Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

**Necessary Resources**

- All items for a basic campsite
- Items needed for selected game

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- Tent
- Skit / skit book
- Items needed for selected camp game

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- Misc. camping and hiking supplies, including a backpack (one for each team of Trailmen)
- Props as listed in the Fingers section below
Fun

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Game
Play one of the following games, or pick another game from this website:
http://www.ultimatecampresource.com/site/camp-activities/camp-games.html

- Chicken Picks
- Indy Five Hundred
- Bob the Weasel
- Animal Guessing Game
- Indian Chief

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Camp Games

- Lightsaber wars. Everyone bring a light saber. Lightsabers work great for epic adventures, but ground rules must be established.
- Capture the flag.
- Hide and seek.
- Flashlight freeze tag.

Have a campfire program. Tell stories, share jokes, and perform the skit for the parents. Have a light snack and drink on hand to top off the evening.

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Camping Relay

Pack your backpack for a camping trip, relay style! Place two groups of camping equipment for the Trailmen to race to. Create two relay lines. Trailmen race to the equipment, pack the bag, then race back to tag the next Trailmen in line. The next Trailman runs to the backpack and unpacks it, then races back to tag next in line. The first team to have all Trailmen race the relay wins.
FOCUS

Campsites
What’s in a campsite? Help the Trailmen to find what’s normally in a campsite and where it belongs. Set up a campsite; use the items above as a starting point. Take the Foxes on a tour and point out what’s there.

TENT AND CONTENTS:
- Sleeping bags
- Flashlight
- Day Pack
- Handbook
- Pillow
- Clothes

ICE CHEST AND CONTENTS:
- Cans of food
- Plastic food

TABLE AND CONTENTS:
- Chair
- Matches
- Knife, fork and spoon
- Pot
- Bowl
- Plate
- Cup

FIRST AID KIT AND CONTENTS:
- Band Aids
- Tube of antibiotic ointment
- Alcohol Swabs
- Tape
- Scissors
Camping
Review Campsites from Fox above if necessary.

Think back to your first impressions of the dark as a younger boy, and you will remember that night time can be pretty intimidating. Much of this sensation has to do with the unknown. What was that noise? Did you see that? Can we go home now? With an introduction to night time activities, boys can learn that they do not have to be afraid of the dark.

Topics to cover include:

The fellowship of the campfire:
- Campfire safety
- Stories, jokes, games, and skits
- Snacks
- Prayers
- Family and friends

Night time familiarity:
- Moon and stars / The Big Dipper
- Animals at night
- Night time games

The Trailman’s courage:
- Parents and adults
- Flashlights
- Walking sticks
- Tent fortresses
- Buddy System

Review Campsites and Camping above.

Outdoor Principles

1. Travel on trails or other legal areas. Walk slowly on the trails. Respect the rights of others.

2. Respect animals, plants and people. Don’t chase, scare, feed or try to pet wildlife.
3. Educate yourself – know before you go. Make sure you know the safety rules and always go with an adult leader.

4. Every time you go outdoors, think safety, bring a friend and be prepared. Remember to pack the seven important items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen and a whistle.

5. Always leave the outdoors better than you found it. Keep the outdoors clean! Don’t litter or leave food or trash.

6. Discover how fun the outdoors can be when you Tread Lightly. Remember, the outdoors is home to many animals so treat it with care. Be careful with fire.
FINGERS

Explore a Tent
Once the tents are set up, allow them to sit in the tents. Instruct them that the walls are soft and can tear, so they need to be careful inside the tent. Help them to learn to zip and unzip the windows and doors. Let them look out of the windows of the tent. Ask them to observe and listen.

What do they see out the windows? Can they still hear noises with the tent closed?

Tents
Learn to put a tent together. Then, learn to take it apart and store it back in its bag.

Learn and perform a skit. Look through a book of skits, and pick out a skit that you think the boys would like. Teach them their parts, and let them perform it at a campfire program.

Bad Camper Bob
Set up a campsite for Bad Camper Bob, breaking all of the outdoor principles for the boys to walk through and to inspect. Here are some examples:

- Show poor planning: have dress shoes instead of boots, leave the tent door open and put a stuffed animal inside (like a skunk), act like mosquitoes are everywhere and swat at them on your skin and complain about not having bug spray.
- Camp on the wrong surfaces: set the tent up on top of branches, flowers, or rocks.
- Leave trash everywhere: leave trash on the ground and in the tent.
- Collect everything you find: have a table full of objects you collected from the forest (put them back into their natural settings after using them).
• Do campfires the wrong way: show multiple fire rings, put trash in the fire, have fires without a rock ring, have an empty bucket with no water in it.
• Treat wildlife poorly: break some eggs on the ground (taken from the store), tie up a stuffed animal, and leave open food containers on the ground.
• Be a bad tent neighbor: play your radio loud, leave your gear spread out everywhere, talk loud and yell.

At the end have the boys teach Bob how to set up his campsites correctly.

Or

Take a Hike
Take a hike on a trail following Tread Lightly outdoor principles.
FAITH (TRAIL GUIDE THOUGHTS)

Helping
God asks us to take care of the many things He’s given us. When we work as a team, it is easier to take care of what He has given us because everyone helps. Let’s thank Him now for helping us to work as a team and to learn about camping.

Thank you, God, for the many things we did today. Help me to remember to be a helper and to have fun in Your world. Amen.

Prayer
End with this prayer (taken from Psalm 19:1-3): Heavenly Father, the heavens declare your glory; the skies proclaim the work of your hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. How amazing it is to stand before the night time sky and listen in awe to creation worship your holy name in all of the languages of the world. You are God and God alone. We praise you for the sun, the moon, the stars, and the great outdoors. We thank you that you have allowed us to experience the awe of your creation together tonight. Amen.

Following the Rules
Following rules may sometimes seem troublesome and a lot of work. But rules are made to help us rather than to hurt us. God gives us a set of rules to follow in the Bible. There we can find guidance and instruction for everything that we need to know about life. Some of those rules you may already know, such as the Ten Commandments or the Golden Rule (do unto others as you would have them do unto you). Others talk about how to pick good friends, how to earn money, or how to pray to God. They are all there to help and guide us.
Let’s pray (taken from Psalm 13:13): Lord God, you tell us that He who does not like instruction will have trouble in this life, but he who respects a command is rewarded. I pray that we can learn to follow the instructions that you give us from your Holy Bible so that our lives will be filled with rich rewards. Help us to learn to be good stewards of your creation and to treat it and others with respect. Amen.
FAMILY

Camping Stories
Stories are always fun. Families have wonderful stories to tell. Ask the boy to ask his family members if they have ever camped or had an outdoor adventure. Have him listen to the stories and ask two questions at the end of the story. Some suggestions are:

- What did they do to have fun?
- Did they cook over a fire?
- Did they see animals or hear them at night? What did they sound like?

In the Dark
As a part of an evening devotion, talk about the dark and how it can be scary sometimes. Talk about God’s presence with us and how he does not leave us when the lights go out.

Tell the boys a funny story or joke that they can learn and share with their fellow Trailmen.

Outdoor Principles
Discuss good outdoor principles with your parents. Take a family hike and show how you can follow these principles correctly.
By actively participating in this meeting, each Trailman earned the Camping and Hiking Step on the Outdoor Skills Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.