

WOOD BADGE I Outdoor Session

Pre course assignment

Referring to the *Field Book for Canadian Scouting*, answer the following in point form :

- 1) Weather conditions
 - a) List the seven elements of weather. – [Pg. 343-358](#).
 - b) In point form give one associated hazard of each of the seven elements of weather – [Pg. 343-358](#)

- 2) First Aid for Exposure.
 - a) List two causes symptoms , and signs, for the following:
 - i) Hypothermia – [Pg. 192-194](#)
 - ii) Hyperthermia – [Pg. 337-338](#)
 - iii) Frostbite – [Pg. 191-192](#)
 - iv) Sunburn/Sunstroke – [Pg. 329-330](#)
 - v) Dehydration – [Pg. 43-44](#)
 - b) Pick one condition above and describe in point form the steps for prevention and treatment.

- 3) Using the personal equipment list for an overnight camp as a reference, make a list of items you would need for a day-long activity/outing. – [Pg. 22-24 and 63-115](#)

- 4) Explain five rules to reduce the risk of getting lost outdoors. – [Pg. 26](#)

- 5) Personal Emergency Kits – [Pg. 27, 28 &196](#)
 - a) Assemble a personal emergency kit of at least 6 items.
 - b) Explain the purpose of each item chosen.

- 6) Environmental Conditions
 - a) What steps can be taken to protect against lightning, hail storms and tornadoes? – [Pg. 10](#)
 - b) What are the steps in first aid treatment for stings and insect bites? – [Pg. 390-392](#)
 - c) How do you minimize dangerous encounters with wildlife? – [Pg. 141-143](#)
 - d) List two poisonous wild plants from your area and explain the first aid treatment for each. – [Pg. 144-145](#)

- 7) Plan a menu for a summer day event for your Section, using the nutrition and hydration guidelines in the *Field Book for Canadian Scouting*. – [Pg. 38](#)

- 8) After reading the LEAVE NO TRACE document, list the 7 principles. - www.scouts.ca/Int