



BASILDON | BRAINTREE | BURY ST EDMUND | CAMBRIDGE | CHELMSFORD | COLCHESTER GRAYS | HAVERHILL | HUTTON | IPSWICH | KINGS LYNN |



PETERBOROUGH CENTRAL | PETERBOROUGH PORTUGESE | SOUTHEND



## SEC AREA 8 PATHFINDERS



### RANGER E CAMP PACK



*During this camp you will complete the following honours and some requirements as well:*



Health & Fitness

- 1. Discuss the natural advantages of living the Adventist Christian lifestyle in accordance with Biblical principles**

*Write a summary of your discussion here:*

**2. Discuss the principles of physical fitness. Provide an outline of your daily exercise program. Write out and sign a personal pledge of commitment to a regular exercise program.**

The Principles of Physical Fitness

*Write a summary of your discussion here:*

Daily Exercise Program

Day	Exercise
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

My Pledge:

## Friendship Development

1. In a group discussion and by personal inquiry examine your attitudes to two of the following topics:
  - Self-Confidence
  - The Social Graces
  - Friendship
  - Will Power

Topic 1 \_\_\_\_\_

*Write a summary of your discussion here:*

Topic 2 \_\_\_\_\_

*Write a summary of your discussion here:*



Nature Study - Mammals Honour

1. What Bible Verse gives the day mammals were created?

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2. List 4 characteristics of a mammal:

1.

2.

3.

4.

3. Give one or more identifying characteristics of each of the following orders of mammals, and name one or more species of mammals found in each order:

	Characteristics	Species
Marsupialia		
Rodentia		
Insectivora		
Lagomorpha		
Chiroptera		
Artiodactyla		
Carnivora		
Sirenia		
Pinnipedia		
Cetacea		

4. List four beneficial mammals and tell how they are beneficial.

Mammal	How are they beneficial?





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Lifestyles Enrichment - Internet Honour

1. Define the following terms:

10. Internet

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11. World Wide Web (WWW)

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12. Chat Roome

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13. Download

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14. Upload

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15. Website

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16. Email

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17. Virus

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5. In what ways does filterware / Parental controls (programs like Net Nanny™ or AOL Parental Control) protect your family? With your family, develop & sign a Covenant of Family InternetUsage including the following elements:

- Never reveal personal information
- Remember that people may not be who they say they are
- Never meet an online friend in the flesh for the first time without a parent present
- Never respond to flames
- Stop immediately if you see or read anything that upsets you.
- Time each member of the family may spend on the internet per week. Set boundaries that encourage time for family, homework, and other necessary family activities.
- Types of websites that are acceptable/unacceptable to view. What are the principles that your family will use to determine what are acceptable? Base these principles on the Bible.

6. Show your ability to navigate your way around the internet by demonstrating the following:

7. Demonstrate your ability to use email by demonstrating the following to your instructor. (If necessary, create an email account, with a distinct username and password):

- Create and send email
- Receive and download email
- Download/view an attachment
- Know 5 principles of operating email safely.

8. Memorize Phillipians 4:8. How does this Bible text guide a Christian's use of the internet? Phillipians 4:8

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## Spiritual Discovery

1. Discover in group discussion:
  1. What christianity is
  2. What are the marks of a true disciple (Matthew 6:19-34, Luke 14:26-33)
  3. The forces involved in becoming a Christian

*Write a summary of your discussion here:*

Nature Study

1. Review the story of the flood and study at least 3 different fossils; explain their origin and relate them to breaking God's Law

*Review of the Flood Story*

*Relevance to Breaking God's Law*



Nature Study - Fossils Honour

1. Make a collection of at least ten different kinds of fossils and label each with its name and geographic location
  
2. Calamite  
\_\_\_\_\_  
Fossils  
\_\_\_\_\_  
Foraminifera  
\_\_\_\_\_  
Catastrophism  
\_\_\_\_\_  
Radiolaria  
\_\_\_\_\_  
Paleontology  
\_\_\_\_\_  
Paleozoic  
\_\_\_\_\_  
Graptolite  
\_\_\_\_\_  
Mesozoic  
\_\_\_\_\_  
Trilobite  
\_\_\_\_\_  
Cenozoic  
\_\_\_\_\_  
Dinosaur  
\_\_\_\_\_  
Pleistocene  
\_\_\_\_\_  
Mammoth  
\_\_\_\_\_  
Paleobotany  
\_\_\_\_\_  
Mastodon  
\_\_\_\_\_  
Pelecypod  
\_\_\_\_\_  
Crinoid  
\_\_\_\_\_  
Brachiopod  
\_\_\_\_\_  
Lingula  
\_\_\_\_\_
  
3. Visit a museum where fossils are on display and make a written or oral report of your trip.
  
4. Describe the process of the proper removal of delicate specimens

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Tell how a skeleton of a dinosaur or other gigantic fossil would be removed.

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Why should beginners not remove such specimens?

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What should be done by the beginner when he finds what is obviously a valuable fossil?

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5. Explain the difference in the account scientists give for the presence of fossils as related by evolutionists and creationists.

Evolutionists

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Creationists

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6. The Bible and writings of Ellen G. White cite statements to explain the origin of the following:

Coal \_\_\_\_\_  
Petroleum \_\_\_\_\_  
Fossils \_\_\_\_\_  
Limestone \_\_\_\_\_



Outdoor Life - First Aid

What is First Aid?

How to treat electrocution?

**POISONING**

**Types of poisoning**

	Signs and symptoms	Treatment
Alcohol		
Drug		
Food		
Carbon monoxide		
Swallowed		

**SEIZURES**

Don't ..... or ..... them  
Protect the individual from hurting ..... clear away any potentially dangerous objects.  
Make a note of the time when the seizures ..... and .....  
Protect their head by placing ..... and loosen any clothing around their neck.  
Once seizure has stopped , they may fall into a deep sleep- if they do .....  
If they are breathing put them in the ..... Position.

If they stop breathing at any point, prepare to treat someone who is unresponsive and not breathing.  
Keep ..... checking ..... their

.....  
Call 999 or 112 for medical help if :

- .....
- .....
- .....
- .....

**FRACTURES**

The seven things to look for are:

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....



## Travel

1. List as many modes of transportation you can think of that people use to get around the planet. ( make your list here)

Narrow down the previous list to a "Top Five" most common modes of transportation. List the pros and cons of each of the "Top Five".

Top Five Modes of Transport	Pros	Cons

2. List some of pros and cons of the following types of lodging:

<b>Lodging</b>	<b>Pros</b>	<b>Cons</b>
Hotel/motel		
Youth hostel		
Friends/family		
RV/trailer/camping		
Resorts		

3. What types of documentation may be necessary for travel? Explain the purpose of each type of document.

Type of document	Why Necessary

4. Watch a travel program that shows travel scenery and geography of a unique location.

What programme did you watch \_\_\_\_\_

What was the scenery and geography \_\_\_\_\_

Unique locations \_\_\_\_\_

5. Discuss in a group setting what kind of attitude travellers should have when traveling abroad. ( write your answer below)

6. Create a simple 7-day trip plan for a “family vacation”. As part of your plan, create a 7-day trip planner and include:

- a. Details on one historic place to visit
- b. Details on two natural sites to visit
- c. Details on one recreational site to visit

Note: the first and last days may be travel days

Day	Plans
1	
2	
3	
4	
5	
6	
7	

7. List a few different ways people got around in Bible times. ( list)

8. Calculate approximately how long it would take to walk between Jerusalem and Damascus.

**9.** Sketch a map of a trip mentioned in the Bible: **Use additional sheets to add to answer the following questions.**

a. Show name of person(s) and path taken including notable stops made.

b. Show different types of lines for each different mode of transport taken.

c. Show a “legend/key” for identifying markings and transport types.

Note: You may have to logically guess some aspects of the information if not mentioned directly in scripture.