

CERTIFICATION BLACKOUT

1st Year Campers

Read scriptures for 15 minutes. Day 1	Learn principles of sanitation and how to dispose of trash.	Learn fire regulations and how to put out a fire.	Participate in a 3-mile hike.	Cooking over fire or camp stove #1
Learn purpose of first aid and 1st four steps to treat victims.	Read scriptures for 15 minutes. Day 2	Learn first aid for poisoning.	Learn how to fold a cravat bandage and how it's used.	Learn what goes in a first aid kit and uses.
Learn principles for storing and preparing food outdoors.	Serve/help someone you're not assigned to.	Read scriptures for 15 minutes. Day 3	Spend 30 minutes in nature.	Share your thoughts about nature with someone.
Learn how to identify 6 plants and 3 animals.	Learn how to tie knots and when to use each type.	Plan and participate in a skit.	Read scriptures for 15 minutes. Day 4	Demonstrate how to do the Heimlech for choking.
Learn first aid for excessive bleeding.	Cooking over fire or camp stove #2	Sort materials for recycling at end of camp.	Share thoughts about Moses or Genesis with someone.	Learn what to do if you get lost.

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2nd Year Campers

Read scriptures for 15 minutes. Day 1	Learn about cloud formations and if possible, identify 3.	Show two methods for purifying water.	Learn how to signal for help.	Learn who can provide help and how to contact.
Participate in a 5-mile hike.	Read scriptures for 15 minutes. Day 2	Plan and carry a nutritious meal for your hike.	Demonstrate how to find directions by stars & sun.	Show first aid for shock or fainting.
Show first aid for heat stroke/heat exhaustion or frostbite.	Serve/help someone you're not assigned to.	Read scriptures for 15 minutes. Day 3	Spend 30 minutes in nature.	Share your thoughts about nature with someone.
Learn how to identify 3-5 poison plants 3 edible plants.	Learn how to properly use, sharpen, and care for knife.	Plan and participate in a skit.	Read scriptures for 15 minutes. Day 4	Demonstrate rescue breathing.
Plan & prepare 1 meal at camp.	Learn principles of good nutrition.	Plan and participate in flag-raising or devotional.	Share thoughts about Joseph Smith's 1st vision with someone.	Learn how to build 2 types of fires.

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3rd Year Campers

Read scriptures for 15 minutes. Day 1	Observe an event in nature and express your thoughts.	Learn one way to preserve and protect the environment.	Make an improvement in your area.	Show how to extinguish accidental fires.
Participate in an organized hike.	Read scriptures for 15 minutes. Day 2	Learn 2 ways to start a fire without matches.	Learn how to waterproof matches.	Learn how to use a compass.
Participate in an orienteering activity.	Complete an assignment from your camp director.	Read scriptures for 15 minutes. Day 3	Find a need at camp and fill that need.	Teach a song or game to a group.
Show first aid for insect bites, stings, burns, snake bites.	Demonstrate CPR.	Record your thoughts on your baptism.	Read scriptures for 15 minutes. Day 4	Learn how to make water safe.
Learn how to make water safe.	Learn safety during water sports. Teach to a group.	Learn how to build 3 emergency shelters.	Help a younger camper with certification.	Try 2 types of outdoor cooking.

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4th Year Campers

Read scriptures for 15 minutes. Day 1	Spend time observing night sky.	Show ways to protect the environment.	Complete a project to protect the environment.	Learn how to be safe in severe weather.
Participate in an organized hike.	Read scriptures for 15 minutes. Day 2	Prepare a meal using 2 different types of cooking.	Plan a getting to know you activity for camp.	Show four ways for transporting someone.
Describe signs of a broken bone.	Lead a nature hike for younger campers.	Read scriptures for 15 minutes. Day 3	Find a need at camp and fill that need.	Review first aid reqs for levels 1-3.
Show first aid for CPR, rescue breathing & Heimlech.	Plan and participate in a skit.	Record your thoughts on what Christ did for you.	Read scriptures for 15 minutes. Day 4	Learn a new thing about nature & teach to your group.
Develop a project to help campers with disabilities.	Show how to make a bedroll or emergency ground bed.	Participate in an overnight hike /adventure activity.	Demonstrate first aid for broken bones.	Identify 2 or more constellations.

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