, cough, or breathe needs help now: get behind them, fist above the navel, other hand over it, quick inward and upward thrusts. Call 911. Never practice actual thrusts on each other — position the hands and stop.

Add what to do if they are alone: thrust against the back of a chair.

Shock, requirement 5. It follows any serious injury. Signs: pale, cool, clammy skin, fast weak pulse, confusion, nausea, shallow breathing. Treatment: lie them down, raise the legs about a foot unless you suspect a head, neck, back, or leg injury, cover them to keep warm, do not give food or water, monitor breathing, and call 911.

Have every Scout treat a partner for shock, blanket and all. It is the skill they are most likely to actually use.

> **Send home with families**
>
> Ask your Scout to teach you FAST for stroke and to show you where to put their hands for compressions.
>
> Finish gathering personal first aid kit supplies — needed at the next meeting.
>
> Consider taking a family CPR and first aid class together. Many hospitals and fire departments run free ones.

Meeting 3: Common injuries and the kit

Goal: Scouts treat the everyday injuries, then build a personal first aid kit and demonstrate the use of every item in it.

Covers requirements 6 and 7

Before the meeting

- Ask families to send supplies, and buy the gaps yourself so no Scout builds a thinner kit than the others.
- Bring a container per Scout — a zip bag, a small pouch, or a repurposed pencil case.
- Prepare an injury simulation station: makeup or face paint for scrapes and burns works well and Scouts love it.
- Print a kit contents card for each Scout to keep inside the kit.

Supplies

- Per Scout: adhesive bandages in assorted sizes, gauze pads, roller gauze, adhesive tape, antiseptic wipes, antibiotic ointment, moleskin, tweezers, small scissors, disposable gloves, a triangular bandage, a small pencil and card
- Containers, one per Scout
- Ice packs, cold water, clean cloths
- Face paint for simulated injuries
- Kit contents cards

Run of show

Time	What happens
10 min	Gathering: injury simulation makeup

Time	What happens
5 min	Opening
30 min	Activity 1: four injury stations
20 min	Activity 2: build the kit
10 min	Activity 3: demonstrate every item
5 min	Closing

Activity 1 — Four injury stations (30 min)

Requirement 6, hands on, every Scout. Gloves on at every station.

- Cuts and scratches. Wash your hands, gloves on. Wash the wound with clean running water and soap around it. Antibiotic ointment, then a bandage. Keep it clean and dry, change it daily, and watch for infection — redness spreading, swelling, warmth, pus, red streaks. Any of those means see a doctor.
- Burns and scalds. Cool running water for ten to fifteen minutes — not ice, not butter, not toothpaste. Cover loosely with a clean dry cloth. Never break a blister. A burn that is large, deep, white or charred, or on the face, hands, feet or groin goes to a doctor now.
- Bites and stings. Bee or wasp: scrape the stinger out sideways with a card rather than pinching it, wash it, cold pack. Watch for allergic reaction — swelling of face or throat, trouble breathing, hives spreading — which is 911 immediately and an epinephrine auto-injector if they have one. Tick: fine-tipped tweezers close to the skin, pull straight and steady, wash, tell a parent, note the date. Animal bite: wash well with soap and water, cover it, and see a doctor — animal bites get infected and rabies is a real question.
- Nosebleed. Sit up and lean slightly forward, never back. Pinch the soft part of the nose for ten full minutes without checking — checking at minute three is why nosebleeds do not stop. Cold pack on the bridge. Bleeding past twenty minutes, or after a head injury, means a doctor.

Use the simulated injuries. A Scout treating a painted-on scrape on a friend’s arm learns more than one treating a diagram.

Activity 2 — Build the kit (20 min)

Lay all the supplies out and let each Scout build their own kit into their own container. Requirement 7.

As they add each item, they say out loud what it is for. Do not let anyone pack something they cannot explain.

Talk about where the kit lives: in the pack for camping, in the car, in the backpack for a hike. A kit in a closet at home has never helped anybody.

Have them write their name and the date on the contents card, and put a reminder to check the kit twice a year — ointment expires and bandages get used.

Activity 3 — Demonstrate every item (10 min)

Requirement 7 says demonstrate the proper use of each item. Go around: each Scout picks an item from their kit, says what it is for, and shows how to use it on a partner or themselves.

Keep going until every item in the kit has been demonstrated by somebody. Tick them off as you go.

Close by connecting it forward: these are the same skills as Tenderfoot, Second Class and First Class first aid in a troop. They are already doing the work.

Say something like

Most of you will use something in that kit within a month. Somebody in this room is going to be the one person nearby who knows what to do, and it will not feel dramatic at all — it will just be a scraped knee and you will handle it.

Send home with families

Keep the kit where it can be reached — the pack, the car, the backpack. Not the closet.

Check it every six months and replace what is used or expired.

Ask your Scout to walk you through their kit item by item.

Leader notes

- Three meetings, not two. Trying to compress this produces Scouts who watched first aid rather than Scouts who can do it.
- A guest EMT, paramedic, or nurse transforms meeting 2. Ask the pack — you very likely have one.
- Never practice abdominal thrusts or real compressions on another Scout. Manikin or cushion only.
- Some Scouts get squeamish. Let them sit down, and let them opt out of the fake blood without comment.
- This is the strongest bridge in the Arrow of Light year to Scouts BSA advancement. Say it out loud — fifth graders like knowing they are ahead.

Safety

Before this adventure

Written parent permission for the Protect Yourself Rules video, checked at the door.

Disposable gloves at every station, and teach that gloves come first every time.

No real thrusts, no real compressions on a person. No actual sharps.

Two registered adults with current Safeguarding Youth Training, and especially at the Protect Yourself Rules meeting. If your den includes girls, one of those adults must be a registered female 21 or over.

Report any disclosure to your Scout executive and local authorities the same day. Do not investigate.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4	5	6	7

ARROW OF LIGHT DEN • ADVENTURE MEETING PLAN

Duty to God

Required adventure • Family and Reverence

If you read nothing else

Two of the three requirements are family conversations. The one the den does together is requirement 2 — meeting someone from a faith-based organization that serves people in crisis.

One den meeting built around that visit or outing, plus a short share-back.

Requirement 2 is specific and worth reading twice: an organization that helps people regardless of their faith. That specificity is the lesson.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

❑ 1. Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value.

❑ 2. Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how.

❑ 3. Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life.

Requirements 1 and 3 belong to the family. Send them home clearly, and make requirement 2 the den experience.

Meeting 1: Meeting people who help

Goal: The patrol meets someone from a faith-based service organization, learns who they help and how, and connects a value from their own tradition to the Scout Law.

Covers requirement 2, supports 1

Before the meeting

- Line up the visit four to six weeks ahead. Best options: a food pantry, a homeless shelter, a refugee resettlement agency, a disaster relief organization, a free clinic, a soup kitchen. Faith-based organizations that serve everyone regardless of belief are common in every community.
- Going to them beats them coming to you. Scouts should see the pantry shelves or the shelter dining room.
- Ask the representative to cover two specific things: who they help, and how — and, if they will, why their faith moves them to do it for people who do not share it.

- Send the family letter home two weeks ahead so requirement 1 conversations happen before this meeting.
- Ask whether the patrol can bring a donation or do a short bit of work while they are there. It changes the visit from a tour into a contribution.

Supplies

- Question cards, one per Scout
- A donation from the patrol if arranged
- Thank you card to sign afterward
- The family letter, spare copies
- Notebook for the denner or patrol leader

Run of show

Time	What happens
10 min	Before you go: questions and expectations
40 min	The visit: tour, conversation, and work if offered
15 min	Debrief on site or on return
15 min	Activity: your value and the Scout Law
5 min	Closing

Before you go (10 min)

Write question cards. Two are required across the patrol: who do you help, and how do you help them. That is requirement 2 and it needs real answers, not impressions.

Other good questions: How many people come here in a week? Where does the food or money come from? Do you ask people what they believe before you help them? What is the hardest part of this job? What do you need most?

Set expectations plainly. Some of what they see may be sad, and they may see people they know. The rule is that we do not stare, we do not take photos of people, and we do not talk about who we saw when we leave.

The visit (40 min)

Let the representative lead. The patrol leader introduces the patrol and a Scout thanks them at the end.

If there is work to do, do it — sorting cans, packing boxes, folding clothes. Twenty minutes of real work makes the visit stick in a way a tour does not.

Make sure the two required questions get asked and that a Scout writes the answers down.

Listen for the phrase you want them to hear: that this organization helps anyone who comes, regardless of what they believe. If it does not come up naturally, ask it directly.

Debrief (15 min)

Sit down before you leave, or immediately on return.

- Who do they help?
- How do they help them?
- Did they ask anyone what they believed before helping them?
- What surprised you?

That third question is the heart of the requirement. Let the answer land without over-explaining it.

> **Say something like**
>
> Their faith is why they opened the doors. And then they help whoever walks through them, without asking a single question about what that person believes. Those two things go together — that is the whole point of what you saw today.

Activity — Your value and the Scout Law (15 min)

Requirement 1 is a family conversation, but the den can do the connecting work that makes it easier.

Put the twelve points of the Scout Law up. Ask each Scout to name a value their family holds — from their faith tradition or from the values their family lives by — and find the point of the Scout Law it matches.

You will get: kindness and A Scout is kind; honesty and A Scout is trustworthy; taking care of others and A Scout is helpful; taking care of the earth and A Scout is thrifty or clean; respect and A Scout is courteous.

A family with no religious tradition does this exactly the same way, from the values they hold. Say that out loud in the room so no Scout thinks they are the exception.

Then send it home: the family conversation is about how each family member demonstrates that value. That is the part only they can do.

> **Send home with families**
>
> Talk about your family's faith traditions, or a tradition of your choosing. Pick one value from it that connects to the Scout Law, and talk about how each person in the family shows that value. Requirement 1.
>
> Talk with your Scout about what "Duty to God" means to them and how they practice it day to day. Requirement 3 — this can also be with an adult leader if a family prefers.
>
> Sign the completion slip and bring it back.

Meeting 2: Share-back

Goal: Scouts say what they talked about at home and what Duty to God means in their own words.

Covers requirements 1 and 3 completed at home; verified here

Before the meeting

- Fifteen minutes at the start of your next regular meeting. Say so in the family letter.
- Collect signed slips at the door.
- Be ready to be the adult leader for requirement 3 for any Scout whose family asks you to be.

Supplies

- Completion slips
- The Scout Law poster

Run of show

Time	What happens
15 min	Share-back circle
—	Then continue with your next adventure

Share-back circle (15 min)

Ground rule first, said out loud: we listen, we do not compare, and nobody has to share more than they want to.

Around the circle, about a minute each: the value your family picked and the point of the Scout Law it connects to, and one sentence on what Duty to God means to you.

Accept whatever they give you. A Scout who says “it means I try to do the right thing even when nobody is watching” has answered it completely. So has one who says “it means being thankful.”

If a Scout does not want to share, that is fine and it costs them nothing — they completed the requirement at home with their parent.

Close by naming what was common across the circle rather than what was different.

> **Say something like**
>
> Eight different families, and almost every one of you picked something about taking care of other people. You did not plan that. That is what the Scout Law is for — it is the part we all already agreed on.

Leader notes

- Scouting requires a Scout to do their duty to God but does not define God. Families of every faith and of no religious affiliation complete these requirements through their own beliefs and values. Say that in the family letter, in plain words.
- Requirement 3 explicitly allows an adult leader instead of a parent. Offer that quietly to any family who would rather.
- Never ask a Scout to explain or defend what their family believes. Invite, do not require.
- If your pack is chartered to a religious organization, be deliberate about making families of other traditions feel this is theirs too.

- Religious emblems programs are earned through a family's own faith group, not through the pack. Mention them — this adventure is the natural moment.
- The service organization visit pairs well with the Citizenship service project. Different requirements, and they reinforce each other.

Safety

> **Before this adventure**
>
> Two registered adults, SYT current, on any visit. A guest or host who is not a registered leader is never alone with Scouts. If your den includes girls, one of those adults must be a registered female 21 or over.
>
> No photographs of the people an organization serves. Confirm the site's photo policy before you arrive.
>
> Prepare Scouts for what they may see at a shelter or pantry, and debrief afterward.
>
> Transportation: seat belts, licensed and insured drivers, no one-on-one car rides.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3