

Trailcraft Badge



CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- _____ 1. In preparing for a trip, know how to do the following:
- a) Tell an adult where you are going and include arrival time, route and any phone numbers.
 - b) Wear clothes and shoes suitable for where you will be and the weather.
 - c) Make a “footprint” by placing a sheet of tinfoil on a towel and then stepping on it with your shoes on. Mark the foil with your name and leave with an adult so searchers can identify your footprint if needed.
 - d) Understand and use the buddy system when on trips.
 - e) List some rules for preventing getting lost, such as staying on trails and with your group.
- _____ 2. Discuss and demonstrate how to do the following if lost:
- a) Stay calm and slow down to save energy and body heat.
 - b) Keep your head and body warm and dry to avoid hypothermia.
 - c) Find a friendly place near a clearing and stay put to help searchers find you.
 - d) Make a survival shelter or bed to keep off the cold ground and stay dry.
 - e) Avoid eating strange berries and drinking unpurified water.
 - f) Put out something bright for people to see.
 - g) Make a pattern of three signals.
 - h) Look big to airplanes by lying down in a clearing and wearing bright clothing or a coloured garbage bag.
 - i) How to be careful around bodies of water.
 - j) Yell back at any scary night noises.
- _____ 3. Make a survival/first aid kit that includes among the items a high energy snack, several brightly coloured garbage bags, reflector or hand mirror and a whistle.

I completed my Trailcraft Badge requirements on:

_____ (date)