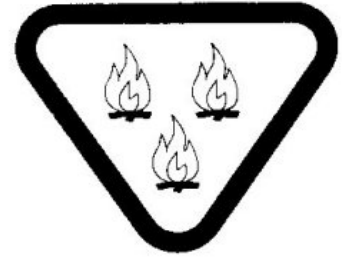


# The Outdoors

## Trailcraft Badge



CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

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1. In preparing for a trip, know how to do the following:
  - a) Tell an adult where you are going and include arrival time, route and any phone numbers.
  - b) Wear clothes and shoes suitable for where you will be and the weather.
  - c) Make a "footprint" by placing a sheet of tinfoil on a towel and then stepping on it with your shoes on. Mark the foil with your name and leave with an adult so searchers can identify your footprint if needed.
  - d) Understand and use the buddy system when on trips.
  - e) List some rules for preventing getting lost, such as staying on trails and with your group.
2. Discuss and demonstrate how to do the following if lost:
  - a) Stay calm and slow down to save energy and body heat.
  - b) Keep your head and body warm and dry to avoid hypothermia.
  - c) Find a friendly place near a clearing and stay put to help searchers find you.
  - d) Make a survival shelter or bed to keep off the cold ground and stay dry.
  - e) Avoid eating strange berries and drinking unpurified water.
  - f) Put out something bright for people to see.

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- g) Make a pattern of three signals.
  - h) Look big to airplanes by lying down in a clearing and wearing bright clothing or a coloured garbage bag.
  - i) How to be careful around bodies of water.
  - j) Yell back at any scary night noises.
3. Make a survival/first aid kit that includes among the items a high energy snack, several brightly coloured garbage bags, reflector or hand mirror and a whistle.

**I completed my Trailcraft Badge requirements on:** \_\_\_\_\_

**Name:** \_\_\_\_\_