

# WEBELOS REQUIREMENTS - CHECKLIST

NAME: \_\_\_\_\_

Cast Iron Chef	
1. Plan Menu For Balanced Meal For Den/Family.	
Determine Budget For Meal.	
If Possible Shop For Items/Stay On Budget.	
2. Prepare Balanced Meal For Den/Family	
If Possible Use Camp Stove, Dutch Oven, etc.	
Show Food Safety Practices While Cooking.	
3. Use Tinder, Kindling, Fuel Wood To Demo	
How To Build A Fire & Light It.	
Show How To Extinguish The Flames.	

Duty To God & You	
Complete Requirement 1	
1. Discuss W/ Family, Faith Leader Or Adult	
What Doing Your Duty To God Means.	
Tell How Do You Do That Each Day.	
Complete At Least 2 Other Req's	
2. Earn Religious Emblem Of Faith For Webelos.	
3. Discuss W/ Family Faith Leader or Adult	
How Planning/Participating In Service of	
Worship/Refletion Helps Live Your Duty to God.	
4. List 1 Thing That Will Bring You Closer To	
Your Duty To God. Practice It For 1 Month.	
Write Down A Way To Remember Each Day.	

First Responder	
Complete Requirement 1	
1. Explain What First Aid Is. Tell What You	
Should Do After An Accident.	
Complete At Least 5 Other Req's	
2. Show What To Do For The Hurry Cases:	
a. Serious Bleeding	
b. Heart Attack Or Sudden Cardiac Arrest	
c. Stopped Breathing	
d. Stroke	
e. Poisoning	
3. Show How To Help A Choking Victim.	
4. Show How To Treat For Shock.	
5. Show You Know How To Treat 5 Of The Following:	
a. Cuts & Scratches	
b. Burns & Scalds	
c. Sunburn	
d. Blisters On The Hand & Foot	
e. Tick Bites	
f. Bites & Stings Of Other Insects	
g. Venomous Snakebite	
h. Nosebleed	
i. Frostbite	

First Responder (cont)	
6. Put Together A Home First Aid Kit.	
Explain How To Use Each Item.	
7. Create & Practice An Emergency Plan For	
Home Or Den Meeting Place.	
8. Visit With A First Responder.	

Stronger, Faster, Higher	
Complete Requirements 1-3	
1. Explain Why You Should Warm Up Before	
Exercise & Cool Down Afterward.	
Demonstrate The Proper Way To Do So.	
2. Do These Activities & Record Your Results.	
a. 20-Yard Dash	
b. Vertical Jump	
c. Lifting A 5 Pound Weight	
d. Push-Ups	
e. Curls	
f. Jumping Rope	
3. Make Exercise Plan W/ At Least 3 Activities.	
Carry Out Plan For 30 Days.	
Write Down Progress Each Week.	

DENNER: \_\_\_\_\_

ASST. DENNER: \_\_\_\_\_

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NAME: \_\_\_\_\_

## Stronger, Faster, Higher (cont)

Complete At Least 1 Other Req.

4. Try A New Sport You Have Never Tried.	
5. With Den Prepare A Fitness Course.	
Time Yourself Going Through Course.	
Improve Time Over 2 Weeks.	
6. With Adults, Help Younger Scouts By	
Leading Them In Game(s)	

## Webelos Walkabout

Complete Requirements 1-4

1. Plan A Hike Or Outdoor Activity.	
2. Assemble A Hiking First-Aid Kit.	
3. Recite Outdoor Code & Leave No Trace	
Principles for Kids From Memory. Talk About	
How You Can Demo On Your Adventures.	
4. Hike 3 Miles. Before Hike, Prepare Healthy	
Lunch. Eat & Clean Up During Hike.	
Complete At Least 1 Other Req.	
5. Describe & Identify From Photos Any	
Poisonous Plants, Dangerous Animals &	
Insects You Might Encounter On Hike.	
6. Perform A Leadership Role During Hike.	