

# Welcome to the Behold Christ Catholic Clubs Outdoor Adventure Badge!

One of the beautiful aspects of our Faith is that there are many ways by which we can grow closer to God. Whether you are a club member or leader, you've already had the chance to experience many of those ways as you have worked your way through your Behold Christ Catholic Club. You have read the word of God (scripture), you've practiced His virtues, you've read about the saints who gave their lives (quite often literally) for Him, you've come together with others who share your faith, and you've prayed together to Him.

Getting outdoors into nature is another great way of growing closer to God. He has created this huge world for us that is full of wonder and beauty; it's up to us to go out and enjoy and appreciate it. Getting out into nature also gives us a chance to learn, develop, and test skills and abilities with which He has blessed us. And when God created the world, he made us stewards over that creation. By going out into nature we can learn to be better stewards of what He has given to us.

Earning this badge works just like earning any other Behold Christ Club patch. There are a total of ten activities that can be completed in order to earn the badge. How many and which activities each club member must complete is up to the discretion of the parent and/or club leader. Typically, the easier activities are listed first and the most advanced ones are last. Use your judgement and common sense to determine which activities are done by which children (in other words, don't let 5-year-olds use knives or start fires!). And finally, have fun!

## Suggested Resources

Use the following resources to help you complete the activities for earning this badge:

*SAS Survival Handbook* by John "Lofty" Wiseman (Collins)

**This is THE bible for outdoors living and survival. Not really easy reading for kids, but the parents and/or club leaders should use this as the ultimate reference for everything from knot tying and shelter construction to food gathering and fire building. The Revised Edition even includes color illustrations of various helpful and harmful plants and animals.**

*Camp Out!: The Ultimate Kids' Guide* by Lynn Brunelle (Workman)

**Camping guide that is geared towards younger readers. It shows how to tie the basic knots and start fires, but doesn't have comprehensive information on helpful and harmful plants and animals. Recommended for ages 7 and up.**

*Survivor Kid: A Practical Guide to Wilderness Survival* by Denise Long (Chicago Review)

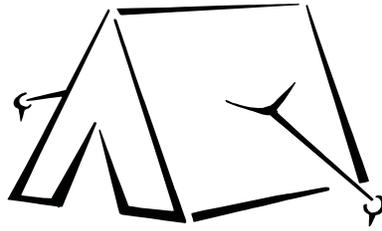
**More of a general outdoors guide that is also intended for kids, though a slightly older audience than *Camp Out!*; this is basically the kids' version of the *SAS Survival Handbook*. Recommended for ages 10 and up.**

<http://www.animatedknots.com/>

**Excellent instructional website on tying every kind of knot you can imagine. Includes animated slideshows of how to tie each knot.**

If you are looking for a website that helps identify wild plants and animals near you, try doing a websearch for "wild plants and animals in [your state or region]."

# Suggested Activities for Earning the Behold Christ Catholic Clubs Outdoor Adventure Badge



Below are the activities that can be completed in order to earn this badge. It's up to your parent or club leader which activities and how many you do. Talk to them and make sure it's okay before starting any of the activities. Once you have completed the activity, you can have a parent or club leader initial the space next to the activity so you can keep track of your progress. Now go out and have adventures!

\_\_\_ **Go on a nature hike with your club or family.** Make sure to bring plenty of water! Take mental note of what you see (animals, plants, geological formations, bodies of water, etc.). Discuss your observations with your club or family and ask them what kinds of interesting things they noticed.

\_\_\_ **Use the listed resources to learn about the plants and animals that are found near where you live.** Then demonstrate your knowledge to your parent or club leader by describing at least two each of the harmful and helpful plants and animals and explain why they are helpful or harmful.

\_\_\_ **Talk to your parent or club leader about what you should do if you or someone in your group gets lost or hurt on an outing.** Plan what actions you will take and know where you should and should not go and do. Having a plan in advance can make a difficult situation much less scary.

\_\_\_ **Go on a camping trip with your club or family.** Sleep in a tent or under the stars (not in a camper, cabin, or other pre-constructed shelter). Spending time in nature can be an experience that brings us closer to God in many ways; it makes us more aware of the natural beauty He has created, it makes us more thankful for the modern comforts of home, it teaches us to use the skills and abilities He has blessed us with in order to make it through the day, and more. Discuss with your club or family members how your camping experience brought you closer to God.

\_\_\_ **While on a hike or campout, demonstrate to your parent or club leader that you know how to tie basic knots--the square, bowline, clove hitch, and half hitch.** Consult one of the resources listed above/below for instructions on how to tie these knots. Knots are extremely useful in outdoors and survival situations; practice them until you

can tie them effortlessly!

\_\_\_ **When on a family or club campout, help with the preparation of a meal.** Do at least three of the following: help pack the food, prepare the food, tend to the fire, cook the food, serve the other campers, and/or clean up and wash dishes afterwards. Cooking, eating, and cleaning can be very different in the outdoors than it is at home. Now that you've had the experience, you can discuss with your club or family what kinds of food seem best for cooking outdoors and why.

\_\_\_ **Go out on the water in a canoe or rowboat with your parent or club leader.** Out in the middle of a lake or large river, it can be very still and quiet. Take a moment to appreciate the peace and silence. It's often at these quiet times that God speaks to us. Is He saying anything to you?

\_\_\_ **While on a family or club campout, demonstrate your ability to build and start a fire.** First, you'll need to make sure the place where you are camping allows you to gather and burn firewood. Do some research; ask an adult if you are unsure or need help. Then, use one of the listed resources to learn proper technique and safety (including how to properly put out a fire) for fire building. Collect the tinder, kindling, and fuel yourself (you can have other members of your group help you), and make sure there is enough to last the whole evening. Build your fire and then, under the supervision of an adult, light it and tend to it until it grows to the right size for your group. If you want, you can learn a song to sing or memorize a story to tell around the campfire.

Fire is very, very important for outdoor living. It warms us on cold nights, it heats food and water gathered in the wild to make it safe for eating (not to mention more delicious!), and it keeps away dangerous animals and annoying insects. A warm fire also has a very uplifting effect on our spirits. It's no coincidence that the Holy Spirit chose fire as His symbol. Take a quiet moment around the fire you've built to thank the Holy Spirit for both His fire and yours in your life. Both are great blessings for which we should always be thankful.

\_\_\_ **Pack a basic outdoors survival kit that you can take with you when you hike and camp.** Make sure it is small enough to carry with you easily. Include basic and small essentials like matches, small flashlight, pocket knife, compass, whistle, and first aid kit. Make sure you have your parents' permission before touching any knives or matches. Out in nature, unexpected things happen and you need to learn to be prepared for that. Consult the listed resources to learn how to properly use and care for all the items in your survival kit. Take your kit with you whenever you go hiking or camping.

\_\_\_ **Learn basic first aid.** You can either attend a first aid course or have your club leader invite a certified first aid instructor to your meetings to teach you. Sometimes when you're outdoors, you will be very far away from doctors and hospitals. You need to know what to do to help somebody who is hurt or sick. With first aid knowledge, you could even save somebody's life someday!