



5TH GRADE

**ARROW OF
LIGHT SCOUT
HANDBOOK**

ARROW OF LIGHT

THIS BOOK BELONGS TO



BOY SCOUTS OF AMERICA

REQUIRED ADVENTURES

Every Cub Scout Adventure Trail starts with the required Bobcat Adventure. All Arrow of Light Scouts earn the Bobcat Adventure.

Must complete each of the six required Adventures



Bobcat

(Character & Leadership)



Outdoor Adventure

(Outdoors)



Personal Fitness

(Personal Fitness)



Citizenship

(Citizenship)



First Aid

(Personal Safety Awareness)



Duty to God

(Family & Reverence)

ELECTIVE ADVENTURES

There are 16 Arrow of Light elective Adventures.
You can earn as many electives as you want, but you do need at least two in addition to the six required Adventures to earn your Arrow of Light badge of rank.

Must complete at least two elective Adventures



Champions
for Nature



Cycling



Engineer



Estimations



Fishing



High Tech
Outdoors



Into the Wild



Into the
Woods



Knife Safety



Paddle Craft



Race Time



Summertime
Fun



Swimming



Archery*



BBs*



Slingshot*

Special Elective Adventures

* These Arrow of Light elective Adventures can be earned only at an event sponsored by the local council or district.

Bobcat - Character & Leadership (Required)

SNAPSHOT OF ADVENTURE



The Bobcat Adventure will get you and your patrol off to a great start. In this Adventure, you'll learn about things like the Scout slogan and the patrol method. And you'll visit a Scouts BSA troop.

REQUIREMENTS

Approved by _____

1. Demonstrate the patrol method by choosing a patrol name and electing a patrol leader. Discuss the benefits of using the patrol method. _____
2. Get to know the members of your patrol. _____
3. Recite the Scout Oath and the Scout Law with your patrol. _____
4. With your patrol, create a code of conduct. _____
5. Demonstrate the Scouts BSA sign, Scouts BSA salute, and Scouts BSA handshake. Show how each is used. _____
6. Learn the Scouts BSA slogan and motto. _____
7. With your patrol, or with your parent or legal guardian, visit a Scouts BSA troop. _____
8. At home with your parent or legal guardian, do the activities in the booklet "How to Protect Your Children From Child Abuse: A Parent's Guide." _____



- Required Adventure
- Scan for this Adventure page

Outdoor Adventure (Required)

- This Pin Symbol is Incorrect for this Adventure

SNAPSHOT OF ADVENTURE



There's nothing like the great outdoors. In this Adventure, you will plan and participate in a campout with your Arrow of Light patrol or a Scouts BSA troop. You'll learn how to pack, help plan using the BSA SAFE Checklist, set up camp, and discover how Scouts camp.

REQUIREMENTS

Approved by

1. Learn about the Scout Basic Essentials. _____
2. Determine what you will bring on an overnight campout – including a tent and sleeping bag/gear – and how you will carry your gear. _____
3. Review the four points of the BSA SAFE Checklist and how you will apply them on the campout. _____
4. Locate the camp and campsite on a map. _____
5. With your patrol or a Scouts BSA troop, participate in a campout. _____
6. Upon arrival at the campout, determine where to set up your campsite: kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent. _____
7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout. _____
8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave No Trace Principles for Kids. _____

Personal Fitness (Required)

SNAPSHOT OF ADVENTURE



In the Scout Oath we promise to keep ourselves physically strong. Proper nutrition, staying active with group activities, and personal exercises are key to being physically strong. You will also review your personal BSA Health and Medical Record.

REQUIREMENTS

Approved by _____

1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout. _____
2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit. _____
3. Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving. _____
4. Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities. _____



- Required Adventure
- Scan for this Adventure page

Citizenship (Required)

SNAPSHOT OF ADVENTURE



Volunteering to make your community and country better is part of being both a Scout and a good citizen. This Adventure may only have two requirements, but the goal is for you to take an active part in identifying and planning a service project, not just participating in one. This will help you in the future as you learn how to plan and conduct service projects in Scouts BSA.

REQUIREMENTS

Approved by _____

1. Identify a community service project that your patrol or pack could accomplish. Use the BSA SAFE Checklist and develop a plan to conduct the service project safely. _____
2. Participate in a service project for a minimum of two hours or multiple service projects for a total of two hours. _____



- Required Adventure
- Scan for this Adventure page

First Aid (Required)

SNAPSHOT OF ADVENTURE



In this Adventure, you will learn how to protect yourself and how to help others when they have been hurt. The skills you learn in this Adventure could help someone in trouble or even save a life.

Your patrol may have a trained professional like an emergency medical technician (EMT), medical doctor, or registered nurse provide instruction for this Adventure.

REQUIREMENTS

Approved by _____

1. With permission from your parent or legal guardian, watch the *Protect Yourself Rules* video for the Arrow of Light rank. _____
2. Explain what you should do if you encounter someone in need of first aid. _____
3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, and poisoning. _____
4. Demonstrate how to help a choking victim. _____
5. Demonstrate how to treat shock. _____
6. Demonstrate how to treat the following: cuts and scratches, burns and scalds, bites and stings of insects and animals, and nosebleeds. _____
7. Make a personal first-aid kit. Demonstrate the proper use of each item in your first-aid kit. _____



- Required Adventure
- Scan for this Adventure page

Duty to God (Required)

SNAPSHOT OF ADVENTURE



Duty to God ... Your family and religious leaders teach you about God and the ways you can serve. You can do your duty to God by following the wisdom of those teachings and by defending the rights of others to practice their own beliefs. Reverent means that a Scout is faithful in their religious duties and respects the beliefs of others. This fundamental of good citizenship should be kept before them.

REQUIREMENTS

Approved by _____

1. Discuss with your parent or legal guardian your family's faith traditions or one of your choosing. Choose a view or value of that faith tradition that is related to the Scout Law. Discuss with your family how each family member demonstrates this value. _____
2. Meet with a representative of a faith-based organization in your local community who provides a service that assists people in crisis regardless of their faith. Identify who they help and how. _____
3. Discuss with your parent, legal guardian, or an adult leader what "Duty to God" means to you. Tell how you practice your Duty to God in your daily life. _____



- Required Adventure
- Scan for this Adventure page

SNAPSHOT OF ADVENTURE



About half of the land on Earth is being used for some type of agriculture. Agriculture is often in the form of a farm. How we farm, either growing crops or raising animals for food, has an impact on our planet. The country of India has the most land mass used for agriculture. The United States is second. Combined, these two countries account for 22% of the land on the planet being used for agriculture. How the United States grows, distributes, and uses food has an impact on the world. In this Adventure, you will explore food and ways to conserve it, and the resources used to produce food.

REQUIREMENTS

Approved by

1. Identify foods grown or processed in your state. _____
2. Determine the benefits of purchasing food that is locally grown or processed. _____
3. Explore the concept of a food desert. _____
4. Explore the concept of a food oasis. _____
5. Learn how individuals can reduce food waste. _____
6. Participate in a conservation service project. _____



- Elective Adventure
- Scan for this Adventure page

Cycling (Elective)

SNAPSHOT OF ADVENTURE



Are you ready for a 10-mile bike ride? Gather your Scout Basic Essentials, check your bike and safety gear, and get ready to hit the open road or trail. Cycling is a wonderful way to travel and a great hobby to stay physically strong.

REQUIREMENTS

Approved by _____

1. Decide on gear and supplies you should bring for a long bike ride. _____
2. Discover how multi-gear bicycles work and how they benefit a rider. _____
3. Show how to lubricate a chain. _____
4. Pick a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle. _____
5. Repair a flat tire. _____
6. With your patrol, pack, or family, use a map and plan a bicycle ride that is at least 10 miles. _____
7. With your patrol, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 10 miles. _____



- Elective Adventure
- Scan for this Adventure page

Engineer (Elective)

SNAPSHOT OF ADVENTURE



Lots of people have great ideas: flying to the moon, tunneling under rivers, building robots that walk and talk, or making triple-loop roller coasters. Engineers turn those ideas into reality. They use science, math, and creative thinking to improve people's lives. In this Adventure, you will learn what engineers do. Even better, you can do some engineering projects of your own. So put on your thinking cap and get ready to think like an engineer!

REQUIREMENTS

Approved by _____

1. Learn the focus, related sciences, and products of civil, electrical, and mechanical engineers. _____
2. Pick one of the engineering fields from requirement 1 to complete the following requirements. _____
3. Examine a set of blueprints or specifications used by your choice of engineer. _____
4. Identify a project that you would like to build. _____
5. Using the engineering process, build your project. _____



- Elective Adventure
- Scan for this Adventure page

SNAPSHOT OF ADVENTURE



There are times when we need to be exact, like when building a model or baking from a recipe. When we do not need to be exact, or we only need a general idea of something or its cost, we can estimate. There are some simple ways to estimate things like the time of day or even the height of an object.

REQUIREMENTS

Approved by

1. Estimate food measurements. _____
2. Estimate the time of day. _____
3. Estimate the height of a distant object. _____
4. Estimate the distance between two points. _____



- Elective Adventure
- Scan for this Adventure page

Fishing (Elective)

SNAPSHOT OF ADVENTURE



You may have gone fishing before and know some basics. In this Adventure, you will learn how to plan a fishing experience using the BSA SAFE Checklist. This will help you be prepared for future adventures in Scouts BSA.

REQUIREMENTS

Approved by _____

1. Make a plan to go fishing. Determine where you will go and what type of fish you plan to catch. All of the following requirements are to be completed based on your choice. _____
2. Use the BSA SAFE Checklist to plan what you need for your fishing experience. _____
3. Describe the environment where the fish might be found. _____
4. Make a list of the equipment and materials you will need to fish. _____
5. Determine the best type of knot to tie your hook to your line and tie it. _____
6. On your own, choose the appropriate type of fishing rod and tackle you will be using. Have an adult review your gear. _____
7. Using what you have learned about fish and fishing equipment, spend at least one hour fishing following local guidelines and regulations. _____



- Elective Adventure
- Scan for this Adventure page

SNAPSHOT OF ADVENTURE



Long ago, tents were made from cotton canvas. They were heavy and were not waterproof. If you put them away wet, they could mold and rot. Today, tents are made using synthetic (human-made) materials that are waterproof, lightweight, breathable, and resistant to mold and rot. Not only has technology improved tents, but it's also given us digital devices that help us navigate, learn, and stay safe.

REQUIREMENTS

Approved by _____

1. With an adult, use a weather app or website to see the forecast for an outdoor activity and discuss any preparation needed to accommodate the weather. _____
2. With an adult, find a knot-tying app. Select one knot to learn, and tie it using the app. _____
3. Discuss how technology has improved camping gear. _____
4. Think of a way technology can improve camping gear used on one of your outdoor activities. _____



- Elective Adventure
- Scan for this Adventure page

Into the Wild (Elective)

SNAPSHOT OF ADVENTURE



When you go “into the wild,” you will begin to learn about some of the mammals, birds, reptiles, amphibians, and insects that live with us day and night and how they contribute to the world in which we live.

REQUIREMENTS

Approved by _____

1. Visit a place with a variety of wild animals. Select one of the animals and observe its behavior. Use your selected animal to complete the remaining requirements. _____
2. Create a model of your animal's ecosystem. _____
3. Investigate how your animal coexists with other animals in the wild. _____
4. Describe how humans interact with your chosen animal's ecosystem. _____
5. Discover how wildlife management benefits your animal. _____



- Elective Adventure
- Scan for this Adventure page

Into the Woods (Elective)

SNAPSHOT OF ADVENTURE



Trees and plants play important roles in nature. In this Adventure, you will get to learn about the plants and trees in your community by exploring your area on a walk or visit to a local nature center, tree farm, or park.

If you have ever stood beneath a towering redwood, enjoyed the colors of fall leaves, or watched pine trees swaying in the wind, you know that trees and plants are beautiful. But they are also important to life on Earth. As you go into the woods, you will learn what trees and plants do for us and for animals, and why taking care of them is important to our planet's well-being.

REQUIREMENTS

Approved by

1. Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree. _____
2. Determine if your tree is deciduous or evergreen. _____
3. Determine if your tree is native or was introduced to your area. _____
4. Find out how your tree deals with wildfire. _____
5. Learn how wildlife uses your tree. _____



- Elective Adventure
- Scan for this Adventure page

Knife Safety (Elective)

SNAPSHOT OF ADVENTURE



A knife is a tool. A pocketknife or multipurpose tool is one of the Scout Basic Essentials. On campouts, you will be preparing your own food. It's more than likely you'll use a kitchen knife. In this Adventure, you will learn the safety rules about using a knife and some basic instructions on how to use a pocketknife and kitchen knife.

This Adventure allows you as an Arrow of Light Scout to use a knife, with adult permission, during Cub Scout activities. Your pocket certificate for this Adventure may serve as proof you have earned this Adventure. If you earned the Whittling Adventure as a Bear and/or the Chef's Knife Adventure as a Webelos, you must earn the Knife Safety Adventure as an Arrow of Light Scout to earn the privilege of using a knife during a Cub Scout activity.

When joining a Scouts BSA troop, you will be asked to share what you need to know about pocketknife safety for your first rank, Scout. You will also need to earn the Totin' Chip certification to earn the privilege of using a knife during a Scouts BSA activity. The Totin' Chip also covers the proper use of a saw and ax.

REQUIREMENTS

Approved by

1. Read, understand, and promise to follow the Cub Scout Knife Safety Rules. _____
2. Demonstrate the knife safety circle. _____
3. Demonstrate that you know how to care for and use a knife safely. _____
4. Demonstrate the proper use of a pocketknife to make a useful object on a campout. _____
5. Choose the correct cooking knife, and demonstrate how to properly slice, chop, and mince. _____

Paddle Craft (Elective)

SNAPSHOT OF ADVENTURE



Using a paddle craft is one of the oldest forms of transportation. The Pesse Canoe is the oldest known boat. It was constructed sometime between 8040 B.C.E. and 7510 B.C.E., making it about 10,000 years old. And it still floats! This proves that if you take care of your equipment, it can last a long time.

In this Adventure, you will choose between a canoe, kayak, and stand-up paddleboard to complete the requirements.

REQUIREMENTS

Approved by _____

1. Before attempting requirements 5, 6, 7, 8, and 9 for this Adventure, you must pass the BSA swimmer test. _____
2. Pick a paddle craft you'll use to complete all requirements: canoe, kayak, or stand-up paddleboard. _____
3. Review Safety Afloat. _____
4. Demonstrate how to identify and properly wear a life jacket that is the correct size. _____
5. Jump feet first into water over your head while wearing a life jacket. Then swim 25 feet wearing the life jacket. _____
6. Discuss how to enter and exit a canoe, kayak, or stand-up paddleboard safely. _____
7. Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddleboard. _____
8. Learn two paddle strokes: power stroke and sweep. _____
9. Have 30 minutes or more of canoe, kayak, or stand-up paddleboard paddle time. _____

SNAPSHOT OF ADVENTURE



In this Adventure you will design and build your own Pinewood Derby car or Raingutter Regatta boat. As an Arrow of Light Scout, you will mentor younger Cub Scouts on design, building, and good sportsmanship.

REQUIREMENTS

Approved by _____

1. With adult supervision, build either a Pinewood Derby® car or a Raingutter Regatta™ boat. _____
2. Learn the rules of the race for the vehicle chosen in requirement 1. _____
3. Mentor a younger den to prepare for the race. _____
4. Before the race, discuss with your patrol how you will demonstrate good sportsmanship during the race. _____
5. Participate in a Pinewood Derby or a Raingutter Regatta. _____



- Elective Adventure
- Scan for this Adventure page

Summertime Fun (Elective)

SNAPSHOT OF ADVENTURE



Summertime is a great time to get together with your patrol or pack. The requirement for this Adventure is simple. Participate in three Cub Scout activities during the summer months. This can be at council-organized camps like day camp or resident camp, or it can be a patrol or pack get-together for a summertime picnic.

To earn this Adventure as an Arrow of Light Scout, you participate in summer activities during the summer after you have completed fourth grade. If you're just now learning about this Adventure, don't worry, this coming summer you'll be in Scouts BSA. You may attend Scouts BSA resident camp where you'll get to spend a week camping, earning merit badges, making new friends, and learning new skills.

REQUIREMENTS

Approved by _____

1. Anytime during May through August participate in a total of three Cub Scout activities.



- Elective Adventure
- Scan for this Adventure page

Swimming (Elective)

SNAPSHOT OF ADVENTURE



As you get ready to join Scouts BSA, there are new aquatic activities that you will get the chance to do. Small-boat sailing, SCUBA, and overnight canoe treks are just some of the great adventures. To earn many of the aquatic-based merit badges in Scouts BSA, you will need to pass the BSA swimmer test.

In this Adventure you do not have to pass the BSA swimmer test; you just need to attempt it. If you do not pass the swimmer test for this Adventure, you can practice before you go to Scouts BSA summer camp or sign up for a session on how to swim at the camp you attend. As a swimmer you will have more merit badges you can earn at summer camp.

This elective Adventure may be earned by completing the requirements below OR passing the BSA swimmer test OR taking swimming lessons.

REQUIREMENTS

Approved by

1. Review Safe Swim Defense. _____
2. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land. _____
3. Attempt the BSA swimmer test. _____
4. Have 30 minutes or more of free swim time during which you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming. _____