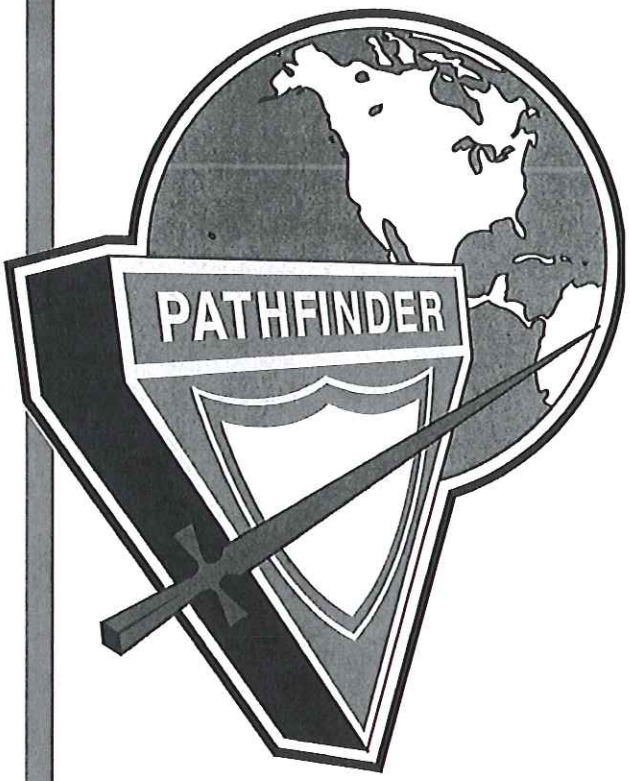
Name: _____



Adventist Youth Class

Companion Activity Diary

Adventist Youth Class

Companion Activity Diary

Personal Growth

Requirements: Do Sections I, II, and III for the standard class requirements (Companion.)
Do Sections I, II, and III for the advanced class requirements (Trail Companion.)

I. Involvement (Required)

A. Be age 11 OR in grade 6, or its equivalent ❑

Date of Birth _____

School Name _____ Grade _____

Teacher's Name _____

B. Be an active member of the AJY Society OR Pathfinder Club ❑

Organization Name _____

Leader's Name _____

II. Commitment (Required)

A. Repeat from memory the AJY/Pathfinder Pledge and Law. ❑

Pledge By the grace of God,
I will be pure and kind and true.
I will keep the Pathfinder Law.
I will be a servant of God, and a friend to man.

Law The Pathfinder Law is for me to,
Keep the Morning Watch.
Do my honest part.
Care for my body.
Keep a level eye.
Be courteous and obedient
Walk softly in the sanctuary.
Keep a song in my heart.
Go on God's errands.

B. Read *The Happy Path* OR *Finding the Right Path*, if not previously read. ❑

III. Growth (Required)

❑ **A. Earn the Companion Reading Certificate** OR **the Junior Reading Certificate.*** (The Junior Reading Certificate and the Companion Reading Certificate Requirements are very similar. For simplicity, the Companion Certificate requirements are listed here.) *See *Instructor's Manual* for qualifying requirements.

1. Read Chapters 7 - 9 of The Desire of Ages.

2. Read one of the Gospels. _____

3. Read at least one book and two articles on national heroes (may be any nationality).

   Book: _____

   _____

   Article: _____

   _____

   Article: _____

   _____

4. Read three Psalms that relate to nature, such as Ps. 11, 19, 91, 96, 98, or 148.

   Psalms: _____

   _____

   Psalms: _____

   _____

   Psalms: _____

   _____

5. From your local Christian book store, school, or public library obtain and read a book on one of the following: missions, nature or science, or biography.

   References: (Mission) _____

   _____

   OR (Nature) _____

   _____

   OR (Science) _____

   _____

   OR (Biography) _____

   _____

6. Read Weeks 14 - 26 in the Weekly Bible Reading Guide.

Week 14
HOPE
____ Psalms 94:12-19
____ Psalms 95
____ 1 Kings 3
____ Psalms 63
____ Psalms 59

Week 15
LOVE
____ Philippians 2
____ Psalms 136
____ Psalms 100
____ Ephesians 5

Week 16
JOY
____ Isaiah 9:2-10:19
____ Isaiah 49
____ Psalms 28
____ Habakkuk 3:17-19

Week 17
ADVENTURE
____ Psalms 37
____ 1 John 1
____ 1 Thessalonians 1-3
____ Psalms 51
____ James 1:22,23
____ Revelation 3:15,16
____ Matthew 14:25-33

Week 18
CELEBRATION
____ Philippians 1
____ Psalms 1
____ Ezekiel 15
____ Malachi 1

Week 19
PROMISES
____ Psalms 118
____ Deuteronomy 31
____ Psalms 23
____ Daniel 7:9
____ Romans 8:38,39

Week 20
FAITHFULNESS
____ Esther 1-2
____ Esther 3-4
____ Esther 5
____ Esther 6
____ Esther 7
____ Esther 8
____ Esther 9

Week 21
CHRISTIANITY
____ Ephesians 4
____ Matthew 10
____ Proverbs 25
____ Micah 6
____ Proverbs 14

Week 22
DEVOTION
____ Psalm 103
____ Lamentations 3
____ Job 40-42

Week 23
DECISIONS
____ Matthew 4
____ Matthew 16
____ Mark 8
____ Luke 14

Week 24
EXAMPLE
____ Mark 10:32-45
____ Acts 10
____ Galatians 6:1-8
____ Luke 23
____ 1 John 2
____ 2 Peter 1-3

Week 25
LIFE WITH GOD
____ Hebrews 13
____ John 3
____ Revelation 21
____ Leviticus 19
____ 1 Peter 1

Week 26
OBEDIENCE
____ Romans 12
____ Matthew 6:1-25
____ Isaiah 14:14-32
____ Jonah 1
____ Jonah 2
____ Jonah 3
____ Jonah 4

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Required)
❑	II.	_____	_____	(Required)
❑	III.	_____	_____	(Required)

Spiritual Discovery

Requirements: Do Section I and select either Section II or III for the standard class requirements (Companion.)
Do Section I, II, and III for the standard class requirements (Trail Companion.)

I. Scripture (Required)

☐ **A.** Memorize a Bible text from each of the seven categories below:

I. Great Passages

1. Psalms 119:11
2. Isaiah 43:12
3. Matthew 28:19,20
4. Luke 5:15
5. option _____

II. Salvation

1. John 1:1-3,14
2. Luke 19:10
3. Psalms 103:10-12
4. Isaiah 53:5
5. Ephesians 3:20,21
6. option _____

III. Relationships

1. Isaiah. 1:18
2. John 1:12,13
3. 1 Timothy 6:6-8
4. 1 John 3:17
5. Acts 17:26,27
6. option _____

IV. Doctrine

1. Ephesians 1:8-10
2. Deuteronomy 6:5
3. Acts 2:38
4. option _____

V. Prayer

1. Psalms 34:3,4
2. Matthew 6:6
3. 1 Peter 1:3
4. 1 John 4:7
5. option _____

VI. Promises/Praise

1. Psalms 56:35,37
2. Psalms 37:3
3. Isaiah 35:10
4. James 4:7,8
5. 1 John 2:17
6. option _____

VII. Behavior

1. 1 Samuel 15:22
2. Romans 12:1,2
3. 1 Thesssalonians 5:15
4. Ecclesiastes 9:5-10
5. Luke 2:51,52
6. option _____

☐ **B.** Recite in order the names of the New Testament Books of the Bible and know the four areas into which the books are grouped. Demonstrate your ability to find any given book.

Four Gospels

Matthew
Mark
Luke
John

One History

Acts

Twenty-one Letters

Romans
I Corinthians
II Corinthians
Galatians
Ephesians
Philippians
Colossians
I Thessalonians
II Thessalonians
I Timothy
II Timothy
Titus
Philemon
Hebrews
James
I Peter
II Peter
I John
II John
III John
Jude

Prophecy

Revelation

II. Church Heritage (Optional)

☐ **A.** With your parents read about the first vision of Ellen White. Discuss with them how God uses prophets to present His message to the church, OR fulfill other options listed in the *Instructor's Manual.*

Report:_____

_____

_____

_____

_____

_____

_____

_____

III. Christian Heritage (Optional)

A. Participate in a script on the childhood of Jesus and role-play before an audience. ❑

Report: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Required)
❑	II.	_____	_____	(Optional)
❑	III.	_____	_____	(Optional)

Serving Others

Requirements: Select two of the three sections for the standard class requirements (Companion.)
Do Sections I, II, and III for the advanced class requirements (Trail Companion.)

I. One to One (Optional)

❑ **A.** Make a personal visit to an elderly member of your church and follow up with a thoughtful phone call, letter, or card expressing joy in meeting him / her.

Report:_____

II. Group Witness (Optional)

❑ **A.** Participate in an outreach activity, and bring a non-SDA friend to participate or observe.

Report:_____

III. Community Outreach (Optional)

A. With the help of 2 or 3 friends, spend 6 hours working for your church, school, or community. ❑

Report:_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
❑	III.	_____	_____	(Optional)

Making Friends

Requirements: Select two of the three sections for the standard class requirements (Companion.)
Do Sections I, II, and III for the advanced class requirements (Trail Companion.)

I. Building Relationships (Optional)

❑ **A.** Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.

Report:

II. Christian Lifestyle (Optional)

❑ **A.** Discuss and demonstrate respect for your parents / guardian and what they provide for you.

Report:

III. Good Citizenship (Optional)

A. List five rules of flag courtesy. ❑

1. _____

_____

_____

_____

2. _____

_____

_____

_____

3. _____

_____

_____

_____

4. _____

_____

_____

_____

5. _____

_____

_____

_____

Demonstrate how to properly fold your national flag.

Report: _____

_____

_____

_____

B. Study and report orally on your nationality. Draw your family tree on the following page. ❑

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
❑	III.	_____	_____	(Optional)

Family Tree

Health and Fitness

Requirements: Select two of the three sections for the standard class requirements (Companion.)
Do Sections I, II, and III for the advanced class requirements (Trail Companion.)

I. Health Principles (Optional)

A. List and discuss five foods in each area: high in sugar, high in salt, high in saturated animal fat. ❑

High in Sugar: _____

High in Salt: _____

High in Saturated Animal Fat: _____

B. List and discuss five prominent family health problems, and discuss areas of prevention for each. ❑

Health Problem No. 1: _____

Health Problem No. 2: _____

Health Problem No. 3: _____

Health Problem No. 4: _____

Health Problem No. 5: _____

II. First Aid / Safety (Optional)

A. Complete the Basic First Aid Honor. ❑

Basic First Aid Honor Requirement

If residing in the United States or another country where Red Cross instruction is given, satisfactorily pass the Red Cross Examination in Basic First Aid and receive your certificate. In British countries, pass the examination in St. John Ambulance and receive certificate for the same.OR complete the following requirements:

_____ 1. Know the causes of shock and demonstrate its proper treatment.
_____ 2. Know the proper steps for rescue breathing.
_____ 3. Know the pressure points and how to correctly apply pressure at these points.
_____ 4. Know the proper procedures to:
- _____ a. assist a choking victim.
- _____ b. assist a bleeding victim.
- _____ c. assist a victim of poisoning.
- _____ d. assist a first, second, and third degree burn victim.
- _____ e. assist a victim of a chemical burn.
- _____ f. give aid to the victim of a head injury.
- _____ g. give aid to a victim of internal injuries.
- _____ h. treat a snake bite.
- _____ i treat animal bites.
- _____ j. insect and spider bites.

_____ 5. Demonstrate the proper procedure in splinting various broken bones in the body.
_____ 6. Know what situations are likely to cause carbon monoxide poisoning, and the rescue and treatment techniques for such poisoning.
_____ 7. Know the difference between a heart attack, stroke, epilepsy, and simple fainting, and the treatment for each.
_____ 8. Know how to prevent infection.
_____ 9. What is the difference between heat exhaustion and heat stroke, and what is the treatment for each?
_____ 10. What should you do if your clothes catch on fire?
_____ 11. What are the basic fire prevention principles for the home?
_____ 12. What are the basic water safety principles?
_____ 13. What are the ways to save a drowning victim without swimming?
_____ 14. What are the basic electrical safety principles?
_____ 15. How can you prevent food poisoning?

Honor Completed

Date:_____ Instructor:_____

B. Study and practice "Home Safety". ❑

Home Safety

"Safe at home." Don't you believe it! More accidents happen at home than any other place. One reason, of course, is that people spend so much of their time at home. But another is that it is easy to get careless around the house.

SAFETY-INSPECT YOUR HOME. While many home accidents are caused by carelessness, many more are caused by overlooking dangerous conditions. So inspect your home. Look for health and safety hazards. Correct any that you find.

Falls and fires are the main causes of accidents in the home.

Falls

- Remove clutter and toys from stairways. Place toys not in use in the storage area where they belong.
- Remove weak or broken stair railings.
- Put non-slip backing on throw rugs and mats.
- Use non-skip strips in bathtub or shower for safe footing.
- Remove tripping hazards from areas where people walk: electric cords, wires, ropes, and hoses.
- Put stronger light bulbs in poorly lighted areas.
- Use a safe stepladder when you want to reach an object on a high shelf.
- Trash is a major safety hazard. It's a serious fire danger, as well as causing bad falls and injury. Clean it up — indoors and outdoors.

Fires

- Place matches out of reach of children.
- Remove trash from the vicinity of stoves and heaters.

- Replace frayed electric wires and broken plugs.
- Wet down contents of an ash tray before throwing them out.
- Wrap up oily rags in aluminum foil and get rid of them.
- Place a spark-catching screen in front of a fireplace that has a fire burning in it.

Wounds

Accidents that cause wounds occur most often in the kitchen and in the home workshop.

- Store knives and other sharp tools where children cannot get hold of them.
- Get rid of broken glass the safe way: Remove the bigger pieces with brush and dustpan, the tiny splinters with a wad of wet cotton or a wet, crumpled-up paper towel.

Poisons

Poisoning in the home happens mostly to unsupervised children.

- Place medicines, cleaning items, and pesticides where children cannot get at them.
- Scrape off and get rid of paint that may have lead in it.

Use the worksheet on page 15 to evaluate your home. Show the survey to an adult member of your family, and correct any low ratings.

Plan an exit route for your family in case of fire.

❑ III. Fitness / Exercise (Optional)

A. Discuss with a physical therapist or PE Teacher the differences between aerobic and non-aerobic exercise.

Report:_____

_____

_____

_____

_____

_____

_____

_____

_____

❑ **B.** Complete one of the fitness tests for your age:

President's Physical Fitness
Canadian Fitness
Health-related Physical Fitness (For the Physically Disabled.)

See your instructor for requirements.

Set goals and improve. _____

_____

_____

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
❑	III.	_____	_____	(Optional)

Home Safety Worksheet

Evaluation: Use a scale of 1-9 (1=low risk; 5=aveage; 9=high risk). If an item does not apply in your home, put N/A in the box. For example, if you live in a one story home, your house might not have any stairs.

Indoors	Low 1	2	3	4	5	6	7	8	9 High	N/A
Bathroom										
Is the floor slick when wet?										
Is the tub slick when wet?										
Kitchen										
Is the floor slick when wet?										
Stairs										
Are the stairs steep?										
Is the stair rug loose?										
Is the railing in place and secure?										
Electrical										
Do bare wires show?										
Are cords frayed?										
Do unused outlets have safety caps?										
Are there no more than two cords per outlet?										
Poisons										
Is the storage area not reachable by children?										
Fire										
Are extinguishers available?										
Are there smokers in the house?										
Are there working smoke detectors?										
Workshop										
Are poisons out of reach?										
Are tools put away ?										
Repair state										
Is the residence new?										
Other										
_____										
_____										
_____										

Outdoors	Low 1	2	3	4	5	6	7	8	9 High	N/A
Driveway										
Is the Driveway steep?										
Do bushes block the view?										
Garage										
Is there a place for tools?										
Is there a place for bicycles?										
Sidewalk										
Is the sidewalk level?										
Is the sidewalk clean?										
Does water pool on the walk?										
Does water pool on the lawn?										
Other										
_____										
_____										

Signed by _____ Date _____

Youth Organization

Requirements: Select two of the three sections for the standard class requirements (Companion.)
Do Sections I, II, and III for the advanced class requirements (Trail Companion.)

I. Leadership (Optional)

☐ **A.** Plan and lead a devotional service for your unit or club or Sabbath School.

Report:

☐ **B.** Help your unit plan a half-day or 10-mile (16 KM) orienteering hike, and lead out in the activity.

Report:

II. Club Awareness (Optional)

A. Discuss with your counselor your units involvement in the total Pathfinder Club program, OR, for the AJY Societies, invite a Pathfinder person to speak to your group. ❑

Report:_____

III. Pathfinder Programming (Optional)

A. Take part in and rate your club unit in four of the following: ❑

____ 1. Induction
____ 2. Club Meeting
____ 3. Pathfinder Sabbath
____ 4. Investiture Service
____ 5. Quarterly Scheduling
____ 6. Club Campout

Report:_____

❑ **B. Complete requirements 3 and 6 of the Drilling and Marching Honor.**

Requirement #3: Explain the actions in each of the following groups:

____ a. At Ease, Stand at Ease, and Parade Rest
____ b. Mark Time, Quick Time, and Double Time
____ c. Hand Salute and Present Arms
____ d. Right (Left) Flank and Column Right (Left)

Report:_____

Requirement #6: Explain and demonstrate how to use, display, and care for the national flag, including how to properly fold it.

Report:_____

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
❑	III.	_____	_____	(Optional)

Nature Study

Requirements: Do Section I for the standard class requirements (Companion)
Do Sections I, II, and III for the advanced class requirements (Trail Companion.)

I. Spiritual Lessons (Required)

A. Review the story of creation, and keep a 7-day outdoor log of your personal observations from nature in which each day focuses on those things that were created on that day. ❑

Observations of Creation Week

Day One: _____

_____

_____

_____

Day Two: _____

_____

_____

_____

Day Three: _____

_____

_____

_____

Day Four: _____

_____

_____

_____

Day Five: _____

_____

_____

_____

Day Six: _____

_____

_____

_____

Day Seven: _____

_____

_____

_____

II. Nature Appreciation (Optional)

❑ **A.** *Animal Tracking* - Make plaster casts of 3 different animal tracks.

Animal Track No. 1 _____

_____

Animal Track No. 2 _____

_____

Animal Track No. 3 _____

_____

❑ **B.** *Trees Shrubs and Cacti* - Collect or obtain and identify the leaves of 15 different trees and seven shrubs OR photographand observe at least five different types of cacti.

Report: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

III. Nature Honor (Optional)

❑ **A.** Complete a nature honor at your skill level, not previously earned.

Below is a list of suggested honors. Check those that you complete for this class. (See *AY Honors Handbook* for requirement helps.)

____ Amphibians	____ Geology	____ Seeds
____ Bird Pets	____ Insects	____ Shrubs
____ Birds	____ Mammals	____ Trees
____ Cacti	____ Orchids	____ Weather
____ Cats	____ Reptiles	
____ Dogs	____ Sand	

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
❑	III.	_____	_____	(Optional)

Outdoor Living

Requirements: Select Section I or II for the standard class requirements (Companion.)
Do Sections I and II for the advanced class requirements (Trail Campanion.)

I. Outdoor Skills (Optional)

A. Tie and know the practical use of 15 knots. ❑

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

B. Learn or review the safety rules for camping. ❑

Safety Rules for Camping

1. Hiking

a. Know the proper clothing for the type of hiking you will and could be doing.
b. Shoes should be comfortable, should have ankle support, well broken in and able to allow a heavy pair of socks.
c. Know the proper rules when hiking along a road. Example: Walk in a single file, on the left side of the road facing the oncoming traffic. At night wear the proper clothing so you can be seen, or carry a flashlight.
d. No hitchhiking, and obey all "no trespassing" signs.
e. Know the proper equipment when hiking. Example: Water, first aid kit, etc.

2. Fire Safety

a. Locate a safe place for all fires - 10 ft. cleared area without any close overhanging branches.
b. Do not use petroleum products for starting fires.
c. Make sure all fires are completely out and doused with water so you can put your hand in without being burned or feeling any heat. Cover with dirt.
d. Cut away sod from your fire pit, build fire, extinguish fire, replace sod, and see if you can cover all trace of activity.

3. When Lost

a. Sit down and think; don't panic. Pray. Force yourself to sit still until you can think clearly. Don't try to remember details, but general landmarks. Where were you when you were lost on the trail or at a know point? This may take a half hour or more.
b. Don't move from the point where you are until you mark it. Place a rag on a stick in the ground or put your hat on a stump. Do something to mark your spot.
c. Climb a tree and try to locate a familiar spot. Don't be in a hurry. Take time. Look for smoke. This usually means people are there. If you have a compass, check exact direction. If not, check landmarks by which you can chart your course.
d. From your plainly marked spot take 50 - 100 steps away, depending on how dense the woods are. Always keep your marked spot in view. Now make a circle around the spot and see if you do not find a trail, road, your own tracks, a stream or something that will help.
e. If the time is within an hour of sundown, make ready to spend a comfortable night in the woods. Don't be afraid — be prepared.
f. Build a safe fire - Have enough wood on hand to keep it going all night.
g. In the morning, if you are not sure which direction to go, place green branches on the fire to create smoke — do not put fire out. Three fires will be a signal for help.
h. Wait for help to come. Listen for the calls of searchers.

4. Knife and Hatchet (or ax) Safety

a. Knife Safety:
1. Keep your knife sharp and free from rust at all times.
2. Whittle away from yourself.
3. When splitting a stick, do not hammer the back of the blade — this ruins the edge and weakens the knife hinge.
4. Keep the blade away from fire — removes the temper.
5. When carrying your knife, keep a pocket knife closed.
6. Don't play with your knife.
7. Do not cut on your knee.
8. Keep fingers out of the way.

b. Hatchet (ax) safety
1. Keep your ax sharp
2. Keep the handle tight to the head.
3. Keep the ax off the ground.
4. A hatchet (ax) is not a hammer, a maul, or a wedge.
5. Clear the ground an ax length around - ax length + length of your arm.
6. Onlookers stay two ax lengths away.
7. Rest when you are tired.
8. Carry ax with the blade out.
9. Pass the ax with its harmless end first — handle first, head down.
10. Get a firm footing.
11. Spread feet apart and keep them out of the way.
12. Keep the hatchet (ax) sheathed when not in use.
13. Never touch a living tree — unless with definite permission and for a definite purpose.

5. Equipment

Tents: Tents are a must for the varied outdoor activities of Pathfindering. Tents come in many different sizes, and because of this you must consider the type of use your tent will be used for. Large tents, such as family tents, are good for a group of people because of the need for fewer tents. If you are planning on backpacking, you need to look into tents that are compact, easy to set up and of lightweight materials.

A good tent will provide the best possible protection available. First of all, it should be able to withstand high winds and rain downpours, be made of a breathable material, and have a waterproof rainfly.

Whenever setting up tents, never hit metal stakes with hammers, hatchets, axes or any metal object without eye protection.

Care of tents:

a. Never submerge a tent to clean it.
b. Food spilled on or in a tent should be wiped up with a soft sponge and warm water.
c. Never walk on a tent with or without shoes or when you are setting up at a campsight.
d. Always make sure your tent is completely dry; check all poles, stakes, etc. before storage.
e. All seams should be waterproofed regularly.
f. Carry the proper mending material for your tent material.

Pitching of Tents: Always pitch tents in a dry area — not in low places where water can run under your tent. Watch for stones where you may have to lay or that may puncture your tent while setting up.

Sleeping Gear: Sleeping gear can range from a simple bed roll (blankets and a sheet) to a sleeping bag. A good nylon sleeping bag will provide warmth for your type of camping. A down-filled sleeping bag should have a loft of around 3 1/2 inches and 2 nylon zippers. Check the construction of the sleeping bag and make sure the seams are offset and not sewn through.

Ground pads provide comfort. There are two main types — foam plastic (polyur-ethane) or ensolite foam. A pad will help keep the cold from being absorbed by your body.

Cooking Gear: All gear should be kept light and simple. Many of the mess kits that you can purchase serve very well; tin forks, spoons or lightweight plastic cups for drinking.

Stoves: There are four basic types of stoves, and, as with anything, safety must be kept in mind. These are:

a. White gas - burning
b. White gas hand operated fuel pumps
c. Kerosene
d. Cartridge Stoves (butane, propane)

All stoves can be useful and beneficial to all, but safety must be kept in mind. Never use a stove in a tent. After filling, any spillage should be cleaned up and the stove should be used until you are sure there is not any open gas or fuel.

6. Poisonous Plants:

There are 3 common plants that should be identifiable by all — poison ivy, poison oak, poison sumac. Familiarize yourself with these, using any common plant guide, and learn to avoid them.

7. Water

Whenever you are choosing a campsight you need to take into consideration the availability of safe drinking water.

a. No matter how clear the water looks, it may not be safe to drink. Make sure and purify it yourself.
b. Water may be purified 3 ways:
1. Boiling - strain with a cloth to remove sediment, then boil vigorously for at least 1 minute (longer at high altitudes).
2. Filtering - several micropore water filters are available on the market; choose one to fit your quantity needs.
3. Chemicals - range from iodine or chlorine tablets to household bleach. Follow directions on the bottle .
c. Some of the best sources of water in a wilderness area are springs, where the water is coming out of the side of a hill, and high mountain streams. It is best to go upstream to the buildup area and above the junction of small streams. Avoid areas where there is dark-colored vegetation in the water, floating debris, or odors, for these may indicate heavy pollution. Lakes are probably the poorest of water supplies.

II. Outdoor Activity (Optional)

A. Earn Camping Skills #2 Honor. ❑

Camping Skills II Honor Requirement

_____ 1. Be at least in the sixth grade.
_____ 2. Develop a personal philosophy of outdoor etiquette, such as courtesy to other campers and outdoor conservation.
_____ 3. Know and understand the following six W's for the selection of a good campsight: Wind, Water, Wild things, Wood, Weather, Willingness.
_____ 4. Demonstrate your ability to protect the wilderness and your water source by proper personal hygiene and cooking sanitation.
_____ 5. Participate in a weekend campout.
_____ 6. Take part in a camp worship service to include on of the following: Sabbath School lesson study, Story, Worship thought, Leading song service.
_____ 7. Know how to safely light and use a camp stove and lantern.
_____ 8. Know safety rules and demonstrate your ability to properly cut firewood. Demonstrate how to break dead wood properly.
_____ 9. Using fuzz sticks or shaved sticks, build and know the use of a council or crisscross fire and one type of cooking fire. Review firebuilding safety rules.
_____ 10. Explain two ways to keep camp food cool.
_____ 11. Build two different camp cranes.
_____ 12. Prepare camp meals using boiling, frying, and baking.
_____ 13. Demonstrate tent site selection. Properly pitch and strike a tent. What precautions should be taken when striking a wet tent? Properly clean, dry, and store a tent.
_____ 14. Bedding:
____ a. Show proper ways to stuff or roll your sleeping bag or bedroll for travel.
____ b. Tell how to keep a sleeping bag or bedroll dry on a camping trip.
____ c. Describe how to properly clean your sleeping bag or bedroll.

Honor Completed

Date:_____ Instructor:_____

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
	III.	_____	_____	(Optional)

Honor Enrichment

Requirements: This track is not required for the standard class requirements (Companion.)
Do Sections I and II for the advanced class requirements (Trail Companion.)

I. Arts and Crafts / Hobbies / Household Arts (Optional)

❑ **A. Complete one honor at your skill level, not previously earned, in the area of art, craft, hobby, or household skills. Check those that you complete for this class.** (See *AY Honors Handbook* for requirement helps).

Arts/ Crafts/ Hobbies

____ Airplane Modeling
____ Braiding
____ Bread Dough
____ Candlemaking
____ Copper Enameling
____ Feltcraft
____ Glass Painting
____ Glasscraft
____ Indian Lore
____ Leathercraft
____ Macrame
____ Model Rocketry
____ Plastercraft
____ Soapcraft
____ String Art
____ Weaving

Household

____ Baking
____ Basic Sewing
____ Cooking
____ Dressmaking
____ Laundering

II. Recreational / Outdoor Industries / Vocational (Optional)

❑ **A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, outdoor industries, or vocational studies. Check those that you complete for this class.**
(See *AY Honors Handbook* for requirement helps).

Recreational

____ Archery
____ Beginners Swimming
____ Beginners Swimming, Advanced
____ Campcraft
____ Camp Skills I
____ Camp Skills II
____ Cycling
____ Drilling & Marching
____ Hiking
____ Horsemanship
____ Kites
____ Track & Field

Outdoor Industries

____ Flower Culture
____ Gardening
____ Horse Husbandry
____ Sheep Husbandry

Vocational

____ Basic Computer
____ Basic Computer, Advanced
____ Christian Salesmanship

❑ **B. Earn the Beginners Swimming honor, if not previously earned.**

SECTIONS COMPLETED

		Date	Instructor	
❑	I.	_____	_____	(Optional)
❑	II.	_____	_____	(Optional)
	III.	_____	_____	(Optional)

The NAD Pathfinder Ministries Department gives special thanks to Dr. Dennis Campbell and the Ashville, North Carolina Pathfinder Club for their concept of this workbook, and to Glen Milam of the Sligo Pathfinder Club, Takoma Park, Maryland, for the layout and design.

Available from:
Advent*Source*
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AY Classes Instructors Manual
AY Honor Handbook

Printed in the U.S.A.
2nd Edition
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ISBN 1-57756-191-0