

Name: _____



Adventist Youth Class
**Voyager
Activity
Diary**

Adventist Youth Class
Voyager
Activity Guide

Personal Growth

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

I. Involvement (Required)

A. Be age 14 OR in grade 9, 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 Voyager Reading Certificate OR the Senior Reading Certificate. (The Senior Reading Certificate and the Voyager Reading Certificate Requirements are very similar. For simplicity, the Voyager Certificate requirements are listed here.)

1. Select and read at least 50 pages from one of the following:

Ellen White

Christian Experience and Teachings of Ellen G. White

Life Sketches

Ellen White, the Human Interest Story

Book: _____ Pages: _____

2. Read a biography (book or article) on an early SDA church leader other than Ellen White.

Report: _____

3. Read a book (or booklet of not less than 30 pages) on vegetarianism versus a meat diet.

Report: _____

4. Read a book on one of the following: missions, nature, science, or Christian leadership skills.

Report: _____

5. Read Weeks 1 - 26 in the Weekly Bible Reading Guide (senior level).

Week 1

WHO AM I?

___ Psalm 139:13-16

___ John 14:12-31

___ John 15:1-17

___ Song of Solomon 7

___ Deuteronomy 32:9

___ Jeremiah 2:21

___ Psalms 18:33-36

___ Psalms 62:1,2

Week 2

WHAT ABOUT ME?

___ Colossians 2:8-23

___ 1 Corinthians 1:20-31

___ Jeremiah 9:23,24

___ Philippians 3:1-6

___ Romans 7:21-25

___ Luke 2:52

___ 1 Thess. 5:16-18

Week 3

BEING IN CHARGE

___ Proverbs 16:7

___ Galations 5:23

___ Revelation 1-5

___ Song of Solomon 8:7

___ Romans 12:1

___ 2Peter 1:5-8

___ Psalms 28:7

Week 4

TRY AGAIN

___ Zechariah 4:6

___ Isaiah 40:12-13

___ Haggai 2:5

___ 1 Samuel 17:47

___ James 1:13-15

___ 1 Samuel 16:7

___ 1Peter 1:13-14

- Week 5**
I FEEL LOUSY
 ___ Psalms 42:6
 ___ Isaiah 26:3
 ___ Psalms 55:22
 ___ Psalms 46
 ___ Matthew 6:25-34
 ___ Psalms 22:24
 ___ John 14:27

- Week 6**
COURAGE
 ___ 2 Corinthians 12:1-10
 ___ Romans 8:38,39
 ___ Acts 28:15
 ___ 1 Peter 2:21
 ___ Colossians 3:1-3
 ___ Galatians 5:17
 ___ Matthew 13:21,22

- Week 7**
BEING ALONE
 ___ Joshua 1:1-9
 ___ Joshua 21
 ___ Zephaniah 3:14-20
 ___ Psalms 111
 ___ Luke 12:22,23
 ___ Psalms 46:10
 ___ Psalms 131:2

- Week 8**
BEING AFRAID
 ___ Matthew 14:3-33
 ___ Psalms 81
 ___ Isaiah 26:1-15
 ___ Isaiah 30:1-18
 ___ Isaiah 32
 ___ Matthew 11:28
 ___ Joshua 1:9

- Week 9**
REBELLION
 ___ Psalms 141
 ___ Psalms 130
 ___ Proverbs 12
 ___ Proverbs 15
 ___ Matthew 18
 ___ Ephesians 5:15,16
 ___ Galatians 5:13-14

- Week 10**
STANDARDS
 ___ Romans 13
 ___ 1 Timothy 6
 ___ Matthew 5:13-20
 ___ Philippians 4
 ___ Jeremiah 1
 ___ Jeremiah 29:11
 ___ Luke 12:15

- Week 11**
SIN
 ___ Romans 3
 ___ Romans 6
 ___ Psalm 25
 ___ Isaiah 43-44
 ___ Isaiah 1
 ___ Isaiah 43
 ___ Micah 7
 ___ Romans 3:10-18
 ___ Isaiah 42-44

- Week 12**
CHARACTER
 ___ Matthew 5:1-12
 ___ Proverbs 16:18
 ___ Luke 12
 ___ 1 Corinthians 10
 ___ Romans 6:12-19
 ___ Colossians 3:12-15
 ___ 2 Chronicles 7:14

- Week 13**
TEMPTATION
 ___ Luke 10
 ___ 1 Peter 5
 ___ Ephesians 6:10-20
 ___ Micah 7
 ___ 2 Corinthians 4:18
 ___ Ephesians 6:11,12
 ___ Romans 12:2

- Week 14**
HOPE
 ___ Psalms 94:12-19
 ___ Psalms 95
 ___ 1 Kings 3
 ___ Psalms 63
 ___ Psalms 59
 ___ James 1:2-4
 ___ 1 Samuel 17:31-47

- Week 15**
LOVE
 ___ Philippians 2
 ___ Psalms 136
 ___ Psalms 100
 ___ Ephesians 5
 ___ 1 Corinthians 13
 ___ John 21:15-19
 ___ Galatians 5:22-25

- Week 16**
JOY
 ___ Isaiah 9:2-10:19
 ___ Isaiah 49
 ___ Psalms 28
 ___ Habreus 3:17-19
 ___ Nehemiah 8:10
 ___ Job 6:10
 ___ John 15:11

- Week 17**
ADVENTURE
 ___ Psalms 37
 ___ 1 John 1
 ___ 1 Thessalonians 1-3
 ___ Psalms 51
 ___ James 1:22,23
 ___ Revelation 3:15,16
 ___ Matthew 14:25-33

- Week 18**
BEING HAPPY
 ___ Philippians 1
 ___ Malachi 1
 ___ Psalms 1
 ___ Ezekial 15
 ___ Matthew 5:10
 ___ Luke 12:22-31
 ___ Romans 15:1-6
 ___ 2 Timothy 4:9-18

- Week 19**
PROMISES
 ___ Psalms 118
 ___ Daniel 7-9
 ___ Deuteronomy 31
 ___ Psalms 23
 ___ Romans 8:38,39
 ___ 2 Corinthians 12:9,10
 ___ Psalms 37:1-9

- Week 20**
FAITHFULNESS
 ___ Esther 1-9

- Week 21**
BEING A CHRISTIAN
 ___ Ephesians 4
 ___ Matthew 10
 ___ Proverbs 25
 ___ Micah 6
 ___ Proverbs 14
 ___ Galatians 6:1-8
 ___ Matthew 25:31-46

- Week 22**
THINKING ABOUT GOD
 ___ Psalms 103
 ___ Lamentations 3
 ___ Job 40-42
 ___ Matthew 10:29-31
 ___ Psalms 111:4
 ___ Psalms 103:13
 ___ 1 Timothy 4:7

- Week 23**
MAKING DECISIONS
 ___ Luke 14
 ___ Matthew 4
 ___ Mark 8
 ___ Matthew 16
 ___ 2 Corinthians 7:1
 ___ 1 Peter 1:13-16
 ___ 1 Thessalonians 4:3-8

- Week 24**
BEING AN EXAMPLE
 ___ Mark 10:32-45
 ___ Acts 10
 ___ Galatians 8:1-8
 ___ Luke 23
 ___ 1 John 2
 ___ 2 Peter 1-3
 ___ Galatians 6:1-8
 ___ Hebrews 12:14

- Week 25**
LIFE WITH GOD
 ___ Hebrews 12
 ___ John 3
 ___ Revelation 21
 ___ Leviticus 19
 ___ 1 Peter 1
 ___ Proverbs 16:17
 ___ Titus 2:11-14
 ___ Hebrews 5:12-14

- Week 26**
OBEDIENCE
 ___ Romans 12
 ___ Matthew 6:1-25
 ___ Isaiah 14:14-32
 ___ Jonah 1-4

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 (Voyager.)
Do Sections I, II, and III for the advanced class requirements (Frontier Voyager.)

I. Scripture (Required)

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

I. Great Passages

___ Jeremiah 15:16
___ 1 Timothy 2:15
___ Genesis 22:3
___ Option _____

III. Doctrine

___ Hebrews 11:3
___ Revelation 14:6-14
___ John 6:40
___ Revelation 21:1-4
___ Exodus 20:8-11
___ Option _____

V. Relationships

___ 1 Corinthians 13
___ Hebrews 10:24-25
___ Galatians 6:1,2
___ Matthew 11:28-30
___ Option _____

VII. Promise/Praise

___ Romans 8:28
___ Psalms 103:1-5
___ Psalms 15:1,2
___ Matthew 24:44
___ Psalms 91:1-6
___ Option _____

II. Salvation

___ Matthew 11:28-30
___ John 17:3
___ John 15:5,7
___ Matthew 10:32,33
___ Matthew 4:19
___ Option _____

IV. Prayer

___ Mark 11:25
___ 1 John 5:14,15
___ Matthew 21:22
___ Option _____

VI. Behavior

___ Galatians 5:22,23
___ Micah 6:8
___ Isaiah 58:13
___ Matthew 5:8
___ Option _____

B. List 6 major events of Christ's life in the Gospel of Mark as compared to Matthew, OR describe the early process of copying the Bible and the early translations.

Report: _____

II. Church Heritage (Optional)

A. Read about J. N. Andrews. Discuss the importance of mission service to the church at that time in history and why Christ gave the great commission (Matt. 28:18 - 20) and its importance to the church today, OR fulfill other options in the *Instructor's Manual*.

Report: _____

III. Community Outreach (Optional)

A. Spend a minimum of 3 hours with a Pastor or Associate Pastor, observing him or her in their pastoral duties.

Report: _____

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

III. Good Citizenship (Optional)



A. Diagram the structure of your city government.

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



Health and Fitness

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

I. Health Principles (Optional)

A. Prepare and present a written or oral report on what the Bible says about vegetarianism vs. meat eating, and list the advantages of each as indicated by modern studies.



Report: _____

B. Assist in a "Health Screen and Lifestyle" outreach program, OR interview a respiratory therapist or cardiologist regarding the benefits of exercise. Explain the treadmill test.



Report: _____

II. First Aid / Safety (Optional for Voyager)



A. Complete the CPR honor.

CPR (Cardiopulmonary Resuscitation) Honor Requirement

- _____ 1. Know and understand the location and function of the heart and lungs.
- _____ 2. Define CPR and tell five conditions under which it would be used.
- _____ 3. Successfully complete a class sponsored by either the American Heart Association, the American Red Cross, or an equivalent under a certified instructor for one-person CPR. This must be done within the last 12 months.
- _____ 4. Understand Prudent Heart Living. List 5 things a person can do to maintain a healthy heart.
- _____ 5. Develop, maintain, and keep a record of a personalized program in exercise, health, and diet habits for one month.
- _____ 6. What is the significance of the colors used on the honor token for this class?

Honor Completed

Date: _____ Instructor: _____



B. Study and practice "Disaster Safety."

Disaster Safety Awareness

A variety of disasters might happen in a given location. Knowing courses of action to be taken is essential.

Adjusting to local environment disturbances has been the task of mankind since sin entered the earth.

Everyone should be aware of the real possibility of severe weather or accident and what steps to take.

Determine the natural disaster most likely to happen in the area you live in. Devise or find a disaster plan which includes groups and agencies that would assist in each of the following needs: food, shelter, clothing, water and sanitation, cleanup, and rebuilding. Draw a flow chart or schematic showing the above needs with the steps taken to solve the disaster problems.

There are 3 levels of severity of tornados. Draw and fully describe the characteristics of each. Include either the rate of incidence locally, statewide, or nationally for the 3 levels.

Each geographic location has terrain that makes it susceptible to certain types of water accidents or major disasters. Write a report on the most recent water or major disaster which happened the closest to your home which involved a death due to drowning.

Youth Organization

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

I. Leadership (Optional)

A. Plan and lead out in a Pathfinder Club or Sabbath School activity.

Activity: _____ Date: _____

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

Camping Skills I
Camping Skills II

Camping Skills I Honor Requirement

Circle the requirements you have taught.

1. Be at least in the 5th grade.
2. Understand and practice wilderness camping etiquette, regarding preservation of the outdoors.
3. Know eight things to do when lost.
4. Be familiar with various types of sleeping equipment suitable to location and season.
5. List personal items needed for a weekend campout.
6. Plan and participate in a weekend camping trip.
7. Know how to properly pitch and strike a tent. Observe fire precautions when tent is in use.
8. Know and practice the proper principles for camp sanitation for both primitive and established campsights.
9. Properly use a knife and hatchet. Know 10 safety rules for their use.
10. Fires:
 - a. Demonstrate ability to choose and prepare a fire sight.
 - b. Know fire safety precautions.
 - c. Know how to properly strike a match.
 - d. Practice building a fire with the use of one match, using only natural materials.
 - e. Demonstrate how to protect firewood in wet weather.
11. Bake bread on a stick.
12. Describe the proper procedures for washing and keeping clean the cooking and eating utensils.
13. Describe sleeping wear and how to stay warm at night.
14. Draw a spiritual object lesson from nature on your camping trip.
15. Explain and practice the motto: "Take only pictures and leave only footprints."

Camping Skills II Honor Requirement

Circle the requirements you have taught.

1. Be at least in the sixth grade.
2. Develop a personal philosophy of outdoor etiquette, such as courtesy to other campers and outdoor conservation.
3. Know and understand the following six W's for the selection of a good campsight:
Wind, Water, Wild things, Wood, Weather, Willingness.
4. Demonstrate your ability to protect the wilderness and your water source by proper personal hygiene and cooking sanitation.
5. Participate in a weekend campout.
6. Take part in a camp worship service to include one of the following: Sabbath School lesson study, Story, Worship thought, Leading song service.
7. Know how to safely light and use a camp stove and lantern.
8. Know safety rules and demonstrate your ability to properly cut firewood. Demonstrate how to break dead wood properly.
9. Using fuzz sticks or shaved sticks, build and know the use of a council or crisscross fire and one type of cooking fire. Review firebuilding safety rules.
10. Explain two ways to keep camp food cool.
11. Build two different camp cranes.
12. Prepare camp meals using boiling, frying, and baking.
13. Demonstrate tent site selection. Properly pitch and strike a tent. What precautions should be taken when striking a wet tent? Properly clean, dry, and store a tent.
14. Bedding:
 - a. Show proper ways to stuff or roll your sleeping bag or bedroll for travel.
 - b. Tell how to keep a sleeping bag or bedroll dry on a camping trip.
 - c. Describe how to properly clean your sleeping bag or bedroll.

II. Club Awareness (Optional)



A. Discuss with your club staff the club-church involvement in the total Pathfinder Club program, OR, for 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 requirements 2, 3 and 6 of the Advanced Drilling and Marching honor.

Requirement #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

Requirement #3. Demonstrate how and when to use the guidon's basic position during all drill commands.

Requirement #6. As a member of a drill team do 4 fancy (precision) drill routines, at least one of which includes combination commands.

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 (Voyager.)
Do Sections I, II, and III for the advanced class requirements (Frontier Voyager.)

I. Spiritual Lessons (Required)

A. Review the story of Nicodemus and relate it to the life cycle of the butterfly, OR draw a life-cycle chart of the caterpillar giving the spiritual significance.

Report: _____

II. Nature Appreciation (Optional)

A. *House Plants/Butterflies* - Raise a plant using hydroponic principles, OR identify and draw, collect or photograph 10 species of butterflies.

Report: _____

Outdoor Living

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

I. Outdoor Skills (Optional)

A. Earn the Knot Tying honor.

Knot Tying Honor Requirement

- ___ 1. Define the following terms:
 - ___ a. Bight
 - ___ b. Running End
 - ___ c. Turn
 - ___ d. Underhand Loop
 - ___ e. Overhand Loop
 - ___ f. Standing Part
 - ___ g. Bend
 - ___ h. Hitch
 - ___ i. Splice
 - ___ j. Whipping
- ___ 2. Know how to care for rope.
- ___ 3. Describe the difference between laid rope and braided rope and list 3 uses of each.
- ___ 4. Identify the following types of rope:
 - ___ a. Manila
 - ___ b. Nylon
 - ___ c. Sisal
 - ___ d. Polypropylene
- ___ 5. What are some advantages and disadvantages of synthetic rope?
- ___ 6. Do the following to rope:
 - ___ a. Splice
 - ___ b. Eye Splice
 - ___ c. Back Splice
 - ___ d. Double Crown, whipping, or Matthew Walker's Knot.
- ___ 7. Make a 6-foot piece of double-strand twisted rope from native materials or twine.
- ___ 8. From memory tie at least 20 of the following knots and know their common uses and limitations. Demonstrate how they are used.

___ Anchor Bend	___ Figure Eight	___ Sheepshank
___ Bowline	___ Fisherman's Bend	___ Sheet Bend
___ Bowline on a bight	___ Fisherman's loop	___ Slip Knot
___ Butterfly loop knot or	___ Halter hitch	___ Slipped half hitch
___ Alpine butterfly knot	___ Hunter's Bend	___ Slipped sheet bend
___ Carrick Bend	___ Lariat or Bowstring	___ Square knot
___ Cat's Paw	___ Lark's head	___ Stevadore's knot
___ Clove hitch	___ Man Harness knot	___ Strangle knot
___ Constrictor knot	___ Miller's knot	___ Surgeon's knot
___ Crown knot	___ Packer's knot	___ Tautline hitch
___ Double bow	___ Pipe hitch	___ Timber hitch
___ Double sheet bend	___ Prusik knot	___ Two half hitches

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 footwear 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 following honors:

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
 - ___ b. Diagonal
 - ___ c. Sheer
 - ___ 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 5 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 8 inches thick, in two.
 - ___ f. Properly split wood that is at least 8 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 4 ways to keep the wilderness beautiful.
- ___ 11. Know 5 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 5-mile trip on a river with this raft.
 - ___ b. With an experienced wrangler, participate in a 2-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 experience leader, participate in a two-day, 15-mile backpack trip, carrying all needed supplies.

Honor Completed

Date: _____ Instructor: _____

Outdoor Leadership Honor Requirement

- ___ 1. Earn 4 of the following honors. Any earned more than 2 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 4 ways to signal for help if lost in the wilderness.
- ___ 4. Know at least 4 secular activities and 4 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 AY 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 6 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 campsite selection.
- ___ 5. Describe, or show where possible, the preparation of a level tentsite 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 5 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 snowblindness, 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 5 things to do if lost in the wilderness. Know three methods of determining directions without a compass.
3. Demonstrate:
 - a. 3 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:

<input type="checkbox"/> a. hypothermia	<input type="checkbox"/> e. poison ivy and poison oak
<input type="checkbox"/> b. venomous snake bite	<input type="checkbox"/> f. open wound infection
<input type="checkbox"/> c. heat and sun stroke	<input type="checkbox"/> g. altitude sickness
<input type="checkbox"/> d. heat exhaustion	<input type="checkbox"/> 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:

<input type="checkbox"/> a. snow slopes	<input type="checkbox"/> c. rocky areas
<input type="checkbox"/> b. swamps and marshes	<input type="checkbox"/> 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:

<input type="checkbox"/> a. Bowline	<input type="checkbox"/> f. Prusik
<input type="checkbox"/> b. Bowline on a bight	<input type="checkbox"/> g. Tautline hitch
<input type="checkbox"/> c. Clove hitch	<input type="checkbox"/> h. Two half hitches
<input type="checkbox"/> d. Double fisherman's	<input type="checkbox"/> i. Square
<input type="checkbox"/> 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 (Voyager.)
Do Sections I and II for the advanced class requirements (Frontier Voyager.)

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 | <input type="checkbox"/> Silk Screen Printing |
| <input type="checkbox"/> Adv. Indian Lore | <input type="checkbox"/> Ceramics | <input type="checkbox"/> Making | <input type="checkbox"/> Stamps |
| <input type="checkbox"/> Adv. Knitting | <input type="checkbox"/> Coins | <input type="checkbox"/> Metalcraft | <input type="checkbox"/> Textile Painting |
| <input type="checkbox"/> Adv. Leathercraft | <input type="checkbox"/> Counted Cross Stitch | <input type="checkbox"/> Model Boats | <input type="checkbox"/> Wood Carving |
| <input type="checkbox"/> Adv. Model Rocketry | <input type="checkbox"/> Crocheting | <input type="checkbox"/> Music | <input type="checkbox"/> Wood Handicraft |
| <input type="checkbox"/> Adv. Silkscreen | <input type="checkbox"/> Decoupage | <input type="checkbox"/> Needlecraft | |
| <input type="checkbox"/> Printing | <input type="checkbox"/> Drawing & Painting | <input type="checkbox"/> Photography | |

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 | <input type="checkbox"/> Journalism | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Auto Mechanics | <input type="checkbox"/> Salesmanship | <input type="checkbox"/> Printing | <input type="checkbox"/> Typing |
| <input type="checkbox"/> Bible Evangelism | <input type="checkbox"/> Communications | <input type="checkbox"/> Radio Electronics | <input type="checkbox"/> Welding |
| <input type="checkbox"/> Bookkeeping | <input type="checkbox"/> Electricity | <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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