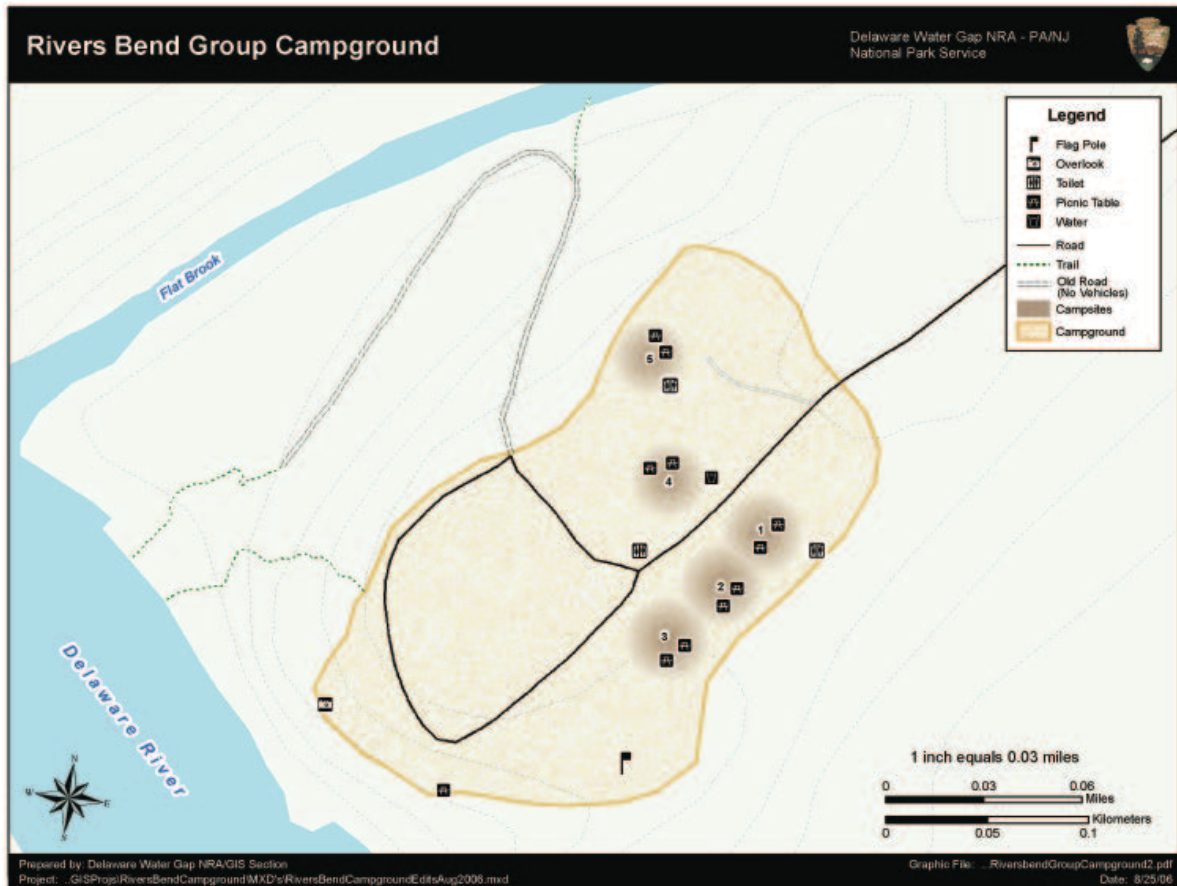




# AECYCM MASTER GUIDE

## BASIC SKILLS



# WILDERNESS CAMPOUT

**AUGUST 10 – 12, 2018**

**DELAWARE WATER GAP NATIONAL RECREATION AREA**

**I-80 W, Exit 1, Hardwick Township, NJ 07832**

**Rivers Bend Group Campground (in New Jersey)**

# Welcome Campers

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June 30, 2018

Dear Campers,

Thank you for your interest in joining with other Master Guide campers as we seek to build our skills for better service to God and mankind. We hope you not only build your skills but, we hope you build new friendships, too!

The great outdoors is God's book of nature and its full of invaluable lessons. Its here we will be tested and tried to do our very best!

The cost per camper is **\$25.00**, which covers some meals, some supplies and other necessities to make our time meaningful.

Enclosed, please find the information to assist you as you carefully plan.

To maintain high standards of camper safety, everyone who participates in our program must complete the online registration and medical form, and the photo release form. All these online forms must be completed PRIOR to camp. To reserve your spot please register early. No refund will be granted to those unable to complete a camp.

Sincerely,

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Gail J. Mentor  
AEC Master Guide Events Coordinator

# What to Bring



## Camping Checklist for a Master Guide

### Shelter/Bedding

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Tent                         | <input type="checkbox"/> Sleeping bag                       | <input type="checkbox"/> Ground cloth/tarp           |
| <input type="checkbox"/> Sheets/blankets              | <input type="checkbox"/> Extra stakes                       | <input type="checkbox"/> Pillow                      |
| <input type="checkbox"/> Shade tarp/poles/rope/stakes | <input type="checkbox"/> Air mattress/sleeping pad/cot/tarp | <input type="checkbox"/> Axe or hammer               |
| <input type="checkbox"/> Air pump                     | <input type="checkbox"/> Mat for tent entrance              | <input type="checkbox"/> Repair kit for air mattress |
| <input type="checkbox"/> Dust pan/brush               | <input type="checkbox"/> Utility bags for storage           | <input type="checkbox"/> Rain tarp                   |

### Clothes Personal

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Class "B" uniform       | <input type="checkbox"/> Black shoes/navy blue socks | <input type="checkbox"/> Bible             |
| <input type="checkbox"/> Shower shoes/flip flops | <input type="checkbox"/> Field trip t-shirts         | <input type="checkbox"/> Towels/washcloth  |
| <input type="checkbox"/> Hiking boots            | <input type="checkbox"/> Cargo pants/jeans/belt      | <input type="checkbox"/> Extra socks       |
| <input type="checkbox"/> Hat/beanies             | <input type="checkbox"/> Sweatshirt/jacket           | <input type="checkbox"/> Swim suit/towel   |
| <input type="checkbox"/> Underwear               | <input type="checkbox"/> Rain gear                   | <input type="checkbox"/> Dirty clothes bag |

### Toiletries

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> Tooth brush/tooth paste | <input type="checkbox"/> Soap in plastic case/shampoo | <input type="checkbox"/> Razor        |
| <input type="checkbox"/> Deodorant               | <input type="checkbox"/> Comb/brush                   | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Feminine products       |   |                                       |

### Other personal items/Cooking

- |  |   |                                |
|--|---|--------------------------------|
| <input type="checkbox"/> Insect repellent        | <input type="checkbox"/> Personal medications--take extra |                                |
| <input type="checkbox"/> Mess Kit in hanging bag | <input type="checkbox"/> Snacks                           | <input type="checkbox"/> Water |

NAMES	C = Confirmed Q - Questions	POSITION	COMPLETED BACKGROUND CHECK
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<b>John Scott</b>	C	Edible Wild Plants/ Hiking/Tracking & Trails	Yes
<b>Alanna Bullock</b>	C	Drilling/Marching	Yes
<b>Edval Hunter</b>	C	Wherever Needed	Yes
<b>Tony Campbell</b>	C	Edible Wild Plants/Hiking	Yes
<b>Margaret Hollman</b>	C	Knot Tying/Lashing	Yes
<b>Reginald Sylvester</b>	C	Chief/Safety	Yes
<b>Angella Browne</b>	C	Safety/Honor/Awards	Yes
<b>Sharon Howard</b>	C	Headquarters/Honors/Worship	Yes
<b>Probyn Rowe</b>	C	Camp Chief/Safety/Etc....	Yes
<b>Regina Carter</b>	C	Finances/Fire building	Yes
<b>Waverly Massenburg</b>	C	Chaplain/Safety	Yes
<b>Renard Jones</b>	Q	Wherever needed	Yes
<b>Gail Mentor</b>	C	Planner	Yes
<b>Fred Craig</b>	Q	Edible Wild Plants	Yes
<b>Moses Njuguna</b>	C	Knots/Edible Wild Plants	Yes
<b>Sharon John</b>	C	Camping Skills/Knots/Trees	Yes
<b>Cory Samuels</b>	C	Camping Skills/Drilling	Yes
<b>Bridgette Hatcher</b>	C	Edible Wild Plants	Yes
<b>Catherine Belcher</b>	C	Knots	Yes
<b>Camille Pierre</b>	C	Knots	Yes
<b>Karen Sylvester</b>	C	Camping Skills	No
<b>Fritz Noel</b>	C	Stars	Yes
<b>Christine Sanon</b>	C	Camp Safety	Yes
<b>Alain Sanon</b>	C	Camp Safety	Yes
<b>Crystal Thompkins</b>	C	Wherever Needed	Yes
<b>Christopher Jordan</b>	C	Edible Wild Plants/Hiking	?
<b>Brittany Jordan</b>	C	Knots/Lashings	?
<b>Sabrina Jordan</b>	C	Wherever Needed	Yes
<b>Nellie Moore</b>	C	Wherever Needed	Yes

# Basic/Wilderness Skills Camp Schedule

AUGUST 10 – 12, 2018

DAY	TIME	ACTIVITY	NOTES
<b>FRIDAY</b>			
	10:00AM	Departure to Location	
		Setup Camp	Get logs for campfire, cooking, water for cooking etc.
	2:00PM	Fire Building Camp Cookery	Honor sheets
	4:00PM (Rotation)	Track and Trail *Orienteering *First Aid - Bandages *Knot Tying/Lashings Edible Wild Plants	Briefings/Refresher  <b>*See additional notes for requirements</b>
		<b>DINNER</b>	Eat what you cook
		Sunset <b>VESPERS/Devotion</b>	
	7:00-9:00PM (Rotation)	Camping Skills I & II Stars Fire Building	In units or groups
	9:30PM	Lights Out	
<b>SABBATH</b>			
	5:30AM	WAKE UP	
	6:30-7:30 AM	<b>BREAKFAST</b>	Directions for the Day
	7:30-8:00AM	Clean up	
		<i>Drilling/Marching</i>	
	9:00-9:50AM	Church Service	
	10:00AM-1:00PM (Rotation)	Camping Skill II & III First Aid - Bandages Edible Wild Plants Knot Tying/Lashing Orienteering Camp Craft Camp Cookery	In Units or groups
	1:00-2:00PM	<b>LUNCH/Clean up</b>	Eat what you cook
	2:00-2:45PM	Master Guide Walk---→ Orienteering Edible Wild Plants	<i>Drilling/Marching</i>
	2:30-5:30PM	Camping Skill II & III First Aid - Bandages Knot Tying/Lashing Camp Cookery	In Units or groups
	5:30-6:30PM	<b>DINNER/Clean up</b>	Eat what you cook
	6:30-7:00PM	Track and Trail Review	
	7:00-7:30PM	<b>VESPERS</b>	
	7:30-10:00PM (Rotation)	Camping Skills III Stars Fire Building Drill Down	In Units or groups
	10:30PM	Lights Out	

<b>SUNDAY</b>			
	5:30AM	Wake Up	
	6:00-6:30AM	<b>DEVOTIONS</b>	Directions for the day
	6:30-7:30AM	<b>BREAKFAST</b>	Pack up and remove all items from tent
	7:30-8:00AM	Get Hiking Instructions	Leave empty tents up to dry out (if no rain)
	8:00-11:30AM	Track and Trail Hiking	Hiking with a purpose
	11:30AM-12:00PM	Closing Exercises	Awards/Vote of thanks
	12:00-3:00PM	<b>LUNCH</b> /Departure	

**ADDITIONAL NOTES:**

- **KNOTS/LASHING** – Simple/basic knots will not be covered. We will be covering knots used in bandaging and lashing; and splints. **Bring 10 ft long rope and triangle bandages. DO PURCHASE NYLON. Size: 550 paracord.**
- **ORIENTEERING** – Orienteering Honor should be completed. No theory taught at this Camp. We will be practicing skills only. Bring your own **compass**. Suggested brand – SILVA. If you have one you're accustomed to using then bring it.
- **FIRST AID** – We will only be dealing with bandages, splinting and wound care. Please read up on these topics and be familiar with concepts before coming. See First Aid Honor. Be familiar with tying knots used in bandages, splints and wound care. **Purchase Triangular Bandages only!**
- **FIRE BUILDING** – **Please bring something to chop wood with (hatchet, ax, etc...)**
- **For Hiking:** Please wear light colored clothing so that you can spot insects – TICKS, DEAR TICKS or any other insects.
- **EDIBLE WILD PLANTS** – Read as much as possible about this topic; especially vegetation and plants of the Delaware Water Gap National Park. Check these out, ***Peterson Field Guide to Edible Wild Plants or Bradford Angier's Field Guide to Edible Wild Plants*** or any other guide.
- **ANIMAL TRACKING and TRAILS** – Much of this information will be located on the **Animal Tracking** honors. You should review the Hiking and Backpacking honors for more information on trails.
- Only **Master Guides** will be allowed to camp with us. This is a packed event so we will try our best to adhere to the schedule. *Rain is always a factor* so, please prepare accordingly. Remember to walk with a heavy coat; nights are cold/days are hot. Rain boots preferred for the mornings (even if it doesn't rain the dew is usually heavy) especially during devotion time and, also for breakfast.
- Flashlight and Bible are a must for all campers...
- Field uniform is needed for Sabbath's activity... more to follow as necessary...
- All meals will be part of a Camping Skill requirements. Units will be told what skill level to prepare for breakfast, lunch and dinner.
- **Please review all honors before attending so you will have an idea as to what to expect. At this camp the theory** is expected to be known so the practical is what will be done.

See you there.

# Mark Your Camping Map – Then Leave It Behind

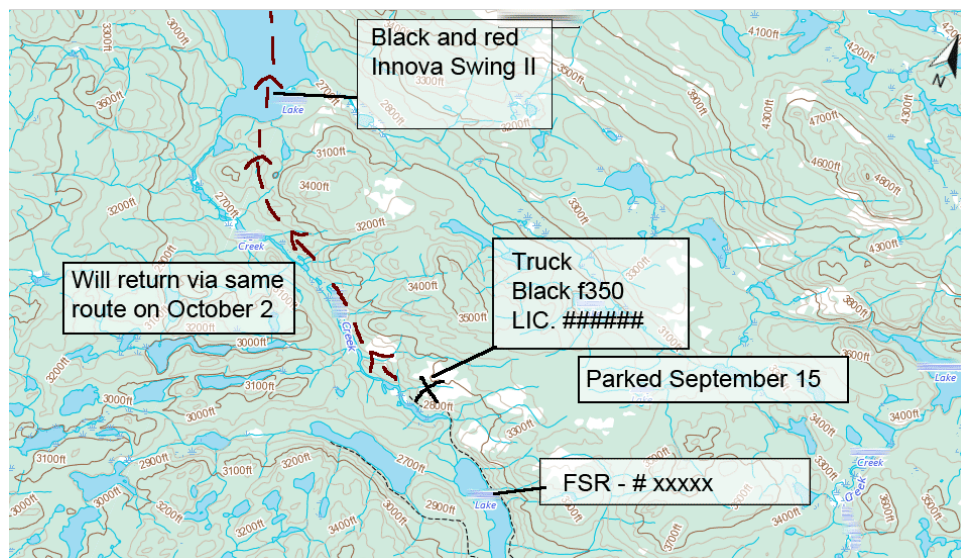
A detailed, well-marked, map should be part of the information you leave with your emergency contact. This map should give a good idea of your route and where you'll be spending time exploring, camping, etc., should a search become necessary.

## Enter

Make it obvious where your vehicle will be left or where you'll be dropped off. Write your license plate, make, model and color of your vehicle at this spot. Put the date. This information should also be included as part of your detailed trip plan, but it doesn't hurt to have it in both locations. Make sure the FSR (forestry service road) is clearly labeled.

## Route (a/b)

Mark your planned trip path and alternatives if they may be necessary for whatever reason. If you'll be on water, take note of the type and color of your boat, canoe, kayak, etc.



## Planned Campsites

If the area is unscouted and you don't know the exact locations you'll be camping, circle the area you plan on spending most of your time.

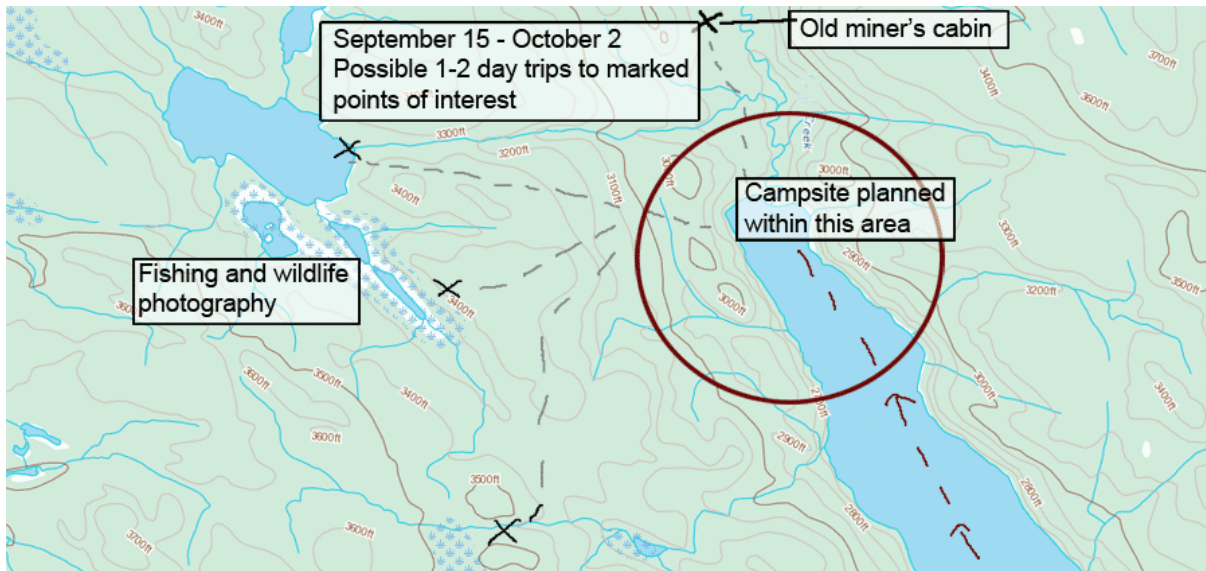
## Points of Interest (primary, secondary)

These sites should match the description of activities in your trip plan.

## Exit (a/b)

If you'll be exiting where you started, mark the path of your return along with dates. If you're going to exit elsewhere, make it clear and include transportation information.





## Do it Your Way

There is no wrong way, if it is made clear where you'll be and when. Color and line styling can help clarify intent for others. Dotted lines for travel routes, circled camp areas and Xs for points of interest you'd like to check out, can all help others understand your plan. Also, don't be shy about attaching notes that are in addition to your detailed trip plan.

# AEC-MG CAMPOREE Camp First Aid Kit

Small sterilized wound dressings  
Medium sterilized wound dressings  
Large sterilized wound dressings  
Cotton wool in sterile pack  
Absorbent gauze in sterile pack  
Eye pack and bandage in a sealed packet  
Roller bandages of various widths  
Triangular bandages  
Safety pins  
Adhesive strapping - 25mm roll  
Adhesive 'Elastoplast' strip  
Tins of assorted 'Elastoplast' bandages  
Assorted Crepe bandages with safety pins attached  
Eye pad

## For external application

Antiseptic  
Eye wash  
Surgical spirit  
  
Foot powder  
Calamine lotion  
Antiseptic cream  
Anti -histamine cream  
Anti- midge cream  
Blunt nosed scissors  
tweezers  
Clinical thermometer  
Eye - bath  
Medicine glass  
First aid manual  
Torch and spare batteries

## Traveling Without Backing-up

Change in routine, diet, climate and physical activity can all have a disrupting effect on bowel function. Over the years, both traveling in the wilderness and traveling in general, I've learned the importance of staying regular. Luckily, there are a few easy things you can do to keep things moving internally.

The following is not prescriptive or medical advice – it is for general information purposes only. I don't know your diet, activity level, health and medical requirements, etc., and besides, people are just different from one another, and what works for one person may not for another. In Short – I am not a health care professional; the following is from personal experience only – take it as you will.

**Oil** - As a macro nutrient, fat is an important dietary component and its constituent fatty acids can be found in a variety of oil products. Because my diet while camping is usually low in fat, I often bring olive oil. It's easy to obtain and it keeps well under a relatively wide temperature range. I use it for cooking or mixed in with foods such as spaghetti. Some people prefer rapeseed oil, flaxseed oil, or the like, just be aware of preservation limitations. I think of oil as an ounce of prevention, a week without it and (for me) things start seizing.

Related topics: Essential fatty acids, monounsaturated, polyunsaturated, omega-6 to omega-3 ratio.

**Water** - It is easy to become a little dehydrated while outdoors, especially if involved in an activity such as hiking or paddling; sometimes you forget, or just don't feel like stopping, to have a drink. Having a water bottle within easy reach is always a good idea, as water is very important to proper body function in general. Water is used throughout the digestive process, from chewing to evacuation, and staying properly hydrated is key to keeping things moving.

Research keywords if you're interested: effects of dehydration, water and digestion

**Fiber** - Besides whole grains, dried fruit, nuts and the like, I also bring a container of psyllium fiber on trips longer than a few days. I find a low dose on a regular basis works best for me. As it is a highly soluble fiber, psyllium should be taken with a good amount of water, 8oz per 10g of fiber is recommended. Many people seem to prefer flaxseed as their source of fiber, as they are sensitive to psyllium. I personally find flaxseed doesn't sit well with me.

Related topics if you're interested: soluble fiber, insoluble fiber

Everyone is Different

Knowing how your body behaves to the various stresses you put it through is important to remaining comfortable while in the field. When trying something new, give it three or four days; don't give up after only a day with no results. You will likely find that after a week or two, your body will adapt to its current situation and you can adjust accordingly. Also, I highly recommend experimenting at home, well in advance of any trip – learn what works for you.

# The P.A.W.S. Principle

## How to learn to be a tracker

By Kim A. Cabrera

*Some spelling and grammar corrections made.*

Summertime is my favorite time of year. It is during the summer that I work in a state park and teach animal tracking to campers. They often ask how I learned tracking. In response to those questions, I came up with some easy to remember tips that I can give them. I call it the **P.A.W.S. Principle** of learning to track animals. Although I focus on animal tracking here, most of these principles can help in the study of tracking people as well.

The PAWS Principle goes like this. Each letter stands for a list of skills that are useful to one learning to track the critters of field and forest.

- **P** = Practice, persistence, patience
- **A** = Art, ABCs, alertness, awareness, aging, attention to detail
- **W** = Willingness, wisdom, weekly practice
- **S** = Study, signs, stillness, soil type

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Let's take them one at a time and explain further.

### P

As with all skills, you must practice to get better. Anyone can learn tracking with a little practice. That's all it takes. No one is born a naturally talented tracker. You must learn it. You also need to be persistent and don't give up. It may seem frustrating at times, but that's a part of learning. You must get through the frustration to reap the rewards of your practice. If you can't identify a track, don't let it get you down. Just remember the details and move on. You will probably encounter a similar track again and will eventually be able to identify it. It takes patience to stick with it and to realize that it won't come to you overnight. No one can teach you to be a tracker. That might sound strange coming from someone who claims to teach this skill, but it's true. You can pay for classes at any expensive tracking school, but in the end, it comes down to you and your willingness to devote time and energy to learning the skill. In other words – practice! Trackers call it "dirt time." You teach yourself by spending time in the dirt. A teacher can point out the various tracks and

show you how to identify them, but it is you who must spend the time looking at those tracks and learning their variations. You must imprint those images in your mind. No one can do that for you.

Patience and persistence are necessary to stick with it long enough to learn this skill. The rewards are worth it though. If you can find something that motivates you to practice more, do it. This could be anything from reading stories written by other trackers, to going to a local tracking club meeting and practicing with others or participating in the online tracker groups. Whatever it is, if it helps motivate you, stay with it. Don't be discouraged if you can't identify every track in the beginning. That's all part of learning. Even experienced trackers cannot identify every track they find. They are endless variations in terrain, soil conditions, environmental factors, moisture, aging, and more. So many things affect tracks and their appearance that no two tracks look alike. It is also helpful to try not to get stuck on one single track. If you can't identify one, try to follow the trail a little way until you can find a clearer track to make your identification. Or examine the trail pattern and try to determine what kind of animal left that pattern. The bottom line is, don't give up. Your skill will improve over time.

## A

Art? Why is this in here? Tracking is certainly an art form, but I am talking about using artistic skills to learn to track animals. You must first learn the ABCs, the vocabulary of tracks. Those are the prints found in your area and what animals make them. I found that the best way to learn these was to draw them. When I was in high school (I won't say how long ago!), I used to doodle tracks all over my notebooks. Repeatedly, I drew them until I knew their details. Drawing fixes in your mind the details of the track's shape, number of toes, and variations in appearance. By drawing the tracks, you are training your mind to see the search image of that track. For example, when I find bear tracks, I always key into the search image of the kidney bean shaped heel pad. That comparison works for me when I see that shape on a trail. You may come up with your own comparison shapes for different tracks. The more time you spend drawing the tracks you find, the better those images become imprinted in your brain. It won't be long before you have quite a large vocabulary of track images available to you. You don't even have to be a good artist to do this. The drawing only must make sense to you. Since you are the one learning the track, you are only using your drawing to fix in your mind that search image.

Alertness and awareness go together. If you pay attention to the environment around you, you will find tracks and signs everywhere. Be open to everything. Don't just look at the ground. Look up. Look at the vegetation, where you will often find feeding signs from the animals in the area. Look at the bark of trees for scratch marks. Look in places you wouldn't normally think of as good tracking locations. I often find raccoon tracks in very unconventional places, like the top of my truck, or on the railing on my porch. You can even find tracks in the city if you remain open to any possibility. I once found raccoon tracks in the bed of the Los Angeles River. If you know that river, you know that a lot of its length is paved. But there are often areas where soil is deposited and these are a treasure trove for the track hunter. So, look everywhere and be alert for those search images.

Aging tracks is a skill that takes some time to learn. As you practice looking at tracks, you will absorb details that may not be apparent at first. The tracks may look rounded and smooth on the edges. They may have little marks in them from raindrops. These details will register in your mind and eventually you will find yourself considering them right along with the identification of the track itself. In time, you will come to be able to identify the signs of age in a track with more accuracy. You can also practice by stepping on or breaking vegetation and looking at it, then returning later to look again and see how it has changed over time. Look for differences in color and moisture content. Do the same with tracks in different soil types. You can even make your own tracks and come back to look at them as they age. Take your time and enjoy studying aging. It is not something that can be learned in a day, but it is enjoyable to study.

Attention to detail is extremely important to a tracker. Look not only at the tracks themselves, but at their overall context in the landscape. Think about why this animal was here. Is there water nearby? Pay attention to direction of travel, or any variations in the stride or trail pattern. All these are clues that will help you interpret the tracks. The story of the tracks is read in the minute details you can find. Look closely and try not to rush. There are clues to be found and you must look very closely and take your time.

## W

W is for the willingness to learn that you put into your practice. Weekly practice is extremely helpful, if not essential to your development as a tracker. Even better would be daily practice. Any time spent learning is certainly not time wasted. This also applies to your willingness to learn from any teacher. I don't just mean those who teach tracking either. I learned a lot about tracking from the owner of a local sporting goods shop. He grew up here and spent his youth hunting the hills. He knows so much about the wildlife here and how to find them. Just casually talking to him about hunting taught me a lot more than I would have learned from any books. So, look for those knowledgeable folks in your community and talk to them. **W** also stands for the wisdom of these folks, and the wisdom you will gain over time as you practice and seek out those individuals who have something to teach you. Don't hesitate to strike up a conversation with a long-time resident of your area. They are often encyclopedias of local lore.

## S

Studying tracking is a lifetime pursuit. Take your time and enjoy the learning process. No one knows it all. That's the beauty of tracking. The more you learn, the more you realize that there is always going to be more to learn. Studying the tracks is important, but it is also important to get to know the animals you want to track. Reading about them at the library or in field guides is extremely useful. It will teach you where to look for them, what they eat, what sort of homes they build, how they raise their young, and so much more. The lives of wildlife are rich and complex. If you want to track them, spend a little time learning about them.

Signs are also a very important part of tracking. Even if you don't see the tracks of the animal, often you can find signs of its presence. You may find feeding signs such as chewed vegetation, nibbled berries, or half eaten apples. You might find scat, which can tell you not only what animal left it, but what it was eating. There are so many signs that it would take volumes to describe them all. Be aware of the various possible signs and look for them whenever you are out.

Stillness is important to a tracker because it will allow you to observe the animals. Our culture's focus on action makes it difficult to feel justified just sitting on a log in the woods watching squirrels for an hour. But if you can get beyond that culturally ingrained reluctance to just sit and do nothing but watch, you may be treated to some amazing wildlife sightings. Think of it as a stakeout where your quarry is the wildlife of that area and your goal is to observe them when they don't know you are there. Make it fun.

Soil type is another important factor to consider when learning tracking. Obviously, some types of soil are going to be easier to track in than others. Hardpan is not the best soil for a beginner to try to learn in. Beginners should start in easy soils, like sand or mud along shorelines and riverbanks. This helps you get used to looking for tracks and prevents early discouragement, which can stifle your desire to learn to track. As you learn more, move off into more difficult soils. But don't stay away from the hardpan just because you don't think you can see tracks there yet. Try it and see what is visible there. You might surprise yourself. Don't limit yourself to one soil type. Try them all. It's all a learning experience.

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In conclusion, tracking is an endless, limitless learning experience. There is always that feeling of the joy of discovery when you make a new connection or observation about tracking. Cultivate that feeling. Practice and practice until you feel confident in your skills. Learn from anyone you can. But realize that there are no experts. No one knows it all. Tracking is a wide-open field, waiting for your input. Remember the P.A.W.S. Principle and go out there and put in some dirt time and join the ranks of the other folks with their noses in the dirt.

Happy Tracking! ..... And remember... **Animals Don't Cover Their Tracks!**

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## Grog's Index of Scouting Knots



Alpine Butterfly



Barrel Hitch



Bowline



Clove Hitch



Common Whipping



Constrictor Knot



Cow Hitch



Double Fisherman's



Double Overhand



Eye Splice



Figure 8 Knot



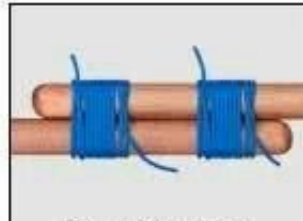
Half Hitch



Square Lashing



Diagonal Lashing



Round Lashing



Sheer Lashing



Tripod Lashing



Rolling Hitch



Round Turn and  
Two Half Hitches



Sheet Bend



Sheepshank



Square (Reef) Knot



Timber Hitch



Trucker's Hitch



# Scout Skills

## Lashings

### INFORMATION SHEET

**info**

Scout  
Information  
Centre

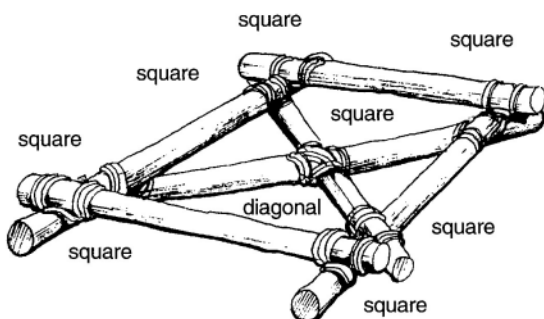
0845 300 1818

Lashings are used to join together poles (or 'spars' as they are often called), most commonly for making up frameworks in pioneering projects such as gateways, bridges and aerial runways to name but a few! On a smaller scale, you can make camp gadgets, for example, wash stands, tables, place racks or even a camp shower.

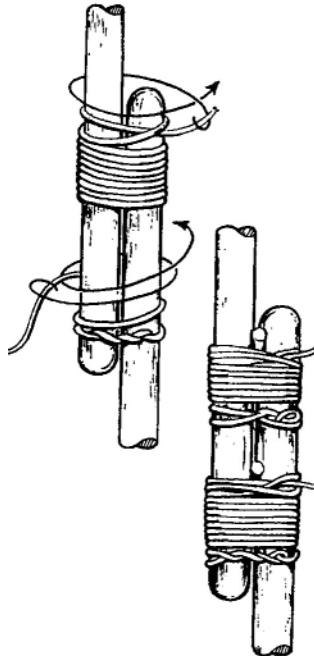
In order to have a go at lashing it is essential to have some background knowledge of knots and knotting (see 'Simple Knots' in this series or other Scouting publications). There are many lashings, each of which has been developed to do a particular task depending upon the strain that it will be put under.

Here we look at the most commonly used ones:

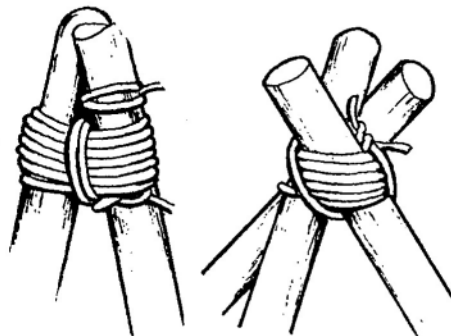
- A Square Lashing is the most commonly used for pioneering and is used where the spars will try to slide over each other regardless of the angle at which the spars cross
- A Diagonal Lashing is used where the spars have to be pulled together or when they tend



to spring apart from each other. For example, the cross-brace of a framework.



- There are two types of lashing Sheer Lashing which are also used. The first of which is used to join together two spars to make a longer length, for example, when making a flagpole.



- The second use for a sheer lashing is for 'Sheer Legs' where the spars are opened to form an inverted 'V'. Here the spars might either lift or support weights.
- The final lashing is the Figure of Eight Lashing sometimes known as the 'round' or 'tripod' lashing. It is used to bring together



Seven honors from the following list.

Honor	Patch	Category	Approval	Skill Level	Year	S
<a href="#">Backpacking</a>		Recreation		2	1986	
<a href="#">Camp Craft</a>		Recreation		1	1929	
<a href="#">Camp Safety</a>		Recreation		2	2009	
<a href="#">Camping Skills IV</a>		Recreation		2	1986	
<a href="#">Cold Weather Survival</a>		Recreation		1	2013	
<a href="#">Dutch Oven Cooking</a>		Recreation		2	2006	
<a href="#">Edible Wild Plants</a>		Nature		2	1970	
<a href="#">Fire Building &amp; Camp Cookery</a>		Recreation		2	1956	
<a href="#">Hiking</a>		Recreation		1	1933	
<a href="#">Knot Tying</a>		Recreation		2	1975	
<a href="#">Orienteering</a>		Recreation		2	1956	
<a href="#">Outdoor Leadership</a>		Recreation		3	1986	
<a href="#">Pioneering</a>		Recreation		2	1956	
<a href="#">Tents</a>		Recreation		1	2014	
<a href="#">Wilderness Leadership</a>		Recreation		2	1976	
<a href="#">Wilderness Living</a>		Recreation		2	1956	
<a href="#">Winter Camping</a>		Recreation		2	1970	

[DPL](#) 15:06:10 result from cache, age: 00:44:15 of max 1 day



