

Name: _____



Adventist Youth Class
**Guide
Activity
Diary**

Adventist Youth Class
Guide
Activity Diary

Personal Growth

Requirements: Do Sections I, II, and III for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Involvement (Required)

A. Be age 15 OR In grade 10, or its equivalent

Date of Birth _____

School Name _____ Grade _____

Teacher's Name _____

B. Be an active member of the AY Society OR Pathfinder Club

Organization Name _____

Leader's Name _____

II. Commitment (Required)

A. Repeat from memory the AY Aim, Motto and Pledge.

AY Aim - "The Advent message to all the world in this generation."

AY Motto - "The love of Christ Constraineth us."

AY Pledge - "Loving the Lord Jesus, I promise to take an active part in work of the Adventist Youth Ministries doing what I can to help others and to finish the work of the gospel in all the world."

B. Illustrate the meaning of the Aim by doing one of the following:

- | | |
|------------------------|---------------------|
| Art Project | Written Composition |
| Panel Discussion | Role Playing |
| Musical Interpretation | Skit |

Report _____

III. Growth (Required)



A. Earn the Guide Reading Certificate OR the Senior Reading Certificate. (The Senior Reading Certificate and the Guide Reading Certificate Requirements are very similar. For simplicity, the Guide Certificate requirements are listed here.)

1. Select and read at least four chapters from *The Great Controversy*, chapters 32 - 42.

Report _____

2. Read at least four articles on youthful moral issues.

Report _____

3. Read at least two articles on drugs, alcohol, or tobacco and at least two articles on exercise.

Report _____

4. Read a book on one of the following: missions, nature, science, or a biography of an early church leader other than Ellen White.

References _____

5. Read Weeks 27 - 52 in the Weekly Bible Reading Guide (senior level).

Week 27

MY ATTITUDES

___ Mark 9:33-35
___ 1 Thess. 5:12-18
___ Psalms 34
___ Ephesians 3:14-19
___ James 2:8-17

Week 28

GO FOR IT

___ Isaiah 40:31
___ Genesis 17:1
___ Proverbs 4:18
___ Luke 9:23
___ Philemon 3:12-14
___ 2 Kings 22:1-13
___ Exodus 32:1-26

Week 29

GROWING UP

___ 1 Corinthians 13
___ 1 Cor. 6:18, 19
___ Psalms 53
___ Psalms 90
___ Ruth 1-4
___ Hebrews 5:12-14

Week 30

FAITH

___ Jude 1
___ Romans 14:13
___ Matthew 9:1-8
___ Luke 17:5-19
___ Lam. 3:22, 23
___ Psalms 31:21-24
___ Hebrews 3:17-19

**Week 31
PRAISE**

- ___ Psalms 108:1-6
- ___ Psalms 27:1-4
- ___ Psalms 56:1-13
- ___ 1 Peter 5:6-11
- ___ Isaiah 63
- ___ Isaiah 26:3-7

**Week 32
PRAYER**

- ___ Psalms 116:1, 2
- ___ Matthew 6:7
- ___ Luke 18:1-8
- ___ Psalms 20
- ___ Psalm 100:4, 5
- ___ Proverbs 15:8
- ___ Colossians 4:2-6

**Week 33
TRUST**

- ___ Prov. 3:4,5
- ___ Psalms 62:8
- ___ Isaiah 30:19-26
- ___ Jeremiah 10:23
- ___ Exodus 33:15
- ___ Isaiah 38:14
- ___ Colossians 3:12-17

**Week 34
SALVATION**

- ___ John 1:14
- ___ Acts 2:36
- ___ Psalms 60:4
- ___ Haggai 2:4, 5
- ___ Romans 3
- ___ Mark 1:9-15
- ___ 1 Timothy 6:11-12

**Week 35
FORGIVENESS**

- ___ Isaiah 38:16-19
- ___ Psalms 30:1-15
- ___ Psalms 40:1-5
- ___ Isaiah 1:18-20
- ___ Deuteronomy 31:8
- ___ 1 Corinthians 6:7-11
- ___ Titus 3:1-8

**Week 36
ABUNDANT LIFE**

- ___ Romans 5:6-11
- ___ John 15:4-11
- ___ Luke 19:1-27
- ___ Jeremiah 4:1-8
- ___ Ephesians 1-3

**Week 37
DEATH**

- ___ Hebrews 9:27,28
- ___ John 16:29-33
- ___ Revelation 7:14-17
- ___ Ecclesiastes 12
- ___ Isaiah 60:19-22
- ___ 2 Corinthians 1:8-11
- ___ Psalm 121:3

**Week 38
BAPTISM**

- ___ Romans 6:1-11
- ___ Matthew 3:1-17
- ___ Luke 3:1-21
- ___ Matthew 28:1-20
- ___ 1 Peter 3:13-22
- ___ Acts 22:16
- ___ Matthew 21

**Week 39
SECOND COMING**

- ___ 1 Corinthians 15:17
- ___ Isaiah 64:1
- ___ Titus 2:13
- ___ Isaiah 25:9
- ___ James 5:7-11
- ___ Mark 13

**Week 40
JUDGEMENT**

- ___ Revelation 6-8
- ___ 1 Peter 4:12-19
- ___ 1 Peter 5:1-11
- ___ Romans 13:11-14
- ___ Job 14:1-7
- ___ Zephaniah 1-3

**Week 41
HEAVEN**

- ___ Revelation 21:1-4
- ___ Matthew 12
- ___ 1 Peter 3:3-7
- ___ Hebrews 4:15-16
- ___ Isaiah 21:11, 12
- ___ Philemon 1:19-26
- ___ Revelation 22:20-21

**Week 42
BIBLE STUDY**

- ___ Psalms 5:1-3
- ___ Psalms 32:3
- ___ 2 Timothy 3:16
- ___ Isaiah 35:8
- ___ Acts 17:10-15
- ___ John 16:1-5

**Week 43
CHALLENGES**

- ___ Matthew 22:37-40
- ___ Luke 14:26
- ___ 2 Corinthians 7:1
- ___ Exodus 4
- ___ Matthew 24
- ___ Luke 24

**Week 44
WHAT AM I GOING TO DO?**

- ___ Isaiah 61:8
- ___ Matthew 4:12-25
- ___ Acts 15:1-29
- ___ 1 Corinthians 3
- ___ Acts 1
- ___ Acts 15:1-29

**Week 45
AM I SAVED?**

- ___ Genesis 3:15-19
- ___ Exodus 15:1-18
- ___ Isaiah 59:1-4
- ___ Psalms 98
- ___ Hebrews 1
- ___ Galatians 3:1-11
- ___ Romans 4

**Week 46
NEW STARTS**

- ___ John 11:25
- ___ John 3:1-16
- ___ Isaiah 40:27-31
- ___ Philemon 1
- ___ 1 Kings 10, 11
- ___ Psalms 137
- ___ Isaiah 40:27-31

**Week 47
SABBATH**

- ___ Exodus 12-20
- ___ Matthew 12:1-8
- ___ Hebrews 3:7-11
- ___ Genesis 1,2
- ___ Isaiah 56
- ___ Deuteronomy 5:12-15
- ___ Mark 1:21-28
- ___ Mark 2:23-27

**Week 48
FEELING GOOD**

- ___ Psalms 27:1-6
- ___ Psalms 32:1-5
- ___ Psalms 25:1-10
- ___ Hosea 6:1-3
- ___ Psalms 117
- ___ Deuteronomy 10:6-15
- ___ Matthew 11:1-15

**Week 49
MY FUTURE**

- ___ Revelation 20:11
- ___ Psalms 46:1-3
- ___ Psalms 84:1-4
- ___ Psalms 90:1-4
- ___ Revelation 18:1-15

**Week 50
PEER PRESSURE**

- ___ 1 John 4:7-21
- ___ Isaiah 56:4-11
- ___ Luke 15:11-32
- ___ Genesis 37-39
- ___ Genesis 40-44
- ___ Genesis 45-48

**Week 51
WORKING FOR GOD**

- ___ 2 Corinthians 4:7-12
- ___ Mark 9
- ___ Matthew 25:31-36
- ___ 1 Corinthians 14:26
- ___ Matthew 9:35-38
- ___ Ephesians 5:1-14
- ___ Hebrews 13:1-6

**Week 52
DISCIPLESHIP**

- ___ John 21:1-17
- ___ Isaiah 53:4-16
- ___ James 2:8-17
- ___ Revelation 22:12-17
- ___ Mark 3:34-36
- ___ John 21:1-17

SECTIONS COMPLETED

- | | Date | Instructor | |
|--------------------------|------|------------|------------|
| <input type="checkbox"/> | i. | _____ | (Required) |
| <input type="checkbox"/> | ii. | _____ | (Required) |
| <input type="checkbox"/> | iii. | _____ | (Required) |

Spiritual Discovery

Requirements: Do Sections I and select either II or III for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Scripture (Required)



A. Memorize a Bible text in each of the following categories:

I. Great Passages

2 Timothy 3:15,16
Romans 10:17
Daniel 8:14
Joel 2
Option _____

III. Doctrine

Matthew 24:24-27
Ecclesiastes 9:5-6,10
Hebrews 4:14-16
Exodus 20:3-7
Option _____

V. Relationships

Acts 17:26,27
1 Peter 4:10
1 Peter 3:15
2 Corinthians 12:9
Option _____

VII. Promise/Praise

Psalms 46
Philippians 4:13
Psalms 55:22
Psalms 95:6,7
1 Corinthians 10:13
Option _____

II. Salvation

Philippians 3:7-9
Ezekiel 36:26,27
1 John 5:11,12
1 Corinthians 5:7,8
1 Corinthians 6:19,20
Option _____

IV. Prayer

Philippians 4:6,7
Ephesians 3:20,21
Matthew 5:44
Option _____

VI. Behavior

Luke 12:15
1 Corinthians 10:31
James 4:7,8
Option _____



B. Trace the origin of three Bible versions that are presently available in your native language, OR list five kinds of laws God gave to Israel, and compare their practical application to yourself in today's society.

Report _____

II. Church Heritage (Optional)



A. Read and outline three stories of Adventist pioneers. Tell these stories during a Pathfinder Club or AY worship time, OR fulfill other options in the *Instructor's Manual*.

Report _____

III. Christian Heritage (Optional)

A. Role play an experience during the closing moments of earth's history.



Report _____

SECTIONS COMPLETED			
	Date	Instructor	
<input type="checkbox"/>	I.	_____	(Required)
<input type="checkbox"/>	II.	_____	(Optional)
<input type="checkbox"/>	III.	_____	(Optional)

Serving Others

Requirements: Select two of the three sections for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. One to One (Optional)

A. Make a personal visit to a non-SDA young person, and share the gospel, and outline a plan to spend one year to lead that person to be a disciple of Christ.

Report _____

II. Group Witness (Optional)

A. Receive training in an outreach program, and participate for 10 hours in an outreach program.

Report _____

III. Community Outreach (Optional)

A. Spend a minimum of four hours with a pastor or his/her associate, assisting the pastor or associate in his/her pastoral duties, such as Bible studies, hospital calls, and home visitation.

Report _____

SECTIONS COMPLETED		
<input type="checkbox"/>	I.	_____ (Optional)
<input type="checkbox"/>	II.	_____ (Optional)
<input type="checkbox"/>	III.	_____ (Optional)

Date Instructor

- I. _____ (Optional)
- II. _____ (Optional)
- III. _____ (Optional)

Making Friends

Requirements: Select two of the three sections for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Building Relationships (Optional)



A. List and discuss 10 guidelines for being a good life companion, and weigh the value of a christian home versus a non-Christian home.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

II. Christian Lifestyle (Optional)



A. Give a written or oral report on respect for God's law and civil authority, and list 20 guidelines for moral behavior, and explain each.

Report _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

-
15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

III. Good Citizenship (Optional)



A. Listen to a lecture on career opportunities for Christians. Visit people working in three careers of your choice and discuss your findings.

Report _____

SECTIONS COMPLETED			
	Date	Instructor	
<input type="checkbox"/>	I.	_____	_____ (Optional)
<input type="checkbox"/>	II.	_____	_____ (Optional)
<input type="checkbox"/>	III.	_____	_____ (Optional)

II. First Aid / Safety (Optional)



A. Complete a Red Cross First Aid Class, OR lead a group through the Red Alert Honor.



B. Study and practice "Traffic Safety".

Traffic Safety

To be a safe vehicle operator an individual must first know all the principles of using the vehicle around others.

Roadway safety principles are basically the same for a pedestrian as well as the young vehicle driver. Only the individual who puts safety and knowledge first will have a chance to avoid many of the accident situations that many drivers face.

Requirements:

Obtain a copy of the vehicle traffic code for your state or province. Learn it as well as possible while emphasizing the numerical values — speeds and distances. Pass a exam on the material at the 95% level.

Options: (pick one)

- ___ 1. With the teacher driving and the students recording, discreetly follow five vehicles a minimum of five miles each. Chart the driving errors observed and record this.
- ___ 2. Go to the scene of an accident. Make all possible observations without any direct communication with involved parties or authorities. Write a report of three or more pages (including diagrams) following a predetermined format.
- ___ 3. Operate a bicycle rally (skill and safety) for younger Pathfinders.

III. Fitness / Exercise (Optional)



A. Choose one lifetime exercise activity and record your exercise for four months.

Report _____

Youth Organization

Requirements: Select two of the three sections for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Leadership (Optional)



A. Attend a Conference-sponsored basic Pathfinder leadership course.

Instructor _____ Date _____



B. Plan and teach two requirements in each of the following honors:

Camping Skills III
Camping Skills IV

Camping Skills III Honor Requirement

Check the requirements you have taught.

- ___ 1. Be at least in the seventh grade.
- ___ 2. Work for three hours on a wilderness beautification project, such as making or clearing a trail.
- ___ 3. Review six points in the selection of a good campsite. Review the safety rules of fire building.
- ___ 4. Go on a weekend campout.
- ___ 5. Lay the following three fires and tell their uses:
 - ___ a. Star Fire
 - ___ b. Hunter's Fire
 - ___ c. Reflector Fire
- ___ 6. Know six ways to start a fire without a match. Build a campfire using one of these.
- ___ 7. Know how to properly sharpen a hatchet and knife.
- ___ 8. Cook a one-pot meal using fresh or dried food.
- ___ 9. Describe the various types of tents and their uses: mountaineering, alpine, forest, tube, and backpack.
- ___ 10. How does condensation occur in a tent, and how can it be prevented?
- ___ 11. Demonstrate your ability to anchor a tent down, using the tautline hitch and two half-hitches.
- ___ 12. While camping, plan and give a ten minute devotional or lead out in a Sabbath School, camp church, or camp vespers.
- ___ 13. Properly locate and build one of the following and describe its importance to the individual and the environment:
 - ___ a. Latrine
 - ___ b. Shower
 - ___ c. Camp sink and dishwashing area
- ___ 14. Demonstrate four basic lashings and construct a simple object using these lashings.
- ___ 15. Know how to replace the mantles on a camp lantern. Demonstrate how to refill gas in a camp lantern or stove. Know how to maintain the pressure pump on a camp stove in good working order.

Camping Skills IV Honor Requirement

Check the requirements you have taught.

- ___ 1. Be in at least the eighth grade.
- ___ 2. Plan and execute a one hour Sabbath camping activity other than worship to make the Sabbath a meaningful experience.
- ___ 3. Write a 200 word essay on the preservation of the wilderness, discussing etiquette and conservation.
- ___ 4. Plan your menu for a two day camping trip and estimate the cost.
- ___ 5. Participate in two weekend campouts.
- ___ 6. Start a fire in wet weather, knowing where to get tinder and how to keep your fire going.
- ___ 7. Know the wood best suited for making a quick, hot fire.
- ___ 8. Know the wood best suited for making coals for cooking.
- ___ 9. Demonstrate how to split firewood.
- ___ 10. Demonstrate the proper care and storage of camp foods, and how to build various caches to protect food from animals.
- ___ 11. Prepare a camp dinner with soup, vegetables, entree, and drink, all of which must be cooked.
- ___ 12. Bake your food in a reflector oven.
- ___ 13. Purify water by three different methods.

II. Club Awareness (Optional)

A. Discuss with your club staff the club-community involvement in the total Pathfinder Club program, OR, for the AY Societies, invite a Pathfinder person to speak to your group.



Report _____

III. Pathfinder Programming (Optional)

A. Plan, participate in, and evaluate your church participation in the following:



- ___ 1. Induction
- ___ 2. Club Meeting
- ___ 3. Pathfinder Sabbath
- ___ 4. Investiture Service
- ___ 5. Yearly Scheduling
- ___ 6. Club Campout

Report _____

**B. Complete the requirements for the Advanced Drilling and Marching honor.****Advanced Drilling and Marching Honor Requirement**

- ___ 1. Have the Drilling and Marching honor.
- ___ 2. With a unit guidon demonstrate the following basic positions:
 - ___ a. Order Guidon
 - ___ b. Carry Guidon
 - ___ c. Salute at Order
 - ___ d. Salute at Carry
 - ___ e. Present Guidon
 - ___ f. Raise Guidon
- ___ 3. Demonstrate how and when to use the guidon's basic position during all drill commands.
- ___ 4. Be a member of an active drill team that has performed at least twice in the past year in a special community, conference, or public activity.
- ___ 5. Demonstrate ability to keep in step with the drill team and move as a part of it at all times.
- ___ 6. As a member of a drill team do 4 fancy (precision) drill routines, at least one of which includes combination commands.
- ___ 7. Command a drill team of at least 4 people, putting the team through basic maneuvers, starting directional commands on the proper foot, and distinguishing between preparatory commands and commands of execution.
- ___ 8. Command an entire Pathfinder Club in at least 10 basic drill movements, including Open Ranks.
- ___ 9. With a unit (or a selected flag guard), formally raise and lower the national flag at a summer camp ceremony, a special Pathfinder meeting, Pathfinder Day program, camporee, or some similar program or ceremony. Also demonstrate posting the national and Pathfinder flags.

SECTIONS COMPLETED

	Date	Instructor	
<input type="checkbox"/>	I.	_____	(Optional)
<input type="checkbox"/>	II.	_____	(Optional)
<input type="checkbox"/>	III.	_____	(Optional)

Nature Study

Requirements: Do Section I for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Spiritual Lessons (Required)

A. Read the story of Jesus' childhood in *The Desire of Ages*, ch. 7, and relate it to the place of nature study in His education and ministry by giving orally before an audience an original nature lesson (parable) drawn from your own observations.

Report _____

II. Nature Appreciation (Optional)

A. Spiders / Rocks and Minerals - Complete a spider web study project, OR collect or obtain and identify 15 different kinds of rocks and minerals.

Report _____



B. Ecology / Fungi - List 10 ways in which you might actively work to improve the environment in which you live. Put four into practice, OR photograph or draw 15 different fungi and correctly identify them.

Report _____

III. Nature Honor (Optional)



A. Complete a nature honor at your skill level not previously earned. Below is a list of suggested honors. Circle those that you complete for this class.
 (See *AY Honors Handbook*.)

- ___ Advanced Birds
- ___ Advanced Ecology
- ___ Advanced Flowers
- ___ Advanced Rocks and Minerals
- ___ Advanced Shells
- ___ Advanced Stars
- ___ Advanced Trees
- ___ Environmental Conservation
- ___ Grasses
- ___ Lichens, Liverworts, and Mosses
- ___ Marine Algae

SECTIONS COMPLETED			
	Date	Instructor	
<input type="checkbox"/>	I. _____	_____	(Required)
<input type="checkbox"/>	II. _____	_____	(Optional)
<input type="checkbox"/>	III. _____	_____	(Optional)

Outdoor Living

Requirements: Do Sections I or II for the standard class requirements (Guide.)
Do Sections I, II, and III for the advanced class requirements (Frontier Guide.)

I. Outdoor Skills (Optional)

A. Lead an individual or group through the Knot Tying Honor. Write a description of your methods and their reactions.

Report _____

B. Learn or review the Wilderness Safety rules.

Wilderness Safety

A. First Aid

1. Why should everyone participating in a wilderness experience have knowledge of first aid and a first aid kit?
 - a. Knowledge of treatment alerts to prevention.
 - b. Unplanned, unexpected isolation requires self-contained independence.
 - c. Who solves the problem when the person with the "knowledge" becomes the problem?
2. What must be considered when assembling an adequate first aid kit for the experience planned?
 - a. Proximity to or isolation from further medical aid.
 - b. Length of experience and degree of difficulty of activities, terrain, etc.
 - c. Location and condition of water sources.
 - d. Potential hazards to be encountered, such as snakes, poison plants, insects, etc.
 - e. Equipment being taken, such as knives, axes, saws, machetes, stoves.
 - f. Weather.
 - g. Physical condition of participants and their feet.
 - h. Medical history of participants.

B. Hiking

1. Why can't we just wear whatever we like?
 - a. Consider the weather where you will be, not where you are now.
 - b. Sunburn spoils the fun fast.
 - c. Wool keeps you warm, whereas cotton kills.
 - d. There is no laundry out there for a quick wash/dry/change.
 - e. If you're using a backpack your body and your feet aren't accustomed to the added weight and pressure. This must be compensated for with foot gear and temperature-controlled clothing.
2. What other rules might need consideration?
 - a. Permits for private land.
 - b. Railroad tracks and trestle bridges.
 - c. Take nothing but pictures; leave nothing but footprints; kill nothing but time.
 - d. Rest stops.

C. Food

1. What's your food source?
 - a. Fresh food market: Don't plan on using fresh food beyond the first night or the following a.m. They spoil very quickly in a stuffed backpack. Some will be spoiled by the time you arrive at the trailhead.
 - b. Cans, jars, plastic boxes, etc.: Remember, what goes in full comes out empty. Empty cans make a messy pack. Jars break, boxes leak. Extra packaging and liquid in the contents add a lot of weight.
 - c. Plastic bags, pouches, etc.: Best choice, even for short trips, because you get used to working with them quickly. They are lightweight, and leftover containers carry out easily with no muss or fuss. They are also quite cheap at the grocery store. (Specialized products from catalogues are nice but expensive.)
 - d. Wild foods picked on the trail: Know what you plan to use and where it fits in the menu beforehand. If you want to go and then decide, you better have a very good field guide along and a willingness to go hungry or not be very picky.

D. Decision Time

Before you go, make these decisions:

1. Who makes the major decisions on the trail?
The leader, a group of three or more, just anyone, to be determined when the need arises.
2. What is the experience background of the decision makers? How often have they tackled a trip like this before? How tuned are they to the needs of the weakest member of the group? How immovable are they in their priorities?

Times to consider major decisions concerning the safety and well-being of the group:

- a. When adverse, unplanned-for weather hits.
- b. An emergency arises requiring evacuation of one or more group members.
- c. Major damage or loss of food supply or equipment.
- d. Morale change due to difficulty of activity exceeding expectations of group.
- e. Leader/guide becomes incapable of continuing in role as primary decision maker.

II. Outdoor Activity (Optional)

A. Earn one of the camp honors listed below, not previously earned.

Backpacking
 Pioneering

Outdoor Leadership
 Wilderness Living

Winter Camping

Backpacking Honor Requirement

1. Discuss with your instructor the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."
2. Know the essentials of proper clothing, shoes, and raingear to use in backpacking.
3. Know the principles in selecting a good quality backpack. In an emergency, what might be used in place of a backpack?
4. Know the essential items to be taken on a backpack trip.
5. What kind of sleeping bag and pad are best for your camping area? Know at least 3 kinds of each that are available.
6. Know how to pack a pack properly.
7. What types of food are best for backpacking? Visit a grocery store and list the foods found there that are suitable for backpacking. With your instructor:
 - a. Prepare a menu for a weekend backpack trip using foods obtained from your grocery store.
 - b. Learn the techniques of measuring, packaging, and labeling backpack foods for your trip.
 - c. Make a trail snack.
8. Know the prevention and symptoms of, and the first aid for:

<input type="checkbox"/> a. Sunburn	<input type="checkbox"/> d. Hypothermia	<input type="checkbox"/> g. Snake bite
<input type="checkbox"/> b. Blisters	<input type="checkbox"/> e. Heat stroke	<input type="checkbox"/> h. Cramps
<input type="checkbox"/> c. Frostbite	<input type="checkbox"/> f. Heat exhaustion	<input type="checkbox"/> i. Dehydration

Have a first aid kit in your pack and know how to use it.
9. According to your weight, what is the maximum number of pounds you should be allowed to carry?
10. Know three and demonstrate two ways to find direction without a compass.
11. Show the proper way to put on and take off a backpack alone and with a partner.
12. Participate in a weekend backpack trip of at least 3 miles and cook your own meals.

Honor Completed

Date: _____ Instructor: _____

Pioneering Honor Requirement

- ___ 1. Describe in writing or with pictures how the early pioneers met the following basic living needs:
 - ___ a. Housing and furnishings
 - ___ b. Warmth and light
 - ___ c. Tools and handiwork
 - ___ d. Transportation
 - ___ e. Clothing
 - ___ f. Food
 - ___ g. Cooking
 - ___ h. Sanitation
- ___ 2. Construct a piece of useful furniture by lashing. Learn the following lashings:
 - ___ a. Square
 - ___ c. Sheer
 - ___ b. Diagonal
 - ___ d. Continuous
- ___ 3. Do one of the following:
 - ___ a. Weave a basket, using natural materials.
 - ___ b. Make a pair of leather moccasins.
 - ___ c. Make a lady's bonnet by hand sewing.
 - ___ d. Make a simple toy used by pioneers.
- ___ 4. Know how to make flour from at least one wild plant, for use in baking.
- ___ 5. Using natural materials, build a fire without matches. Keep the fire going for five minutes. You may use the following to start your fire:
 - ___ a. Flint and steel
 - ___ b. Friction
 - ___ c. Electric spark
 - ___ d. Curved glass
 - ___ e. Metal match
 - ___ f. Compressed air
- ___ 6. Show axmanship knowledge in the following:
 - ___ a. Describe the best type of axes.
 - ___ b. Show how to sharpen an ax properly.
 - ___ c. Know and practice safety rules in the use of an ax.
 - ___ d. Know the proper way to use an ax.
 - ___ e. Properly cut a log, at least eight inches thick, in two.
 - ___ f. Properly split wood that is at least eight inches in diameter and one foot long.
- ___ 7. Do two of the following:
 - ___ a. Make a wax candle or other form of pioneer light source.
 - ___ b. Make a batch of soap.
 - ___ c. Milk a cow.
 - ___ d. Churn butter.
 - ___ e. Make a quill pen and write with it.
 - ___ f. Make a corn husk doll.
 - ___ g. Assist in making a quilt.
- ___ 8. Explain the need for proper sanitation relating to solid and human waste, and the washing of body, clothes, and dishes.
- ___ 9. Assist in the construction of a 10 foot long log or rope bridge, using lashings.
- ___ 10. Know four ways to keep the wilderness beautiful.
- ___ 11. Know five home remedies from wild plants and explain their uses.
- ___ 12. Do two of the following:
 - ___ a. Make a 10 foot rope from natural material or twine.
 - ___ b. Tie 10 knots useful to the pioneer and tell how they were used.
 - ___ c. Using rope and natural materials, make one device for moving heavy objects.
 - ___ d. Construct an adequate and comfortable latrine.
- ___ 13. Do one of the following:
 - ___ a. Assist in constructing a raft, using lashings. Take a five mile trip on a river with this raft.
 - ___ b. With an experienced wrangler, participate in a two day, 15 mile horseback trip, carrying all needed supplies on a pack horse you have learned to pack.
 - ___ c. With an experienced leader, participate in a two day, 15 mile canoe trip, carrying all needed supplies properly. A short portage should be done.
 - ___ d. With an experienced leader, participate in a two day, 15 mile backpack trip, carrying all needed supplies.

Honor Completed

Date: _____ Instructor: _____

Outdoor Leadership Honor Requirement

- 1. Earn four of the following honors. Any earned more than two years ago should be restudied so you can answer any of the knowledge questions.
 - a. Camping Skills IV
 - b. Orienteering
 - c. Winter Camping
 - d. Hiking
 - e. Backpacking
 - f. Fire Building and Camp Cookery
 - g. Pioneering
- 2. Have the First Aid honor.
- 3. Know what to do to overcome fear when lost. Know at least four ways to signal for help if lost in the wilderness.
- 4. Know at least four secular activities and four Sabbath activities to use in an outdoor setting if you have a rainy day.
- 5. Do the following in an outdoor setting:
 - a. Plan, organize, and do the teaching of one nature honor to a group of youth.
 - b. Assist in teaching camping skills required in any camping honor and/or AJY Class requirements to a group of youth.
 - c. Determine where the nearest hospital is located.
 - d. Determine where the nearest assistance from the police or a park ranger can be obtained.
- 6. Through Bible and/or Spirit of Prophecy study, learn how the outdoors influenced the following bible characters:
 - a. Moses
 - b. David
 - c. Elijah
 - d. John the Baptist
 - e. Jesus
- 7. Know what considerations should be given in an outdoor setting with a group of youth in the following areas:
 - a. Camping Safety
 - b. Fire Safety
 - c. Sanitation
 - d. Swimming Safety Rules
 - e. Rules for conduct
 - f. Proper Sabbath observance
- 8. List at least six ways you can keep the out-of-doors beautiful for others to enjoy.
- 9. Know at least 10 qualities of a good youth leader.

Honor Completed

Date: _____ Instructor: _____

Winter Camping Honor Requirement

- 1. Earn the Campcraft honor.
- 2. Make up a complete list of necessary camping equipment for winter conditions such as possible subzero temperatures, storms, and snow.
- 3. Explain the principles of maintaining body warmth and dryness through the proper use of clothing and sleeping gear under all temperatures down to zero while traveling, resting, and sleeping.
- 4. List and explain the characteristics of winter camp site selection.
- 5. Describe, or show where possible, the preparation of a level tent site in snow and pitch a tent in winter conditions.
- 6. Prepare a balanced three day menu to be used in your winter camping experience.
- 7. Know how to get water from snow.
- 8. Know five safety rules of winter camping.
- 9. Explain the proper steps to take if stranded without equipment in winter conditions.
- 10. Show knowledge of and ability to prevent, recognize, and care for mild frostbite, hypothermia, mild snow blindness, and dehydration.
- 11. Spend a total of six days and nights in cold weather camping.
 - a. All nights should have temperature lows in the 40's.
 - b. Two nights should have temperature lows below freezing.
 - c. All nights should be spent in tents, tarps, or the open.

Honor Completed

Date: _____ Instructor: _____

Wilderness Living Honor Requirement

- 1. Go on at least two weekend campouts during which you learn the skills called for in this honor.
- 2. Tell five things to do if lost in the wilderness. Know three methods of determining directions without a compass.
- 3. Demonstrate:
 - a. Three ways to purify drinking water.
 - b. Two methods of judging the height of a tree and the width of a stream.
- 4. Know three ways to collect drinking water in the wilderness and demonstrate two of these methods.
- 5. Identify four wild animal or bird tracks.
- 6. Using a compass, follow a course for more than 100 yards with three different headings and less than 5% error.
- 7. Identify in the wild, prepare, and eat 10 varieties of wild plants.
- 8. Have a personal survival kit of 15 items and know how to use each item.
- 9. Explain the necessity in wilderness living of adequate sleep, proper diet, personal hygiene, and proper exercise.
- 10. Have the First Aid honor. In addition, know the prevention, symptoms, and the first aid treatment for the following:
 - a. Hypothermia
 - e. Poison ivy and poison oak
 - b. Venomous snake bite
 - f. Open wound infection
 - c. Heat and sun stroke
 - g. Altitude sickness
 - d. Heat exhaustion
 - h. Dehydration
- 11. Demonstrate two ways to signal for help.
- 12. Demonstrate the principles of stalking and concealment.
- 13. Explain how to prepare and provide shelter on the following:
 - a. Snow slopes
 - c. Rocky areas
 - b. Swamps and marshes
 - d. Forests and tundra
- 14. Prepare a balanced menu for two people for a weekend. Prepare these meals while on a campout over an open fire or camp stove.
- 15. Know ways to observe wilderness etiquette and how you can contribute to wilderness conservation.
- 16. Demonstrate how to tie the following knots and know their uses:
 - a. Bowline
 - f. Prusik
 - b. Bowline on a bight
 - g. Tautline hitch
 - c. Clove hitch
 - h. Two half hitches
 - d. Double fisherman's
 - i. Square
 - e. Figure Eight

Honor Completed

Date: _____ Instructor: _____

SECTIONS COMPLETED	
	Date Instructor
<input type="checkbox"/>	I. _____ (Optional)
<input type="checkbox"/>	II. _____ (Optional)

Honor Enrichment

Requirements: This track is not required for the standard class requirements (Guide.)
Do Sections I and II for the advanced class requirements (Frontier Guide.)

I. Arts & Crafts/Hobbies/Household Arts (Optional)

A. Complete one honor at your skill level, not previously earned, in the area of art, craft, hobby, or household skills. (See *AY Honor Handbook* for requirement helps).

Arts/ Crafts/ Hobbies

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Adv. Braiding | <input type="checkbox"/> Adv. Soapcraft | <input type="checkbox"/> Flower Arrangement | <input type="checkbox"/> Plastics |
| <input type="checkbox"/> Adv. Computers | <input type="checkbox"/> Basketry | <input type="checkbox"/> Knitting | <input type="checkbox"/> Pottery |
| <input type="checkbox"/> Adv. Cop. Enameling | <input type="checkbox"/> Block Printing | <input type="checkbox"/> Lapidary | <input type="checkbox"/> Sculpturing |
| <input type="checkbox"/> Adv. Crocheting | <input type="checkbox"/> Cake Decorating | <input type="checkbox"/> Lettering/Poster Making | <input type="checkbox"/> Silk Screen Printing |
| <input type="checkbox"/> Adv. Indian Lore | <input type="checkbox"/> Ceramics | <input type="checkbox"/> Metalcraft | <input type="checkbox"/> Stamps |
| <input type="checkbox"/> Adv. Knitting | <input type="checkbox"/> Coins | <input type="checkbox"/> Model Boats | <input type="checkbox"/> Textile Painting |
| <input type="checkbox"/> Adv. Leathercraft | <input type="checkbox"/> Counted Cross Stitch | <input type="checkbox"/> Music | <input type="checkbox"/> Wood Carving |
| <input type="checkbox"/> Adv. Model Rocketry | <input type="checkbox"/> Crocheting | <input type="checkbox"/> Needlecraft | <input type="checkbox"/> Wood Handicraft |
| <input type="checkbox"/> Adv. Silkscreen Printing | <input type="checkbox"/> Decoupage | <input type="checkbox"/> Photography | |
| | <input type="checkbox"/> Drawing & Painting | | |

Household Skills

- | | | | |
|---|--|---|------------------------------------|
| <input type="checkbox"/> Adv. Cooking | <input type="checkbox"/> Food Drying | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Tailoring |
| <input type="checkbox"/> Adv. Dressmaking | <input type="checkbox"/> Food Freezing | <input type="checkbox"/> Preserving/Canning | |
| <input type="checkbox"/> Adv. Nutrition | <input type="checkbox"/> Housekeeping | <input type="checkbox"/> Quilting | |

II. Recreational/ Outdoor Industries/ Vocational (Optional)

A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, vocational studies, or outdoor industries. (See *AY Honor Handbook* for requirement helps).

Recreational

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Adv. Archery | <input type="checkbox"/> Adv. Swimming | <input type="checkbox"/> Life Saving | <input type="checkbox"/> Skin Diving |
| <input type="checkbox"/> Adv. Caving | <input type="checkbox"/> Backpacking | <input type="checkbox"/> Navigation | <input type="checkbox"/> Springboard Diving |
| <input type="checkbox"/> Adv. Cycling | <input type="checkbox"/> Camp Cookery | <input type="checkbox"/> Orienteering | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Adv. Drilling & Marching | <input type="checkbox"/> Canoeing | <input type="checkbox"/> Physical Fitness | <input type="checkbox"/> Tumbling & Balancing |
| <input type="checkbox"/> Adv. Outdoor Leadership | <input type="checkbox"/> Caving | <input type="checkbox"/> Pioneering | <input type="checkbox"/> Water Skiing |
| <input type="checkbox"/> Adv. Rock Climbing | <input type="checkbox"/> Cross Country Skiing | <input type="checkbox"/> Power Boating | <input type="checkbox"/> Wilderness Leadership |
| <input type="checkbox"/> Adv. Scuba Diving | <input type="checkbox"/> Downhill Skiing | <input type="checkbox"/> Rock Climbing | <input type="checkbox"/> Wilderness Living |
| <input type="checkbox"/> Adv. Sen. Life Saving | <input type="checkbox"/> Fire Building & Outdoor Leadership | <input type="checkbox"/> Rowing | <input type="checkbox"/> Wind Surfing |
| | <input type="checkbox"/> Knot Tying | <input type="checkbox"/> Sailing | <input type="checkbox"/> Winter Camping |
| | | <input type="checkbox"/> Scuba Diving | |

Vocational

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Adv. Auto Mechanics | <input type="checkbox"/> Carpentry | <input type="checkbox"/> Health & Healing | <input type="checkbox"/> Small Engines |
| <input type="checkbox"/> Adv. Communications | <input type="checkbox"/> Christian Salesmanship | <input type="checkbox"/> Journalism | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Auto Mechanics | <input type="checkbox"/> Communications | <input type="checkbox"/> Printing | <input type="checkbox"/> Typing |
| <input type="checkbox"/> Bible Evangelism | <input type="checkbox"/> Electricity | <input type="checkbox"/> Radio Electronics | <input type="checkbox"/> Welding |
| <input type="checkbox"/> Bookkeeping | | <input type="checkbox"/> Radio | <input type="checkbox"/> Woodworking |

Outdoor Industry

- | | | | |
|---------------------------------------|---|--|--|
| <input type="checkbox"/> Accounting | <input type="checkbox"/> Cattle Husbandry | <input type="checkbox"/> Masonry | <input type="checkbox"/> Shoe Repair |
| <input type="checkbox"/> Agriculture | <input type="checkbox"/> Dairying | <input type="checkbox"/> Paper hanging | <input type="checkbox"/> Shorthand |
| <input type="checkbox"/> Barbering | <input type="checkbox"/> Fruit Growing | <input type="checkbox"/> Pigeon Raising | <input type="checkbox"/> Small Fruit Growing |
| <input type="checkbox"/> Beekeeping | <input type="checkbox"/> Goat Husbandry | <input type="checkbox"/> Plumbing | |
| <input type="checkbox"/> Book Binding | <input type="checkbox"/> House painting | <input type="checkbox"/> Poultry Raising | |

B. Earn the Beginner's Swimming Honor, if not previously earned.

SECTIONS COMPLETED

	Date	Instructor	
<input type="checkbox"/>	I.	_____	(Optional)
<input type="checkbox"/>	II.	_____	(Optional)



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