



PATHFINDER CAMP SAFETY

Requirements | SKILL LEVEL III

1. **Successful completion of Camping Skills I–IV.**
2. **What is meant by “Pathfinders are a sacred trust” and how does camp safety support that aspect of ministry in the church?**

Our Pathfinder ministry is part of the Seventh-day Adventist church’s ministry to tell the world about Jesus. At Pathfinders we talk about God and how we can get to know Him more and be more like Him. Once we know God, we can then tell the world more about Him and how He saves us.

“Trust” is an arrangement where a person has been given something to take care of for someone else. If I give my lunchbox to my friend and ask them to put it in the fridge for me, I have trusted them or given them my trust to take care of my property, my lunchbox. As Pathfinders, we know that we are not our own, we belong to God, and He has entrusted us with ourselves and everything He has given us.

The phrase “Pathfinders are a sacred trust” means each and every one of you are important to God. He has trusted you with everything He has given you and He has trusted us as Pathfinder leaders to take care of you and help you have a safe, fun time at Pathfinders. You may already be a leader to your fellow Pathfinders, and in future you may serve as a club leader. It is important that you understand the opportunity and responsibility given to you in this Sacred Trust. In the Camp Safety honor, we will learn how to honor that trust that God has given us by learning how to recognize unsafe conditions while camping and what to do to prevent camping-related accidents.

3. **Why is it important to find out what the local laws are before starting a camp fire and where would you get that information?**

Many camp sites and trails have a ban on campfires during high fire danger seasons or conditions. You can be held responsible for the suppression cost (expenses incurred by fire services to respond to and extinguish the fire and the cost of replacing damaged property and forestry caused by fire) if your campfire starts a wild fire. Many national parks require permits and have strict regulations regarding where and what types of campfires may be used. You may obtain this information by contacting the local ranger station of the national park or area where you plan to camp.

4. **Identify 3 reasons why a camp fire should never be left unattended.**

- *The campfire can reignite from just the hot embers.*
- *The direction and strength of the wind could change suddenly and cause embers to blow into areas where a forest fire could ignite.*
- *Children are fascinated and attracted to fire and will most certainly play with the smoldering coals and embers if the fire is left unsupervised.*
- *Children have a tendency to throw things into a fire without comprehending the potential danger of their conduct.*

5. **List 10 rules for fire safety to consider when camping.**

- *Use an existing pit if possible and circle it with rocks.*
- *Clear a 5 foot area around the pit, removing burnable debris down to the soil.*
- *Keep a bucket of water and a shovel nearby.*
- *Stack extra wood upwind and away from the fire.*



- *After lighting, do not discard the match until it is cold or throw the match into the fire.*
- *Never leave a campfire unattended, not even for a minute.*
- *Do not use petroleum products for fires. (e.g. gas, kerosene, or oil.) These items can cause injury to both the person lighting the fire as well as to persons and things in the immediate vicinity.*
- *When you leave, make sure the fire is completely out. Drown the fire and surrounding area with water. Stir the fire with a shovel or stick and then drown it again. Add water and stir until the area is cold to the touch.*
- *Don't bury coals. They can smolder and break out.*

6. Identify the temperature the following foods should be kept at and explain why this is important when camping.

a. Hot foods

Most bacteria do not grow rapidly at temperatures below 40 degrees F or above 140 degrees F. The temperature range in between is known as the "Danger Zone". Bacteria multiply rapidly at temperatures in the Danger Zone and can reach dangerous levels after 2 hours. When cooking over an open flame, the color of the food is not a good indication of how well it is cooked. Always cut food to inspect the center for sufficient cooking. A thermometer can be used to ensure food is heated sufficiently to destroy any bacteria.

b. Cold foods

If you are "car camping" or while driving to your site, you don't have as many restrictions. First you will have the luxury of bringing a cooler. What kind of cooler? Foam coolers are light weight, low cost, and have a good "cold retention" power, but they are fragile and will not last through numerous outings. Plastic, fiberglass, or steel coolers are more durable and can take a lot of outdoor wear. They also have excellent "cold retention", but, once filled, larger models may weigh 30 to 40 pounds.

To keep foods cold, you will need a cold source. A block of ice keeps longer than ice cubes. Before leaving home, freeze clean, milk cartons filled with water to make blocks of ice or use frozen gel packs. Fill the cooler with cold or frozen foods. Pack foods in reverse order. First food packed should be the last food used. Take foods in the smallest quantity needed (e.g. a small jar of mayonnaise). At the campsite insulate the cooler with a blanket, tarp, or poncho. When the camping trip has ended discard all perishable foods if there is no longer ice in the cooler or if the gel pack is no longer frozen.

7. List 5 things you can do to prevent animals from coming into your camp site.

- *Do not leave any food out. Put all food in a bag and hang it up in a tree.*
- *Do not leave toothpaste or lotion out as the smell will attract animals.*
- *Clean up the campsite making sure there is no spilled food or scraps left around for animals to find.*
- *Never put any food in your tent.*
- *Secure all trash and store in a location not accessible to animals.*

8. What safety precautions should you consider when building a latrine?

- *The distance from the camp. Consider privacy, safety, and convenience.*
- *It should be at least 100 feet from any water source*
- *Dig the latrine 10 to 12 inches deep*
- *The latrine should be clearly identified*



9. Make a list of items that should be in a “first aid kit”? Inspect your Pathfinder club camping first aid kit and make recommendations of any missing items if applicable.

Soft Pack bag		1
AMA First Aid Guide		1
Instruments	Scissors	1
	Tweezers, Metal	1
	Medium safety pins	2
	Cotton Tipped Applicators	10
	Exam quality vinyl gloves	2
Bandages	¾" x 3" Adhesive plastic bandages	50
	¾" x 3" Fabric bandages	25
	1" x 3" Fabric bandages	10
	¾" x 1 ½" Jr. adhesive plastic bandages	10
	Knuckle fabric bandages	4
	Fingertip fabric bandages	4
	2" x 4" Elbow & knee plastic bandages	2
Dressings	2" x 2" Gauze dressing pads	10
	3" x 3" Gauze dressing pads	4
	4" x 4" Gauze dressing pads	2
	5" x 9" Trauma pads	1
	2" Conforming gauze roll bandages	1
	Sterile eye pads	1
Injury	Instant cold compress	1
	Butterfly wound closures, medium	3
	2" x 2" Moleskin squares	4
	½" x 5 yd. First aid tape roll	2
	6" x ¾" Finger splint	1
Antiseptics, Topicals	Antiseptic cleansing wipes (sting free)	12
	Alcohol cleansing pads	12
	Castile soap towelettes	3
	Insect sting relief pads	3
	Antibiotic ointment packs	3
	Sun block pack	1
	Lip ointment pack	2
	First Aid/burn cream packs	3
	Burn relief gel pack	1
Medicine	Aspirin tablets	4
	Ibuprofen tablets	4
	Extra-strength non-aspirin tablets	4



10. List 5 things to consider when practicing good hygiene at a camp site where there is no running water (i.e. showers, flush toilets, sinks or faucets).

- *Plan ahead*
- *Anticipate the amount of water needed based upon location, group size, type of physical activity, type of food/meals, weather, and other available resources*
- *Bring portable hand sanitizers (e.g. cloth ,liquid)*
- *Consider using disposable utensils*
- *Plan for type of and number of appropriate attire based on activity and type of camping*

11. Demonstrate 3 ways you can purify water when camping.

No matter how clear the water looks, it may not be safe to drink. Make sure by purifying it yourself.

One way to purify water is to first strain it through a clean cloth to remove any sedimen, then boil it vigorously for at least one full minute. In high altitudes it is well to boil it more than a minute because water boils at a lower temperature. One of the easiest ways to purify water is to disinfect it with any of several chemicals such as iodine or chlorine tablets; tincture of iodine (3 drops per quart) which you mix well and allow to stand for 30 minutes; laundry chlorine bleach (comes indifferent strengths – chlorine 1%=10 drops per quart, chlorine 4-6%=2 drops per quart, chlorine 7-10%= one drop per quart) which you mix well and allow to stand for 30 minutes. For muddy or turbid water, double the amount of chemicals.

A water filter/purifier which can be purchased at most camping supply stores can be a quick and easy method to purify water.

12. Identify 2 types of fuel used for camp cooking and explain what precautions should be used when using them.

Liquid — (commonly called “white gas” or Coleman fuel). *Keep tightly sealed when not in use, away from other heat sources, and away from objects that can break the integrity of the container. Connections with grill or burners should be safely secured. All containers should be clearly identified and the fuel should be kept in its original container. Avoid spills on skin and clothing as much as possible. If spillage occurs, quickly clean it up.*

Gas — (propane, butane). *Transport according to manufacturer’s safety guidelines (propane in an upright position with a solid base). Keep away from heat source when not in use. Valves/connectors to grills or burners should be safely secured before cooking or during storage.*

13. Discuss 5 guidelines for personal safety and self protection when camping.

- *Never go camping or hiking alone.*
- *Always let people know the location of your planned camping trip and stick to the plan.*
- *Carry a cell phone for emergency use only.*
- *Always research the location where you are planning to camp including anticipated weather conditions.*
- *Always bring an adequate First Aid Kit.*
- *Bring 2 way radios.*
- *Always stay on clearly marked trails*



14. List 5 guidelines for safely handling camping knives, axes and hatchets.

- *Knives should be rust free and sharp at all times (When sharpening a knife use a Carborundum sharpening stone and draw the blade over the stone with the edge foremost).*
- *When whittling or cutting crude material always cut away from you.*
- *Never split a piece of wood with a knife by hammering on the back of the blade (This will ruin the blade and can weaken the hinge on a pocketknife)*
- *Always keep the blade away from fire (overheating affects the temper of the steel and it will not be able to hold an edge.*
- *When a pocketknife is not in use, be sure it is closed and put away. When a sheath knife is not in use, put it back in the sheath which should be carried on the belt just in back of the hip joint.*
- *Clear the ground the length of an ax plus your arm when chopping something.*
- *On lookers must stay two ax lengths away.*
- *Carry the ax with the blade out.*
- *Pass the ax with its harmless end first (handle first, head down)*

When using an ax:

- *Get a firm footing before swinging the ax;*
- *Spread feet apart and keep them out of the way;*
- *Rest when tired;*
- *Never let a small child use a long handle ax (they can learn proper techniques with a hatchet.)*

15. Conduct 5 camp site inspections using the Pathfinder Camp Safety Inspection form.

See attached form that needs to be completed. A mock campsite can be set up for training purposes with multiple safety issues for the Pathfinders to identify and make recommendations for corrections.