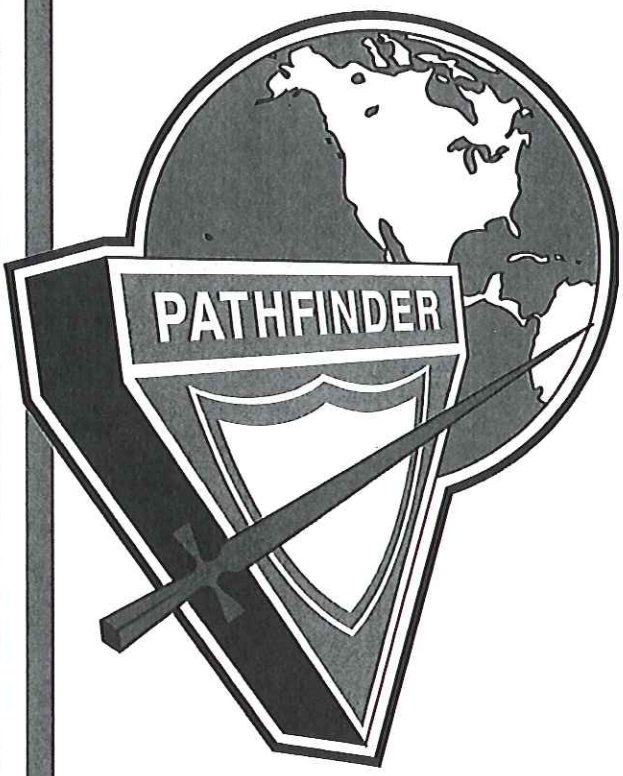
Name: _____



Adventist Youth Class

Explorer Activity Diary

Adventist Youth Class

Explorer Activity Diary

Personal Growth

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

I. Involvement (Required)

A. Be age 12 OR in grade 7, 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. Illustrate the meaning of the Pledge by doing one of the following: ❑

Art Project	Written Composition	Musical Interpretation
Panel Discussion	Role Playing	Skit

Report: _____

_____

_____

III. Growth (Required)

❑ **A. Earn the Explorer Reading Certificate OR the Junior Reading Certificate.** (The Junior Reading Certificate and the Explorer Reading Certificate Requirements are very similar. For simplicity, the Explorer Certificate requirements are listed here.)

1. Read 5 chapters of your choice from Acts of the Apostles by Ellen White, and the New Testament book of Acts.

List Chapters: _____

2. Read Chapters 7 and 8 from Patriarchs and Prophets.

Report: _____

3. Read a book or 5 articles on astronomy.

References: _____

4. Read at least 2 articles in preparation for your discussion under Health and Fitness, III-A Fitness.

References:

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.

Reference: (Missions) _____

OR (Nature) _____

OR (Science) _____

OR (Biography) _____

6. Read Weeks 27 - 39 in the Weekly Bible Reading Guide.

Week 27
ATTITUDES
____ Mark 9:33-35
____ 1 Thess. 5:18
____ Psalms 34
____ Ephesians 3
____ James 2

Week 28
COMMITMENT
____ Isaiah 40
____ Genesis 17
____ Proverbs 4
____ Luke 9

Week 29
GROWTH
____ 1 Corinthians 6
____ 1 Corinthians 13
____ Psalms 53
____ Psalms 90
____ Ruth 1-2
____ Ruth 3-4

Week 30
FAITH
____ Jude 1
____ Romans 14
____ Matt. 9
____ Luke 17

Week 31
PRAISE
____ Psalms 108
____ Psalms 27:1-4
____ Psalms 56
____ 1 Peter 5
____ Isaiah 63

Week 32
PRAYER
____ Psalms 116
____ Matthew 6-7
____ 1 Thessalonians 5
____ Luke 18
____ Psalms 20

Week 33
TRUST
____ Exodus 33
____ Prov. 3:4,5
____ Psalms 62
____ Isaiah 30:19-26
____ Jeremiah 10
____ Isaiah 38

Week 34
SALVATION
____ John 1
____ Acts 2
____ Psalms 60
____ Haggai 1-2
____ Romans 3

Week 35
FORGIVENESS
____ Isaiah 1
____ Isaiah 38
____ Psalms 30
____ Psalms 40
____ John 2

Week 36
ABUNDANT LIFE
____ Romans 5
____ John 15
____ Luke 19:1-27
____ Jeremiah 4:1-8
____ Ephesians 1-2
____ Ephesians 3

Week 37
DEATH
____ Hebrews 9
____ John 16
____ Revelation 7:14-17
____ Ecclesiastes 12

Week 38
BAPTISM
____ Romans 6
____ Matthew 3
____ Matthew 28
____ Luke 3
____ 1 Peter 3

Week 39
SECOND COMING
____ 1 Corinthians 15
____ Isaiah 64
____ Titus 1:13
____ Isaiah 25
____ James 5
____ Mark 13

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 (Explorer.)
Do Sections I, II and III for the advanced class requirements (Wilderness Explorer.)

I. Scripture (Required)

❑ **A. Memorize a Bible text in each of the seven categories below:**

I. Great Passages
1. 1 Peter 1:24-25
2. 1 Kings 18:21
3. Matthew 24:37-39
4. option _____

II. Salvation
1. Matthew 16:24-27
2. Luke 14:28,33
3. Proverbs 28:13
4. 1 Timothy 1:15
5. John 3:16-18
6. option _____

III. Doctrine
1. Acts 1:9-11
2. Ecclesiastes 12:13-14
3. 1 Corinthians 6:19-20
4. option _____

IV. Prayer
1. Psalms 5:3
2. Psalms 51:3
3. option _____

V. Relationship
1. John 13:34,35
2. Proverbs 19:19
3. John 15:13
4. Romans 14:11
5. 1 John 1:28
6. option _____

VI. Behavior
1. Colossians 3:23
2. Proverbs 22:29
3. Philippians 4:8
4. John 3:19
5. 1 Corinthians 2:14
6. option _____

VII. Promises/Praise
1. Proverbs 3:5,6
2. Psalms 91
3. 1 Corinthians 10:13
4. 2 Timothy 4:7,8
5. James 4:7
6. option _____

❑ **B. Give an oral or written report on 3 Biblical prophets, OR name at least 10 Bible authors and their vocations, and identify 3 of the original languages of the Bible.**

Report:_____

II. Church Heritage (Optional)

A. Read about Ellen G. White's vision of the Battle of Bull Run (Manassas) during the American Civil War. Go to the library and read one account of that battle and discuss with your parents or conuselor the differences between the two accounts, OR fulfill other options in the *Instructor's Manual.* ❑

Report: _____

III. Christian Heritage (Optional)

A. Role play the experience of a person of the New Testament church (Acts). ❑

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 (Explorer.)
Do Sections I, II and III for the advanced class requirements (Wilderness Explorer.)

I. One to One (Optional)

❑ **A.** Make a personal visit to a sick person you know and follow it up with a phone call, letter, or card of encouragement.

Report:_____

II. Group Witness (Optional)

❑ **A.** Explain how you can share your faith, and participate in 4 hours of outreach programs.

Report:_____

III. Community Outreach (Optional)

A. With the help of two or three friends, spend 8 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 (Explorer.)
Do Sections I, II and III for the advanced class requirements (Wilderness Explorer.)

I. Building Relationships (Optional)

❑ **A. Participate in a panel discussion or skit on peer pressure and its role in your decision making.**

Report:_____

II. Christian Lifestyle (Optional)

❑ **A. Earn the honor in Christian Grooming and Manners** OR **Family Life.**

Christian Grooming and Manners Honor Requirement

_____ 1. What well-balanced combination of strengths did Jesus develop as a growing youth? (Luke 2:52)
_____ 2. According to Psalm 8, what estimate does God place on your personal worth?
_____ 3. Are names important to God? Does He know your name? (Isa. 43:1, Ex. 33:17, Isa. 45:4)
_____ 4. Demonstrate or discuss proper conversational skills, including:
____ a. The proper way to talk to older people in public.
____ b. How to address people and make proper introductions.
____ c. Questions to avoid.
____ d. How to think of pleasant things to say.
____ e. How to show concerns for the feelings of others.
____ f. What to say when you answer the door.
____ g. How to answer the telephone correctly.
_____ 5. If you want to use your gift of speech to God's glory, what should your prayer be? (Psalm 19:14).
_____ 6. List seven points showing the power of correct posture. Check your posture and body profile. Demonstrate how to stand and sit correctly. Read Education page 198, para. 3, and note the benefits mentioned that come to you as a result of correct posture.
_____ 7. Give 2 reasons why physical fitness is important. Explain the relationship between proper diet, exercise, and weight control.

_____ 8. Tell the importance of proper grooming, including bathing, body hygiene, breath, proper care of clothes, shoes, etc.
_____ 9. Describe the proper way to wash your hair and care for your "hair tools".
_____ 10. Describe the proper care for your hands and fingernails.
_____ 11. Know the importance of daily "soul-grooming" and of building a Christian character, and why "belonging to Christ" makes a difference in the way you dress and act.
_____ 12. Discuss Scriptural guidelines that will help you cope with your sexuality and keep your thought-life clean. Discuss intelligently the "do's" and "taboos" of dating.
_____ 13. List 4 reasons why your face is important to you, and show the way you exercise and sleep can improve your facial appearance. What relationship do thoughts have to facial "print-out"? Describe proper facial care.
_____ 14. Know the rules of table etiquette which make it easier for you and those around you, such as what to do with your knife and fork after using them. Know how to be a welcome dinner guest and a joy to your hostess.
_____ 15. List 10 principles to help you overcome self-consciousness and social embarrassment.

For Young Ladies

_____ 16. Demonstrate 2 exercises that will improve your posture and trim your hips, waist, thighs, and stomach.
_____ 17. Know how to choose a hair style that makes you look your best.
_____ 18. Tell the proper style of clothes to wear if you are tall, plump, short, or thin, or have a heavy hipline or full bosom.
_____ 19. Demonstrate the correct way to put on a coat or outer wrap.

For Young Men

_____ 16. Tell how to have well-groomed hair and how to choose a hairstyle that makes you look your best.
_____ 17. List clothing rules and the proper style of clothes to wear if you are tall and thin or short and chubby.
_____ 18. Tell why Christians should practice good manners. Demonstrate how to seat a girl or woman at a table and how to properly escort a lady from her home to a social function.

Honor Completed

Date:_____ Instructor:_____

Family Life Honor Requirement

_____ 1. Explain the roles of the father, mother, sister, and brother as given in the Bible and Spirit of Prophecy.
_____ 2. What is the difference between self-respect and pride? Write a paragraph about some of the things that make you feel good about your family. Include the things you are proud of and your family's good qualities and accomplishments.
_____ 3. Do one of the following in your home for one week:
____ a. Properly dispose of garbage.
____ b. Wash the dishes.
____ c. Wash the clothes.
____ d. Dust and keep the floors clean.
_____ 4. Show that you can care for the younger members of your family or a neighbor's family for at least a couple of hours.
_____ 5. Make a list of some of the things your family spends money on. Explain your responsibility to the finances of your family.
_____ 6. Make a list of family activities that you think your family would enjoy.
_____ 7. How would you make a family worship meaningful for preschoolers, juniors, and teens? Plan and conduct a family worship for one of these age groups.
_____ 8. Know what to do in the following circumstances in your home:
____ a. Accident
____ b. Fire
____ c. Loss of a relative
____ d. Financial crisis
____ e. Bad storm
_____ 9. Plan and conduct a fire drill in your home.
_____ 10. List 5 ways you can show concern for or interest in your neighbors.
_____ 11. Study the recreational activities of your family. What improvements, if any can be made?

Honor Completed

Date:_____ Instructor:_____

III. Good Citizenship (Optional)

❑ **A.** Tour your municipal offices OR have a city official visit your group and explain 5 ways you can cooperate with them.

Report: _____

_____

_____

_____

_____

_____

_____

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_____

_____

_____

_____

_____

_____

SECTIONS COMPLETED

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

Health and Fitness

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

I. Health Principles (Optional)

A. Make a list of 5 health laws given to Moses. Tell how they have been verified in modern times. ❑

1. _____

2. _____

3. _____

4. _____

5. _____

B. Discuss the effects of caffeine and related stimulants, and show how to avoid depression. ❑

Report: _____

II. First Aid / Safety (Optional)

❑ **A.** Complete the Basic Rescue Honor.

Basic Rescue Honor Requirement

_____ 1. What is the definition of an emergency rescue?
_____ 2. Show how to safely rescue a person from the following situations:
____ a. Being in contact with a live electric wire.
____ b. A room filled with fumes or smoke.
____ c. Clothes on fire.
____ d. Drowning, using a non-swimming rescue.
____ e. An ice accident.
_____ 3. Show three ways of attracting and communicating with rescue aircraft.
_____ 4. Know six indications of the need for am immediate rescue.
_____ 5. Know six procedures to follow before moving a victim from a life-threatening situation.
_____ 6. Know five principles involved in moving a victim from a life-threatening situation.
_____ 7. Know the proper ways to help a victim, without assistance, in the following:
____ a. Pulling the victim.
____ b. Lifting the victim.
____ c. Assisting a victim in walking.
_____ 8. Know the proper way to help a victim, with assistance, in the following:
____ a. Chair carry.
____ b. Fore-and-aft carry.
____ c. Two-handed and four-handed seats.
____ d. Blanket carry.
____ e. Three-man hammock carry with victim in supine and prone positions.
____ f. Three- or four-man lift.
____ g. Six-man lift and carry.
_____ 9. Know how to properly use a stretcher and carry a victim on a stretcher. Know how to make an improvised litter.
_____ 10. Know how to properly use ropes and knots as follows:
____ a. Tie knots for joining ropes together.
____ b. Tie knots for shortening a rope.
____ c. Tie knots for use around a person.
____ d. Coil and accurately throw a light and heavy 50 foot rope.
_____ 11. What steps should be taken before reporting a lost person? What information will be needed when reporting a lost person? How is a search for a lost person conducted in a wilderness area?

Honor Completed

Date:_____ Instructor:_____

❑ **B.** Study and practice "Bicycle Safety".

Bicycle Safety Awareness

Bicycles are not toys! All 50 states and all Canadian provinces now recognize legally that bicycles are vehicles.
Bicycles are permitted on sidewalks only for ages 10 and under.
Every State Department of Transportation or Secretary of State (whoever issues licenses) puts out booklets on rules of the road for bicycles, pedestrians, slow vehicles, etc. Obtain some of these for study.

The following rules are what one bicycle club provides for all their riders, including guests:

1. Carefully review a map of the area you will be riding in. Note road hazards.
2. Ride only safe equipment. If in doubt, ask another cyclist.
3. We strongly urge the use of protective head gear.
4. Obey all traffic signs and lights. You are driving a vehicle.
5. Ride as far to the right as practical.
6. Ride single-file when being overtaken by cars, trucks or other cyclists.
7. Point out road hazards such as broken glass, loose gravel, holes, etc. to those behind you.
8. Warn those in front of you when overtaking ("On your left"; "Passing on your left").
9. Avoid front-wheel-only braking.
10. Be courteous to all you meet.

III. Fitness / Exercise (Optional)

A. Discuss the advantages and disadvantages of individual sports and team sports as your primary exercise program. ❑

Advantages: _____

_____

_____

_____

_____

_____

_____

Disadvantages:

_____

_____

_____

_____

_____

_____

_____

_____ ❑

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)

Youth Organization

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

I. Leadership (Optional)

❑ **A.** Lead out in your club's opening exercises or Sabbath School Program.

Date: _____

Report: _____

❑ **B.** Participate in and evaluate a weekend campout.

Evaluation: _____

II. Club Awareness (Optional)

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

Report:_____

III. Pathfinder Programming (Optional)

A. Help plan, participate in, and evaluate your club in five of the following: ❑

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

Report:_____

❑ **B.** Complete the requirements for the Drilling and Marching Honor.

Drilling and Marching Honor Requirement

_____ 1. Explain five or more objectives of drilling.
_____ 2. Define the following:
____ a. Formation
____ b. Line
____ c. Rank
____ d. Interval
____ e. Column
____ f. File
____ g. Distance
____ h. Cover
____ i. Flank
____ j. Cadence
_____ 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)
_____ 4. Properly execute the following basic movements:
____ a. Attention
____ b. Parade Rest
____ c. Stand at Ease
____ d. At Ease
____ e. Dress Right Dress
____ f. Prayer Attention
____ g. Present Arms
____ h. Order Arms
____ i. Right Face
____ j. Left Face
____ k. About Face
____ l. Fall Out
_____ 5. Properly execute the following basic movements:
____ a. Mark Time
____ b. Forward March
____ c. Right Flank
____ d. Left Flank
____ e. Column Right
____ f. Column Left
____ g. Rear March
____ h. Halt
_____ 6. Explain and demonstrate how to use, display, and care for the national flag, including how to properly fold it.

Honor Completed

Date:_____ Instructor:_____

SECTIONS COMPLETED

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

Nature Study

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

I. Spiritual Lessons (Required)

A. Review the story of the flood, and study at least 3 different fossils; explain their origin and relate them to breaking God's laws. ❑

Report: (Fossil No. 1) _____

_____

_____

_____

Report: (Fossil No. 2) _____

_____

_____

_____

Report: (Fossil No. 3) _____

_____

_____

_____

II. Nature Appreciation (Optional)

A. *Stars* - Be able to identify in the sky the North Star, Big Dipper, Little Dipper, and Orion. Explain the spiritual significance of Orion as told in *Early Writings*, p. 41. ❑

Report: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

❑ **B.** ***Weather/Ferns*** **- Record and graph the weather for 2 weeks at 12-hour intervals. Include temperature, moisture, cloud formation, and wind direction,** OR **draw or photograph, and identify, 10 kinds of ferns.**

1. Date: _____ Location: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

2. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

3. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

4. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

5. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

6. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

7. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

8. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

9. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

10. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

11. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

12. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

13. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

14. Date: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Time: _____ Temp.: _____ Moisture: _____ Clouds: _____ Wind: _____

Fern 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.*)

____ Animal Tracking
____ Chemistry
____ Dog Care & Training
____ Domestic Animals
____ Ecology
____ Edible Wild Plants
____ Ferns
____ Fishes
____ Flowers
____ Fossils
____ Fungi
____ Geology, Advanced
____ House Plants
____ Insects, Advanced
____ Livestock
____ Mammals, Advanced
____ Marine Invertebrates
____ Moths & Butterflies
____ Optics
____ Poultry
____ Rocks and Minerals
____ Seeds, Advanced
____ Spiders
____ Stars
____ Weather, Advanced

SECTIONS COMPLETED

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

Outdoor Living

Requirements: Select Section I or II for the standard class requirements (Explorer.)
Do Sections I and II for the advanced class requirements (Wilderness Explorer.)

I. Outdoor Skills (Optional)

A. Tie and know the practical use of 20 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 #3 Honor. ❑

Camping Skills III Honor Requirement

_____ 1. Be at least in the seventh grade.
_____ 2. Work for three hours on a wilderness beautification project, such as making or clearing a trail.
_____ 3. Review six points in the selection of a good campsight. Review the safety rules of firebuilding.
_____ 4. Go on a weekend campout.
_____ 5. Lay the following three fires and tell their uses:
  _____ a. Star Fire
  _____ b. Hunter's Fire
  _____ c. Reflector Fire
_____ 6. Know six ways to start a fire without a match. Build a campfire using one of these.
_____ 7. Know how to properly sharpen a hatchet and knife.
_____ 8. Cook a one-pot meal using fresh or dried food.
_____ 9. Describe the various types of tents and their uses: mountaineering, alpine, forest, tube, and backpack.
_____ 10. How does condensation occur in a tent, and how can it be prevented?
_____ 11. Demonstrate your ability to anchor a tent down, using the tautline hitch and two half-hitches.
_____ 12. While camping, plan and give a ten minute devotional or lead out in a Sabbath School, camp church, or camp vespers.
_____ 13. Properly locate and build one of the following and describe its importance to the individual and the environment:
  _____ a. latrine
  _____ b. shower
  _____ c. camp sink and dishwashing area
_____ 14. Demonstrate four basic lashings and construct a simple object using these lashings.
_____ 15. Know how to replace the mantles on a camp lantern. Demonstrate how to refill gas in a camp lantern or stove. Know how to maintain the pressure pump on a camp stove in good working order.

Honor Completed

Date:_____ Instructor:_____

SECTIONS COMPLETED

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

Honor Enrichment

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

I. Arts & 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.** (See *AY Honors Handbook* for requirement helps).

Arts/ Crafts/ Hobbies

____ Basketry
____ Braiding, Advanced
____ Block Printing
____ Cake Decorating
____ Ceramics
____ Coins
____ Counted Cross Stitch
____ Crocheting
____ Decoupage
____ Flower Arrangment
____ Knitting
____ Lapidary
____ Lettering/Poster Making
____ Metalcraft
____ Model Boats
____ Model Railroading
____ Music
____ Needlecraft
____ Photography
____ Plastics
____ Pottery
____ Sculpturing
____ Silk Screen Printing
____ Soapcraft, Advanced
____ Stamps
____ Textile Painting
____ Wood Carving
____ Wood Handicraft

Household

____ Cooking, Advanced
____ Dressmaking, Advanced
____ Food Drying
____ Food Freezing
____ Housekeeping
____ Nutrition
____ Preserving/Canning
____ Quilting
____ Tailoring

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.** (See *AY Honors Handbook* for requirement helps).

Recreational

____ Archery, Advanced
____ Backpacking
____ Camp Skills III
____ Camp Skills IV
____ Canoeing
____ Caving
____ Caving, Advanced
____ Cross Country Skiing
____ Cycling, Advanced
____ Downhill Skiing
____ Drilling & Marching, Advanced
____ Fire Building & Outdoor Cooking
____ Knot Tying
____ Life Saving
____ Navigation
____ Orienteering
____ Outdoor Leadership
____ Physical Fitness
____ Pioneering
____ Power Boating
____ Rock Climbing
____ Rowing
____ Sailing
____ Skin Diving
____ Springboard Diving
____ Swimming
____ Swimming, Advanced
____ Tumbling & Balancing
____ Water Skiing
____ Water Skiing, Advanced
____ Wilderness Leadership
____ Wilderness Living
____ Windsurfing
____ Winter Camping

Outdoor Industries

____ Agriculture
____ Beekeeping
____ Cattle Husbandry
____ Dairying
____ Fruit Growing
____ Goat Husbandry
____ Pigeon Raising
____ Poultry Raising
____ Small Fruit Growing

Vocational

____ Auto Mechanics
____ Bible Evangelism
____ Bookkeeping
____ Carpentry
____ Communications
____ Electricity
____ Health & Healing
____ Journalism
____ Printing
____ Radio Electronics
____ Radio
____ Radio, Advanced
____ Small Engines
____ Teaching
____ Typewriting
____ Welding
____ Woodworking

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

SECTIONS COMPLETED

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

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AY Classes Instructors Manual
AY Honor Handbook



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