

# WEBELOS REQUIREMENTS - CHECKLIST

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

COMPLETED REQUIREMENTS	
Cast Iron Chef	
Duty To God & You	
First Responder	
Stronger, Faster, Higher	
Webelos Walkabout	
Protect Yoursel Rules (Webelos)	
Denner _____	
Ast Denner _____	

COMPLETED ELECTIVES	
Aquanot	
Art Explosion	
Aware & Care	
Build It	
Cast Away	
Earth Rocks!	
Engineer	
Game Design	
Into The Wild	
Into The Woods	
Yo-Yo	
Modular Design	
Denner _____	
Ast Denner _____	

Cast Iron Chef	
Complete Requirement 1-2	
1. Plan Menu For Your Den Or Family.	
Determine Budget For The Meal.	
If Possible, Shop For Items. Stay W/In Budget.	
2. Prepare Balanced Meal For Den/Famly.	
Use Dutch Oven Camp Stove, etc. To	
Make Part Of The Meal.	
Use Food Safety Practices While Cooking.	
3. Use Tinder, etc. & Show How To Build Fire.	
Show How To Safely Light The Fire.	
Extinguish Flame W/ Minimal Impact To Site.	

Duty To God And You	
Complete Req. 1 & At Least 2 Others	
1. Discuss What It Means To Do Your Duty To God.	
Tell How To Do Your Duty In Your Daily Life.	
2. Earn Religious Emblem Of Your Faith.	
3. Discuss W/ Faith Leader, etc. How Planning	
& Participating In A Service/Reflection Helps	
You Live Your Duty To God.	
4. List 1 Thing That Brings You Closer To Doing Your	
Duty To God. Practice For 1 Month. Write Down	
What You Will Do Each Day To Remind You.	

First Responder	
Complete Requirement 1 & 5 Others	
1. Explain What First Aid Is.	
Tell What To Do After An Accident.	
2. Show What To Do For Hurry Cases.	
3. Show How To Help A Choking Victim.	
4. Show How To Treat For Shock.	
5. Show How To Treat 5 Of The Following:	
a. Cuts & Scratches	
b. Burns & Scalds	
c. Sunburn	
d. Blisters On Hand Or Foot	
e. Tick Bites	
f. Bites & Stings Of Other Insects	
g. Venomous Snake Bites	
h. Nosebleed	
i. Frostbite	
6. Put Together Simple Home First-Aid Kit.	
Explain What You Included & How To Use Them.	
7. Create & Practice Emergency Readiness Plan	
Plan For Your Home/Den Meeting Place.	
8. Visit With A First Responder Or Health	
Care Professional.	

# WEBELOS REQUIREMENTS - CHECKLIST

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

## Stronger, Faster, Higher

Complete Req's 1-3	
1. Explain Why You Should Warm Up Before	
And After Exercising.	
2. Do These Activities & Record Results.	
a. 20 Yard Dash	
b. Vertical Jump	
c. Lift A 5 Pound Weight	
d. Push-Ups	
e. Curls	
f. Jumping Rope	
3. Make Exercise Plan W/ 3 Activities.	
Carry Out For 30 Days .	
Write Down Your Progress Each Week.	
Complete At Least 1 Other Requirement	
4. Try New Sport You've Never Done Before.	
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.	

# ARROW OF LIGHT REQUIREMENTS

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

COMPLETED REQUIREMENTS	
Building A Better World	
Duty To God In Action	
Outdoor Adventurer	
Scouting Adventure	
Protect Yourself Rules	
Denner _____	
Ast Denner _____	

COMPLETED ELECTIVES	
Aquanot	
Art Explosion	
Aware & Care	
Build It	
Cast Away	
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Engineer	
Game Design	
Into The Wild	
Into The Woods	
Yo-Yo	
Modular Design	
Denner _____	
Ast Denner _____	

Duty To God In Action	
Complete Req's 1-2 plus 2 Others	
1. Discuss What It Means To Do Your Duty to God.	
2. Do An Act Of Service For Someone.	
Talk About Your Service W/ Family	
Tell How It Is Doing Your Duty To God.	
3. Earn Religious Emblem Of Your Faith.	
4. Discuss & Plan To Do 2 Things That Will Help You Better Do Your Duty To God.	
5. Discuss How Scout Oath & Law Relate To Your Beliefs About Duty To God.	
6. For A Month Pray Or Meditate Each Day.	

Outdoor Adventurer	
Complete Option A or Option B	
Option A	
1. With Help Plan & Participate In Campout.	
2. At Campout Decide Proper Place To Put Tent.	
Set Up W/Out Help Of An Adult	
3. Discuss Actions To Take If Following Happens:	
a. Severe Rainstorm Causing Flooding	
b. Thunderstorms W/ Lightning, Tornadoes	
c. Fire, etc. That Requires Evacuation	
Discuss What's Been Done To Minimize Danger.	

Outdoor Adventurer (cont)	
4. Recite Outdoor Code & LNTP.	
How Can You Demonstrate Principles While Working on Arrow of Light?	
After Outing List The Things You Did To Follow The Outdoor Code.	
5. Show How To Tie Bowline. Explain When Knot Is Used & Why.	
Teach It To Another Scout Not In AoL.	
Option B	
1. With Help Plan & Participate In Outdoor Activity.	
2. Discuss Actions To Take If Following Happens:	
a. Severe Rainstorm Causing Flooding	
b. Thunderstorms W/ Lightning, Tornadoes	
c. Fire, etc. That Requires Evacuation	
Discuss What's Been Done To Minimize Danger.	
3. Show How To Tie Bowline. Explain When Knot Is Used & Why.	
Teach It To Another Scout Not In AoL.	
4. Recite Outdoor Code & LNTP.	
How Can You Demonstrate Principles While Working on Arrow of Light?	
After Outing List The Things You Did To Follow The Outdoor Code.	

# ARROW OF LIGHT REQUIREMENTS

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

Building A Better World	
Complete Requirements 1-6	
1. Explain The History Of The US Flag.	
Show How To Properly Display Flag In Public.	
Help Lead A Flag Ceremony.	
2. Learn About & Describe Your Rights &	
Duties As A Citizen. Explain What It Means	
To Be Loyal To Your Country.	
3. Discuss W/ Den The Term "Rule of Law".	
Talk About How It Applies To You Everyday.	
4. Meet With Gov./Comm. Leader. Learn	
About Their Role/Disuss Community Issues.	
5. Plan An Activity W/Out Your Leaders Help.	
Ask Den Leader For Approval First.	
6. Do At Least One Of These:	
a. Learn About Scouting In Another Part	
Of The World.	
b. Set Up Exhibit At Pack Meeting To Share	
Info About World Friendship Fund.	
c. Connect W/ Scout In Another Country.	
d. Learn About Energy Use Locally	
And In Other Parts Of The World.	
e. Learn About 1Energy Problem In Comm.	
Find Out What Has Caused It.	

Scouting Adventure	
1. Complete At Least A-C Below	
a. Repeat From Memory Scout Oath	
Scout Law	
Scout Motto	
Scout Slogan	
Explain Their Meanings	
b. Explain What Scout Spirit Is.	
Describe How You Have Shown It.	
c. Give the Boy Scout Sign	
Salute	
Handshake	
Explain When To Use Each	
d. Describe The First Class Scout Badge	
Tell What Each Part Stands For	
Explain Significance Of The Badge	
e. Recite The Pledge Of Alegiance	
Explain It's Meaning	
2. Visit Boy Scout Meeting, After Do The Following	
a. Describe How Scouts Provide Leadership	
b. Describe 4 Steps Of Advancement	
c. Describe Ranks In Boy Scouts And	
How Earned	
d. Describe Merit Badges & How Earned	

Scouting Adventure (cont)	
3. Practice Patrol Method 1 Month, Complete A-D	
a. Explain Patrol Method. Describe Types.	
b. Hold Election For Patrol Leader	
c. Develop Patrol Name & Emblem.	
Develop Patrol Flag & Yell	
How Do These Create Patrol Spirit	
d. Make Plans To Participate In Boy Scout	
Campout Or Outdoor Activity	
4. Use Patrol Method During Campout	
Or Outdoor Activity	
5. Do The Following:	
a. Show How To Tie A Square Knot	
2 Half Hitches	
Taut-Line Hitch	
Explain How Each Is Used	
b. Show How To Whip & Fuse Ends Of Rope	
6. Demonstrate Pocketknife Safety Rules	
And Pocketknife Pledge	
Earn Whittling Chip If You Haven't	

# WEBELOS/AOL ELECTIVES - CHECKLIST

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

Aquanot	
Complete Req's 1-4 and 2 Others	
1. State Safety Precautions You Need To Take Before Doing Water Activity.	
2. Discuss Importance Of Learning Skills You Need Before Going Boating.	
3. Explain Meaning "Order Of Rescue" And Demonstrate Reach & Throw Technique.	
4. Attempt The BSA Swimmer Test.	
5. Demo Precautions You Take Before Diving Headfirst. Attempt A Front Surface Dive.	
6. Learn & Demonstrate 2 Strokes.	
7. Invite Person Who Has Had Swim/Rescue Training To Den Mtg. Discuss Experiences.	
8. Show How To Correctly Fasten Life Jacket Jump Into Water Over Your Head. Swim 25 Feet Wearing Life Jacket. Get Out Of Water; Hang Jacket To Dry.	
9. Paddle A Canoe W/ Adult's Supervision.	

Art Explosion	
Complete Requirements 1-3	
1. Visit Gallery, etc. Discuss Art You Saw.	
2. Create 2 Self Portraits; Use 2 Diff Tech's	
3. Do 2 Of The Following:	
a. Draw/Paint An Original Picture Outdoors.	
b. Use Clay To Sculpt A Simple Form.	
c. Create Object W/ Clay That Can Be Baked.	
d. Creat Freestanding Sculpture w/ Wood, etc.	
e. Make Display Of Origami Or Kirigami.	
f. Use Computer To Create A Work Of Art.	
g. Create A Logo Or Design. Transfer To Shirt, etc.	

Build It	
1. Learn About & Use Some Basic Tools. Learn About Need For Safety While Using.	
2. W/ Den Leader, etc. Select & Build A Project.	
3. List Tools Used To Build Project. Create List Of Materials Needed For Project. Put Checkmark To Tools Used For 1st Time.	
4. Learn About Construction Career. With Den, etc. Visit Construction Site. Interview Person Working In Construction.	

Aware & Care	
1. Participate In An Activity That Simulates Visual OR Hearing Impairment.	
2. Participate In An Activity That Simulates Mobility OR Dexterity Impairment.	
3. W/ Den Participate In Activity That Focuses On The Acceptance Of Differences.	
4. Do 2 Of The Following:	
a. Do a Good Turn For Residence Of Nursing Or Retirement Facility.	
b. Invite Person W/ Disability To Den Mtg. Discuss What They Find Challenging.	
c. Attend A Disabilities Event. Discuss Your Experience W/ Your Den.	
d. Talk To Someone Who Works W/ Those Who Have Disabilites. Learn How They Help Them.	
e. Sign The Scout Oath Using ASL.	
f. W/ Adult Contact Service Dog Organization Learn Training Process From Pup To Client.	
g. Participate In Service Project On A Specific Disability.	
h. Partipate In Activity W/ Organization Whose Members Are Disabled.	

# WEBELOS/AOL ELECTIVES - CHECKLIST

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

## Castaway

1. Complete a And Either b or c.	
a. On Campout/ Outdoor Activity W/ Den,	
Cook 2 Diff. Recipes W/Out Pots & Pans.	
b. W/ Adult, Light Fire W/Out Matches.	
c. Build Shelter That Protects You Overnight	
Using Already Cut/Fallen Branches.	
2. Do All Of The Following:	
a. Learn What Items Should Be In Outdoor	
Survival Kit That Can Fit In A Day Pack.	
Assemble Your Own Survival Kit. Explain	
To Den Ldr Why Items Are Important To Survival.	
b. W/ Den, Demo 2 Ways To Treat Drinking	
Water To Remove Impurities.	
c. Discuss What To Do If Lost In Woods.	
Explain What Letters S-T-O-P Stand For.	
Tell What The Universal Signal Is.	
Describe 3 Ways To Signal For Help.	
Demonstrate 1 Of Those Ways.	
Tell What You Can Do So Rescuers Can Find You.	
d. Make List Of 4 Qualities A Ldr Should Have	
In Emergency & Why They Are Important.	

## Castaway (cont)

Pick 2 & Act Them Out For Your Den.	
Tell How Each Relates To Point In Scout Law.	
Tell How This Adventure Gives You A	
Better Understanding Of Boy Scout Motto.	

## Engineer

1. Pick 1 Type Of Engineer. Discover 3 Things	
That Describe What The Engineer Does.	
Share Your Findings W/ Webelos Den.	
2. Learn To Follow Engineering Design Principles By:	
a. Examine Blueprints Or Specs. Prepare Your	
Own Set To Design A Project.	
b. Using Your Blueprints/Specs Complete	
Your Project.	
c. Share Your Project With Den or Pack.	
3. Explore Other Fields of Engineering. How	
Have They Helped Our Past, Present & Future.	
4. Pick & Do 2 Projects Using Engineering	
Skills You Learned. Share Your Projects	
W/ Den & Exhibit At Pack Meeting.	

## Earth Rocks

1. Do All Of The Following:	
a. Explain The Word "Geology"	
b. Explain Why This Science Is Important.	
2. Look For Diff. Rocks/ Minerals While On Rock Hunt.	
3. Do The Following:	
a. Identify The Rocks You See On Rock Hunt.	
b. With Magnifying Glass Determine Any	
Any Differences Between Specimens.	
c. Share What You See W/ Den Or Family	
4. Do The Following:	
a. W/ Family Or Den Make Mineral Test Kit	
Test Minerals According To Mohs Scale.	
b. Record Results In Handbook.	
5. Identify On Your State Map Geological	
Features In Your Area.	
6. Do The Following:	
a. Identify Some Geological Materials	
Used To Build Your Home.	
b. Identify Some Geological Materials	
Used Around Your Community.	



# WEBELOS/AOL ELECTIVES - CHECKLIST

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

## Game Design

1. Decide on All Elements For A Game.	
2. List At Least 5 Online Safety Rules You Put Into Practice While On Computer. Skip If You Have A Current Cyber Chip.	
3. Create Your Game.	
4. Teach Adult/Scout How To Play Your Game.	

## Into The Wild

Complete At Least 6 Requirements

1. Collect, Care, Study An Insect, Amphibian, etc. Share Your Experience With Den.	
2. Set Up Aquarium Or Terrarium. Keep For At Least A Month. Share W/ Den Photos/ Drawings Of Project.	
3. Watch Birds In Area For 1 Week. Identify The Birds. Write Down When & Where You Saw Them.	
4. Learn About Bird Flyways Closest To Your Home. Find Which Birds Use These Flyways.	
5. Watch 4 Wild Creatures In The Wild. Describe Kind Of Place You Saw Them. Tell What They Are Doing.	
6. Identify Animal, etc. Found Only In Your Area Of Country. Tell Why It Survives There.	

## Into The Wild (cont)

7. Give Examples Of 2 Of The Following:

a. A Producer, Consumer & Decomposer In Food Chain Of An Ecosystem.	
b. 1 Way Humans Have Changed Balance Of Nature.	
c. How You Can Help Protect Balance Of Nature.	
8. Learn About Aquatic Ecosystems & Wetlands In Area. Talk About Important Role They Play In Supporting Life Cycles of Humans & Wildlife. List 3 Ways You Can Help.	
9. Do 1 Of The Following:	
a. Visit Nature Center, etc. Tell What You Saw.	
b. Create Video Of A Wild Creature Doing Something Interesting. Share W/ Family or Den.	

## Sports

1. Show Signals Used By Officials In Football, Basketball, Baseball, Soccer, Or Hockey.	
2. Participate In 2 Sports, Team Or Solo	
3. Complete The Following Requirements	
a. Explain What Good Sportsmanship Is	
b. Role Play Good Sportsmanship	
c. Example Of Time You Saw Good Sportsmanship	

## Into The Woods

Complete Req's 1-4 & 1 Other

1. Identify 2 Diff Groups Of Trees & Parts Of Trees.	
2. Identify 4 Trees Common To Your Area. Tell Whether They Are Native To Your Area. Tell How Wildlife & Humans Use Them.	
3. Identify 4 Plants Common To Your Area. Tell Which Animals Use Them & Why.	
4. Develop A Plan To Care For & Then Plant At Least 1 Plant Or Tree Indoors Or Out. Tell How Plant/Tree Helps Environment. What Will Plant/Tree Be Used For.	
Complete 1 Of The Following	
5. Make List Of Items In Home That Are Made From Wood & Share With Den. <b>OR</b> W/ Den Take Walk. Identify Useful Things Made From Wood.	
6. Explain How Growth Rings Tell Trees Story. Describe Diff. Types Of Tree Bark. Explain What Bark Does For The Tree.	
7. Visit Nursery, Park, etc. Speak W/ Someone About Trees/Plants Native To Area. Explain How Plants/Trees Are Important To Our Ecosystem & How They Improve Environment.	

# WEBELOS/AOL ELECTIVES - CHECKLIST

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

Yo-Yo (Webelos)	
1. Learn Safety Rules of YoYo, Follow At All Times	
2. Show How To Find Proper Length Of String.	
3. Explain Importance Of String Length & Location.	
4. Show How To String YoYo & Make Slipknot.	
5. Conduct Pendulum Experiment.	
Explain Diff. With Long & Short String.	
6. Show You Can Properly Wind YoYo.	
7. Demonstrate Gravity Pull Trick	
Sleeper Trick	
Breakaway Trick	

Modular Design (Webelos)	
1. Learn What Modular Design Is.	
Identify 3 Things Mad By Modular Design.	
2. Identify 3 Benefits Of Modular Design.	
3. Using Modular Pieces, Build Model W/ Instruct's	
4. Using Modular Pieces, Build W/Out Instruct's	
5. Using Your Model Create Step By Step Instruc's	
Have Someone Make It Using Your Instruc's	
6. Share Your Model With Your Den Or Family.	
Explain What Your Model Is Designed To Do.	
7. Watch Video About A Modular Design Build.	

Protect Yourself Rules (Webelos)	
1. Watch The "Protect Yourself" Video.	
2. Know The 6 Protect Yourself Rules	
3. Describe What Cyberbullying Is	
Identify Things You Shouldn't Share Online	
4. Describe 3 Ways To Get Out Of Unsafe Situation	
5. List 5 Safe Adults You Can Confide In.	

Yo-Yo (Arrow Of Light)	
1. Learn Safety Rules of YoYo, Follow At All Times	
2. Show How To Find Proper Length Of String.	
3. Explain Importance Of String Length & Location.	
4. Show How To String YoYo & Make Slipknot.	
5. Conduct Pendulum Experiment.	
Explain Diff. With Long & Short String.	
6. Show You Can Properly Wind YoYo.	
7 a. Demonstrate Gravity Pull Trick	
b. Sleeper Trick	
c. Breakaway Trick	
d. Elevator	

Modular Design (Arrow Of Light)	
1. Learn What Modular Design Is.	
Identify 3 Things Mad By Modular Design.	
2. Identify 3 Benefits Of Modular Design.	
3. Using Modular Pieces, Build Model W/ Instruct's	
4. Using Modular Pieces, Build W/Out Instruct's	
5. Using Your Model Create Step By Step Instruc's	
Have Someone Make It Using Your Instruc's	
6. Share Your Model With Your Den Or Family.	
Explain What Your Model Is Designed To Do.	
7. Design A Model, Don't Build It.	
Create Step By Step Instructions	
8. Watch Video About A Modular Design Build.	

Protect Yourself Rules (Arrow Of Light)	
1. Watch The "Protect Yourself" Video.	
2. Know The 6 Protect Yourself Rules	
3. Describe What Cyberbullying Is	
Identify Things You Shouldn't Share Online	
4. What To Do If You/Friend Felt Unsafe At Home	
5. List 5 Safe Adults You Can Confide In.	
6. Name 2 Scouting Barriers to Abuse	