

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

Organisation 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 | Musical Interpretation | Role Playing |
| Panel Discussion | Written Composition | Skit |
-

Report: _____

III. Growth (Required)

A. Earn the Guide Reading Certificate OR the Senior Reading Certificate. (The two Reading Certificates are very similar. For simplicity, the Guide Certificate requirements are listed here.)

1. Select and read at least four chapters from *The Great Controversy*, chap. 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.

Report: _____

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

<i>Week 27</i>	<i>Week 28</i>	<i>Week 29</i>	<i>Week 30</i>
MY ATTITUDES	GO FOR IT	GROWING UP	FAITH
___ Mark 9:33-35	___ Isaiah 40:31	___ 1 Corinthians 13	___ Judas 1
___ 1 Thess. 5:12-18	___ Genesis 17:1	___ 1 Corinthians 6:18,19	___ Romans 14:13
___ Psalm 34	___ Proverbs 4:18	___ Psalm 53	___ Matthew 9:1-8
___ Ephesians 3:14-19	___ Luke 9:23	___ Psalm 90	___ Luke 17:5-19
___ James 2:8-17	___ Philemon 3:12-14	___ Ruth 1-4	___ Lament. 3:22,23
	___ 2 Kings 22:1-13	___ Hebrews 5:12-14	___ Psalm 31:22-25
___ Exodus 32:1-26		___ Hebrews 3:17-19	

<i>Week 31</i>	<i>Week 37</i>	<i>Week 43</i>	<i>Week 48</i>
PRAISE	DEATH	CHALLENGES	FEELING GOOD
___ Psalm 108:1-6	___ Hebrews 9:27,28	___ Matthew 22:37-40	___ Psalm 27:1-6
___ Psalm 27:1-4	___ John 16:29-33	___ Luke 14:26	___ Psalm 32:1-5
___ Psalm 56:1-13	___ Revelation 7:14-17	___ 2 Corinthians 7:1	___ Psalm 25:1-10
___ 1 Peter 5:6-11	___ Ecclesiastes 12	___ Exodus 4	___ Hosea 6:1-3
___ Isaiah 63	___ Isaiah 60:19-22	___ Matthew 24	___ Psalm 117
___ Isaiah 26:3-7	___ 2 Corinthians 1:8-11	___ Luke 24	___ Deut. 10:6-15
___ Psalm 121:3		___ Matthew 11:1-15	

<i>Week 32</i>	<i>Week 38</i>	<i>Week 44</i>	<i>Week 49</i>
PRAYER	BAPTISM	WHAT AM I GOING TO DO? MY FUTURE	
___ Psalm 116:1,2	___ Romans 6:1-11	___ Isaiah 61:8	___ Revelation 20:11
___ Matthew 6-7	___ Matthew 3:1-17	___ Matthew 4:12-25	___ Psalm 46:1-3
___ Luke 18:1-8	___ Luke 3:1-21	___ Acts 15:1-29	___ Psalm 84:1-4
___ Psalm 20	___ Matthew 28:1-20	___ 1 Corinthians 3	___ Psalm 90:1-4
___ Psalm 100:4,5	___ 1 Peter 3:13-22	___ Acts 1	___ Revelation 18:1-15
___ Proverbs 15:8	___ Acts 22:16	___ Acts 15:1-29	
___ Colossians 4:2-6	___ Matthew 21		

<i>Week 33</i>	<i>Week 39</i>	<i>Week 45</i>	<i>Week 50</i>
TRUST	SECOND COMING	AM I SAVED?	PEER PRESSURE
___ Proverbs 3:4,5	___ 1 Corinthians 15:17	___ Genesis 3:15-19	___ 1 John 4:7-21
___ Psalm 62:9	___ Isaiah 64:1	___ Exodus 15:1-18	___ Isaiah 56:4-11
___ Isaiah 30:19-26	___ Titus 2:13	___ Isaiah 59:1-4	___ Luke 15:11-32
___ Jeremiah 10:23	___ Isaiah 25:9	___ Psalm 98	___ Genesis 37-39
___ Exodus 33:15	___ James 5:7-11	___ Hebrews 1	___ Genesis 40-44
___ Isaiah 38:14	___ Mark 13	___ Galatians 3:1-11	___ Genesis 45-48
___ Colossians 3:12-17		___ Romans 4	

Week 34

SALVATION

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

Week 40

JUDGEMENT

- ___ Revelation 6-8
- ___ 1 Peter 4:12-19
- ___ 1 Peter 5:1-11
- ___ Romans 13:11-14
- ___ Job 14:1-7
- ___ Zephaniah 1-3

Week 46

NEW STARTS

- ___ John 11:25
- ___ John 3:1-16
- ___ Isaiah 40:27-31
- ___ Philemon 1
- ___ 1 Kings 10, 11
- ___ Psalm 137
- ___ Isaiah 40:27-31

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 35

FORGIVENESS

- ___ Isaiah 38:16-19
- ___ Psalm 30:1-15
- ___ Psalm 40:1-5
- ___ Isaiah 1:18-20
- ___ Deuteronomy 31:8
- ___ 1 Corinthians 6:7-11
- ___ Titus 3:1-8
- ___ Mark 2:23-27

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 47

SABBATH

- ___ Exodus 12-20
- ___ Matthew 12:1-8
- ___ Hebrews 3:7-11
- ___ Genesis 1, 2
- ___ Isaiah 56
- ___ Deut. 5:12-15
- ___ Mark 1:21-28

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

Week 36

ABUNDANT LIFE

- ___ Romans 5:6-11
- ___ John 15:4-11
- ___ Luke 19:1-27
- ___ Jeremiah 4:1-8
- ___ Ephesians 1-3
- ___ John 16:1-5

Week 42

BIBLE STUDY

- ___ Psalm 5:1-3
- ___ Psalm 32:3
- ___ 2 Timothy 3:16
- ___ Isaiah 35:8
- ___ Acts 17:10-15

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. Memorise a Bible text in each of the following categories:

I. Great Passage

- ___ 2 Tim. 3:15,16
- ___ Romans 10:17
- ___ Daniel 8:14
- ___ Joel 2
- ___ Option _____
- ___ Option _____

III. Doctrine

- ___ Matthew 24:24-27
- ___ Eccles. 9:5-6, 10
- ___ Hebrews 4:14-16
- ___ Exodus 20:3-7

V. Relationships

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

VII.Promise/Praise

- ___ Psalm 46
- ___ Phillipian 4:13
- ___ Psalm 55:22
- ___ Psalm 95:6,7
- ___ 1 Cor. 10:13

II. Salvation

- ___ Philippians 3:7-9

IV. Prayer

- ___ Philippians 4:6,7

VI. Behaviour

- ___ Luke 12:15

___ Ezekiel 36:26,27 ___ Ephesians 3:20,21 ___ 1 Cor. 10:31
___ 1 John 5:11,12 ___ Matthew 5:44 ___ James 4:7,8
___ 1 Cor. 5:7,8 ___ Option _____ ___ Option _____
___ 1 Cor. 6:19,20
___ 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: _____

II. Church Heritage

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

Serving Others

Requirements: Select two of the three sections for the standard class requirements (Guide).

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: _____

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 behaviour, 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 opportunities for Christians. Visit people working in

three careers of your choice and discuss your findings.

Report: _____

SECTIONS COMPLETED

	Date	Instructor	
1. I.	_____	_____	(Optional)
2. II.	_____	_____	(Optional)
3. 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: _____

~ II. _____ (Optional)

~ III. _____ (Optional)

Youth Organisation

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 honours:**

Camping Skills III

Camping Skills IV

Camping Skills III Honour 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 (axe) 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 Skill IV Honour 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.

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: _____

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 honour. Write a description of your methods and their reactions.

Report _____

B. Learn or review the Wilderness Safety rules.

Wilderness Safety

- A. First Aid**
1. Why should everyone participating in a wilderness **B. Hiking**

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.

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 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 mess or fuss. They are also quite cheap at the grocery store.
 - 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, better have a very good field guide along and willingness to go hungry or not be very picky.

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 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.

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:

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

II. Outdoor Activity (Optional)

- A. Earn one of the camp honours listed below, not previously earned.**

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

Backpacking Honour 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 rain gear 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 labelling 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. Forstbite	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..

Honour Completed

Date: _____ Instructor: _____

Pioneering Honour Requirement

- ___ 1. Describe in writing or with pictures how the early pioneers met the following basic living needs:

___ a. Housing and furnishings	___ e. Clothing
___ b. Warmth and light	___ f. Food
___ c. Tools and handiwork	___ g. Cooking
___ d. Transportation	___ 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	___ d. Curved glass
___ b. Friction	___ e. Metal match
___ c. Electric spark	___ f. Compressed air
- ___ 6. Show axemanship knowledge in the following:
 - ___ a. Describe the best type of axes.
 - ___ b. Show how to sharpen an axe properly.
 - ___ c. Know and practice safety rules in the use of an axe.
 - ___ d. Know the proper way to use an axe.
 - ___ 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 the body.
- ___ 9. Assist in the construction of a 10 foot rope from natural material or twine.
- ___ 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.

Honour Completed

Date: _____

Instructor: _____

Outdoor Leadership Honour Requirement

- ___ 1. Earn four of the following honours. Any earned more than two years ago should be restudied so that 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. Pioneers
- ___ 2. Have the First Aid honour.
- ___ 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, organise and do the teaching of one nature honour to a group of youth.
 - ___ b. Assist in teaching camping skills required in any camping honour 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.

Honour Completed

Date: _____

Instructor: _____

Winter Camping Honour Requirement

- ___ 1. Earn the Campcraft honour.
- ___ 2. Make up a complete list of necessary camping equipment for winter conditions such as possible sub-zero 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 travelling, 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, recognise 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.

Honour Completed

Date: _____

Instructor: _____

Wilderness Living Honour Requirement

- ___ 1. Go on at least two weekend campouts during which you learn the skills called for in this honour.
- ___ 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 or bird tracks.
- ___ 6. Using a compass, follow a course for more that 100 yards with three different headings and less that 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 honour, 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 ___ c. Rocky areas
 ___ b. Swamps and marshes ___ 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 ___ f. Prusik
 ___ b. Bowline on a bight ___ g. Tautline hitch
 ___ c. Clove hitch ___ h. Two half hitches
 ___ d. Double fisherman's ___ i. Square
 ___ e. Figure Eight

Honour Completed

Date: _____ Instructor: _____

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

Honour 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 honour at your skill level, not previously earned, in the area of art, craft, hobby or household skills** (See *AY Honour Handbook* for requirement helps.)

Arts / Crafts / Hobbies	___ Crocheting, Adv.	___ Lettering/Poster	___ Sculpturing
___ Basketry	___ Decoupage	___ Metalcraft	___ Silkscreen Print
___ Block Printing	___ Drawing & Painting	___ Model Boats	___ Silkscreen Print-
___ Braiding, Adv.	___ Flower Arrangement	___ Model Rocket, Adv.	ing, Adv.
___ Cake Decorating	___ Indian Lore, Adv.	___ Music	___ Soapcraft, Adv.
___ Ceramics	___ Knitting	___ Needlecraft	___ Stamps
___ Coins	___ Knitting, Adv.	___ Photography	___ Textile Painting
___ Computers, Adv.	___ Lapidary	___ Plastics	___ Wood Carving
___ Copper Enamel, Adv.	___ Leathercraft, Adv.	___ Pottery	___ Wood Handicraft
___ Counted Cross Stitch			
___ Crocheting			
Household Skills	___ Food Drying	___ Nutrition	___ Quilting
___ Cooking, Adv.	___ Food Freezing	___ Nutrition, Adv.	___ Tailoring
___ Dressmaking, Ad	___ Housekeeping	___ Preserving/Canning	

II. Recreational / Outdoor Industries / Vocational (Optional)

- A. Complete one honour at your skill level, not previously earned, in the area of recreational skills, vocational studies, or outdoor industries.** (See *AY Honour Handbook* for requirement helps).

Recreational

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Archery, Adv. | <input type="checkbox"/> Fire Building & Camp Cook | <input type="checkbox"/> Power Boating | <input type="checkbox"/> Springboard Diving |
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Knot Tying | <input type="checkbox"/> Rock Climbing | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Campcraft | <input type="checkbox"/> Life Saving | <input type="checkbox"/> Rock Climb, Adv. | <input type="checkbox"/> Swimming, Adv. |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Navigation | <input type="checkbox"/> Rowing | <input type="checkbox"/> Tumbling & Balance |
| <input type="checkbox"/> Caving | <input type="checkbox"/> Orienteering | <input type="checkbox"/> Sailing | <input type="checkbox"/> Wilderness L/ship |
| <input type="checkbox"/> Caving, Adv. | <input type="checkbox"/> Outdoor Leadership, Adv. | <input type="checkbox"/> Scuba Diving | <input type="checkbox"/> Wilderness Living |
| <input type="checkbox"/> Cycling, Adv. | <input type="checkbox"/> Physical Fitness | <input type="checkbox"/> Scuba Diving, Adv | <input type="checkbox"/> Wind Surfing |
| <input type="checkbox"/> Drilling & March, Adv. | <input type="checkbox"/> Pioneering | <input type="checkbox"/> Sen.Life Save, Adv | <input type="checkbox"/> Winter Camping |
| | | <input type="checkbox"/> Skin Diving | |

Vocational

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Auto Mechanics | <input type="checkbox"/> Christian Salesmanship | <input type="checkbox"/> Health & Healing | <input type="checkbox"/> Small Engines |
| <input type="checkbox"/> Auto Mechanics, Adv. | <input type="checkbox"/> Communication | <input type="checkbox"/> Journalism | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Bible Evangelism | <input type="checkbox"/> Communication, Adv | <input type="checkbox"/> Printing | <input type="checkbox"/> Typing |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Electricity | <input type="checkbox"/> Radio | <input type="checkbox"/> Welding |
| <input type="checkbox"/> Carpentry | | <input type="checkbox"/> Radio Electronics | <input type="checkbox"/> Woodworking |

Outdoor Industry

- | | | | |
|---------------------------------------|---|--|--|
| <input type="checkbox"/> Accounting | <input type="checkbox"/> Cattle Husbandry | <input type="checkbox"/> Masonry | |
| <input type="checkbox"/> Agriculture | <input type="checkbox"/> Dairying | <input type="checkbox"/> Paper Hanging | <input type="checkbox"/> Shoe Repair |
| <input type="checkbox"/> Hairdressing | <input type="checkbox"/> Fruit Growing | <input type="checkbox"/> Pigeon Raising | <input type="checkbox"/> Shorthand |
| <input type="checkbox"/> Beekeeping | <input type="checkbox"/> Goat Husbandry | <input type="checkbox"/> Plumbing | <input type="checkbox"/> Small Fruit Growing |
| <input type="checkbox"/> Book Binding | <input type="checkbox"/> House Painting | <input type="checkbox"/> Poultry Raising | |

- Earn the Beginner's Swimming Honour, if not previously earned.**

SECTIONS COMPLETED	
Date	Instructor
1. I. _____	_____ (Optional)
2. II. _____	_____ (Optional)