Ranger Award
Core Requirements

CORE REQUIREMENTS

Do all of the following core requirements.

1. **First Aid**
   Complete a standard first aid course plus the American Red Cross *When Help Is Delayed* module or equivalent course.

2. **Communications**
   Do (a), (b), or (c).
   a. Take a communications-related training class that includes at least 15 hours of training. This could be a nonrequired course at school such as creative writing, technical writing, American Sign Language, or film production. It could also be a commercial course such as speedreading or effective presentations.
   b. Actively participate in a communications-related club or organization for at least three months. Participate in at least three activities of the organization where you practice or improve your communications skills. Examples include Toastmasters, debate clubs, or drama clubs.
   c. Read at least two books approved by your Advisor on a communications subject of interest to you. Write a report on the important communications principles you learned and how you think you can apply these principles to improve your communications.

   and do (d), (e), or (f) in connection with an outdoor skill or area you are interested in. Have your Advisor approve your plan before you begin.
d. Make a formal, oral presentation of at least 30 minutes to your crew, another crew, a Cub or Boy Scout group, or another youth group. Include demonstrations, visual aids, or other techniques that will help you communicate more effectively.

e. Prepare and present an audio/video presentation at least 15 minutes long to your crew or other group approved by your Advisor.

f. Prepare a written pamphlet, set of instructions, or description and summary. It should be at least 1,000 words and provide a complete description of your chosen subject. Include pictures, charts, and/or diagrams to better communicate your topic. Have two people, one with expertise in the area you are presenting and one without expertise, read and critique your work. Make improvements to your draft based on their input. If your work is applicable to your crew, such as a work on caving skills, then share your work with your crew.

and do (g).

g. Make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on communications equipment used in the outdoors with emphasis on how this equipment would help in a wilderness survival situation.

3. **Cooking**

   g. Plan a menu and purchase the food for at least six people for a two night campout with at least three meals.

   h. On the campout in (a) above, cook the three meals using at least two of the following three methods of cooking: fire/coals, charcoal, stove.

   i. Demonstrate and explain proper safe food handling methods for outdoor cooking.

   j. Demonstrate that you can prepare backpacking-type trail food using a backpacking style stove.

   k. Without using any cooking utensils, prepare a meal with the four basic food groups for three people.

   l. Cook an entree, a bread, and a dessert in a Dutch oven.

4. **Emergency Preparedness**

   (Use Exploring Emergency Management Program Helps, No. 99-243, for resources.)

   a. Discuss potential disasters and emergency preparedness with your family and then set up a family emergency plan.

   b. Build a family emergency kit.

   b. Make a tabletop display or presentation on what you have learned for your crew, another crew, a Cub or Boy Scout group, or another youth group.

5. **Land Navigation**

   a. Using a topographical map for your area or the area you will be navigating in, demonstrate that you know the following map symbols:
a. Explain contour lines. Be able to tell the contour interval for your map and be able to show the difference between a steep and a gentle slope.
b. Using a map and compass, navigate an orienteering course that has at least six legs covering at least 2.5 miles.
c. Learn to use a global positioning system (GPS) receiver. Demonstrate that you can find a fixed coordinate at night using a GPS receiver.
d. Teach the navigating skills you have learned in (a) through (d) above to your crew, another crew, a Cub or Boy Scout group, or another group.

6. **Leave No Trace**
   a. Recite and explain the principles of Leave No Trace.
   b. Participate in three separate camping/backpacking trips demonstrating that you know and use Leave No Trace principles.
   c. Make a tabletop display or presentation on the Leave No Trace principles and how they affect the environment and attitude of campers for your crew, another crew, a Cub or Boy Scout group, or another group.

7. **Wilderness Survival**
   (Before you begin wilderness survival, you must have completed the cooking, land navigation, and first aid core requirements.)
   a. Write a risk management plan for an upcoming crew high adventure activity such as a whitewater canoeing or rockclimbing trip. The plan should include nutrition, health, first aid, supervision, insurance, safety rules and regulations, proper equipment, maps and compass, in-service training, environmental considerations, emergency and evacuation procedures, and emergency contacts.
   b. From memory, list the survival priorities and explain your use of each in a survival situation.
b. Learn about and then make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on the following subjects:
   1. Emergency signals used in the outdoors
   2. Search and rescue patterns
   3. Evacuation procedures and value of when to move and when not to move in a wilderness emergency

c. Explain the following environmental exposure problems. Discuss what causes them, signs and symptoms, and treatment.
   0. Hypothermia
   1. Frostbite
   2. Sunburn
   3. Heat exhaustion
   4. Heat cramps
   5. Heat stroke

d. Explain dehydration and the necessity of conserving fluids in a survival situation.
   1. Explain at least four methods of obtaining water in the outdoors and demonstrate at least two ways to purify that water.

e. Demonstrate at least two different fire lays—one for cooking and one for warmth.
   1. Learn and discuss the use of fire starters, tinder, kindling, softwoods, and hardwoods in fire making.

f. Explain and demonstrate how you can gain knowledge of weather patterns using VHF band radio and other radios, winds, barometric pressure, air masses and their movements, clouds, and other indicators.

g. Explain the different rope materials and thicknesses that are best for wilderness use and how to care for them.
   1. Know the use of and demonstrate how to tie the following knots and lashings:
      a. Sheet bend
      b. Fisherman's knot
      c. Bowline
      d. Bowline on a bight
      e. Two half hitches
      f. Clove hitch
      g. Timber hitch
      h. Taut-line hitch
      i. Square lashing
      j. Shear lashing

h. Explain the usefulness and drawbacks of obtaining food in the wilderness, including things to avoid.
1. Prepare and eat at least one meal with food you have found in the outdoors.
   i. 0. Make a list of items you would include in a wilderness survival kit and then make copies to hand out to visitors to your wilderness survival outpost camp.
   1. Using your list, make a wilderness survival kit. Explain the use of each item you have included.
   j. 0. Set up a wilderness survival outpost camp and spend at least two nights and two days in your site.
   1. Use and demonstrate several knots and lashings from requirement (h) in your wilderness survival campsite demonstration.
   2. Know how to plan a wilderness shelter for three different environments and then build a shelter as part of your wilderness survival campsite demonstration.
   3. Have your crew, another crew, a Cub or Boy Scout group, or another youth group visit you in your outpost for a presentation you make on wilderness survival (at least one hour).

8. Conservation
   a. As a Venturer, plan, lead, and carry out a significant conservation project under the guidance of a natural resources professional.
   a. Make a tabletop display or presentation on your conservation project for your crew, another crew, a Cub or Boy Scout group, or another youth group.

Ranger Award
Core Requirements
CORE REQUIREMENTS

Do all of the following core requirements.

1. First Aid
   Complete a standard first aid course plus the American Red Cross *When Help Is Delayed* module or equivalent course.

   Course name:__________________________________________________________
   Date:_______________________________________________________________
   Advisor signature:___________________________________________________

2. Communications
   Do (a), (b), or (c).
   a. Take a communications-related training class that includes at least 15 hours of training. This could be a nonrequired course at school such as creative writing, technical writing, American Sign Language, or film production. It could also be a commercial course such as speedreading or effective presentations.

   Name of Course:_______________________________________________________
   Date:_______________________________________________________________
   Advisor signature:___________________________________________________

   b. Actively participate in a communications-related club or organization for at least three months. Participate in at least three activities of the
organization where you practice or improve your communications skills. Examples include Toastmasters, debate clubs, or drama clubs.

Name of club or organization:________________________________________________________

Date started:____________________________

Date ended:____________________________

Name of one activity:_______________________________________________________________

Name of another activity:__________________________________________________________

Name of another activity:__________________________________________________________

Date:____________________________

Advisor signature:____________________________

   c. Read at least two books approved by your Advisor on a communications subject of interest to you. Write a report on the important communications principles you learned and how you think you can apply these principles to improve your communications.

Name of one book:_______________________________________________________________

Name of the other book:__________________________________________________________

Write report on the important communications principles you learned and how you think you can apply these principles to improve your communications:_______________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Date:____________________________

Advisor signature:______________________________

and do (d), (e), or (f) in connection with an outdoor skill or area you are interested in. Have your Advisor approve your plan before you begin.

d. Make a formal, oral presentation of at least 30 minutes to your crew, another crew, a Cub or Boy Scout group, or another youth group. Include demonstrations, visual aids, or other techniques that will help you communicate more effectively.

Outline of Presentation:

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________________________________________________________________________
________________________________________________________________________
e. Prepare and present an audio/video presentation at least 15 minutes long to your crew or other group approved by your Advisor.

Outline of Presentation:
Prepare a written pamphlet, set of instructions, or description and summary. It should be at least 1,000 words and provide a complete description of your chosen subject. Include pictures, charts, and/or diagrams to better communicate your topic. Have two people, one with expertise in the area you are presenting and one without expertise, read and critique your work. Make improvements to your draft based on their input. If your work is applicable to your crew, such as a work on caving skills, then share your work with your crew.
Person with expertise:_____________________________________

Input:___________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
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_______________________________________________________________________
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_______________________________________________________________________

Person without expertise:___________________________________

Input:____________________________________________________
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Make improvements to your draft based on their input.________________________
_______________________________________________________________________
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_______________________________________________________________________
and do (g).

g. Make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on communications equipment used in the outdoors with emphasis on how this equipment would help in a wilderness survival situation.

Outline of Presentation:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Or Layout of tabletop display:______________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
3. **Cooking**
   
g. Plan a menu and purchase the food for at least six people for a two night campout with at least three meals.

Name of the Campout: ________________________________________
Plan a menu:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Cost of food:______________________________________________

Date:_____________________________________________________

Advisor Signature:________________________________________

h. On the campout in (a) above, cook the three meals using at least two of the following three methods of cooking: fire/coals, charcoal, stove.

Date:_____________________________________________________

Advisor Signature:________________________________________

i. Demonstrate and explain proper safe food handling methods for outdoor cooking.

Explain proper safe food handling methods for outdoor cooking:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
j. Demonstrate that you can prepare backpacking-type trail food using a backpacking style stove.

Date:_____________________________

Advisor Signature:_________________________________________

k. Without using any cooking utensils, prepare a meal with the four basic food groups for three people.

Date:_____________________________

Advisor Signature:_________________________________________

l. Cook an entree, a bread, and a dessert in a Dutch oven.

Date:_____________________________
4. **Emergency Preparedness**  

- Discuss potential disasters and emergency preparedness with your family and then set up a family emergency plan.

Potential disasters and emergency preparedness in the home:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Set up a family emergency plan:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________
a. Build a family emergency kit.

List of items in your family emergency kit:
____________________________________________________________
____________________________________________________________
____________________________________________________________
b. Make a tabletop display or presentation on what you have learned for your crew, another crew, a Cub or Boy Scout group, or another youth group.

Name of Group: ______________________________________

Outline of Presentation:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________

Or Layout of tabletop display: ____________________________________________
________________________________________________________________________
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________________________________________________________________________
5. **Land Navigation**

   Using a topographical map for your area or the area you will be navigating in, demonstrate that you know the following map symbols:

<table>
<thead>
<tr>
<th>Index contour</th>
<th>Checked spot elevation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vertical control station</td>
<td>Hard-surface, medium-duty road</td>
</tr>
<tr>
<td>Hard-surface, heavy-duty road</td>
<td>Marsh</td>
</tr>
</tbody>
</table>
a. Explain contour lines. Be able to tell the contour interval for your map and be able to show the difference between a steep and a gentle slope.

Explain contour lines:_________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

b. Using a map and compass, navigate an orienteering course that has at least six legs covering at least 2.5 miles.

Location of course:___________________________________

Date:_____________________________
c. Learn to use a global positioning system (GPS) receiver. Demonstrate that you can find a fixed coordinate at night using a GPS receiver.

Where did you learn to use a GPS:______________________________________

Where did you demonstrate that you can find a fixed coordinate at night using a GPS receiver:_______________________________________________

Date:_____________________________

Advisor Signature:_________________________________________

d. Teach the navigating skills you have learned in (a) through (d) above to your crew, another crew, a Cub or Boy Scout group, or another group.

Group name:_____________________________________

Outline of Presentation:

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Or Layout of tabletop display:___________________________________________

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6. **Leave No Trace**
   - Recite and explain the principles of [Leave No Trace](https://www.leavekit.com/leave-no-trace).

Explain the principles of Leave no trace:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
a. Participate in three separate camping/backpacking trips demonstrating that you know and use Leave No Trace principles.

Name of Backpacking Trip:______________________________________

Name of Backpacking Trip:______________________________________

Name of Backpacking Trip:______________________________________

b. Make a tabletop display or presentation on the Leave No Trace principles and how they affect the environment and attitude of campers for your crew, another crew, a Cub or Boy Scout group, or another group.
Name of Group:__________________________________________

Outline of Presentation:

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
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________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Or Layout of tabletop display:______________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
7. **Wilderness Survival**

(Before you begin wilderness survival, you must have completed the cooking, land navigation, and first aid core requirements.)

- Write a risk management plan for an upcoming crew high adventure activity such as a whitewater canoeing or rockclimbing trip. The plan should include nutrition, health, first aid, supervision, insurance, safety rules and regulations, proper equipment, maps and compass, in-service training, environmental considerations, emergency and evacuation procedures, and emergency contacts.
Name of upcoming crew high adventure activity:_____________________________________________________________

Write a risk management plan for it:____________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________
a. From memory, list the survival priorities and explain your use of each in a survival situation.

Date: ________________________________

Advisor Signature: ________________________________

b. Learn about and then make a tabletop display or presentation for your crew, another crew, a Cub or Boy Scout group, or another youth group on the following subjects:
   1. Emergency signals used in the outdoors
   2. Search and rescue patterns
   3. Evacuation procedures and value of when to move and when not to move in a wilderness emergency

Outline of Presentation:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Or Layout of tabletop display:


c. Explain the following environmental exposure problems. Discuss what causes them, signs and symptoms, and treatment.

0. Hypothermia
1. Frostbite
2. Sunburn
3. Heat exhaustion
4. Heat cramps
5. Heat stroke

Hypothermia: ________________________________________________________________
______________________________________________________________
______________________________________________________________

Heatstroke: ________________________________________________________________
______________________________________________________________
______________________________________________________________

Heat exhaustion: _____________________________________________________________
______________________________________________________________
______________________________________________________________

Frostbite: __________________________________________________________________
______________________________________________________________
______________________________________________________________

Sunburn: ___________________________________________________________________
______________________________________________________________
______________________________________________________________

Date: ________________________________

Advisor Signature: _______________________________________________________

d. 0. Explain dehydration and the necessity of conserving fluids in a survival situation.
1. Explain at least four methods of obtaining water in the outdoors and demonstrate at least two ways to purify that water.

Explain at least four methods of obtaining water in the outdoors:

Demonstrate two ways to purify that water:

Location that you purified the water:

Date:_____________________________

Advisor Signature:_________________________________________
e.

0. Demonstrate at least two different fire lays—one for cooking and one for warmth.

Location of fire building:______________________________________________________

Cooking fire:_______________________________________________________________

Warmth fire:_______________________________________________________________

Date:___________________________________________________________

Advisor Signature:_____________________________________________________

1. Learn and discuss the use of fire starters, tinder, kindling, softwoods, and hardwoods in fire making.

The use of Fire starters:________________________________________________________________
_______________________________________________________________________

Tinder:________________________________________________________________________
_______________________________________________________________________

Kindling:____________________________________________________________________
_______________________________________________________________________

Softwoods:____________________________________________________________________
_______________________________________________________________________

Hardwoods:____________________________________________________________________
_______________________________________________________________________
f. Explain and demonstrate how you can gain knowledge of weather patterns using VHF band radio and other radios, winds, barometric pressure, air masses and their movements, clouds, and other indicators.

Explain how you can gain knowledge of weather patterns using VHF band radio and other radios, winds, barometric pressure, air masses and their movements, clouds, and other indicators.

VHF band radio and other radios:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Winds:_______________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Barometric pressure:____________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Air masses and their movements:____________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Clouds:
________________________________________________________________________
g. 0. Explain the different rope materials and thicknesses that are best for wilderness use and how to care for them.

Explain the different rope materials that are best for wilderness use:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Thickness of rope that are best for wilderness use:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How to care for them:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
1. Know the use of and demonstrate how to tie the following knots and lashings:
   a. Sheet bend
   b. Fisherman's knot
   c. Bowline
   d. Bowline on a bight
   e. Two half hitches
   f. Clove hitch
   g. Timber hitch
   h. Taut-line hitch
   i. Square lashing
   j. Shear lashing

Demonstrate how to tie the above knots and lashings:

Date:______________________________

Advisor Signature:_________________________________________

Know the use of:

Sheet bend:________________________________________________________
_________________________________________________________________
_________________________________________________________________

Fisherman’s knot:___________________________________________________
_________________________________________________________________
_________________________________________________________________
Bowline:__________________________________________

__________________________________________

Bowline on a bight:__________________________________________

__________________________________________

Two half hitches:__________________________________________

__________________________________________

Clove hitch:__________________________________________

__________________________________________

Timber hitch:__________________________________________

__________________________________________

Taut-line hitch:__________________________________________

__________________________________________

Square lashing:__________________________________________

__________________________________________

Shear lashing:__________________________________________

__________________________________________

Date:_______________________________

Advisor Signature:__________________________________________
h. Explain the usefulness and drawbacks of obtaining food in the wilderness, including things to avoid.

Explain the **Usefulness** of obtaining food in the wilderness:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Explain the **Drawbacks** of obtaining food in the wilderness:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Things to avoid:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Date:_____________________________

Advisor Signature:_____________________________
1. Prepare and eat at least one meal with food you have found in the outdoors.

List of food that you found in the outdoors:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Date:_____________________________

Advisor Signature:_________________

2. Make a list of items you would include in a wilderness survival kit and then make copies to hand out to visitors to your wilderness survival outpost camp.

Make a list of items you would include in a wilderness survival kit:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Date:_____________________________

Advisor Signature:_________________
3. Using your list, make a wilderness survival kit. Explain the use of each item you have included.

Explain the use of each item you have included:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________

Date:______________________________

Advisor Signature:______________________________

i.

0. Set up a wilderness survival outpost camp and spend at least two nights and two days in your site.
Location of your survival outpost
camp:___________________________________________________________

Date:___________________________________________________________

Advisor Signature:_______________________________________________

1. Use and demonstrate several knots and lashings from requirement
   (h) in your wilderness survival campsite demonstration.

Date:___________________________________________________________

Advisor Signature:_______________________________________________

2. Know how to plan a wilderness shelter for three different
   environments and then build a shelter as part of your wilderness
   survival campsite demonstration.

Know how to plan a wilderness shelter for:

Environment #1________________________________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Environment #2

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Which kind will you build for your demonstration:

Date: __________________________

Advisor Signature: ______________________________

3. Have your crew, another crew, a Cub or Boy Scout group, or another youth group visit you in your outpost for a presentation you make on wilderness survival (at least one hour).

Group Name: ______________________________
8. **Conservation**
a. As a Venturer, plan, lead, and carry out a significant conservation project under the guidance of a natural resources professional.

Plan for Conservation project:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
b. Make a tabletop display or presentation on your conservation project for your crew, another crew, a Cub or Boy Scout group, or another youth group.

Group name:_____________________________________

Outline of Presentation:

________________________________________________________________________
________________________________________________________________________
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