

Skills Requirements



Stage 1

I know what kinds of clothes to wear when going out into nature.

Scouts should indicate in list form the items of clothing they need to bring with them for a backwoods adventure.

Clothes for mucking about in.
Clothes for wet weather.
Clothes that are warm – winter.
Clothes that cover arms and protect from cuts and scratches and sunburn.
Headwear.

I know how to prepare food for cooking.

The Scout will explain how to prepare food for cooking without the aid of cooking utensils or preparation table.

How to clean food.
How to prepare food properly.
How to place food on a cooking implement/device.

I know what a basic survival kit should contain .

The Scout should produce a survival kit for examination.
It should include at least ten useful items.
Each item must have a practical use, some may have more than one use.
Each item is of real value and will assist in a survival situation.

I know how to behave safely around fires

The Scout should be aware of the possible dangers and how to prevent them.

Do not play around a fire.
Do not poke a fire.
Keep a safe distance from the fire.
Obey the instruction of the fire tender.

I know how to use hand tools safely.

The Scout should discuss and then demonstrate how tools are used safely.
Know the types of tools likely to be used on a backwoods adventure.
Be able to use a tool correctly to do the job it was designed for.
Display your skill in using a particular tool.
Know how to store the tools away for use at another time.

I can build a simple shelter.

Scouts should indicate they wish to complete this requirement so that they can be observed in action.
A shelter should be built using plastic sheeting, rope and tent pegs. Trees can be used to support the shelter.

I have participated in at least two backwoods activities.

Scouts should have attended at least two backwoods activities.

These activities can range from simple afternoon sessions to day long activities. At this level it is not necessary for a Scout to have camped out overnight in a shelter or 'survival or backwoods adventure', what is required is a practical understanding of the principles and expertise associated with backwoods practice and knowledge.



Stage 2

I know how to cook some food using tin foil instead of pots and pans.

The Scout should demonstrate at least two methods of using foil for cooking.
Preparing a foil meal containing all foodstuffs to be cooked.
Fry an egg on a pan made of tin foil and a forked stick and baking a potato



I know the important things to remember when building a simple shelter using plastic sheeting.

The Scout should know how to build a shelter from a plastic sheet and show how to attach guy lines.

- A shelter big enough to accommodate a small Group.
- A shelter that uses natural fixtures such as trees.
- A shelter that will protect users from the elements.
- A shelter that is 'tight' to allow water to run off its roof.

I know how to treat simple cuts and scratches in a hygienic way.

Scouts need to talk themselves through the process of treatment. This demonstration/talk can be done in a practical way on a volunteer.

- How to clean the wound.
- How to reassure the casualty.
- How to apply a bandage.

I know how to set up a fire place and assist in fire lighting.

The Scout should be able to set up a simple ground fire, clearing the ground, setting stone boundaries and gather tinder and sticks for the fire.

- Prepare the ground by clearing an area near a river bed or an area clear of grass.
- Know where to place a fire.
- Collect a variety of wood.
- Observe a fire lighter in action.

I can prepare and cook food properly in backwoods conditions.

Scouts should indicate they wish to complete this requirement so that they can be observed in action.

- Cook a backwoods meal using foil.
- Cook an egg in an orange.
- Cook a sausage on a stick.

I know about food storage and hygiene.

- The Scout will be able to explain how food storage and hygiene are of particular importance on a backwoods adventure.
- That food is prepared without gadgets / utensils.
- That food is more likely to be exposed to flies and

insects.
That food needs to be cooked properly by boiling or heat from a fire.

That it is necessary to clean hands, knives and utensils constantly to prevent infection.

I can use hand tools correctly.

Scouts should indicate they wish to complete this requirement so that they can be observed in action.

- Cut a piece of wood in half using a saw.
- Cut a piece of string using a knife.
- Dig a hole with a spade .

I have attended at least an additional two backwoods activities.

Scouts should have attended at least two further backwoods activities – to those undertaken in Stage 1). These activities can range from simple afternoon sessions to day long activities. At this stage it is not necessary for a Scout to have camped out overnight in a shelter or 'survival or backwoods adventure', what is required is a practical understanding of the principles and expertise associated with backwoods practice and knowledge.



Stage 3

I know how different weather conditions can affect a backwoods activity.

The Scout needs to show an awareness of how weather can affect an activity and how we need to prepare for it.

- Explain the different types of weather likely to occur.
- Explain what will happen if it rains in the camp area.
- Explain what will happen if it is very hot.
- Explain what extra gear you need to bring, just in case.

I know how to get help when someone is in trouble

The Scout needs to show an ability to recognize that a person is hurt and needs help. The Scout should

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also know how to get help and by what means.
How to recognize that someone is hurt.
How to compare injured parts with uninjured parts.
Methods of getting help.
Methods of caring for someone that is hurt.

I know the main principles of 'Leave No Trace'.

Scouts should demonstrate an understanding of the key points in a practical way in camp situations.

Dispose of waste properly.
Respect farm animals and wildlife.
Minimise camping impact and the effects of fire.
Be considerate of others.
Travel and camp on durable surfaces.
Leave what you find.
Plan ahead and prepare.

I can build a Patrol shelter.

The Scout will need to be observed building shelters and be seen to be a useful member of the Patrol in this venture.

The shelter needs to be made from plastic sheeting and big enough for a patrol to sleep in.
The shelter should be stable and withstand rough weather.
The shelter should be free standing, constructed using light poles and forked staves.

I can use camp tools safely on camp.

The Scout should show how to use a tool correctly and also be aware of any safety implications.

Be able to use a tool correctly to do the job it was designed for.
Display your skill in using a particular tool.
Know how to store the tools away for use at another time.

I know about food storage.

Scouts should show an understanding of the differences between camp and home and how it can affect the storage of food. They should also be capable of demonstrating how to do it.

That food is prepared without electrical household appliances and gadgets.
That food is more likely to be exposed to flies and insects and stored in containers.
That food needs to be cooked properly by boiling or heat from a fire.

I can light a fire using natural tinder, fuzz sticks and matches.

Scouts are expected to demonstrate that they can light a fire using natural materials – no paper, firelighters etc. The Scout should be confident in assembling the materials and laying out the fire place. Then they should begin and light the fire. The Scout should be given two matches. If however the matches do not light the fire then additional matches can be given. However, we are seeking 'skill' in this requirement that will be carried with them for life. A Scout should practice for a while using only two matches before attempting this requirement.

I can make a simple fish hook.

Scouts should make a series of simple fish hooks from a bent safety pin to a more elaborate bone and thorn based hooks. Binding of the hook to the line is important. It should be secure and be able to hold a wriggling fish.

I can prepare my own survival kit

The Scout should produce a survival kit for examination.
It should include at least ten useful items.
Each item must have a practical use, some may have more than one use.
Each item is of real value and will assist in a survival situation.

I can teach another Scout about preparing a survival kit

The Scout will have their own survival kit and be able to show it to a new scout explaining why each item is important and how it might be used. The Scout should be observed teaching the other Scout. This can be verified by others and the Scout who has been taught.
Explain the choice of each item and how it would help

I have attended at least an additional three backwoods activities

Scouts should have attended at least three further backwoods activities – to those undertaken in stage 1). These activities can range from simple afternoon sessions to day long activities. At this level it is not necessary for a Scout to have camped out overnight in a shelter or 'survival or backwoods adventure' what is required, is a practical understanding of the principles and expertise associated with backwoods practice and knowledge.



Stage 4

I know what equipment I need to bring with me on a backwoods activity.

Weather in open and exposed places is very different to suburban weather. The Scout needs to show an understanding of this fact and indicate how they should deal with likely weather conditions encountered on an adventure.

Discuss what would happen if it was really wet.
Discuss what would happen if it was windy.
How would you protect yourself from the sun.
Discuss also personal equipment.
Discuss tools that you would bring.

I know how to set up a tarp bivvy shelter suitable for two people.

The Scout should demonstrate their skill to erect a tarp based shelter for use by two people. Many different shaped designs are possible and the Scout should discuss the merits of their chosen design.

I know how to prepare a fire place and light and maintain a fire using minimum resources.

The Scout needs to demonstrate that they can light a fire from scratch and keep the fire going until embers are maintained.
Prepare the fire place with minimal impact to the ground.
Make fuzz sticks for fire lighting.
Collect suitable timber for fire lighting and maintaining a fire till embers are produced.
Light a fire using natural materials - no paper - using only two matches.

I can make simple containers using natural materials.

The Scout should present a number of containers that he/she has made from natural materials. This might be done during a backwoods activity or maybe presented for examination having been made at home. Containers may be folded containers, bark based, clay modelled or weaved (baskets etc)

I know how to treat cuts and minor burns.

Treatment of minor cuts, burns or broken bones is always subject to adult or medical advice and if in doubt they should seek help. In the case of minor treatments these should be demonstrated in a practical way with a volunteer casualty.

Demonstrate how to treat a minor cut.
Discuss how they would take care of the victim.
Discuss what they would tell a medical person when summing help.

I can make camp bread such as twists and scones.

The Scout should make these food items on a backwoods activity or adventure. The Scout should indicate that they wish to do this requirement so that they can be observed in action.

I know about nature and what you are likely to see and experience as part of a backwoods activity.

The Scout will show an awareness of the environment they will explore and be able to state all the nature they are likely to experience in that area.

List the wild things that could be seen in the area you are visiting.
Explain how being in close contact with nature enables you to discover more.

I can find directions by using star constellations and the sun/watch method.

The Scout should show his/her knowledge in a practical way during daylight and nighttime settings. Basic directional indications are required (North, South, East, and West). The Scout should be comfortable with this knowledge and use it regularly when taking part in activities.

I have attended at least one backwoods based overnight activity.

Scouts should have attended at least two further backwoods activities – to those undertaken in previous levels). These activities can range from simple afternoon sessions to day long activities. At this level a scout should have camped out overnight in a shelter or 'survival or backwoods adventure' at least for one night.

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Stage 5

I know how to use and care for tools of all kinds safely.

The Scout needs to discuss best practice and how to care for the tools on camp.
List the tools necessary for a backwoods adventure.
Demonstrate how to use each tool safely.
Demonstrate how to clean, care for and store tools when not in use.

I know how to build a backwoods shelter using natural materials and how to return this material to nature.

The Scout needs to know when to build a shelter from natural materials rather than by using a plastic sheet and how to deconstruct the shelter after use.

Natural shelters need a lot of covering to make a roof it is important that nature is not disturbed. The roof should be made of plastic sheeting and not ferns and leaves.
Basic roof structure using materials found on the ground not cut down.
Refer to the 'Leave No Trace' principles.

I know how to cook a variety of foods using different backwoods methods.

The Scout should demonstrate how to cook a variety of food using a number of different methods, stick, broiler, foil, hot stones etc.

Demonstrate the hot stone method of cooking.
Fry an egg.
Plank a fish.
Make a camp twist.
Cook a burger on a broiler.

I know the safety considerations that are necessary before embarking on an activity or adventure.

The Scout will be aware of the possible dangers of the activity and what procedures to follow if an accident results.

Use of tools.
Care around fires.
Food hygiene.
Cooking food.

I can make a length of cordage using naturally found fibers.

The Scout should be able to produce a length of cord made of natural materials. This might be produced using nettle fibers, bark fibers, plant fibers and root fibers. The length of the cordage needs to be a minimum of 60cm in length.

I can light a fire using flint and steel.

The Scout will be able to demonstrate how to light a fire using a flint and steel techniques resulting in the lighting of a fire.

I can make myself comfortable on an overnight backwoods adventure using available natural materials.

The Scout should be able to explain how with the use of minimal tools and expertise they can live successfully off the land.
Woodsmanship needs to be second nature as a result of skill level.
Be able to adapt to an environment quickly and with ease.
Be able to build shelter to protect from elements.
Be able to build a fire in any circumstances.

I can carve a wooden spoon from a piece of wood.

The Scout should be able to produce a wooden spoon and be able to discuss how it was made. The Scout can also demonstrate the making of a spoon under observation.

I have attended at least two backwoods based activities.

Scouts should have attended at least two further backwoods activities – to those undertaken in previous levels. At this level a Scout should have camped out overnight in a shelter.



Stage 6

I know what Patrol and personal equipment is necessary for a successful adventure.

Scouts should indicate in list form the items they need to bring with them for a backwoods activity over a number of days.

Show an indepth understanding of a backwoods environment and what tools are useful and necessary.

Discuss the difference between backwoods and real survival situations.

Demonstrate an understanding of woodland environments and what equipment can aid living in this environment.

(General Info in Scouting Trail 'Preparing for Adventure', 'Room Outside', 'Dining Out' and 'Backwoods Living')

I know all of the elements of the 'Leave No Trace' programme.

The Scout needs to be aware that living and walking through open countryside has an impact of some kind and that we need to minimize this intrusion. The Scout should suggest best practice and discuss how to minimize impact while also enjoying the outdoor experience.

I can identify edible fruits and berries that are found in nature.

The Scout should be able to discuss the different fruits and berries that can be found in the local area. The Scout should be able to identify the edible and inedible berries in nature.

I can prepare the foods I find in nature for cooking.

The Scout should be confident and skilled, to such an extent, that they know how to find food in nature and the methods that can be used to prepare and cook it. There are many different methods and the Scout should be able to discuss and demonstrate the benefits and merits of various methods.

I can find my way using natural direction indicators.

The Scout should discuss the different ways of identifying direction using nature indicators. The Scout should then be able to show how to find these indicators and point out a number of them to others.

I can catch and prepare a fish for cooking.

The Scout should be able to catch a fish. He/she can use whatever method they prefer. Once the fish is caught they should be able to prepare the fish for cooking and cook it. This is best done in a practical way on an activity.

I have led at least one backwoods activity.

Scouts should have attended at least 2 further backwoods activities – to those undertaken in previous stages). At this stage a Scout should have camped out overnight in a shelter on a full backwoods style adventure.



Stage 7

I know a number of ways of constructing shelters and bivvys.

The Scout should be able to demonstrate with their Patrol over a number of activities their ability in regard to shelter building.

I know the likely hazards that may be present in woodland or open countryside.

The Scout should show an understanding of the backwoods environment and venue and discuss possible hazards that might present during the activity.

Rough terrain, rodents, insects, water dangers, open fires.

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I know how to light and maintain a fire using fire by friction methods.

The Scout will demonstrate this skill and result in lighting a fire.

Prepare a fire site.
Gather the necessary tinder materials.
Light a fire using flint and steel.
Light a fire using a friction bow and drill.

I know how to live in the country without disturbing the balance of nature in any way.

The Leave No Trace principles should be fully understood and demonstrated in practical situation on camp and at the break of camp. The Scout should lead the final check and clean up of a campsite on a number of occasions.
Dispose of waste properly.
Respect farm animals and wildlife.
Minimise camping impact and the effects of fire.
Be considerate of others.
Travel and camp on durable surfaces.
Leave what you find.
Plan ahead and prepare.

I know how to make utensils by carving and other methods.

The Scout should be able to carve using a penknife or an axe - a number of utensils such as.
A spoon , pot lifter , kebab stick, Scout stove.

I can cook a meal without using common utensils.

The Scout needs to demonstrate this skill in a backwoods situation.

I have led at least one overnight backwoods or survival based activity.

The Scout at this level should have a wide experience of taking part in backwoods and survival based adventures and activities. Their skill should be observed in action and practical situations on these activities. Taking part in overnight rather than day activities will enable the full extent of the Scouts skill and expertise to be observed and challenged.



Stage 8

I know a number of ways of constructing shelters capable of being used for a number of nights.

The Scout should show an ability to build shelters using any available materials (natural and man-made). The shelter should be able to accommodate at least two people in relative comfort and protection from the elements.

I know how to prepare, cook and store food in backwoods conditions.

The Scout will be able to prepare and cook a variety of food. This needs to be demonstrated in a backwoods environment.

Find natural food in your surroundings.

Prepare this food alongside food brought to location. Make a food storage gadget from the materials that are available to you or suggest ways of storing food safely.

I know the different edible foods that can be eaten safely in the wilds.

The Scout will have an indepth knowledge of wild foods, where they can be found, when they are in season and how they should be cooked correctly.

Discuss the possible food that can be eaten.
Identify these wild foods in a natural location.
Show how they are prepared for eating.

I hold a first aid cert (outdoor) or equivalent REC.

A Scout is expected to hold a first aid certificate if they are attempting this level of expertise in this adventure skill.



I know how to make a variety of tools, and useful gadgets to survive in nature over a period of time.

The Scout should show an ability to make tools, gadgets and useful items using any available materials (natural and man-made). These items should have a purpose and be useful for living in nature. These items are best demonstrated in a practical situation.

I can live comfortably in a number of different natural situations, with minimal equipment.

The Scout should be able to explain how with the use of minimal tools and expertise they can live successfully of the land. Woodsmanship needs to be second nature as a result of skill level.

Be able to adapt to an environment quickly and with ease.

Be able to build shelter to protect from elements.

Be able to build a fire in any circumstances.

I have lead at least three backwoods adventures.

The Scout should have lead at least three backwoods adventures. These can be comprised of programme activities lasting an afternoon, day or weekend. The key feature of their involvement is leadership of the activity, passing on of skills to younger members and overseeing health and safety considerations particularly in relation to food gathering, preparation and cooking.

I have participated in a survival weekend activity.



Stage 9

I have run at least two backwoods skills training sessions for my Scout Group/ County.

I have participated in a survival activity outside my usual Scouting environment.