Name: _____



Adventist Youth Class

Voyager Activity Diary

Adventist Youth Class

Voyager Activity Guide

Personal Growth

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

I. Involvement (Required)

A. Be age 14 OR in grade 9, 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 Voyager Reading Certificate OR the Senior Reading Certificate.** (The Senior Reading Certificate and the Voyager Reading Certificate Requirements are very similar. For simplicity, the Voyager Certificate requirements are listed here.)

1. Select and read at least 50 pages from one of the following:
   Ellen White
   Christian Experience and Teachings of Ellen G. White
   Life Sketches
   Ellen White, the Human Interest Story

   Book: _____ Pages: _____

2. Read a biography (book or article) on an early SDA church leader other than Ellen White.

   Report: _____

3. Read a book (or booklet of not less than 30 pages) on vegetarianism versus a meat diet.

   Report: _____

4. Read a book on one of the following: missions, nature, science, or Christian leadership skills.

   Report: _____

5. Read Weeks 1 - 26 in the Weekly Bible Reading Guide (senior level).

Week 1	Week 2	Week 3	Week 4
WHO AM I?	**WHAT ABOUT ME?**	**BEING IN CHARGE**	**TRY AGAIN**
____ Psalm 139:13-16	____ Colossians 2:8-23	____ Proverbs 16:7	____ Zechariah 4:6
____ John 14:12-31	____ 1 Corinthians 1:20-31	____ Galations 5:23	____ Isaiah 40:12-13
____ John 15:1-17	____ Jeremiah 9:23,24	____ Revelation 1-5	____ Haggai 2:5
____ Song of Soloman 7	____ Philippians 3:1-6	____ Song of Soloman 8:7	____ 1 Samuel 17:47
____ Deuteronomy 32:9	____ Romans 7:21-25	____ Romans 12:1	____ James 1:13-15
____ Jeremiah 2:21	____ Luke 2:52	____ 2Peter 1:5-8	____ 1 Samuel 16:7
____ Psalms 18:33-36	____ 1 Thess. 5:16-18	____ Psalms 28:7	____ 1Peter 1:13-14
____ Psalms 62:1,2			

Week 5
I FEEL LOUSY
____ Psalms 42:6
____ Isaiah 26:3
____ Psalms 55:22
____ Psalms 46
____ Matthew 6:25-34
____ Psalms 22:24
____ John 14:27

Week 6
COURAGE
____ 2 Corinthians12:1-10
____ Romans 8:38,39
____ Acts 28:15
____ 1 Peter 2:21
____ Colossians 3:1-3
____ Galatians 5:17
____ Matthew 13:21,22

Week 7
BEING ALONE
____ Joshua 1:1-9
____ Joshua 21
____ Zephaniah 3:14-20
____ Psalms 111
____ Luke 12:22,23
____ Psalms 46:10
____ Psalms 131:2

Week 8
BEING AFRAID
____ Matthew 14:3-33
____ Psalms 81
____ Isaiah 26:1-15
____ Isaiah 30:1-18
____ Isaiah 32
____ Matthew 11:28
____ Joshua 1:9

Week 9
REBELLION
____ Psalms 141
____ Psalms 130
____ Proverbs 12
____ Proverbs 15
____ Matthew18
____ Ephesians 5:15,16
____ Galatians 5:13-14

Week 10
STANDARDS
____ Romans 13
____ 1 Timothy 6
____ Matthew 5:13-20
____ Philippians 4
____ Jeremiah1
____ Jeremiah 29:11
____ Luke 12:15

Week 11
SIN
____ Romans 3
____ Romans 6
____ Psalm 25
____ Isaiah 43-44
____ Isaiah 1
____ Isaiah 43
____ Micah 7
____ Romans 3:10-18
____ Isaiah 42-44

Week 12
CHARACTER
____ Matthew 5:1-12
____ Proverbs 16:18
____ Luke 12
____ 1 Corinthians10
____ Romans 6:12-19
____ Colossians 3:12-15
____ 2 Chronicles 7:14

Week 13
TEMPTATION
____ Luke 10
____ 1 Peter 5
____ Ephesians 6:10-20
____ Micah 7
____ 2 Corinthians 4:18
____ Ephesians 6:11,12
____ Romans 12:2

Week 14
HOPE
____ Psalms 94:12-19
____ Psalms 95
____ 1 Kings 3
____ Psalms 63
____ Psalms 59
____ James 1:2-4
____ 1Samuel 17:31-47

Week 15
LOVE
____ Philippians 2
____ Psalms 136
____ Psalms 100
____ Ephesians 5
____ 1Corinthians 13
____ John 21:15-19
____ Galatians 5:22-25

Week 16
JOY
____ Isaiah 9:2-10:19
____ Isaiah 49
____ Psalms 28
____ Habrews 3:17-19
____ Nehemiah 8:10
____ Job 6:10
____ John 15:11

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
BEING HAPPY
____ Philippians 1
____ Malachi 1
____ Psalms 1
____ Ezekial 15
____ Matthew 5:10
____ Luke 12:22-31
____ Romans 15:1-6
____ 2 Timothy 4:9-18

Week 19
PROMISES
____ Psalms 118
____ Daniel 7-9
____ Deuteronomy 31
____ Psalms 23
____ Romans 8:38,39
____ 2 Corinthians 12:9,10
____ Psams 37:1-9

Week 20
FAITHFULNESS
____ Esther 1-9

Week 21
BEING A CHRISTIAN
____ Ephesians 4
____ Matthew 10
____ Proverbs 25
____ Micah 6
____ Proverbs 14
____ Galatians 6:1-8
____ Matthew 25:31-46

Week 22
THINKING ABOUT GOD
____ Psalms 103
____ Lamentations 3
____ Job 40-42
____ Matthew 10:29-31
____ Psalms 111:4
____ Psalms 103:13
____ 1 Timothy 4:7

Week 23
MAKING DECISIONS
____ Luke 14
____ Matthew 4
____ Mark 8
____ Matthew16
____ 2 Corinthians 7:1
____ 1 Peter 1:13-16
____ 1 Thessalonians 4:3-8

Week 24
BEING AN EXAMPLE
____ Mark 10:32-45
____ Acts 10
____ Galatians 8:1-8
____ Luke 23
____ 1 John 2
____ 2 Peter 1-3
____ Galatians 6:1-8
____ Hebrews 12:14

Week 25
LIFE WITH GOD
____ Hebrews 12
____ John 3
____ Revelation 21
____ Leviticus 19
____ 1 Peter 1
____ Proverbs 16:17
____ Titus 2:11-14
____ Hebrews 5:12-14

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

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

I. Scripture (Required)

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

I. Great Passages

___ Jeremiah15:16
___ 1 Timothy 2:15
___ Genesis 2:2,3
___ Option _____

II. Salvation

___ Matthew11:28-30
___ John 17:3
___ John 15:5,7
___ Matthew 10:32,33
___ Matthew 4:19
___ Option _____

III. Doctrine

___ Hebrews 11:3
___ Revelation 14:6-14
___ John 6:40
___ Revelation 21:1-4
___ Exodus 20:8-11
___ Option _____

IV. Prayer

___ Mark 11:25
___ 1 John 5:14,15
___ Matthew 21:22
___ Option _____

V. Relationships

___ 1 Corinthians 13
___ Hebrews 10:24-25
___ Galatians 6:1,2
___ Matthew 11:28-30
___ Option _____

VI. Behavior

___ Galatians 5:22,23
___ Micah 6:8
___ Isaiah 58:13
___ Matthew 5:8
___ Option _____

VII. Promise/Praise

___ Romans 8:28
___ Psalms103:1-5
___ Psalms 15:1,2
___ Matthew 24:44
___ Psalms 91:1-6
___ Option _____

❑ **B.** List 6 major events of Christ's life in the Gospel of Mark as compared to Matthew, OR describe the early process of copying the Bible and the early translations.

Report: _____

II. Church Heritage (Optional)

❑ **A.** Read about J. N. Andrews. Discuss the importance of mission service to the church at that time in history and why Christ gave the great commission (Matt. 28:18 - 20) and its importance to the church today, OR fulfill other options in the *Instructor's Manual*.

Report: _____

III. Christian Heritage (Optional)

A. Give an oral or written book report to an audience on an evangelistic personality, such as Roger Williams, Sojourner Truth, or Martin Luther King, Jr. ❑

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

I. One to One (Optional)

❑ **A.** Make a personal visit to a non-SDA young person, and share 5 things Jesus has done for you, and follow it up by introducing another Christian friend to help nurture spiritual interest.

Report:_____

II. Group Witness (Optional)

❑ **A.** Participate for 8 hours in an outreach program.

Report:_____

III. Community Outreach (Optional)

❑

A. Spend a minimum of 3 hours with a Pastor or Associate Pastor, observing him or her in their pastoral duties.

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

I. Building Relationships (Optional)

❑ **A.** List and discuss the needs of the handicapped, and help plan and participate in a party for them.

Report:_____

II. Christian Lifestyle (Optional)

❑ **A.** Fulfill requirements 3, 5, and 6 of the Stewardship honor.

Requirement #3. Learn what is done with the tithe in your local church, your local conference, your union, and the General Conference.

Report:_____

Requirement #5. Keep a chart on how you spend your time for one weekend and one weekday. On this chart make a list of how much time you spend in the following areas:

a. work for pay
b. family time
c. personal devotions
d. public worship
e. family worship
f. fun things
g. reading
h. television
i. music practice
j. music lessons
k. personal needs
l. class time
m. school studies
n. travel
o. meals
p. sleep
q. home chores
r. shopping

For each of the 3 days be sure your time adds up to 24 hours. After completing the chart, discuss with your pastor or counselor your responsibility in the stewardship of your time.

Report:_____

Requirement #6. Do one of the following:

a. If you have an income-producing job or an allowance, make a list of how you spend your money for one month.
   OR
b. If you are not in the category above, make a list of how you would spend an income of $50 a month in the following categories?

Clothes
Gifts
Transportation
Entertainment
School supplies
Tithes and Offerings
Toiletries
Eating out

From your list determine what percentage of your total income is spent on each item. After completing the chart and percentages, discuss with your pastor or counselor the advantages of a budget and how to stay within it.

III. Good Citizenship (Optional)

❑ **A.** Diagram the structure of your city government.

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

I. Health Principles (Optional)

A. Prepare and present a written or oral report on what the Bible says about vegetarianism vs. meat eating, and list the advantages of each as indicated bymodern studies. ❑

Report:_____

B. Assist in a "Health Screen and Lifestyle" outreach program, OR interview a respiratory therapist or cardiologist regarding the benefits of exercise. Explain the treadmill test. ❑

Report:_____

II. First Aid / Safety (Optional for Voyager)

❑ **A.** Complete the CPR honor.

CPR (Cardiopulmonary Resuscitation) Honor Requirement

_____ 1. Know and understand the location and function of the heart and lungs.
_____ 2. Define CPR and tell five conditions under which it would be used.
_____ 3. Successfully complete a class sponsored by either the American Heart Association, the American Red Cross, or an equivalent under a certified instructor for one-person CPR. This must be done within the last 12 months.
_____ 4. Understand Prudent Heart Living. List 5 things a person can do to maintain a healthy heart.
_____ 5. Develop, maintain, and keep a record of a personalized program in exercise, health, and diet habits for one month.
_____ 6. What is the significance of the colors used on the honor token for this class?

Honor Completed

Date:_____ Instructor:_____

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

Disaster Safety Awareness

A variety of disasters might happen in a given location. Knowing courses of action to be taken is essential.

Adjusting to local environment disturbances has been the task of mankind since sin entered the earth. Everyone should be aware or the real possibility of severe weather or accident and what steps to take.

Determine the natural disaster most likely to happen in the area you live in. Devise or find a disaster plan which includes groups and agencies that would assist in each of the following needs: food, shelter, clothing, water and sanitation, cleanup, and rebuilding. Draw a flow chart or schematic showing the above needs with the steps taken to solve the disaster problems.

There are 3 levels of severity of tornados. Draw and fully describe the characteristics of each. Include either the rate of incidence locally, statewide, or nationally for the 3 levels.

Each geographic location has terrain that makes it susceptible to certain types of water accidents or major disasters. Write a report on the most recent water or major disaster which happened the closest to your home which involved a death due to drowning.

III. Fitness / Exercise (Optional)

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

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)

Youth Organization

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

I. Leadership (Optional)

A. Plan and lead out in a Pathfinder Club or Sabbath School activity. ❑

Activity: _____ Date: _____

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

Camping Skills I
Camping Skills II

Camping Skills I Honor Requirement

Circle the requirements you have taught.

1. Be at least in the 5th grade.
2. Understand and practice wilderness camping etiquette, regarding preservation of the outdoors.
3. Know eight things to do when lost.
4. Be familiar with various types of sleeping equipment suitable to location and season.
5. List personal items needed for a weekend campout.
6. Plan and participate in a weekend camping trip.
7. Know how to properly pitch and strike a tent. Observe fire precautions when tent is in use.
8. Know and practice the proper principles for camp sanitation for both primitive and established campsights.
9. Properly use a knife and hatchet. Know 10 safety rules for their use.
10. Fires:
    a. Demonstrate ability to choose and prepare a fire sight.
    b. Know fire safety precautions.
    c. Know how to properly strike a match.
    d. Practice building a fire with the use of one match, using only natural materials.
    e. Demonstrate how to protect firewood in wet weather.
11. Bake bread on a stick.
12. Describe the proper procedures for washing and keeping clean the cooking and eating utensils.
13. Describe sleeping wear and how to stay warm at night.
14. Draw a spiritual object lesson from nature on your camping trip.
15. Explain and practice the motto: "Take only pictures and leave only footprints."

Camping Skills II Honor Requirement

Circle the requirements you have taught.

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.

II. Club Awareness (Optional)

❑ **A.** Discuss with your club staff the club-church involvement in the total Pathfinder Club program, OR, for 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 follwoing:

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

Report:_____

_____

_____

_____

_____

_____

_____

❑ **B.** Complete requirements 2, 3 and 6 of the Advanced Drilling and Marching honor.

Requirement #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

Requirement #3. Demonstrate how and when to use the guidon's basic position during all drill commands.

Requirement #6. As a member of a drill team do 4 fancy (precision) drill routines, at least one of which includes combination commands.

SECTIONS COMPLETED

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

Nature Study

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

I. Spiritual Lessons (Required)

A. Review the story of Nicodemus and relate it to the life cycle of the butterfly, OR draw a life-cycle chart of the caterpillar giving the spiritual significance. ❑

Report:_____

II. Nature Appreciation (Optional)

A. *House Plants/Butterflies* - Raise a plant using hydroponic principles, OR identify and draw, collect or photograph 10 species of butterflies. ❑

Report:_____

❑ **B.** *Edible Wild Plants/ Environmental Conservation* - **Identify, prepare and eat 10 varieties of edible wild plants,** OR **investigate and write a report on a small stream. Include a copy of your report in the back of this booklet.**

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.*)

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

SECTIONS COMPLETED

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

Outdoor Living

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

I. Outdoor Skills (Optional)

A. Earn the Knot Tying honor. ❑

Knot Tying Honor Requirement

___ 1. Define the following terms:
- ___ a. Bight
- ___ b. Running End
- ___ c. Turn
- ___ d. Underhand Loop
- ___ e. Overhand Loop
- ___ f. Standing Part
- ___ g. Bend
- ___ h. Hitch
- ___ i. Splice
- ___ j. Whipping

___ 2. Know how to care for rope.
___ 3. Describe the difference between laid rope and braided rope and list 3 uses of each.
___ 4. Identify the following types of rope:
- ___ a. Manila
- ___ b. Nylon
- ___ c. Sisal
- ___ d. Polypropylene

___ 5. What are some advantages and disadvantages of synthetic rope?
___ 6. Do the following to rope:
- ___ a. Splice
- ___ b. Eye Splice
- ___ c. Back Splice
- ___ d. Double Crown, whipping, or Matthew Walker's Knot.

___ 7. Make a 6-foot piece of double-strand twisted rope from native materials or twine.
___ 8. From memory tie at least 20 of the following knots and know their common uses and limitations. Demonstrate how they are used.
- ___ Anchor Bend
- ___ Bowline
- ___ Bowline on a bight
- ___ Butterfly loop knot or
- ___ Alpine butterfly knot
- ___ Carrick Bend
- ___ Cat's Paw
- ___ Clove hitch
- ___ Constrictor knot
- ___ Crown knot
- ___ Double bow
- ___ Double sheet bend
- ___ Figure Eight
- ___ Fisherman's Bend
- ___ Fisherman's loop
- ___ Halter hitch
- ___ Hunter's Bend
- ___ Lariat or Bowstring
- ___ Lark's head
- ___ Man Harness knot
- ___ Miller's knot
- ___ Packer's knot
- ___ Pipe hitch
- ___ Prusik knot
- ___ Sheepshank
- ___ Sheet Bend
- ___ Slip Knot
- ___ Slipped half hitch
- ___ Slipped sheet bend
- ___ Square knot
- ___ Stevadore's knot
- ___ Strangle knot
- ___ Surgeon's knot
- ___ Tautline hitch
- ___ Timber hitch
- ___ Two half hitches

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 footgear 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 following honors:

___ 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 3 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 3 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 5 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 8 inches thick, in two.
- ___ f. Properly split wood that is at least 8 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 4 ways to keep the wilderness beautiful.

___ 11. Know 5 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 5-mile trip on a river with this raft.
- ___ b. With an experienced wrangler, participate in a 2-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 experience leader, participate in a two-day, 15-mile backpack trip, carrying all needed supplies.

Honor Completed

Date:_____ Instructor:_____

Outdoor Leadership Honor Requirement

___ 1. Earn 4 of the following honors. Any earned more than 2 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 4 ways to signal for help if lost in the wilderness.
___ 4. Know at least 4 secular activities and 4 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 AY 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 6 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 campsight selection.
___ 5. Describe, or show where possible, the preparation of a level tentsight 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 5 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 snowblindness, 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 skillscalled for in this honor.
___ 2. Tell 5 things to do if lost in the wilderness. Know three methods of determining directions without a compass.
___ 3. Demonstrate:
  ___ a. 3 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 (Voyager.)
Do Sections I and II for the advanced class requirements (Frontier Voyager.)

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

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

Household Skills

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

Recreational

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

Vocational

___ Adv. Auto Mechanics
___ Adv. Communications
___ Auto Mechanics
___ Bible Evangelism
___ Bookkeeping
___ Carpentry
___ Christian Salesmanship
___ Communications
___ 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)

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*
5040 Prescott Avenue
Lincoln, NE 68506
Telephone: 800-328-0525

Other publications available from Advent*Source* include:
Friend Activity Diary
Companion Activity Diary
Explorer Activity Diary
Ranger Activity Diary
Guide Activity Diary
AY Class Record Cards
Master Guide/Pathfinder Leaders Handbook
AY Classes Instructors Manual
AY Honor Handbook

Printed in the U.S.A.
2nd Edition
Copyright © 1990 Pathfinder Ministries

ISBN 1-57756-194-5