



Webelos

Core Requirements Worksheet

Scout Name: _____

Pack: _____ Den/Patrol: _____

Webelos Adventure: Cast Iron Chef



Do all of these:

- 1. At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the flames to burn safely, safely extinguish the flames with minimal impact to the fire site.
- 2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met.
- 3. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.
- 4. Prepare a balanced meal for your Den or family; utilize one of the methods below for preparation of part of your meal:
 - a. Camp stove
 - b. Dutch oven
 - c. Box oven
 - d. Solar oven
 - e. Open campfire or charcoal
- 5. Demonstrate an understanding of food safety practices while preparing the meal.



Webelos Core Requirements Worksheet

Scout Name: _____

Webelos Adventure: *Faith in Action*



Do requirement 1 or requirement 2.

If you choose requirement 2, complete 2a plus two more from 2b - 2d.

- 1. Earn the religious emblem of your faith for Webelos Scouts.
- 2. Do the following:
 - a. Help plan and participate in an interfaith worship service with your den leader. Show reverence during the service.
 - b. Review with your family or den members what you have learned about faith.
 - c. Discuss with your family or den members how planning and participating in an interfaith worship service helps you live your duty to God.
 - d. List one faith practice that you will work on for one month. Write down what you will do each day to remind you to work on that faith practice.

Webelos Adventure: *First Responder*



Do all of these:

- 1. Explain what first aid is. Tell what you should do after an accident.
- 2. Show what to do for the hurry cases of first aid:
 - a. Serious bleeding
 - b. Heart attack or sudden cardiac arrest
 - c. Stopped breathing
 - d. Stroke
 - e. Poisoning



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Scout Name: _____

- 3. Show how to help a choking victim.
- 4. Show how to treat for shock.
- 5. Demonstrate that you know how to treat the following:
 - a. Cuts and scratches
 - b. Burns and scalds
 - c. Sunburn
 - d. Blisters on the hand and foot
 - e. Tick bites
 - f. Bites and stings of other insects
 - g. Poisonous snakebite
 - h. Nosebleed
 - i. Frostbite
- 6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
- 7. Create and practice an emergency readiness plan for your home or den meeting place.
- 8. Visit with a first responder.

Webelos Adventure: *Stronger, Faster, Higher*



Do all of these:

- 1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
- 2. Do these activities and record your results:
 - a. 20-yard dash
 - b. Vertical jump
 - c. Lift a 5-pound weight
 - d. Push-ups
 - e. Curls
 - f. Jump rope



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Scout Name: _____

- 3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
- 4. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and improve your time over a two-week period.
- 5. With adult guidance, lead younger Scouts in a fitness game or games as a gathering activity for a pack or den meeting.
- 6. Try a new sport you have never tried before.

Webelos Adventure: *Webelos Walkabout*



Do all of these:

- 1. Create a hike plan
 - 2. Assemble a hiking first-aid kit
 - 3. Describe and identify from photos any poisonous plants and dangerous animals or insects you might encounter on your hike.
 - 4. Before your hike, plan and prepare a nutritious lunch. Enjoy it on your hike, and clean up afterward.
 - 5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
 - 6. With your Webelos den or with a family member, hike three miles (in the country if possible).
 - 7. Complete a service project on or near the hike location.
 - 8. Perform one of the following leadership roles during your hike: trail leader, first-aid leader, lunch leader, or service project leader.
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