

Name: \_\_\_\_\_

Adventist Youth Class

# Friend Activity Diary

Trial Version

Please give us feedback

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# Friend Activity Diary

## Personal Growth

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

### I. Involvement (Required)

**A. Be age 10 OR in grade 5, or its equivalent**

Date of Birth \_\_\_\_\_

School Name \_\_\_\_\_ Grade \_\_\_\_\_

Teacher's Name \_\_\_\_\_

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

Organisation Name \_\_\_\_\_

Leader's Name \_\_\_\_\_

### II. Commitment (Required)

**A. Memorise and explain the AJY/Pathfinder Pledge and Law.**

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

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

**B. Read *The Happy Path* OR *Finding the Right Path*.**

### III. Growth (Required)

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

1. From the Old Testament choose one Bible character and read the chapters on his or her life. Read what can be found on the same person from a Bible Commentary, Biblical research book or the Spirit of Prophecy.

Person: \_\_\_\_\_

Reference: \_\_\_\_\_

\_\_\_\_\_

2. Find and read at least three current articles (or three chapters in a book) on etiquette and social graces.

Reference: \_\_\_\_\_

\_\_\_\_\_

Reference: \_\_\_\_\_

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Reference: \_\_\_\_\_

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

Reference: (Nutrition) \_\_\_\_\_

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Reference: (Nutrition) \_\_\_\_\_

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Reference: (Drugs) \_\_\_\_\_

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Reference: (Drugs) \_\_\_\_\_

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4. 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: (Mission) \_\_\_\_\_

OR (Nature) \_\_\_\_\_

OR (Science) \_\_\_\_\_

OR (Biography) \_\_\_\_\_

#### IV. Advanced (Optional)

- A. Know, sing or play and explain the meaning of the Pathfinder Song.

SECTIONS COMPLETED		
	Date	Instructor
<input type="checkbox"/>	I. _____	_____ (Required)
<input type="checkbox"/>	II. _____	_____ (Required)
<input type="checkbox"/>	III. _____	_____ (Required)
<input type="checkbox"/>	IV. _____	_____ (Optional)

**Spiritual Discovery**

**Requirements:** Do Sections I and II for the standard class requirements (Friend).

Do Sections I, II and III for the advanced class requirements (Trail Friend).

**I. Scripture (Required)**

**A. Memorise a Bible text in each of the seven categories below. Memory Gem Certificate.**

<b>I. Doctrine</b>	<b>III. Salvation</b>	<b>V. Relationships</b>	<b>VII.Promises/Praise</b>
1. John. 10:10	1. Eccles 12:1	1. Luke 2:52	1. Psalm 107:1
2. 2 Timothy 3:15	2. John. 3:16	2. Luke 4:16	2. Psalm 103:13
3. Exodus 20:3-17	3. 1 John. 1:9	3. Ephesians 6:1	3. Philippians 4:19
4. Option _____	4. Ezekiel 33:11	4. Psalm 51:10	4. Isaiah 58:9,10
	5. John. 17:15	5. Psalm 16:8	5. Psalm 84:1,2
	6. Option _____	6. Option _____	6. Option _____
<b>II. Great Passages</b>	<b>IV. Prayer</b>	<b>VI. Behaviour</b>	
1. Psalm 23	1. Matthew 6:9-13	1. Proverbs 17:22	
2. Exodus 20:3-17	2. Mark 1:35	2. Proverbs 12:22	
3. Matthew 5:3-12	3. 1 Samuel 12:23	3. Philippians 4:4	
4. Psalm 8:5-9	4. 1 Thessalonians 3:10	4. Proverbs 6:6	
5. Option _____	5. Option _____	5. Proverbs 28:14	
		6. Option _____	

**B. Recite in order the names of the Old Testament Books of the Bible and know the 5 areas into which the books are grouped. Demonstrate your ability to find any given book.**

<b>5 Books of Moses</b>	<b>12 Books of History</b>	<b>5 Poets</b>	<b>12 Minor Prophets</b>
M Genesis	L Joshua	P Job	T Hosea
O Exodus	I Judges	O Psalms	W Joel
S Leviticus	F Ruth	E Proverbs	E Amos
E Numbers	E 1 Samuel	T Eccles.	L Obadiah
S Deuteronomy	I 2 Samuel	S Song of Sol	V Jonah
	N 1 Kings		E Micah
	C 2 Kings	<b>5 Major Prophets</b>	M Nahum
	A 1 Chronicles	M Isaiah	I Habakkuk
	N 2 Chronicles	A Jeremiah	N Zephaniah
	A Ezra	J Lamentations	O Haggai
	A Nehemiah	O Ezekiel	R Zechariah
	N Esther	R Daniel	S Malachi

**C. Memorise and explain Psalm 23 or 46.**

**II. Church Heritage (Required)**

- **A. During several worship periods, read with your parents the historical prologue to the book *Early Writings* and list the main events of the founding of the SDA Church.**

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**B. Complete the 'Student Questionnaire' below based on the Historical Prologue in the Early Writings, pages VII to XXXII by Mrs E.G. White.**

***Student Questionnaire***

1. The Seventh-day Adventist church was born out of a world-wide movement know as \_\_\_\_\_ In North America, this movement was led by a New York farmer-minister names \_\_\_\_\_
2. Careful study of prophecies in the book of \_\_\_\_\_ caused William Miller to arrive at the conclusion that \_\_\_\_\_ in about the year \_\_\_\_\_
3. Following the \_\_\_\_\_ many believers and ministers dropped away.
4. Ellen Harmon received \_\_\_\_\_ only \_\_\_\_\_ after the disappointment, she saw a \_\_\_\_\_ at the beginning of a long \_\_\_\_\_ and \_\_\_\_\_ was \_\_\_\_\_ the people to the \_\_\_\_\_.
5. Another denomination still surviving today born of this movement is the \_\_\_\_\_. They differ from SDA's primarily on the doctrines of \_\_\_\_\_.
6. A group study led by \_\_\_\_\_ was the first to correct the error regarding the cleansing of the \_\_\_\_\_ because of a vision he had while \_\_\_\_\_.
7. The Sabbath was first introduced to the Advent believers by \_\_\_\_\_, who was a \_\_\_\_\_ attending church with some believers in the small town of \_\_\_\_\_.
8. Later, \_\_\_\_\_, a prominent minister also accepted the Sabbath truth and wrote a pamphlet which convinced \_\_\_\_\_ and \_\_\_\_\_ of the truth.
9. The first official publication by the Advent believers was called \_\_\_\_\_. There were only \_\_\_\_\_ issues starting in July \_\_\_\_\_ and ending in November 1850.
10. When the Whites moved to \_\_\_\_\_ in 1855 they had already published several small books, a regular church journal which today we call \_\_\_\_\_ and a magazine for youth called \_\_\_\_\_.
11. It wasn't until \_\_\_\_\_ that the name Seventh-day Adventist was settled on and then in 1863 the \_\_\_\_\_ was organised.

**C. Church Heritage (Optional)**

*The missing words in the next 15 statements will serve as keys to the crossword puzzle for the Advanced Requirement III*

1. The Great \_\_\_\_\_ was led by William \_\_\_\_\_ in the United States where it was most widely received.
2. God sent His angel to move upon the \_\_\_\_\_ of William Miller.
3. \_\_\_\_\_ had a \_\_\_\_\_ about a time prophesy during which \_\_\_\_\_ weeks were allotted to the Jewish Nation.
4. The starting point for this prophesy was the decree by King \_\_\_\_\_ in the year 457 BC.
5. \_\_\_\_\_ means "The Anointed One" who was to bring the \_\_\_\_\_ or "good news" which His followers were then to take to the whole world.
6. The time prophesy ended in the \_\_\_\_\_ of 1844 so when that time passed and nothing happened, believers suffered a great \_\_\_\_\_.
7. At the beginning of the \_\_\_\_\_ revealed to youthful Ellen was a bright light, identified by the angel as the \_\_\_\_\_ City.
8. \_\_\_\_\_ and a friend were crossing a cornfield to visit fellow Adventists, it seemed as if a hand touched his shoulder.
9. A lady by the name of Rachel \_\_\_\_\_ first brought truth about the \_\_\_\_\_ to a group of believers in \_\_\_\_\_ New Hampshire.
10. "The prophetic gift acted as a correction of error and a \_\_\_\_\_ of truth.
11. Most of the key SDA doctrines were carefully studied and confirmed during \_\_\_\_\_ Sabbath Conferences held in 1848.
12. Publishing began with a small paper called the \_\_\_\_\_ *Truth* and was seen in vision as "streams of \_\_\_\_\_ that went clear round the world."
13. Preaching of the gospel went through a transition based on the understanding of 2 texts: "The \_\_\_\_\_ of mercy was \_\_\_\_\_ " and "I have set before thee an \_\_\_\_\_ door, and no man can shut it."
14. The church began to organise based on a statement by an angel in vision who said "everything in heaven was in perfect \_\_\_\_\_.
15. Many consider the vision regarding the Great Controversy which Mrs. White received while at Lobett's \_\_\_\_\_, Ohio, to be the most important revelation of her ministry.

**III. Christian Heritage (Optional)**

**A. In consultation with your leader choose one of the following Old Testament characters (Joseph, Jonah, Esther, Ruth) and discuss with your group Christ's loving care and deliverance as shown in the story.**

Report: \_\_\_\_\_  
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**B. Discover your family's spiritual roots by filling in the family tree on the next page, indicating the religion of each person.**

SECTIONS COMPLETED		
	Date	Instructor
<input type="checkbox"/>	I. _____	_____ (Required)
<input type="checkbox"/>	II. _____	_____ (Required)
<input type="checkbox"/>	III. _____	_____ (Optional)

# Family History and Religious Faith

		Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____
		Father _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____
		Father _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____
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		Participant _____ Born _____ Religion _____	Religions _____	Mother _____ Born _____ Died _____ Religion _____
		Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____
		Father _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____
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		Mother _____ Born _____ Died _____ Religion _____	Mother _____ Born _____ Died _____ Religion _____	Father _____ Born _____ Died _____ Religion _____
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## Serving Others

**Requirements:** Do Sections I and II for the standard class requirements (Friend).

Do Sections I, II and III for the advanced class requirements. (Trail Friend).

### I. One to One (Required)

**A. Visit an absent member of your group, a shut-in or someone who needs friendship and follow it up with a phone call, letter, or card encouraging them.**

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### II. Group Witness (Required)

**A. With the help of 2 or 3 friends, spend 4 hours on a community, school or church project**

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**B. Help organise and run a friend's party for your class.**

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**III. Community Outreach (Optional)**

**A. Bring at least two visitors to Sabbath School or Pathfinder meetings.**

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SECTIONS COMPLETED		
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<input type="checkbox"/>	II. _____	_____ (Required)
<input type="checkbox"/>	III. _____	_____ (Optional)

## Friendship Development

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

### I. Building Relationships (Optional)

**A. List 10 qualities of being a good friend, and discuss 4 everyday situations where you have practised the "Golden Rule".**

10 qualities of a good friend:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Everyday situations where you have practised the Golden Rule..

Report: \_\_\_\_\_

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## **II. Christian Lifestyle (Required)**

- A. Discuss and demonstrate good table manners with your parents / guardian or group leader.**

Report: \_\_\_\_\_

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**B. Complete the following questions:**

**Do you know what a person with good manners does?**





## Health and Fitness

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

### I. Health Principles (Required)

- A. Discuss the temperance principles in the life of Daniel OR participate in a presentation or role play on Daniel chapter one.**

Report: \_\_\_\_\_

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- B. Memorise and explain Daniel 1:8, and either sign or design your own pledge card, showing why you choose a lifestyle in harmony with the true principles of temperance.**

Report \_\_\_\_\_

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**C. Explain the dangers and the effects of alcohol, tobacco and drugs.**

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Report (Alcohol): \_\_\_\_\_

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Report (Tobacco): \_\_\_\_\_

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\_\_\_\_\_ Report

ort (Drugs): \_\_\_\_\_

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**D. Learn the principles of a healthful diet and engage in a project preparing a chart of basic food groups.**

Report \_\_\_\_\_

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**II. Personal Awareness (Required)**

**A. 1. Study the story of Joseph found in Gen. 39: 6 - 18 and explain why he could say “No” to sexual temptation.**

Report \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. Explain Exodus 20:14 and Romans 12:1 - 2**

Exodus20:14 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Romans 12:1-

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. Define adultery and fornication**

Adultery \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fornication \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. Explain what ‘fidelity’ in marriage means**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. Sign a pledge to remain a ‘virgin’ until married.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**B. Study and practice “Personal Safety”**



## Personal Safety Awareness

### Check List of Preventive Protection

#### The 3 Do's

- \_\_\_\_\_ 1. Do stay alert. Who's in front, who's behind? Ask a friend to go along when you go out..
- \_\_\_\_\_ 2. Do communicate a message of confidence. Stand tall, walk purposefully.
- \_\_\_\_\_ 3. Do trust your instincts. If you feel uncomfortable, leave..

#### When Walking:

- \_\_\_\_\_ Plan the safest route. Avoid vacant lots, alleys, etc.
- \_\_\_\_\_ Know your neighbourhood. What places are open late, where's the fire station or police station?
- \_\_\_\_\_ Don't flaunt expensive clothing or money..
- \_\_\_\_\_ Walk facing traffic - you can see approaching cars..
- \_\_\_\_\_ If you're being followed by someone in a car, change directions immediately and make it visible that you're writing down a license number.
- \_\_\_\_\_ Never hitchhike.
- \_\_\_\_\_ Other ideas \_\_\_\_\_

#### On Buses or Subways:

- \_\_\_\_\_ Try to sit near the driver or conductor.
- \_\_\_\_\_ Don't fall asleep.
- \_\_\_\_\_ Stand back of the platform ledge. Sit away from the exit door.
- \_\_\_\_\_ While waiting stay near the information booth.
- \_\_\_\_\_ If you are harassed, talk loudly to attract attention. (Scream if necessary!)
- \_\_\_\_\_ Other ideas \_\_\_\_\_

#### In Elevators:

- \_\_\_\_\_ Look into the elevator before you get in.
- \_\_\_\_\_ Get off if someone suspicious gets in.
- \_\_\_\_\_ If danger strikes, hit the alarm and all floor buttons.
- \_\_\_\_\_ Other ideas \_\_\_\_\_

#### Jogging, Cycling:

- \_\_\_\_\_ Choose safe routes in advance.
- \_\_\_\_\_ Vary your route and schedule.
- \_\_\_\_\_ Avoid night time.
- \_\_\_\_\_ Consider not wearing headphones.
- \_\_\_\_\_ Other ideas \_\_\_\_\_

#### Take Action Today:

- Make sure your streets are lighted.
- Make sure vacant lots are free of debris and graffiti. Places that look like no-one cares attract crime.
- Start a neighbourhood or apartment watch programme.
- Other ideas \_\_\_\_\_

### C. Complete the Honour in Beginner's Swimming

## SECTIONS COMPLETED

		Date	Instructor	
<input type="checkbox"/>	I.	_____	_____	(Required)
<input type="checkbox"/>	II.	_____	_____	(Required)
<input type="checkbox"/>	III.	_____	_____	(Optional)

### III. First Aid / Safety (Optional)

#### A. Complete the Red Alert Honour.

##### Red Alert

- \_\_\_\_\_ 1. Tell what you should do to prevent injury and/or possible loss of life in the following situations:
  - \_\_\_\_\_ a. A fire in your house, a neighbour's house, and a public building.
  - \_\_\_\_\_ b. If you are stranded in a car in a blizzard or desert.
  - \_\_\_\_\_ c. Motor vehicle accident.
  - \_\_\_\_\_ d. Earthquake.
  - \_\_\_\_\_ e. Flood.
  - \_\_\_\_\_ f. Sandstorm.
  - \_\_\_\_\_ g. Electrical Storm.
  - \_\_\_\_\_ h. Thunderstorm.
  - \_\_\_\_\_ i. Your boat or canoe capsizes in open water..
  
- \_\_\_\_\_ 2. When telephoning for help in an emergency situation, what essential information should be given and who should hang up last?
  
- \_\_\_\_\_ 3. Demonstrate what emergency first aid measures you should take in the following situations:
  - \_\_\_\_\_ a. Someone's clothes catch on fire.
  - \_\_\_\_\_ b. 'A severely bleeding wound..
  - \_\_\_\_\_ c. Someone is choking.
  - \_\_\_\_\_ d. Someone swallows poison.
  
- \_\_\_\_\_ 4. Do the following:
  - \_\_\_\_\_ a. Draw an escape route for your family in case of fire in your home when your normal exists are blocked.
  - \_\_\_\_\_ b. Practice with your family a home fire drill.
  - \_\_\_\_\_ c. Discuss with your examiner the procedures for safely getting people out of your church and school in case of a fire. Consideration should be given on how to prevent panic..
  
- \_\_\_\_\_ 5. What should you and your parents do to prevent abduction of children in your family? What should you do if you are abducted?

##### Honour Completed

Date: \_\_\_\_\_ Instructor: \_\_\_\_\_

# Youth Organisation

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

## I. Leadership (Required)

**A. Learn the names of your club leaders of Sabbath School leaders and tell how they work together.**

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**B. Know the names of at least 10 leaders and the departments they lead in your local church.**

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**B. Take a 3-hour or 5-mile (8 km) hike and identify track and trail signs along the way. Discuss how the activity was planned.**

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**II. Club Awareness (Required)**

**A. Discuss with your counsellor your involvement in the total Pathfinder Club programme, OR, invite a Pathfinder person to speak to your group.**

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**III. Pathfinder Programming (Optional)**

**A. Take part in three of the following:**

- \_\_\_\_\_ 1. Induction
- \_\_\_\_\_ 2. Club Meeting
- \_\_\_\_\_ 3. Pathfinder Sabbath
- \_\_\_\_\_ 4. Investiture Service
- \_\_\_\_\_ 5. Quarterly Scheduling
- \_\_\_\_\_ 6. Club Camp out

Report: \_\_\_\_\_  
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**B. Complete requirements 1 and 4 of the Drilling and Marching Honour.**

**Requirement #1:** Explain five or more objectives of drilling.

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**Requirement #4:** Properly execute the following basic movements:

- |                        |                            |                     |
|------------------------|----------------------------|---------------------|
| _____ a. Attention     | _____ e. Dress Right Dress | _____ i. Right Face |
| _____ b. Parade Rest   | _____ f. Prayer Attention  | _____ j. Left Face  |
| _____ c. Stand at Ease | _____ g. Present Arms      | _____ k. About Face |
| _____ d. At Ease       | _____ h. Order Arms        | _____ l. Fall Out   |

<b>SECTIONS COMPLETED</b>		
	Date	Instructor
<input type="checkbox"/>	I. _____	_____ (Required)
<input type="checkbox"/>	II. _____	_____ (Required)
<input type="checkbox"/>	III. _____	_____ (Optional)

## Nature Study

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

**I. Spiritual Lessons (Required)**

**A. Review the Story of the Lost Sheep, and find at least 3 other examples in nature that are used in the Bible to describe the character of God.**



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**III Nature Observation (Optional)**

- A. Seeds / Birds / Mammals - Collect or obtain and identify 15 different kinds of seeds OR set up a feeding station for birds or mammals. Report on the types of visitors appearing during the week.**

Report: \_\_\_\_\_

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- B. Know and identify ten wild flowers and ten insects in your area.**

SECTIONS COMPLETED			
		Date	Instructor
<input type="checkbox"/>	I.	_____	_____ (Required)
<input type="checkbox"/>	II.	_____	_____ (Required)
<input type="checkbox"/>	III.	_____	_____ (Optional)

# Outdoor Living

**Requirements:** Do Section I for the standard class requirements (Friend).  
Do Sections I and II for the advanced class requirements (Trail Friend).

## I. Outdoor Skills (Required)

Know how ropes are made and demonstrate how to care for rope.

### A. Tie and know the practical use of the following knots: Overhand; Granny; Square; Slip; Double bowline; Two half hitches; Clove hitch; Bowline.

_____	_____	_____
_____	_____	_____
_____	_____	_____

### B. Learn the safety rules for camping. Participate in an overnight Campout.

## 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 right side of the road facing the oncoming traffic. At night wear the proper clothing so you can be seen, or carry a torch.
- 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 known 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 the 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 axe) 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 (axe) Safety
1. Keep your axe sharp.
  2. Keep the handle tight to the head.
  3. Keep the axe off the ground.
  4. A hatchet (axe) is not a hammer, a maul, or a wedge.
  5. Clear the ground an axe length around -  
Axe length + length of your arm..
  6. Onlookers stay two axe lengths away.
  7. Rest when you are tired.
  8. Carry axe with the blade out.
  9. Pass the axe 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 (axe) 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 Pathfinding. 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 camp sight..
- 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 material.

**Pitching:** 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 ½ 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 (polyurethane) 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. Paraffin
- 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 not 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. Familiarise yourself with these, using any common plant guide, and learn to avoid them.

## 7. Water

Whenever you are choosing a camp sight 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 build-up area and above the junction of small streams. Avoid areas where there is dark-coloured vegetation in the water, floating debris, or odours, for these may indicate heavy pollution. Lakes are probably the poorest of water supplies.

## C. Pitch and strike a tent and make a camp bed.

## II. Outdoor Activity (Optional)

### A. Earn Camping Skills # 1 Honour.

#### Camping Skills 1 Honour Requirement

- |       |     |   |
|-------|-----|---|
| _____ | 1.  | Be at least in the 5 <sup>th</sup> 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 camp out.  |
| _____ | 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 camp sights. |
| _____ | 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".                             |

#### Honour Completed

Date: \_\_\_\_\_ Instructor: \_\_\_\_\_

### B. Start a fire with one match, using natural materials and keep it going.

### C. Tie five speed knots.

SECTIONS COMPLETED		
	Date	Instructor
<input type="checkbox"/> I.	_____	_____ (Required)
<input type="checkbox"/> II.	_____	_____ (Optional)

## HONOUR ENRICHMENT

**Requirements:** Do Section I for the standard class requirements (Friend).  
Do Sections I and II for the advanced class requirements (Trail Friend).

### I. Arts and Crafts / Hobbies / Household Arts (Required)

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

Arts / Crafts / Hobbies

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Aeroplane Model. | <input type="checkbox"/> Indian Lore    | <input type="checkbox"/> Baking       |
| <input type="checkbox"/> Braiding         | <input type="checkbox"/> Leather Craft  | <input type="checkbox"/> Basic Sewing |
| <input type="checkbox"/> Bread Dough      | <input type="checkbox"/> Macrame        | <input type="checkbox"/> Cooking      |
| <input type="checkbox"/> Candle making    | <input type="checkbox"/> Model Rocketry | <input type="checkbox"/> Dressmaking  |
| <input type="checkbox"/> Copper Enamel..  | <input type="checkbox"/> Plaster Craft  | <input type="checkbox"/> Laundering   |
| <input type="checkbox"/> Felt Craft       | <input type="checkbox"/> Soap Craft     |                                       |
| <input type="checkbox"/> Glass Painting   | <input type="checkbox"/> String Art     |                                       |
| <input type="checkbox"/> Glass Craft      | <input type="checkbox"/> Weaving        |                                       |

### II. Recreational / Outdoor Industries / Vocational (Optional)

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

**Recreational**

**Outdoor Industries**

**Vocational**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Archery                       | <input type="checkbox"/> Flower Culture  | <input type="checkbox"/> Basic Computer               |
| <input type="checkbox"/> Beginners Swim                | <input type="checkbox"/> Gardening       | <input type="checkbox"/> Basic Computer<br>(Advanced) |
| <input type="checkbox"/> Beginners Swim,<br>(Advanced) | <input type="checkbox"/> Horse Husbandry | <input type="checkbox"/> Christian<br>Salesmanship    |
| <input type="checkbox"/> Camp Craft                    | <input type="checkbox"/> Sheep Husbandry |   |
| <input type="checkbox"/> Camping<br>Skills 1           |  |   |
| <input type="checkbox"/> Camping<br>Skills II          |  |   |
| <input type="checkbox"/> Cycling                       |  |   |
| <input type="checkbox"/> Drilling & Marching           |  |   |
| <input type="checkbox"/> Hiking                        |  |   |
| <input type="checkbox"/> Horsemanship                  |  |   |
| <input type="checkbox"/> Kites                         |  |   |
| <input type="checkbox"/> Track & Field                 |  |   |

- B. Additional Honours completed**


SECTIONS COMPLETED		
	Date	Instructor
<input type="checkbox"/>	I. _____	_____ (Required)
<input type="checkbox"/>	II. _____	_____ (Optional)
<input type="checkbox"/>		



