



Castaway / Elective

Arrow of Light | Elective

Complete the following requirements.

Complete A. and your choice of B. or C.

A. On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.

B. With the help of an adult, demonstrate one way to light a fire without using matches.

C. Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.

Do all of the following.

Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.

With your den, demonstrate two ways to treat drinking water to remove impurities.

Discuss what to do if you become lost in the woods. Tell what the letters "S-T-O-P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.

Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Scout motto, "Be Prepared."





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For some of the cooking without pans elements, check out these videos:

Here's eggs and bacon in a paper bag cooked over the fire:

<https://www.youtube.com/watch?v=dlg7Rd8sHL0>

Here's a Silver Turtle video: https://www.youtube.com/watch?v=S0V43G_qYcl

Here's another Silver Turtle, less chipper, more rustic:

<https://www.youtube.com/watch?v=CUkr4apZMIM>

Here's how to cook an egg in an orange:

<https://www.youtube.com/watch?v=GolebNv-bug>

Another egg in orange peel: <https://www.youtube.com/watch?v=-aOvzecLC5w>

How about muffins in orange peel:

<https://www.youtube.com/watch?v=g49aQDdWUVU>

Maybe potatoes in the coals, corn next to them, and whole fish on top of the fire:

<https://www.youtube.com/watch?v=EWnmUdYYOz0>

Here's some fire without matches videos: <https://boyslife.org/video-audio/16418/how-to-start-a-fire-without-matches/>

More Magnifying Glass: <https://www.youtube.com/watch?v=j50i0vQUsmQ>





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More flint & steel: https://www.youtube.com/watch?v=wtN7K2e_shE

Fire by Friction (fire bow drill): <https://www.youtube.com/watch?v=cSz8zJnhKkc>

And steel wool and a 9 volt battery: <https://www.youtube.com/watch?v=j-h0qXyFX-o>

For lost in the woods, see this: <https://boyslife.org/outdoors/1200/trail-tips-lost-in-the-woods/>

The U.S. Forest Service agrees: <https://www.fs.usda.gov/visit/know-before-you-go/if-you-get-lost>

And here's a video to describe the S-T-O-P method, in a down under accent: <https://paulkirtley.co.uk/2015/what-to-do-if-you-get-lost-outdoors-stop/>

The "with your den" elements could be done over a tool like Zoom -- see [this Virtual Contact While Distant page](#) for ideas, suggestions and guidelines for how to stay connected while physically distant.

Other Tips:

Den Adventure (Meeting) Plans follow a 7 element plan, and for a bit of introduction to those elements, and how they apply both in a group activity and a family-led activity, see [this page of Den + Family "Meeting" Tips](#).

Don't forget to read with your Scout (and siblings) the "**Castaway**" section of the Webelos Handbook.

