Name: _____



Adventist Youth Class

Guide Activity Diary

Adventist Youth Class

Guide Activity Diary

Personal Growth

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

I. Involvement (Required)

A. **Be age 15** OR **in grade 10, or its equivalent** ❑

Date of Birth _____

School Name _____ Grade _____

Teacher's Name _____

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

Organization Name _____

Leader's Name _____

II. Commitment (Required)

A. **Repeat from memory the AY Aim, Motto and Pledge.** ❑

AY Aim - "The Advent message to all the world in this generation."

AY Motto - "The love of Christ Constraineth us."

AY Pledge - "Loving the Lord Jesus, I promise to take an active part in work of the Adventist Youth Ministries doing what I can to help others and to finish the work of the gospel in all the world."

B. **Illustrate the meaning of the Aim by doing one of the following:** ❑

Art Project	Written Composition
Panel Discussion	Role Playing
Musical Interpretation	Skit

Report _____

_____

_____

_____

_____

III. Growth (Required)

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

1. Select and read at least four chapters from *The Great Controversy*, chapters 32 - 42.

   Report _____

2. Read at least four articles on youthful moral issues.

   Report _____

3. Read at least two articles on drugs, alcohol, or tobacco and at least two articles on exercise.

   Report _____

4. Read a book on one of the following: missions, nature, science, or a biography of an early church leader other than Ellen White.

   References _____

5. Read Weeks 27 - 52 in the Weekly Bible Reading Guide (senior level).

Week 27	Week 28	Week 29	Week 30
MY ATTITUDES	**GO FOR IT**	**GROWING UP**	**FAITH**
___ Mark 9:33-35	___ Isaiah 40:31	___ 1 Corinthians 13	___ Jude 1
___ 1 Thess. 5:12-18	___ Genesis 17:1	___ 1 Cor. 6:18, 19	___ Romans 14:13
___ Psalms 34	___ Proverbs 4:18	___ Psalms 53	___ Matthew 9:1-8
___ Ephesians 3:14-19	___ Luke 9:23	___ Psalms 90	___ Luke 17:5-19
___ James 2:8-17	___ Philemon 3:12-14	___ Ruth 1-4	___ Lam. 3:22, 23
	___ 2 Kings 22:1-13	___ Hebrews 5:12-14	___ Psalms 31:21-24
	___ Exodus 32:1-26		___ Hebrews 3:17-19

Week 31
PRAISE
___ Psalms 108:1-6
___ Psalms 27:1-4
___ Psalms 56:1-13
___ 1 Peter 5:6-11
___ Isaiah 63
___ Isaiah 26:3-7

Week 32
PRAYER
___ Psalms 116:1, 2
___ Matthew 6-7
___ Luke 18:1-8
___ Psalms 20
___ Psalm 100:4, 5
___ Proverbs 15:8
___ Colossians 4:2-6

Week 33
TRUST
___ Prov. 3:4,5
___ Psalms 62:8
___ Isaiah 30:19-26
___ Jeremiah 10:23
___ Exodus 33:15
___ Isaiah 38:14
___ Colossans3:12-17

Week 34
SALVATION
___ John 1:14
___ Acts 2:36
___ Psalms 60:4
___ Haggai 2:4, 5
___ Romans 3
___ Mark 1:9-15
___ 1 Timothy 6:11-12

Week 35
FORGIVENESS
___ Isaiah 38:16-19
___ Psalms 30:1-15
___ Psalms 40:1-5
___ Isaiah 1:18-20
___ Deuteronomy 31:8
___ 1 Corinthians 6:7-11
___ Titus 3:1-8

Week 36
ABUNDANT LIFE
___ Romans 5:6-11
___ John 15:4-11
___ Luke 19:1-27
___ Jeremiah 4:1-8
___ Ephesians 1-3

Week 37
DEATH
___ Hebrews 9:27,28
___ John 16:29-33
___ Revelation 7:14-17
___ Ecclesiastes 12
___ Isaiah 60:19-22
___ 2 Corinthians 1:8-11
___ Psalm 121:3

Week 38
BAPTISM
___ Romans 6:1-11
___ Matthew 3:1-17
___ Luke 3:1-21
___ Matthew 28:1-20
___ 1 Peter 3:13-22
___ Acts 22:16
___ Matthew 21

Week 39
SECOND COMING
___ 1 Corinthians 15:17
___ Isaiah 64:1
___ Titus 2:13
___ Isaiah 25:9
___ James 5:7-11
___ Mark 13

Week 40
JUDGEMENT
___ Revelation 6-8
___ 1 Peter 4:12-19
___ 1 Peter 5:1-11
___ Romans 13:11-14
___ Job 14:1-7
___ Zephhaniah 1-3

Week 41
HEAVEN
___ Revelation 21:1-4
___ Matthew 12
___ 1 Peter 3:3-7
___ Hebrews 4:15-16
___ Isaiah 21:11, 12
___ Philemon 1:19-26
___ Revelation 22:20-21

Week 42
BIBLE STUDY
___ Psalms 5:1-3
___ Psalms 32:3
___ 2 Timothy 3:16
___ Isaiah 35:8
___ Acts 17:10-15
___ John 16:1-5

Week 43
CHALLENGES
___ Matthew 22:37-40
___ Luke 14:26
___ 2 Corinthians 7:1
___ Exodus 4
___ Matthew 24
___ Luke 24

Week 44
WHAT AM I GOING TO DO?
___ Isaiah 61:8
___ Matthew 4:12-25
___ Acts 15:1-29
___ 1 Corinthians 3
___ Acts 1
___ Acts 15:1-29

Week 45
AM I SAVED?
___ Genesis 3:15-19
___ Exodus 15:1-18
___ Isaiah 59:1-4
___ Psalms 98
___ Hebrews 1
___ Galatians 3:1-11
___ Romans 4

Week 46
NEW STARTS
___ John 11:25
___ John 3:1-16
___ Isaiah 40:27-31
___ Philemon 1
___ 1 Kings 10, 11
___ Psalms 137
___ Isaiah 40:27-31

Week 47
SABBATH
___ Exodus 12-20
___ Matthew 12:1-8
___ Hebrews 3:7-11
___ Genesis 1,2
___ Isaiah 56
___ Dueteronomy 5:12-15
___ Mark 1:21-28
___ Mark 2:23-27

Week 48
FEELING GOOD
___ Psalms 27:1-6
___ Psalms 32:1-5
___ Psalms 25:1-10
___ Hosea 6:1-3
___ Psalms 117
___ Deuteronomy 10:6-15
___ Matthew11:1-15

Week 49
MY FUTURE
___ Revelation 20:11
___ Psalms 46:1-3
___ Psalms 84:1-4
___ Psalms 90:1-4
___ Revelation 18:1-15

Week 50
PEER PRESSURE
___ 1 John 4:7-21
___ Isaiah 56:4-11
___ Luke 15:11-32
___ Genesis 37-39
___ Genesis 40-44
___ Genesis 45-48

Week 51
WORKING FOR GOD
___ 2 Corinthians 4:7-12
___ Mark 9
___ Matthew 25:31-36
___ 1 Corinthians 14:-26
___ Matthew 9:35-38
___ Ephesians 5:1-14
___ Hebrews 13:1-6

Week 52
DISCIPLESHIP
___ John 21:1-17
___ Isaiah 53:4-16
___ James 2:8-17
___ Revelation 22:12-17
___ Mark 3:34-36
___ John 21:1-17

SECTIONS COMPLETED

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

Spiritual Discovery

Requirements: Do Sections I and select either II or III for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Scripture (Required)

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

I. Great Passages

2 Timothy 3:15,16
Romans 10:17
Daniel 8:14
Joel 2
Option _____

II. Salvation

Philippians 3:7-9
Ezekiel 36:26,27
1 John 5:11,12
1 Corinthians 5:7,8
1 Corinthians 6:19,20
Option _____

III. Doctrine

Matthew 24:24-27
Ecclesiastes 9:5-6,10
Hebrews 4:14-16
Exodus 20:3-7
Option _____

IV. Prayer

Philippians 4:6,7
Ephesians 3:20,21
Matthew 5:44
Option _____

V. Relationships

Acts 17:26,27
1 Peter 4:10
1 Peter 3:15
2 Corinthians 12:9
Option _____

VI. Behavior

Luke 12:15
1 Corinthians 10:31
James 4:7,8
Option _____

VII. Promise/Praise

Psalms 46
Philippians 4:13
Psalms 55:22
Psalms 95:6,7
1 Corinthians 10:13
Option _____

❑ **B.** Trace the origin of three Bible versions that are presently available in your native language, OR list five kinds of laws God gave to Israel, and compare their practical application to yourself in today's society.

Report _____

_____

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_____

II. Church Heritage (Optional)

❑ **A.** Read and outline three stories of Adventist pioneers. Tell these stories during a Pathfinder Club or AY worship time, OR fulfill other options in the *Instructor's Manual.*

Report _____

_____

_____

III. Christian Heritage (Optional)

A. Role play an experience during the closing moments of earth's history. ❑

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 (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. One to One (Optional)

❑ **A.** Make a personal visit to a non-SDA young person, and share the gospel, and outline a plan to spend one year to lead that person to be a disciple of Christ.

Report _____

II. Group Witness (Optional)

❑ **A.** Receive training in an outreach program, and participate for 10 hours in an outreach program.

Report _____

III. Community Outreach (Optional)

A. Spend a minimum of four hours with a pastor or his/her associate, assisting the pastor or associate in his/her pastoral duties, such as Bible studies, hospital calls, and home visitation. ❑

Report _____

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_____

SECTIONS COMPLETED

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

Making Friends

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

I. Building Relationships (Optional)

❑ **A.** List and discuss 10 guidelines for being a good life companion, and weigh the value of a christian home versus a non-Christian home.

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

5. _____

_____

6. _____

_____

7. _____

_____

8. _____

_____

9. _____

_____

10. _____

_____

II. Christian Lifestyle (Optional)

❑ **A.** Give a written or oral report on respect for God's law and civil authority, and list 20 guidelines for moral behavior, and explain each.

Report

_____

_____

_____

_____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

❑ III. Good Citizenship (Optional)

A. Listen to a lecture on career oportunities for Christians. Visit people working in three careers of your choice and discuss your findings.

Report _____

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 (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Health Principles (Optional)

A. Make a presentation to elementary students regarding the laws of good health. ❑

Report _____

B. Make a presentation to elementary students discussing the dangers of drug, alcohol, or tobacco use. ❑

Report _____

II. First Aid / Safety (Optional)

❑ **A.** Complete a Red Cross First Aid Class, OR lead a group through the Red Alert Honor.

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

Traffic Safety

To be a safe vehicle operator an individual must first know all the principles of using the vehicle around others.

Roadway safety principles are basically the same for a pedestrian as well as the young vehicle driver. Only the individual who puts safety and knowledge first will have a chance to avoid many of the accident situations that many drivers face.

Requirements:

Obtain a copy of the vehicle traffic code for your state or province. Learn it as well as possible while emphasizing the numerical values — speeds and distances. Pass a exam on the material at the 95% level.

Options: (pick one)

___ 1. With the teacher driving and the students recording, discreetly follow five vehicles a minimum of five miles each. Chart the driving errors observed and record this.

___ 2. Go to the scene of an accident. Make all possible observations without any direct communication with involved parties or authorities. Write a report of three or more pages (including diagrams) following a predetermined format.

___ 3. Operate a bicycle rally (skill and safety) for younger Pathfinders.

III. Fitness / Exercise (Optional)

❑ **A.** Choose one lifetime exercise activity and record your exercise for four months.

Report _____

B. Complete one of the fitness tests for your age:
- President's Physical Fitness Award
- Canadian Fitness Award
- Health-related Physical Fitness Award (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 (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Leadership (Optional)

❑ **A.** **Attend a Conference-sponsored basic Pathfinder leadership course.**

Instructor _____ Date _____

❑ **B.** **Plan and teach two requirements in each of the following honors:**

Camping Skills III
Camping Skills IV

Camping Skills III Honor Requirement

Check the requirements you have taught.

___ 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 campsite. Review the safety rules of fire building.
___ 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.

Camping Skills IV Honor Requirement

Check the requirements you have taught.

___ 1. Be in at least the eighth grade.
___ 2. Plan and execute a one hour Sabbath camping activity other than worship to make the Sabbath a meaningful experience.
___ 3. Write a 200 word essay on the preservation of the wilderness, discussing etiquette and conservation.
___ 4. Plan your menu for a two day camping trip and estimate the cost.
___ 5. Participate in two weekend campouts.
___ 6. Start a fire in wet weather, knowing where to get tinder and how to keep your fire going.
___ 7. Know the wood best suited for making a quick, hot fire.
___ 8. Know the wood best suited for making coals for cooking.
___ 9. Demonstrate how to split firewood.
___10. Demonstrate the proper care and storage of camp foods, and how to build various caches to protect food from animals.
___11. Prepare a camp dinner with soup, vegetables, entree, and drink, all of which must be cooked.
___12. Bake your food in a reflector oven.
___13. Purify water by three different methods.

II. Club Awareness (Optional)

A. Discuss with your club staff the club-community involvement in the total Pathfinder Club program, OR, for the AY Societies, invite a Pathfinder person to speak to your group. ❑

Report _____

III. Pathfinder Programming (Optional)

A. Plan, participate in, and evaluate your church participation in 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 Advanced Drilling and Marching honor.

Advanced Drilling and Marching Honor Requirement

___ 1. Have the Drilling and Marching honor.
___ 2. With a unit guidon demonstrate the following basic positions:
- ___ a. Order Guidon
- ___ b. Carry Guidon
- ___ c. Salute at Order
- ___ d. Salute at Carry
- ___ e. Present Guidon
- ___ f. Raise Guidon

___ 3. Demonstrate how and when to use the guidon's basic position during all drill commands.
___ 4. Be a member of an active drill team that has performed at least twice in the past year in a special community, conference, or public activity.
___ 5. Demonstrate ability to keep in step with the drill team and move as a part of it at all times.
___ 6. As a member of a drill team do four fancy (precision) drill routines, at least one of which includes combination commands.
___ 7. Command a drill team of at least four people, putting the team through basic maneuvers, starting directional commands on the proper foot, and distinguishing between preparatory commands and commands of execution.
___ 8. Command an entire Pathfinder Club in at least 10 basic drill movements, including Open Ranks.
___ 9. With a unit (or a selected flag guard), formally raise and lower the national flag at a summer camp ceremony, a special Pathfinder meeting, Pathfinder Day program, camporee, or some similar program or ceremony. Also demonstrate posting the national and Pathfinder flags.

SECTIONS COMPLETED

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

Nature Study

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

I. Spiritual Lessons (Required)

A. Read the story of Jesus' childhood in *The Desire of Ages*, ch. 7, and relate it to the place of nature study in His education and ministry by giving orally before an audience an original nature lesson (parable) drawn from your own observations.

Report _____

II. Nature Appreciation (Optional)

A. Spiders / Rocks and Minerals - Complete a spider web study project, OR collect or obtain and identify 15 different kinds of rocks and minerals.

Report _____

❑ **B.** **Ecology / Fungi - List 10 ways in which you might actively work to improve the environment in which you live. Put four into practice,** OR **photograph or draw 15 different fungi and correctly identify them.**

Report _____

III. Nature Honor (Optional)

❑ **A.** **Complete a nature honor at your skill level not previously earned. Below is a list of suggested honors. Circle those that you complete for this class.** (See *AY Honors Handbook.*)

___ Birds, Advanced
___ Ecology, Advanced
___ Environmental Conservation
___ Flowers, Advanced
___ Grasses
___ Lichens, Liverworts, and Mosses
___ Marine Algae
___ Rocks and Minerals, Advanced
___ Shells, Advanced
___ Stars, Advanced
___ Trees, Advanced

SECTIONS COMPLETED

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

Outdoor Living

Requirements: Do Sections I or II for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Outdoor Skills (Optional)

A. Lead an individual or group through the Knot Tying Honor. Write a description of your methods and their reactions. ❑

Report _____

_____

_____

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_____

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_____

_____

_____

_____

_____

_____

B. Learn or review the Wilderness Safety rules. ❑

Wilderness Safety

A. First Aid

1. Why should everyone participating in a wilderness experience have knowledge of first aid and a first aid kit?
   a. Knowledge of treatment alerts to prevention.
   b. Unplanned, unexpected isolation requires self-contained independence.
   c. Who solves the problem when the person with the "knowledge" becomes the problem?
2. What must be considered when assembling an adequate first aid kit for the experience planned?
   a. Proximity to or isolation from further medical aid.
   b. Length of experience and degree of difficulty of activities, terrain, etc.
   c. Location and condition of water sources.
   d. Potential hazards to be encountered, such as snakes, poison plants, insects, etc.
   e. Equipment being taken, such as knives, axes, saws, machetes, stoves.
   f. Weather.
   g. Physical condition of participants and their feet.
   h. Medical history of participants.

B. Hiking

1. Why can't we just wear whatever we like?
   a. Consider the weather where you will be, not where you are now.
   b. Sunburn spoils the fun fast.
   c. Wool keeps you warm, whereas cotton kills.
   d. There is no laundry out there for a quick wash/dry/change.
   e. If you're using a backpack your body and your feet aren't accustomed to the added weight and pressure. This must be compensated for with foot gear and temperature-controlled clothing.
2. What other rules might need consideration?
   a. Permits for private land.
   b. Railroad tracks and trestle bridges.
   c. Take nothing but pictures; leave nothing but footprints; kill nothing but time.
   d. Rest stops.

C. Food

1. What's your food source?
   a. Fresh food market: Don't plan on using fresh food beyond the first night or the following a.m. They spoil very quickly in a stuffed backpack. Some will be spoiled by the time you arrive at the trailhead.
   b. Cans, jars, plastic boxes, etc.: Remember, what goes in full comes out empty. Empty cans make a messy pack. Jars break, boxes leak. Extra packaging and liquid in the contents add a lot of weight.
   c. Plastic bags, pouches, etc.: Best choice, even for short trips, because you get used to working with them quickly. They are lightweight, and leftover containers carry out easily with no muss or fuss. They are also quite cheap at the grocery store. (Specialized products from catalogues are nice but expensive.)
   d. Wild foods picked on the trail: Know what you plan to use and where it fits in the menu beforehand. If you want to go and then decide, you better have a very good field guide along and a willingness to go hungry or not be very picky.

D. Decision Time

Before you go, make these decisions:

1. Who makes the major decisions on the trail? The leader, a group of three or more, just anyone, to be determined when the need arises.
2. What is the experience background of the decision makers? How often have they tackled a trip like this before? How tuned are they to the needs of the weakest member of the group? How immovable are they in their priorities?

Times to consider major decisions concerning the safety and well-being of the group:

   a. When adverse, unplanned-for weather hits.
   b. An emergency arises requiring evacuation of one or more group members.
   c. Major damage or loss of food supply or equipment.
   d. Morale change due to difficulty of activity exceeding expectations of group.
   e. Leader/guide becomes incapable of continuing in role as primary decision maker.

II. Outdoor Activity (Optional)

❑ **A.** Earn one of the camp honors listed below, not previously earned.

___ Backpacking ___ Outdoor Leadership ___ Winter Camping
___ Pioneering ___ Wilderness Living

Backpacking Honor Requirement

___ 1. Discuss with your instructor the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."
___ 2. Know the essentials of proper clothing, shoes, and raingear to use in backpacking.
___ 3. Know the principles in selecting a good quality backpack. In an emergency, what might be used in place of a backpack?
___ 4. Know the essential items to be taken on a backpack trip.
___ 5. What kind of sleeping bag and pad are best for your camping area? Know at least three kinds of each that are available.
___ 6. Know how to pack a pack properly.
___ 7. What types of food are best for backpacking? Visit a grocery store and list the foods found there that are suitable for backpacking. With your instructor:
   ___ a. Prepare a menu for a weekend backpack trip using foods obtained from your grocery store.
   ___ b. Learn the techniques of measuring, packaging, and labeling backpack foods for your trip.
   ___ c. Make a trail snack.
___ 8. Know the prevention and symptoms of, and the first aid for:

___ a. Sunburn	___ d. Hypothermia	___ g. Snake bite
___ b. Blisters	___ e. Heat stroke	___ h. Cramps
___ c. Frostbite	___ f. Heat exhaustion	___ i. Dehydration

   Have a first aid kit in your pack and know how to use it.
___ 9. According to your weight, what is the maximum number of pounds you should be allowed to carry?
___ 10. Know three and demonstrate two ways to find direction without a compass.
___ 11. Show the proper way to put on and take off a backpack alone and with a partner.
___ 12. Participate in a weekend backpack trip of at least 30 miles and cook your own meals.

Honor Completed

Date:_____ Instructor:_____

Pioneering Honor Requirement

___ 1. Describe in writing or with pictures how the early pioneers met the following basic living needs:
- ___ a. Housing and furnishings
- ___ b. Warmth and light
- ___ c. Tools and handiwork
- ___ d. Transportation
- ___ e. Clothing
- ___ f. Food
- ___ g. Cooking
- ___ h. Sanitation

___ 2. Construct a piece of useful furniture by lashing. Learn the following lashings:
- ___ a. Square
- ___ b. Diagonal
- ___ c. Sheer
- ___ d. Continuous

___ 3. Do one of the following:
- ___ a. Weave a basket, using natural materials.
- ___ b. Make a pair of leather moccasins.
- ___ c. Make a lady's bonnet by hand sewing.
- ___ d. Make a simple toy used by pioneers.

___ 4. Know how to make flour from at least one wild plant, for use in baking.

___ 5. Using natural materials, build a fire without matches. Keep the fire going for five minutes. You may use the following to start your fire:
- ___ a. Flint and steel
- ___ b. Friction
- ___ c. Electric spark
- ___ d. Curved glass
- ___ e. Metal match
- ___ f. Compressed air

___ 6. Show axmanship knowledge in the following:
- ___ a. Describe the best type of axes.
- ___ b. Show how to sharpen an ax properly.
- ___ c. Know and practice safety rules in the use of an ax.
- ___ d. Know the proper way to use an ax.
- ___ e. Properly cut a log, at least eight inches thick, in two.
- ___ f. Properly split wood that is at least eight inches in diameter and one foot long.

___ 7. Do two of the following:
- ___ a. Make a wax candle or other form of pioneer light source.
- ___ b. Make a batch of soap.
- ___ c. Milk a cow.
- ___ d. Churn butter.
- ___ e. Make a quill pen and write with it.
- ___ f. Make a corn husk doll.
- ___ g. Assist in making a quilt.

___ 8. Explain the need for proper sanitation relating to solid and human waste, and the washing of body, clothes, and dishes.

___ 9. Assist in the construction of a 10 foot long log or rope bridge, using lashings.

___ 10. Know four ways to keep the wilderness beautiful.

___ 11. Know five home remedies from wild plants and explain their uses.

___ 12. Do two of the following:
- ___ a. Make a 10 foot rope from natural material or twine.
- ___ b. Tie 10 knots useful to the pioneer and tell how they were used.
- ___ c. Using rope and natural materials, make one device for moving heavy objects.
- ___ d. Construct an adequate and comfortable latrine.

___ 13. Do one of the following:
- ___ a. Assist in constructing a raft, using lashings. Take a five mile trip on a river with this raft.
- ___ b. With an experienced wrangler, participate in a two day, 15 mile horseback trip, carrying all needed supplies on a pack horse you have learned to pack.
- ___ c. With an experienced leader, participate in a two day, 15 mile canoe trip, carrying all needed supplies properly. A short portage should be done.
- ___ d. With an experienced leader, participate in a two day, 15 mile backpack trip, carrying all needed supplies.

Honor Completed

Date:_____ Instructor:_____

Outdoor Leadership Honor Requirement

___ 1. Earn four of the following honors. Any earned more than two years ago should be restudied so you can answer any of the knowledge questions.
- ___ a. Camping Skills IV
- ___ b. Orienteering
- ___ c. Winter Camping
- ___ d. Hiking
- ___ e. Backpacking
- ___ f. Fire Building and Camp Cookery
- ___ g. Pioneering

___ 2. Have the First Aid honor.

___ 3. Know what to do to overcome fear when lost. Know at least four ways to signal for help if lost in the wilderness.

___ 4. Know at least four secular activities and four Sabbath activities to use in an outdoor setting if you have a rainy day.

___ 5. Do the following in an outdoor setting:
- ___ a. Plan, organize, and do the teaching of one nature honor to a group of youth.
- ___ b. Assist in teaching camping skills required in any camping honor and/or AJY Class requirements to a group of youth.
- ___ c. Determine where the nearest hospital is located.
- ___ d. Determine where the nearest assistance from the police or a park ranger can be obtained.

___ 6. Through Bible and/or Spirit of Prophecy study, learn how the outdoors influenced the following bible characters:
- ___ a. Moses
- ___ b. David
- ___ c. Elijah
- ___ d. John the Baptist
- ___ e. Jesus

___ 7. Know what considerations should be given in an outdoor setting with a group of youth in the following areas:
- ___ a. Camping Safety
- ___ b. Fire Safety
- ___ c. Sanitation
- ___ d. Swimming Safety Rules
- ___ e. Rules for conduct
- ___ f. Proper Sabbath observance

___ 8. List at least six ways you can keep the out-of-doors beautiful for others to enjoy.

___ 9. Know at least 10 qualities of a good youth leader.

Honor Completed

Date:_____ Instructor:_____

Winter Camping Honor Requirement

___ 1. Earn the Campcraft honor.

___ 2. Make up a complete list of necessary camping equipment for winter conditions such as possible subzero temperatures, storms, and snow.

___ 3. Explain the principles of maintaining body warmth and dryness through the proper use of clothing and sleeping gear under all temperatures down to zero while traveling, resting, and sleeping.

___ 4. List and explain the characteristics of winter camp site selection.

___ 5. Describe, or show where possible, the preparation of a level tent site in snow and pitch a tent in winter conditions.

___ 6. Prepare a balanced three day menu to be used in your winter camping experience.

___ 7. Know how to get water from snow.

___ 8. Know five safety rules of winter camping.

___ 9. Explain the proper steps to take if stranded without equipment in winter conditions.

___ 10. Show knowledge of and ability to prevent, recognize, and care for mild frostbite, hypothermia, mild snow blindness, and dehydration.

___ 11. Spend a total of six days and nights in cold weather camping.
- ___ a. All nights should have temperature lows in the 40's.
- ___ b. Two nights should have temperature lows below freezing.
- ___ c. All nights should be spent in tents, tarps, or the open.

Honor Completed

Date:_____ Instructor:_____

Wilderness Living Honor Requirement

___ 1. Go on at least two weekend campouts during which you learn the skills called for in this honor.
___ 2. Tell five things to do if lost in the wilderness. Know three methods of determining directions without a compass.
___ 3. Demonstrate:
  ___ a. Three ways to purify drinking water.
  ___ b. Two methods of judging the height of a tree and the width of a stream.
___ 4. Know three ways to collect drinking water in the wilderness and demonstrate two of these methods.
___ 5. Identify four wild animal of bird tracks.
___ 6. Using a compass, follow a course for more than 100 yards with three different headings and less than 5% error.
___ 7. Identify in the wild, prepare, and eat 10 varieties of wild plants.
___ 8. Have a personal survival kit of 15 items and know how to use each item.
___ 9. Explain the necessity in wilderness living of adequate sleep, proper diet, personal hygiene, and proper exercise.
___ 10. Have the First Aid honor. In addition, know the prevention, symptoms, and the first aid treatment for the following:
  ___ a. Hypothermia
  ___ b. Venomous snake bite
  ___ c. Heat and sun stroke
  ___ d. Heat exhaustion
  ___ e. Poison ivy and poison oak
  ___ f. Open wound infection
  ___ g. Altitude sickness
  ___ h. Dehydration
___ 11. Demonstrate two ways to signal for help.
___ 12. Demonstrate the principles of stalking and concealment.
___ 13. Explain how to prepare and provide shelter on the following:
  ___ a. Snow slopes
  ___ b. Swamps and marshes
  ___ c. Rocky areas
  ___ d. Forests and tundra
___ 14. Prepare a balanced menu for two people for a weekend. Prepare these meals while on a campout over an open fire or camp stove.
___ 15. Know ways to observe wilderness etiquette and how you can contribute to wilderness conservation.
___ 16. Demonstrate how to tie the following knots and know their uses:
  ___ a. Bowline
  ___ b. Bowline on a bight
  ___ c. Clove hitch
  ___ d. Double fisherman's
  ___ e. Figure Eight
  ___ f. Prusik
  ___ g. Tautline hitch
  ___ h. Two half hitches
  ___ i. Square

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 (Guide.)
Do Sections I and II for the advanced class requirements (Frontier Guide.)

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 Honor Handbook* for requirement helps).

Arts/ Crafts/ Hobbies

___ Basketry
___ Block Printing
___ Braiding, Adv.
___ Cake Decorating
___ Ceramics
___ Coins
___ Computers, Adv.
___ Cop. Enamel., Adv.
___ Counted Cross Stitch
___ Crocheting
___ Crocheting, Adv.
___ Decoupage
___ Drawing & Painting
___ Flower Arrangement
___ Indian Lore, Adv.
___ Knitting
___ Knitting, Adv.
___ Lapidary
___ Leathercraft, Adv.
___ Lettering/Poster Making
___ Metalcraft
___ Model Boats
___ Model Rocket., Adv.
___ Music
___ Needlecraft
___ Photography
___ Plastics
___ Pottery
___ Sculpturing
___ Silkscreen Printing
___ Silkscreen Printing, Adv.
___ Soapcraft, Adv.
___ Stamps
___ Textile Painting
___ Wood Carving
___ Wood Handicraft

Household Skills

___ Cooking, Adv.
___ Dressmaking, Adv.
___ Food Drying
___ Food Freezing
___ Housekeeping
___ Nutrition
___ Nutrition, Adv.
___ 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, vocational studies, or outdoor industries.** (See *AY Honor Handbook* for requirement helps).

Recreational

___ Archery, Adv.
___ Backpacking
___ Campcraft
___ Canoeing
___ Caving
___ Caving, Adv.
___ Cross Country Skiing
___ Cycling, Adv.
___ Downhill Skiing
___ Drilling & Mar., Adv.
___ Fire Building & Camp Cookery
___ Knot Tying
___ Life Saving
___ Navigation
___ Orienteering
___ Outdoor Leadership, Adv.
___ Physical Fitness
___ Pioneering
___ Power Boating
___ Rock Climbing
___ Rock Climbing, Adv.
___ Rowing
___ Sailing
___ Scuba Diving
___ Scuba Diving, Adv.
___ Sen. Life Saving, Adv.
___ Skin Diving
___ Springboard Diving
___ Swimming
___ Swimming, Adv.
___ Tumbling & Balancing
___ Water Skiing
___ Wilderness Leadership
___ Wilderness Living
___ Wind Surfing
___ Winter Camping

Vocational

___ Auto Mechanics
___ Auto Mechanics, Adv.
___ Bible Evangelism
___ Bookkeeping
___ Carpentry
___ Christian Salesmanship
___ Communications
___ Communications, Adv.
___ Electricity
___ Health & Healing
___ Journalism
___ Printing
___ Radio Electronics
___ Radio
___ Small Engines
___ Teaching
___ Typing
___ Welding
___ Woodworking

Outdoor Industry

___ Accounting
___ Agriculture
___ Barbering
___ Beekeeping
___ Book Binding
___ Cattle Husbandry
___ Dairying
___ Fruit Growing
___ Goat Husbandry
___ House painting
___ Masonry
___ Paper hanging
___ Pigeon Raising
___ Plumbing
___ Poultry Raising
___ Shoe Repair
___ Shorthand
___ Small Fruit Growing

❑ **B. Earn the Beginner's Swimming Honor, if not previously earned.**

SECTIONS COMPLETED

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

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