

2010 Columbia River Day Camp Advancement List

WOLF ACHIEVEMENTS

1. FEATS OF SKILL

- g. Do the elephant walk, frog leap, and crab walk.
- k. Do a frog stand.

2. YOUR FLAG

- a. Give the Pledge of Allegiance to the flag of the United States of America. Tell what it means.
- b. Lead a flag ceremony in your den
- c. Tell how to respect and take care of the U.S. flag. Show three ways to display the flag.
- d. Learn about the flag of your state or territory and how to display it.
- e. Learn how to raise a U.S. flag properly for an outdoor ceremony
- f. Participate in an outdoor flag ceremony.
- g. With the help of another person, fold the U.S. flag.

5. TOOLS FOR FIXING AND BUILDING

- a. Point out and name seven tools. Do this at home, or go to a hardware store with an adult. Tell what each tool does.
- b. Show how to use pliers.
- c. Identify a Philips head and a standard screw. Then use the right tool to drive and then remove one from a board.
- d. Show how to use a hammer.
- e. Make a birdhouse, a set of bookends, or something else useful

6. START A COLLECTION

- b. Make a collection of anything you like. Start with 10 things. Put them together in a neat way.
- c. Show and explain your collection to another person

7. YOUR LIVING WORLD This achievement is also part of the Cub Scout World Conservation Award and Cub Scouting's Leave No Trace Award.

- a. Complete the Character Connection for Respect.
 - Know. Discuss these questions with your family: What things have people done to show a lack of respect to our world? Why is it important to respect our environment and natural resources? How can you show respect for your environment?
 - Commit. Discuss with your family how you feel when you see places in your neighborhood that have lots of litter. Name one thing you can do to help the environment.
 - Practice. Practice being respectful while doing the requirements for "Your Living World."

d. With an adult, pick up litter in your neighborhood. Wear gloves to protect your hands against germs and cuts from sharp objects.

8. COOKING AND EATING

a. Study the Food Guide Pyramid. Name some foods from each of the food groups shown in the pyramid

e. With an adult, help to plan, prepare, and cook an outdoor meal

WOLF ELECTIVES

3. MAKE IT YOURSELF

a. Make something useful for your home or school.

e. Or make something else.

4. PLAY A GAME

f. Play a wide-area or large group game with your den or pack.

7. FOOT POWER

a. Learn to walk on a pair of stilts.

10. AMERICAN INDIAN LORE

c. Make traditional American Indian clothing.

d. Make a traditional item or instrument that American Indians used to make their lives easier.

e. Make a model of a traditional American Indian house.

f. Learn 12 American Indian word pictures and write a story with them.

12. BE AN ARTIST

f. Make a poster for a Cub Scout project or a pack meeting.

13. BIRDS

This elective is also part of the [World Conservation Award](#).

a. Make a list of all the birds you saw in a week and tell where you saw them (field, forest, marsh, yard, or park).

b. Put out nesting material (short pieces of yarn and string) for birds and tell which birds might use it.

c. Read a book about birds.

d. Point out 10 different kinds of birds (5 may be from pictures).

e. Feed wild birds and tell which birds you fed.

14. PETS

d. Tell what is meant by *rabid*. Name some animals that can have rabies. Tell what you should do if you see a dog or wild animal that is behaving strangely. Tell what you should do if you find a dead animal.

18. OUTDOOR ADVENTURE

e. Help plan and lay out an adventure trail.

f. Take part in two summertime pack events with your den (**day camp is 1**)

g. Point out poisonous plants. Tell what to do if you accidentally touch one of them.

19. FISHING This elective is also part of the [World Conservation Award](#).

- d. Know the rules of safe fishing.
- e. Tell about some of the fishing laws where you live.
- f. Show how to use a rod and reel.

20. SPORTS

- c. Earn the Cub Scouting shooting sports Archery belt loop.
- j. Play a game of flag football.
- k. Show how to dribble and kick a soccer ball. Take part in a game.
- n. Earn the Cub Scouting shooting sports BB-gun shooting belt loop.
- o. With your den, participate in four outdoor physical fitness-related activities.

23. LET'S GO CAMPING

- b. Explain the basics of how to take care of yourself in the outdoors.
- c. Tell what to do if you get lost.
- d. Explain the buddy system.
- e. Attend day camp in your area.

BEAR ACHIEVEMENTS

3. WHAT MAKES AMERICA SPECIAL?

- a. Write or tell what makes America special to you.
- f. Be a member of the color guard in a flag ceremony for your den or pack.
- h. Learn how to raise and lower a U.S. flag properly for an outdoor ceremony.
- i. Participate in an outdoor flag ceremony (If your pack did an opening or closing ceremony)
- j. Complete the Character **Connection for Citizenship**.

Know. Tell ways some people in the past have served our country. Tell about some people who serve our country today. (Don't forget about "ordinary" people who serve our country.)

Commit. Tell something that might happen to you and your family if other people were not responsible citizens. Tell one thing you will do to be a good citizen.

Practice. Tell three things you did in one week that show you are a good citizen.

5. SHARING YOUR WORLD WITH WILDLIFE

- b. Build or make a bird feeder or birdhouse and hang it in a place where birds can visit safely
- d. Visit one of the following: *(She came to the camp)*
Zoo, Nature center, Aviary, Wildlife refuge, Game preserve..

6. TAKE CARE OF YOUR PLANET

- g. Take part in a den or pack neighborhood clean-up project.

8. THE PAST IS EXCITING AND IMPORTANT

g. Complete the **Character Connection for Respect**.

- **Know.** As you learn about how Cub Scout-age life was like for adults you know, does what you learn change what you think about them. Tell how it might help you respect or value them more.
- **Commit.** Can you think of reasons others might be disrespectful to people or things you value? Name one new way you will show respect for a person or thing someone else values.
- **Practice.** List some ways you can show respect for people and events in the past.

9. WHAT'S COOKING?

b. With an adult, make snacks for the next den meeting. (**snacks for camp den**)

d. Make a list of the "junk foods" you eat. Discuss "junk food" with a parent or teacher.

e. Make some trail food for a hike.

g. With an adult, cook something outdoors.

15. GAMES, GAMES, GAMES!

b. Play two organized games with your den.

16. BUILDING MUSCLES

a. Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.

b. With a friend about your size, compete in at least six different two-person contests.

c. Compete with your den or pack in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.

20. SAWDUST AND NAILS

a. Show how to use and take care of four of these tools.

(Hammer, Hand saw, Hand drill, C-clamp, Wood plane, Pliers, Crescent wrench, Screwdriver, Bench vise, Coping saw, Drill bit)

b. With Build your own tool box.

23. SPORTS, SPORTS, SPORTS

a. Learn the rules of and how to play three team sports.

c. Take part in one team and one individual sport.

BEAR ELECTIVES

9. ART

a. Do an original art project and show it at a pack meeting. **Every project you do counts as one requirement**

12. NATURE CRAFTS

c. Collect, press, and label ten kinds of leaves.

20. SPORTS

a. In archery, know the safety rules and how to shoot correctly. Put six arrows into a 4-foot target at a distance of 15 feet. Make an arrow holder. (This can be done only at a district/council day or resident or family camp.)

22. COLLECTING THINGS

b. Mount and display a collection of emblems, coins, or other items to show at a pack meeting. This can be any kind of collection. Every time you show a different kind of collection, it counts as one requirement.

24. AMERICAN INDIAN LIFE

a. American Indian people live in every part of what is now the continental United States. Find the name of the American Indian nation that lives or has lived where you live now. Learn about these people.

b. Learn, make equipment for, and play two American Indian or other native American games with members of your den. Be able to tell the rules, who won, and what the score was.

c. Learn what the American Indian people in your area (or another area) used for shelter before contact with the Europeans. Learn what American Indian people in that area used for shelter today. Make a model of one of these shelters, historic or modern. Compare the kind of shelter you made with the others made in your den.

25. Let's Go Camping

a. Learn about the ten essential items you need for a hike or campout. Assemble your own kit of essential items. Explain why each item is "essential."

b. Go on a short hike with your den, following the buddy system. Explain how the buddy system works and why it is important to you to follow it. Tell what to do if you are lost.

f. Attend day camp in your area.

WEBELOS ACHIEVEMENTS

CITIZEN

1. With your parent, guardian, or Webelos den leader, complete the **Citizenship Character Connection**.

○ **Know:** List some of your rights as a citizen of the United States of America. Tell ways you can show respect for the rights of others.

○ **Commit:** Name some ways a boy your age can be a good citizen. Tell how you plan to be a good citizen and how you plan to influence others to be good citizens.

○ **Practice:** Choose one of the requirements for this activity badge that helps you be a good citizen. Complete the requirement and tell why completing it helped you be a good citizen.

2. Know the names of the President and Vice-President of the United States, elected Governor of your state and the head of your local government.

3. Describe the flag of the United States and give a short history of it. With another Webelos Scout helping you, show how to hoist and lower the flag, how to hang it horizontally and vertically on a wall, and how to fold it. Tell how to retire a worn or tattered flag properly.

4. Explain why you should respect your country's flag. Tell some of the special days we fly it. Tell when to salute the flag and show how to do it.
5. Repeat the Pledge of Allegiance from memory. Explain its meaning in your own words.
6. Tell how our National Anthem was written.
9. Tell about two things you can do that will help law enforcement agencies.
14. Tell why we have laws. Tell why you think it is important to obey the law. Tell about three laws you obeyed this week.

FORESTER

6. Make a poster showing a tree's growth rings or examine the growth rings of a tree stump. Explain how the rings tell its life history.

NATURALIST

1. With your parent, guardian, or Webelos den leader, complete the **Respect Character Connection**.
 - a. **Know:** Tell what interested you most when completing the requirements for this activity badge. Tell what you learned about how you can show appreciation and respect for wildlife.
 - b. **Commit:** Tell things that some people have done that show a lack of respect for wildlife. Name ways that you will show respect for and protect wildlife.
 - c. **Practice:** Explain how completing the requirements for this activity badge gives you the opportunity to show respect.
2. Keep an "insect zoo" that you have collected. You might have crickets, ants, or grasshoppers. Study them for a while then release them. Share your experience with your Webelos den.
5. *Visit a museum of natural history, nature center, or zoo with your family, Webelos den, or pack.* Tell what you saw.
6. Watch for birds in your yard, neighborhood, or town for one week. Identify the birds you see and write down where and when you saw them.
7. Learn about the bird flyways closest to your home. Find out which birds use these flyways.
10. Identify a plant, bird, or wild animal that is found only in your area of the country. Tell why it survives only in your area.

OUTDOORSMAN

5. During a Webelos den meeting, discuss how to follow the Leave No Trace Front country Guidelines during outdoor activities
8. With your accompanying adult on a campout or outdoor activity, assist in preparing, cooking, and cleanup for one of your den's meals. Tell why it is important for each den member to share in meal preparation and cleanup, and explain the importance of eating together.

ARTIST

3. Draw or paint an original picture out-of-doors, using the art materials you prefer. Frame the picture for your room or home.
9. Make an art construction, using your choice of materials.

CRAFTSMAN

1. Explain how to safely handle the tools that you will use for this activity badge safely.
2. With adult supervision and using hand tools, construct two different wooden objects you and your Webelos den leader agree on, such as the items listed below. Use a coping saw or jigsaw for these projects. Put them together with glue, nails, or screws. Paint or stain them. (1 of 2 completed; toolbox)

ENGINEER

9. Build a catapult and show how it works

READYMAN

7. Show first aid for the following:

- Cuts and scratches
- Burns and scalds
- Choking
- Blisters on the hand and foot
- **Tick bites (Did at camp)**
- **Bites and stings of insects other than ticks(Did at camp)**
- **Poisonous snakebite(Did at camp)**
- Nosebleed
- Frostbite
- Sunburn

ATHLETE

2. Use Explain what it means to be physically and mentally healthy.

BELTLOOPS

Archery

1. Explain the rules for safe archery that you have learned in the district/council camp or activity you are attending with your leader or adult partner.
2. Demonstrate to your leader or adult partner good archery shooting techniques, including the stance and how to nock the arrow, establish the bow, draw, aim, release, follow-through and retrieve arrows.
3. Practice shooting at your district or council camp for the time allowed.

Citizenship

1. Develop a list of jobs you can do around the home. Chart your progress for one week. (Finish at home)
2. Make a poster showing things that you can do to be a good citizen.
3. Participate in a family, den, or school service project.

Collecting

1. Begin a collection of at least 10 items that all have something in common. Label the items and title your collection.
2. Display your collection at a pack or den meeting

BB Gun Shooting

1. Explain the rules for Safe BB gun shooting you have learned to your leader or adult partner.
2. Demonstrate to your leader or adult partner good BB gun shooting techniques, including eye dominance, shooting shoulder, breathing, sight alignment, trigger squeeze, follow through.
3. Practice shooting at your district or your council camp in the time allowed

Fishing

1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them.
2. Demonstrate how to properly bait a hook.

Soccer

1. Explain the rules of soccer to your leader or adult partner.
3. Play a game of soccer

Flag Football

1. Explain or discuss the simple rules of flag football with your den.
3. Play a game of flag football

PINS

Collecting

1. Give a talk about your collection to someone other than your family. Give a description of your collection, including a short history. Explain how you got started and why you decided to collect what you do.
2. Show how you preserve and display your collection. Explain any special precautions you must take including handling, cleaning, and storage. Note precautions for dampness, sunlight, or other weather conditions.
6. Join a club of collectors who share your hobby. This club may be a group of your friends.
11. Help a friend get started on a collection of his or her own.

Map and Compass

7. Study a blank map of the United States of America. Label your state, and the states that share its boundary lines.

Physical Fitness

4. Explain the reason for warming up and cooling down before and after each exercise session.

Fishing

6. Demonstrate proficiency in casting at a target 30 feet away.

Soccer

2. Demonstrate the skills of passing, collecting, shooting, heading, dribbling, and tackling.
4. Accurately lay out a soccer field for a game.

CUBSCOUT OUTDOOR ACTIVITY AWARD

1. Participate in a nature hike in your local area. This can be on an organized, marked trail, or just a hike to observe nature in your area.
2. Participate in an outdoor activity such as a picnic or park fun day.
3. Explain the buddy system and tell what to do if lost. Explain the importance of cooperation.
5. Complete an outdoor service project in your community.
11. Participate in an outdoor sporting event.
13. Explore a local city, county, state, or national park. Discuss with your den how a good citizen obeys the park rules.

(Each rank has specific things to earn this award, but these were the ones completed)

- **Disclaimer – I put together these achievements to the best of my knowledge and the help of my station workers, some of the information may be incorrect so consult with your boys, some achievements may be missing from this list because I didn't receive all the information – thanks for your patience**