Outdoor Plus Challenge

from www.clwydscouts.org.uk

	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout	Name of Scout
hold the Outdoor Challenge																				
have spent at least 8 nights away as a Scout, 4 of which must be camping																				
Take an active part in a further camp of at least two nights, which should include many of the following: (*This list gives an idea of the type and style of the activities that the residential experience should include. Depending on the activity, there may be extra ideas that could be included, which can be discussed in the Troop Forum)*																				
lead a group of Scouts in the setting up of a well-organised site that includes sleeping tents, food & equipment stores, fire/stove, kitchen & eating area																				
plan a balanced menu for a short camp																				
show how to use an axe or a saw or both safely																				
lead the cooking of a meal for the group																				
show knowledge of the safety precautions for the correct use of lamps and stoves																				
cook a backwoods meal with the group																				
build a working camp gadget, such as an altar fire, camp oven or gateway to a campsite																				
take a leading role in a pioneering project																				
build a bivouac and sleep in it																				
The Scout will also need to demonstrate knowledge of emergency aid for the outdoors:																				
demonstrate mouth-to-mouth resuscitation using a simulator																				
know how and when to put a patient in the recovery position																				
know how to recognise and treat fractures and severe bleeding																				
know how to use direct pressure to stop bleeding																				
demonstrate an awareness of the dangers of temperature extremes, such as sunstroke, dehydration, heat exhaustion and hypothermia, and know how to prevent and treat them																				