

Wednesday

- T 12a Demonstrate care for choking victim
- S 7a Hurry cases of stopped breathing, serious bleeding and internal poisoning
- S 7b Prepare a first aid kit to take with you on a hike
- F 7a Demonstrate tying the timber hitch and clove hitch
- F 8a Demonstrate the bowline and tell its uses
- F 8c Show how to transport someone by yourself and with the aid of another person
- F 8d Common signs of a heart attack. Explain the steps in CPR

5 Mile Hike

- T 9 Explain why we use the buddy system in Scouting.
- S 1b Using a compass and map together, take a five-mile hike.
- T 5 Explain the rules of safe hiking. Explain what to do if you are lost.
- F 2 Compass Skills, Measure the height and width of designated items
- F 8b Demonstrate bandages for injuries on the head and upper arm.

Thursday

- T 12b First aid for:
 - Simple cuts and scratches
 - Blisters on hand and foot
 - Minor burns and scalds
 - Bites or stings of insects and ticks
 - Poisonous snakebite
 - Nosebleed
 - Frostbite
 - Sunburn
- S 7c First aid for:
 - Object in eye
 - Bite of a suspected rabid animal
 - Puncture wounds
 - Serious burn
 - Heat exhaustion
 - Shock
 - Heat stroke
 - Dehydration
 - Hypothermia
 - Hyperventilation

Friday

- S 3d Prepare tinder, kindling and fuel
- S 3e Discuss fire safety
- S 3f Demonstrate how to light a fire and a lightweight stove