

ARROW OF LIGHT

We have provided program and printed materials for the required Arrow of Light Adventures. In each Adventure section of this document, you will find a list of the activities that will guide you to completing each requirement. If a different activity listed in the Den Meeting resources online meets the needs of your den, then feel free to choose a different activity that helps meet the requirements of the Adventures. Some requirements are meant to be done at home with adult partners or family. Please review the contents of your Adventure Box as well as this document AND the Den Meeting resources online to better prepare yourself for your den meetings.

Scouts will also need to use their handbooks during each of the Adventures.

PROGRAM SUPPLIES 2

PRINTED MATERIALS..... 3

SUGGESTED ADVENTURE ORDER 4

ADVENTURES

BOBCAT 5

OUTDOOR ADVENTURER 6

CITIZENSHIP 8

FIRST AID..... 9

DUTY TO GOD11

PERSONAL FITNESS.....12

This document is best viewed digitally as it contains direct links to the Den Meeting resources found online.



PROGRAM SUPPLIES

The following table shows what program supplies and quantity have been provided. Most supplies are packaged in a bag labeled with the Adventure name; some are packaged loose in the box. An 'x' in the table indicates that this supply is needed for that adventure but is packaged in a prior adventure (the one with the numerical quantity).

		Bobcat	Outdoor Adventurer	Citizenship	First Aid	Duty to God	Personal Fitness	AOL Box Total
Packing Location	Item							
bag	3 x 5 index cards	14						14
bag	pencils	8	x	x	x		x	8
bag	markers	1			x			1
box	flag	1						1
bag	pencil sharpener	1						1
box	posterboard	1						1
bag	black permanent marker	1						1
bottle	stickers for bottles		24					24
bottle	mini first aid kit		8					8
box	water bottle		8					8
bottle	flashlight		8					8
bag	nitrile gloves				48			48
bag	2 x 2 gauze pads				40			40
bag	antibiotic ointment				20			20
bag	4 x 4 gauze pads				16			16
bag	antiseptic wipes				16			16
bag	quart size zipper bag				8			8
bag	moleskin				8			8
bag	first aid tape				8			8
bag	CPR breathing barrier				8			8
bag	safety glasses				4			4
bag	bandana				4			4
bag	aloe vera				1			1
bag	playing card				1			1
bag	tweezers				1			1
bag	sports cones						4	4

PRINTED MATERIALS

We have provided the following printed materials for use along with the program supplies in your Adventure Box.

Adventure	Requirement	Activity/Requirement Name	Material Provided
Bobcat	1	Patrol Elections	Blank paper (8x) for ballots
Bobcat	2	Den Flag	Blank paper (8x) for den flag designs
Bobcat	7	Scouts BSA Troop Meeting Scavenger Hunt	Scouts BSA Troop Scavenger Hunt
Bobcat	8	Child Abuse Protection Review	Do at Home Reminder (8x)
Outdoor Adventurer	2	IOLS Shakedown	Camping Gear Checklist (8x)
Outdoor Adventurer	3	Scouting America SAFE Checklist	Scouting America SAFE Checklist (8x)
Outdoor Adventurer	5	Den Campout	Campout Planner and Checklist
Outdoor Adventurer	8	Start, Stop, Continue	Blank paper (8x)
Citizenship	1	Service Project Planning	SAFE Service Project Planning Checklist (8x)
Citizenship	2	AOL Scouting For Food	Scouting for Food info flyer-Online or at the Council office
First Aid	1	Protect Yourself Rules	Do at Home Reminder (8x)
First Aid	2	First Aid First Response	Emergency Contact Information worksheet (8x)
Duty to God	ALL	ALL	Do at Home Reminder (8x)
Personal Fitness	2	Tracking Your Fitness	Personal Fitness Activity Log
Personal Fitness	4	Health & Medical Record Review	Do at Home Reminder (8x)

The Do at Home Reminders are ¼ sheet pieces of paper and have all been stapled together.

SUGGESTED ADVENTURE ORDER

While your pack and den have plenty of latitude when it comes to your program year, we do have a general recommendation for your schedule of Adventures. Use this as a starting point for your annual program plan and add/edit to fit your own needs and abilities. Remember, the Bobcat Adventure is the first required Adventure that your Scouts must earn. The AOL program is slightly shorter than other ranks as it is designed to have AOL Scouts cross over into a troop by Spring Break, so adjust the schedule as necessary to ensure Scouts earn all six required adventures and two electives in time.

June/July – Summertime Fun – Check out the council day camp and other opportunities where you could complete various range and target activities Adventures as well as others.

August/September – Bobcat – You will need to connect with a Scouts BSA Troop to complete this adventure. Need help? Check out BeAScout.org for Troops in your area.

September – Fishing– Attend our council fishing days to ensure your Scouts can earn the Fishing adventure. Knife Safety- by completing it early, Scouts can use their knife skills at their first campout.

October – Citizenship – Participate in our Council Scouting for Food drive to help fulfill your requirements for this. Be sure to help your Scouts spend some time planning the areas they will 'scout' for food and consider visiting and learning more about your local food bank. You can also contact your Chartering Organization or Elementary School to see if there are potential service projects you can participate in.

October/November- Consider having your pack/patrol camp at McGimsey Scout Park, Mays Family Scout Ranch or Bear Creek Scout Camp to fulfill several of your Outdoor Adventurer & Into the Woods requirements.

November - First Aid works well here.

December/January/February - Duty to God – Remind your families that this Adventure is a recommended 'Do at Home' Adventure. As a den or pack, consider taking advantage of our Interfaith Hike in February at McGimsey Scout Park. For more information and to sign up, check out Alamoareascouting.org. Scouts can also work on their Religious Emblem award at any time. For more information, check out Praypub.org and click on the link for Scouting America. Some of the workbooks are available at the Scout Shop.

December- Plan some holiday fun for this month.

January – Personal Fitness – Start the year off right and focus on physical fitness. Remind Scouts that they will be tracking active days for two weeks.

February – Consider putting Engineer in this month and show off your projects during the Pack Blue & Gold Banquet. Cross over into a Troop and join Scouts BSA!

As you well know, South Texas weather can be rather unpredictable. Keep the supplies for some of the elective adventures handy. Adventures like High Tech Outdoors (could be completed with Webelos) and Estimations can be easily done during hot or bad weather days at a moment's notice.

Remember, the adventures listed above are just a portion of what is available to your Scouts. Be sure to check out all the fun opportunities that are in store for you to create the best year possible for your Scouts. Dates for council activities can be found on the Alamo Area Council Calendar .

BOBCAT

<https://www.scouting.org/cub-scout-adventures/bobcat-aol/>

The Bobcat Adventure is the first required Adventure on your Trail and will get you and your patrol off to a great start. Once you have completed the Bobcat Adventure, you can work on the other Adventures in any order. In this Adventure, you'll learn about things like the Scout slogan and the patrol method. You'll find out about ranks in Scouts BSA and merit badges. You'll also visit a Scouts BSA troop.

We have provided everything you will need for this adventure; however, you will need to visit a Scouts BSA Troop of your choosing. If you need help locating a troop to visit, please contact the Council Office at 210-341-8611 or BeAScout.org.

Requirements:

1. Demonstrate the patrol method by choosing a Patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.
2. Get to know members of your patrol.
3. Recite the Scout Oath and Scout Law with your patrol.
4. With your patrol, create a Code of Conduct.
5. Demonstrate the Scouts BSA sign, Scouts BSA salute, and Scouts BSA handshake. Show how each is used.
6. Learn the Scouts BSA slogan and motto.
7. With your patrol, or with your parent or legal guardian, visit a Scouts BSA troop.
8. At home, with your parent or legal guardian do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

Suggested Activities

1. [Patrol Elections](#)
 - Cub Scouts choose a patrol name and elect a patrol leader.
2. [Patrol Flag Arrow of Light](#)
 - Cub Scouts create a patrol flag.
 - We have provided a basic version of this activity; you have been given a small blank den flag. Use the markers provided to create a den flag that represents the members of your den. Have each Scout use a blank piece of paper to test out designs. Try to incorporate parts of each design in the final flag.
3. [Recite the Oath and Law Arrow of Light](#)
 - Learn and reinforce the Scout Oath and the Scout Law by reciting it with your patrol.
4. [Patrol Code of Conduct](#)
 - Cub Scouts will be invested in their conduct when they help create their code of conduct.
5. [Scouts BSA Sign, Salute, and Handshake](#)
 - Cub Scouts learn the Scouts BSA sign, salute, and handshake and how each is used.
6. [Scouts BSA Slogan & Motto](#)
 - Cub Scouts learn the Scouts BSA slogan and motto and how to use them.
7. [Scouts BSA Troop Meeting Scavenger Hunt](#)
 - During a visit with a Scouts BSA troop, Cub Scouts look for key elements and experiences of the troop meeting.
8. [Child Abuse Protection Review Arrow of Light](#)
 - Review the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."
 - We have provided a Do at Home Reminder for this activity.

OUTDOOR ADVENTURER

<https://www.scouting.org/cub-scout-adventures/outdoor-adventurer/>

There's nothing like the great outdoors. In this Adventure, you will plan and participate in a campout with your Arrow of Light patrol or a Scouts BSA troop. You'll learn how to pack, help plan using the Scouting America SAFE Checklist, set up camp, and discover how Scouts camp.

Your Scouts will learn about the Scout Basic Essentials during this adventure. We have provided a few of these items for your Scouts to get them off to a good start. In your box you will find a Water Bottle, Flashlight, and a Basic First Aid Kit (Scouts will expand on this kit during the First Aid Adventure). Families will need to source the rest of them themselves.

This is more of an advanced Adventure and will require camping with your Pack or Patrol. You can also join a Scouts BSA Troop for a unit campout. If camping with a Scouts BSA troop, AOL scouts must attend as an AOL den/patrol under the supervision of two deep leadership from their AOL den/patrol or pack.

Your Campout will also be a great time to complete Requirement #1 for Personal Fitness.

You will need to source the following program supplies for this adventure:

Supply	Activity
Scout Essentials that have not been provided	Scout Basic Essentials
Scouts will need their camping gear	IOLS Shakedown
IOLS Trained Adult Leader ***	IOLS Shakedown
Digital devices with mapping app	Digital Map
Pack/Patrol Camping Equipment	Den Campout & Campsite Setup
Camp Kitchen Equipment	Safe Food Handling and Clean Up

*** All Scouts BSA Scoutmasters and Assistant Scoutmasters are IOLS trained.

Requirements:

1. Learn about the Scout Basic Essentials.
2. Determine what you will bring on an overnight campout — including a tent and sleeping bag/gear — and how you will carry your gear.
3. Review the four points of the Scouting America SAFE Checklist and how you will apply them on the campout.
4. Locate the campsite where you will be camping on a map.
5. With your patrol or a Scouts BSA troop, participate in a campout.
6. Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.
7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.
8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids.

Please note that a BALOO trained adult will need to be present at the campout.

More information on Scouting America guidelines is available in the Guide to Safe Scouting at [Scouting.org](https://www.scouting.org).

Suggested Activities

1. [Scout Basic Essentials](#)
 - *Cub Scouts learn the Scout Basic Essentials.*
2. [IOLS Shakedown](#)
 - *Cub Scouts have a camping gear shakedown with an IOLS (Introduction to Outdoor Leader Skills) trained leader.*
 - *Contact your local Scouts BSA Troop to find a leader that has taken the IOLS Training to help with this activity.*
3. [Scouting America SAFE Checklist](#)
 - *Cub Scouts apply the points of the Scouting America SAFE checklist to their campout.*
4. [Digital Map](#)
 - *Cub Scouts locate their campground using a digital device.*
5. [Den Campout](#)
 - *Cub Scouts camp with their den.*
 - *Be sure you have a BALOO Trained Leader and go camping with your Patrol.*
 - *This is also a great time to complete Requirement #1 from Personal Fitness (cooking a camp meal)*
6. [Campsite Setup](#)
 - *Cub Scouts set up their campsite.*
7. [Safe Food Handling and Clean Up](#)
 - *Cub Scouts learn about safe food handling and use the three-pot method for meal clean up.*
8. [Start, Stop, Continue](#)
 - *Cub Scouts reflect on their campout using Start, Stop, Continue.*
Start-what to do differently. Stop- what to not do next time. Continue- what worked well during the campout.

CITIZENSHIP

<https://www.scouting.org/cub-scout-adventures/citizenship/>

Volunteering to make your community and country better is part of being both a Scout and a good citizen. This Adventure may only have two requirements, but the goal is for you to take an active part in identifying and planning a service project, not just participating in one. This skill will help you in the future as you learn how to plan and conduct service projects in Scouts BSA.

We suggest that your Patrol participate in the Council Scouting for Food Drive. More information on the Scouting for Food Drive is available online at alamoareascouting.org or by flier available at the Council office. Guide your Scouts through the Scouting America SAFE Checklist and get them engaged in the planning for the project.

You will need to source the following program supplies for this adventure:

Supply	Activity
Neighborhood map	Service Project Planning & Scouting for Food

Requirements:

1. Identify a community service project that your patrol or pack could accomplish. Use the Scouting America. SAFE Checklist and develop a plan to conduct the service project safely.
2. Participate in a service project for a minimum of two hours or multiple service projects for a total of two hours.

Suggested Activities

1. [Service Project Planning](#)
 - Cub Scouts learn how to safely plan a service project.
2. [AOL Scouting for Food](#)
 - Participate in your Council-sponsored Scouting for Food event.

FIRST AID

<https://www.scouting.org/cub-scout-adventures/first-aid/>

In this Adventure, you will learn how to protect yourself and how to help others when they have been hurt. The skills you learn in this Adventure could help someone in trouble or even save a life. Your patrol may have a trained professional like an emergency medical technician (EMT), medical doctor, or registered nurse provide instruction for this Adventure.

During this Adventure, your Scouts will learn about First Aid and they will expand on the basic first aid kit that they were given during Outdoor Adventurer. You have been given a variety of first aid supplies. Some will be used during the Common First Aid Practices activity, and the remainder are for the DIY First Aid Kits.

You will need to source the following program supplies for this adventure:

Supply	Activity
Bowls with water (5)	Common First Aid Practices
Soap	Common First Aid Practices
Hand towel	Common First Aid Practices
Parents should be encouraged to be present for this Adventure	All Activities

Requirements:

1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.
2. Explain what you should do if you encounter someone in need of first aid.
3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
4. Demonstrate how to help a choking victim.
5. Demonstrate how to treat shock.
6. Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleeds.
7. Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit.

Suggested Activities

1. [Protect Yourself Rules Arrow of Light](#)
 - Watch the Protect Yourself Rules video with your parent or legal guardian.
 - We have provided a Do at Home reminder for this activity.
2. [First Aid First Response](#)
 - Cub Scouts explain what to do if they encounter someone who needs first aid.
3. ["Hurry" Cases](#)
 - Cub Scouts demonstrate what to do for first aid "hurry" cases.
4. [Heimlich Maneuver](#)
 - Cub Scouts demonstrate how to perform the Heimlich maneuver.
5. [Shock First Aid](#)
 - Cub Scouts demonstrate how to treat shock.

6. [Common First Aid Practices](#)

- *Cub Scouts learn how to treat common first aid needs.*

7. [DIY First Aid Kit](#)

- *Cub Scouts make and demonstrate the use of a first aid kit.*
- Scouts should build on the first aid kit provided during the Outdoor Adventurer Adventure. You have been provided with gauze pads, first aid tape, antibiotic ointment, antiseptic wipes, nitrile gloves, moleskin, and don't forget about the CPR breathing barriers from the Hurry Cases activity. Scouts should be encouraged to continue to add any other items to their kit that may be needed for the activities that interest them.

DUTY TO GOD

<https://www.scouting.org/cub-scout-adventures/duty-to-god/>

It is important to know that Scouting America has a religious element as a part of the program as stated in the Scout Oath and Scout Law. However, Scouting America is absolutely nonsectarian in its attitude toward a member's religion or faith.

Scouting America's policy is that the home and organization or group with which the member is connected shall give definite attention to religious life.

Duty to God ... Your family and religious leaders teach you about God and the ways you can serve. You can do your duty to God by following the wisdom of those teachings and by defending the rights of others to practice their own beliefs. Scouting America is absolutely nonsectarian (not affiliated with or restricted to a particular faith or religious group) Reverent means that a Scout is faithful in their religious duties and respects the beliefs of others. No matter what the religious faith of a Scout may be, this fundamental of good citizenship should be kept before them.

This Adventure is commonly done at home with the Cub Scout's family. If it is being done as a den, ensure that every parent and guardian is aware of the content and the activities that the den will do and allow parents to opt out of doing it as a den activity and choose to complete the requirement at home.

We have provided a 'Do At Home Reminder' for this Adventure. Please distribute these reminders to your Scouts.

Requirements:

1. Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value.
2. Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how.
3. Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life.

PERSONAL FITNESS

<https://www.scouting.org/cub-scout-adventures/personal-fitness/>

In the Scout Oath we promise to keep ourselves physically strong. Proper nutrition, staying active with group activities, and personal exercises are key to being physically strong. You are now old enough to also know about your personal Scouting America Health and Medical Record.

You will need to source the following program supplies for this adventure:

Supply	Activity
Camp Cooking Equipment	Prepare A Meal On Campout
Meal ingredients	Prepare A Meal On Campout
Rubber Kickball	Kickball Madness

Requirements:

1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.
2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.
3. Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.
4. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

Suggested Activities

1. [Prepare A Meal on Campout](#)
 - Cub Scouts prepare a pizza on a campout.
 - This Activity should be done when you go on your campout during the Outdoor Adventurer Adventure.
2. [Tracking Your Fitness](#)
 - Cub Scouts track their physical fitness for 14 days.
3. [Kickball Madness](#)
 - Cub Scouts play kickball.
4. [Scouting America Annual Health and Medical Record AOL](#)
 - Cub Scouts review their Scouting America Annual Health and Medical Records with their parent or legal guardian.
 - We have provided a Do at Home Reminder for this activity.