



# 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



## Webelos Core Requirements Worksheet

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



## Webelos Core Requirements Worksheet

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.
- 
-