

<p>Your Name Your Address Your City, State, Zip</p>	<p>Place Stamp Here</p>
<p>Scout's Name, Troop 118, Session 6, Pioneer C/O Camp Chawanakee Shaver Lake, CA 93664</p>	

Mail is delivered into camp once a day. Letters/postcards can take anywhere from one to three extra days to get to camp. Scouts are encouraged to write home at least once during their stay so send pre-addressed stamped envelope with them.

Above is the information you need for mailing letters/postcards or packages to them.

Mail early as anything arriving after Fri. will not be returned.

Things to bring to Camp Chawanakee

- Clothing
 - Class A Uniform (**must have**)
 - Including hat, scarf and slide
 - Wire hanger for your scout shirt
 - Swim trunks
 - Beach towel
 - Casual clothes / work clothes
 - Light jacket or sweatshirt, rain poncho
 - Socks / underwear, etc. (recommend old ones)
 - Laundry bag
 - Kitchen garbage bags are best to use
 - Shoes
 - Hiking/walking, water shoes, and flip-flops for the shower
- Sleeping bag
 - pillow
- flashlight and tent light
- first aid kit
- mosquito repellent and sunscreen
- Scout book (**must have**)
- Merit badge worksheets (**must have**)
 - notebook
 - pen, and pencils
 - other supporting documentation, (CPR card, blue cards, etc.)
- Personal toiletries
 - Lotion, deodorant, shampoo and conditioner, soap, comb/brush, chap stick
 - Toothbrush and toothpaste and dental floss
 - Bath towel, disposable wet wipes
- Pocket knife (have your Totin' Chip)
- Work gloves
- Required medications
- Eating kit
 - Spoon, fork, knife, plate, bowl, and a cup
- If staying in a tent
- Ground cover, foam pad or air mattress (can use in camp tent)
- Money
 - **For merit badge items, snacks, etc.**
 - bring lower denominations \$40-\$60 recommended
- Canteen or hydration pack (**important to keep hydrated**)

Personal Extras to bring to Camp

- Watch
- Camera
 - Film
- Sunglasses
- Binoculars
- Hat
- Non-electronic games
 - Cards, hacky sack, traveling board games, game balls, etc.
- OA sash

- Fishing pole and tackle box
- Compass (need for certain merit badges)
- Extra batteries
- Snacks
 - keep in zip-lock bags to prevent critters and insects rummaging in tents
- Reading books
 - Reading light
- Extra money
 - Souvenirs and other extras at the trading post

What *NOT* to bring to Camp

- Personal firearms
 - Any caliber, BB guns, pellet guns, paint ball guns, ammunition, personal archery equipment (bows, arrows, crossbows)
 - Liquid fuels
 - White gas, lighter fluid, butane,
 - Slingshots, wrist-rockets, sheath knives/fixed blade knives, fireworks
- Electronic devices
 - Cell phones, iPods, or any form of electronic games.
- Jewelry
- Alcohol
- Illegal drugs
- Dirt bikes or ATV's
- Personal watercraft, bicycles
- pets

Camping Gear List
Troop 118

Name: _____ **Trip:** _____

Packed	Need	Not Need	Basic Essentials
			Basic Gear
	X		Tent/ground cloth
	X		Sleeping Bag
	X		Sleeping Pad
	X		CHAIR TO SIT IN
	X		<u>Sack Lunch/dinner</u>
	x		Snacks (for your use)
			Drinks (for your use)
			Small playmate type storage for your snack=critter proof
	X		Money for meal on the way home
			Outerwear
	X		Fleece jacket/sweatshirt
	X		Baseball hat/sun hat
			Camp shoes (no open toed shoes)
			WATER SHOES
	X		Hiking boots/good walking shoes
			Clothing
	X		Class A shirt for travel - required
	X		<i>Class B Troop shirt</i>
	X		Long sleeved shirt
	X		Long pants
	X		Shorts
	X		Underwear
	X		Socks (4 pair)
			Bathing suit/for beach time
			Other Required Gear
	X		Mess Kit (can be a plastic/metal plate)
	X		Eating utensils (knife, fork, spoon) reusable
	X		Cup
			Troop does not supply the above gear You Must Bring your own.
	X		Waterbottle & day pack or hydration pack
	X		Sunscreen & Mosquito repellent
	X		Lip Balm
	X		Whistle
	X		Note pad & pen Scout Book
	X		Personal meds
	X		Watch, flashlight or headlamp & extra batteries
	X		Personal Hygiene items/toothbrush, toothpaste etc.
			Optional Gear
		XXXXXX	Fishing Gear
			Camera
			Deck of cards or other games to play & share
			No Phones/iPods/or other electronic devices!!!

Day of the week: _____

Meal: Breakfast Lunch Dinner (circle one)

Ingredients Needed

Main Course _____

Side Dish _____

Side Dish _____

Vegetable _____

Fruit _____

Other _____

Dessert _____

Drink _____

Day of the week: _____

Meal: Breakfast Lunch Dinner (circle one)

Ingredients Needed

Main Course _____

Side Dish _____

Side Dish _____

Vegetable _____

Fruit _____

Other _____

Dessert _____

Drink _____

Day of the week: _____

Meal: Breakfast Lunch Dinner (circle one)

Ingredients Needed

Main Course _____

Side Dish _____

Side Dish _____

Vegetable _____

Fruit _____

Other _____

Dessert _____

Drink _____



YOUR Neckerchief... HOW TO WEAR AND USE

by BERT LUNN

YOUR NECKERCHIEF IS A MIGHTY HANDY PART OF YOUR SCOUT UNIFORM. IT IS COLORFUL AND IDENTIFIES YOU AS A MEMBER OF A GREAT AND HONORABLE ORGANIZATION. IT CAN BE USED AS A SIGNAL FLAG, A BELT, A DUST AND SMOKE PROTECTOR, A HAND BAG AND FOR FIRST AID.

HOW TO WEAR THE NECKERCHIEF

THERE ARE FOUR STAGES:

1. ROLL LONG EDGE OF NECKERCHIEF OVER UPON ITSELF IN SEVERAL FLAT FOLDS ABOUT HALF WAY FROM THE TIP.



2. PLACE AROUND NECK OF V-NECK SHIRT OR OVER COLLAR OF OFFICIAL LONG SLEEVED SHIRT. (THIS COLLAR MAY BE TURNED UNDER WHEN WEARING NECKERCHIEF).



3. DRAW NECKERCHIEF SLIDE OVER ENDS AND ADJUST TO FIT SNUGLY.



4. TIE ENDS IN A SLIP KNOT FOR FINAL SMART APPEARANCE.



THE QUESTION OF WEARING THE SHIRT COLLAR BUTTONED OR FOLDED UNDER IS ONE THAT SHOULD BE VOTED ON BY THE PACK OR TROOP.

EXPLORERS AND AIR EXPLORERS ONLY WEAR THE NECKERCHIEF WITH THE V-NECK SHIRT. SEA EXPLORERS WEAR THEIR NECKERCHIEFS FOLDED SMOOTHLY DIAGONALLY TO FORM A CRAWL ABOUT 3-INCHES WIDE. IT IS THEN PLACED AROUND THE NECK UNDER THE COLLAR OF THE SEA EXPLORER BLOUSE AND TIED WITH A FLAT SQUARE KNOT. LEAVE THE ENDS FROM 4 TO 6 INCHES LONG, THE KNOT TO BE DIRECTLY UNDER THE NECK OPENING OF THE BLOUSE.



FIRST AID USES

THE NECKERCHIEF HAS MANY EMERGENCY FIRST AID USES. ONE OF ITS IMPORTANT RECOMMENDATIONS IS THAT IT'S ALWAYS WITH YOU—READY FOR INSTANT USE.



AS AN ARM SLING



Silent Signals

USING THESE SILENT HAND SIGNALS IN CAMP, ON THE TRAIL, OR IN THE FIELD ARE THE MARK OF A WELL-ORGANIZED, WELL-TRAINED TROOP. LEARN THEM AND USE THEM AND YOUR TROOP WILL MOVE QUICKLY AND QUIETLY.

ATTENTION
HAND RAISED HIGH
IN SCOUT SIGN.

AT THIS MOST USED SIGNAL, EVERYONE STOPS, TALKING AND WHATEVER HE'S DOING, RAISES HIS HAND THE SAME WAY AND WATCHES FOR THE FOLLOWING SIGNALS.



ASSEMBLE OR RETURN



PATROL FILE



SINGLE LINE



HALF CIRCLE
ARMS PART WAY UP



ARMS PART WAY UP AND CIRCLING
FULL CIRCLE



SWING ARMS OUT TO SIDE
SPREAD OUT



HURRY



ARM, RAISED, FORWARD AND DOWN
MOVE FORWARD



HALT



Day Hiking Gear List
Troop 118

Name: _____ Trip: _____

Packed	Need	Not Needed	Basic Essentials
	x		Day Pack
	X 3liters		Hydration bladder or Water bottles*
	x		Trekking Poles or staff
	x		Good Hiking boots/good walking shoes
	x		Extra pair of socks
	x		Toilet paper/2gal zip bags w/baking soda
			Trowel
	x		Long sleeved shirt
	x		Wind/rain jacket/extra layers*
	x		Hat/gloves*
	x		Sunscreen*
	x		Lip Balm*
	x		Watch
	x		Headlamp/flashlight/extra batteries*
	x		Whistle*
	x		Map & Compass*
	x		First aid kit*
	x		Duct tape
	x		Lunch & snacks & extra food* =1200 calories
	x		Class B uniform troop red shirt

Ten Essentials: REI list

1. Navigation-map, compass & possibly a GPS
2. Hydration-Water, container, & either filter or treatment method
3. Nutrition-Food & extra food
4. Sun protection-Sunscreen, sunglasses, hat, and lip balm with SPF
5. Insulation-Hat, gloves, warm jacket, extra layers
6. Warmth-Lighter or matches, Fire starter or stove & fuel
7. Illumination-Head lamp or flashlight with extra batteries
8. First aid-for you & your gear-bandages, knife, medicine, duct tape, zip ties, etc.
9. Shelter-Emergency blanket or shelter in case you are out longer than expected
10. Whistle-Great for communication or emergency signal

The 10 Essentials

Ten things to have on *every* hike.



1. **Appropriate footwear.** For a short day hike that doesn't involve a heavy pack or technical terrain, trail shoes are great. For longer hikes, carrying heavier loads, or more technical terrain, hiking boots offer more support.
2. **Map and compass/GPS.** A map and compass not only tell you where you are and how far you have to go, it can help you find campsites, water, and an emergency exit route in case of an accident. While GPS units are very useful, always carry a map and compass as a backup.
3. **Extra water and a way to purify it.** Without enough water, your body's muscles and organs simply can't perform as well. Consuming too little water will not only make you thirsty, but susceptible to hypothermia and altitude sickness.
4. **Extra food.** Any number of things could keep you out longer than expected: getting lost, enjoying time by a stream, an injury, or difficult terrain. Extra food will help keep up energy and morale.
5. **Rain gear and extra clothing.** Because the weatherman is not always right. Dressing in layers allows you to adjust to changing weather and activity levels. Two rules: avoid cotton (it keeps moisture close to your skin) and always carry a hat.
6. **Safety items: fire, light, and a whistle.** The warmth of a fire and a hot drink can help prevent hypothermia. Fires are also a great way to signal for help if you get lost. If lost, you'll also want the whistle as it is more effective than using your voice to call for help (use 3 short bursts). And just in case you're out later than planned, a flashlight/headlamp is a must-have item to see your map and where you're walking.
7. **First aid kit.** Prepackaged first aid kits for hikers are available at any outfitter. Double your effectiveness with knowledge: take a first aid class with the American Red Cross or a Wilderness First Aid class.
8. **Knife or multi-purpose tool.** These enable you to cut strips of cloth into bandages, remove splinters, fix broken eyeglasses, and perform a whole host of repairs on malfunctioning gear.
9. **Sun screen and sun glasses.** Especially above treeline when there is a skin-scorching combination of sun and snow, you'll need sunglasses to prevent snow blindness and sunscreen to prevent sunburn.
10. **Daypack/backpack.** You'll want something you can carry comfortably and has the features designed to keep you hiking smartly. Don't forget the rain cover; some packs come with one built-in. Keep the other Essentials in the pack and you'll always be ready to hit the trail safely.

How to Prevent Blisters

A Guide for Hikers and Backpackers

You're halfway through an 8-mile hike and your heel starts to hurt. With every step you take, you can feel your hiking boot rubbing against your foot in just the wrong way. You know what's next: the inevitable painful blister. Or is it?

Many hikers and backpackers assume that blisters simply come with the territory—that there's no way to walk 5 or 8 or 10 miles/day without some serious foot pain. But the truth is, blisters are completely preventable. The first thing to know is that blisters are caused by friction, and—with friction management—blisters are preventable. Then you can follow these simple steps to prevent hiking and backpacking blisters once and for all.

1. Ensure Proper Boot Fit

If you'll be going on long hikes over uneven trails—or even on city streets—a properly fitting boot is essential. This is not a place to skimp. Go to an outfitter or outdoors store and get fitted by an expert. Explain when and where you'll wear your boots and any problems you've had with improperly fitting shoes in the past. Try on multiple boots and wear them around the store until you find the boots that are right for you.

2. Break in Your Boots

Make sure the first time you wear your new boots is on a short hike. Go on a few shorter hikes (less than 5 miles) before committing to long hikes in new boots. Identify any problem areas (e.g. rubbing or discomfort) and experiment with solutions. Be sure your boots are comfortable and fit well before you go on a big hike.

3. Lace Up Just Right

A key element of blister prevention is boots that are laced up neither too loose nor too tight. If your boots are slipping, tighten your laces a bit. If they're pinching your ankles or cutting off circulation, loosen up.

4. Wear Moisture-Wicking Socks

When you're backpacking for weeks or months at a time, your feet will inevitably get hot and sweaty. Cotton socks can trap moisture against your skin, which will make your feet susceptible to blisters. Invest in enough pairs of high-quality wool or other moisture-wicking socks to get you through a few days of hiking.

5. Air Out Your Feet

When your feet are getting hot, the worst thing you can do is power through and ignore it. If your feet start to get hot or wet, take a moment to recharge, air out your feet, and change your socks. Eat a snack, take in the scenery. Take a break when you need it. Your feet will thank you.

6. Keep Dirt Away

It might seem impossible to keep dirt, grit, and sand out of your hiking boots and away from your feet. And how much harm could a little dirt do, anyway? A lot, it turns out. Tiny specks of dirt can cause huge, painful blisters, if left unchecked. If your socks are gritty, change them. If your boots are filled with dirt, clean them out as well as you can. If there's dirt sticking to your sweaty feet, dry your feet off as well as you can and brush off the dirt. Even a small speck of dirt can cause irritation—and blisters—on your feet.

7. Navigate Uneven Terrain with Care

You might have noticed that your feet are more likely to get blisters on trails that have uneven or constantly changing terrain. If you can, vary your hikes between flatter trails and uneven ones. If that's not an option, pay extra close attention to your feet on uneven trails and make sure you rest more often.

8. Nip Blisters in the Bud

When you're on a long hike, it's tempting to keep going until you reach your destination, even if you're in pain. Don't. Listen to your feet—and the rest of your body—and if you feel a blister starting to form, stop and apply an ENGO blister prevention patch to your shoe where it rubs against the affected area. (Learn how to apply ENGO patches.)

Blisters are painful, annoying, and incredibly common, but they don't have to be an inevitable part of hiking and backpacking. Don't let blisters ruin your adventure. Use these tips, as well as ENGO blister patches, to prevent blisters. Happy hiking!

How to Lace Hiking Boots



Most of us master shoe-tying in elementary school and don't give our laces much thought after that. If your hiking boots start to wear on your feet in uncomfortable ways, though, you'll be glad to learn a few new lacing tricks that could help improve your comfort.

In this article, we cover three ways to

re-lace your boots to help relieve foot discomfort:

1. **Surgeon's Knot:** Simple and versatile, it can keep your heel from slipping.
2. **Window Lacing:** Alleviates pressure points on the top of your foot.
3. **Toe-Relief Lacing:** A stopgap remedy to get you back to the trailhead.

It's important to note that the lacing techniques described here aren't a substitute for getting the right fit when you buy your boots. For that you need to see a footwear specialist at an REI store.

Surgeon's Knot



SURGEON'S KNOT TO PREVENT HEEL SLIP

When your heel is slipping excessively as you hike, you probably have too much interior volume at the top of your foot. Cinch down your boot and hold it in place with two surgeon's knots: Once secured, these hold fast where they're placed and won't work themselves loose.

Pull out any slack in the laces, snugging the boot over the top of your foot.

Locate the two pairs of lace hooks closest to the point

where the top of your foot begins to flex forward; you'll be tying a surgeon's knot at each of these pairs.

3. Wrap the laces around each other twice, then pull them tight; be sure to run the lace directly up to the next hook to "lock" in the knot's tension.
4. Repeat Step 3 at the next highest set of lace hooks.
5. Finish lacing the rest of your boot in your usual way.

Window Lacing



WINDOW LACING FOR TOP-OF-FOOT PRESSURE

lower and upper edge of your window for a snugger hold.

If your well-tied boots start to create a pressure point on the top of your foot, window lacing (aka “box lacing”) can help alleviate the problem:

Unlace the boot down to the hooks that are just below the pressure point. Re-lace by going straight up to the next hook and then crossing the laces over.

Finish lacing the rest of your boot in your usual way; alternatively, you can tie a surgeon’s knot at the

Toe-Relief Lacing



TOE-RELIEF LACING FOR TOE-BOX PRESSURE

get a different pair of boots. An REI footwear specialist can fit you in boots that will give you just the right amount of wiggle room.

If your toes are in a world of hurt, this stopgap measure can help you make it back to the trailhead. This trick works by relieving pressure in the toe box:

Completely unlace your boot.

Lace it back up—but skip the first set of hooks; this opens up the toe box and takes some pressure off your digits.

If your toes always hurt when you hike, it’s time to

TOP 10 FIRST AID KIT ITEMS

MARCH 15, 2017

As a Remote Medical International instructor, I always carry a proper first aid kit with me when traveling. No matter where we work or adventure, the bare minimum in our first aid kits should include the tools to control bleeding, support breathing, and perform CPR. I have had the opportunity to put my kit to use recently, traveling Kauai's Kalalau Trail. This rugged trail that traverses along the steep cliffs of the Na' pali Coast. The lure of this trail is the paradise beach setting, but one must first make it through flash floods zones and slick, muddy trail. My partner, Ben, and I had planned a 4-day backpacking trip in the area.

Unfortunately, not far into the hike, Ben kicked a rock with his Chaco-clad foot. Sure enough, there was quite the avulsion of skin atop his big toe and the nail was bent backward. Our biggest concern then became protecting the wound from infection. We quickly pulled out our first aid kit to find a syringe, irrigation cap, 4x4 gauze, and athletic tape. We did the best we could on the scene to debride the wound using the syringe and about a half liter of drinking water, then mustered a bandage strong enough to withstand the upcoming miles of the Kalalau Trail.

TOP 10 FIRST AID KIT ITEMS

Here are the top 10 absolute-must-have medical supplies Remote Medical International instructors carry in their kits:

1. Gloves/Eye Protection
2. CPR Pocket Mask
3. Tourniquet
4. Roller Gauze
5. 4x4 Gauze Pads
6. Medical Tape
7. Two Triangular Bandages
8. Sam Splint
9. Elastic Bandage
10. Trauma Shears

For more remote environments and projects, consider also adding the following items necessary for managing wounds:

1. 20 mL Syringe & Irrigation Cap
2. Steri-strips
3. Benzoin Tincture
4. Biodegradable Soap
5. Opposite Flexi-grip film



Doctor Doctor

Home (/) | Camp Activities (/site/camp-activities/) | Doctor Doctor

Characters (in order of appearance): Director, Mother, Daughter, Doctor, Mortician

Director: OK, OK everyone, places! Take one!

Mother: (pretends to sweep the kitchen)

Daughter: (comes in the room looking sick) Mom, I don't feel good.

Mother: (puts hand to daughter's head as if checking her temperature) Let's see.

Daughter: (falls to the ground and dies, badly)

Mother: Oh, NO! I think my daughters dead! I better call the doctor! (runs to an imaginary phone and dials the number, waits a moment as if waiting for an answer)

Doctor: (appears at the side of the stage or where ever skit is being shown) Hello?

Mother: Doctor, Doctor! I think my daughter's dead!

Doctor: OK. I'll be right over. (walks a few steps forward as if walking to Mother's house, knocks on something nearby to be the door)

Mother: Doctor, Doctor! My daughter's dead!

Doctor: OK, let's check it out. (does something silly to the daughter who is still lying on the floor i.e.: listens to her foot like a phone) Yep, she's dead. Better call the Mortician. (Pulls imaginary phone out of pocket and dials a number)

Mortician: (enters at the side) Hello?

Doctor: Mortician? We got a dead one.

Mortician: OK. I'll be right over. (walks a few steps forward and knocks on something like Doctor)

Mother: (opens door)

Mortician: (walks in and over to the body, does something silly but different than the doctor i.e.: sniff her eye) Yep, she's dead.

Director: CUT, cut, cut...too boring. Let's do it like... [insert new direction here] The characters are best to be played by camp counselors or cabin leaders...make up five different ways to act this skit out like hillbilly or ninja, maybe even act like cheerleaders...after you have done them all, director stomps out of the room and gives up.

Dirty Dishes

[Home \(/\)](#) | [Camp Activities \(/site/camp-activities/\)](#) | **Dirty Dishes**

Description

The counselor walks on the stage with a big pot, sets it down on a table along with a spoon or ladle, and sets up a "Back in 5 min" sign before walking offstage.

A camper comes along, eyes the pot, grabs the spoon and takes a big, messy slurp. Eyes wide, he/she grabs a friend from offstage and stresses how important it is that they try this awesome tasting soup.

This keeps happening, each new person getting another to try the soup. You can make each have a different personality (e.g. hyper, ghetto, California girl) just for laughs.

The counselor walks back on, seeing the camper grouped around the soup. Spotting the counselor, the campers flee.

The counselor reaches into the pot and brings out a pair of dirty socks and remarks how clean they are after soaking.

Requirements

Spoon or ladle Big pot Sign Table

Objective

Not to go overboard with camper personalities, to stress the humor that the campers were drinking dirty water.

Did You See That?

[Home \(/\)](#) | [Camp Activities \(/site/camp-activities/\)](#) | **Did You See That?**

Two or more people take part. The scene of the action can take place in any location; the city, the country, the woods, etc.

While walking along, one person excitedly exclaims, "Whoa, cool, wow, neat! (or any similar exclamation) did you see that?"

Another person who remains clueless for the entire skit acts like they didn't see the object or action while obviously looking around replies "No, What? What? I missed it."

Then the person or people who saw the object say what it was (any object; Bald Eagle, fish, fancy car, cute girl etc.) and comment on how neat it was.

Example:

"That Salmon must've jumped three feet in the air!"

Repeat this dialogue again so the other person replies "No, What did I miss?" or other type dialogue.

After the third or so time when the person doesn't see the object/action, he/she decides to "fake it" so replies "Yes, wow! That was so cool, neat, awesome etc."

For the last one, while walking along the group of people turn around and point at the ground where they just walked and exclaim together, "Whoa! Gosh! Did you see that back there?"

The poor clueless camper replies again, Yes, Wow! That was amazing!"

Then one of the others exclaims, "Then why did you step in it? That was the biggest, gooiest pile of dog doo I've ever seen!"

The others exclaim wildly "Oh, gross!" as the camper pretends to wipe his shoe off on the ground.

Attention Attention!

[Home \(/\)](#) | [Camp Activities \(/site/camp-activities/\)](#) | **Attention Attention!**

Stage Left a Lone Camper comes running until he is in front of crowd

Lone Scout, shouting as he runs-"ATTENTION, ATTENTION....." (yelling this until in front of crowd.)

(Lone Scout now stands in front of crowd)

Person in Audience: "WHAT,WHAT,WHAT?"

Person 2 In Audience: "What do you want?"

Lone Camper- "I just wanted some attention"

Bandana Instructor

[Home \(/\)](#) | [Camp Activities \(/site/camp-activities/\)](#) | **Bandana Instructor**

Description

Instructor tells how they went to Mt. Ranier and went on a hike. Before they left, they had to give up their most unnecessary items and only take what was needed.

One of the items they were allowed to take was a bandana because it served so many purposes - which they will now demonstrate.

Ask for an audience volunteer - someone who has a bandana. (Choose the "plant" in the audience, who comes down acting a bit less than intelligent.)

Tell the plant that because it is a big audience, you will show one side and he should show the other.

Instructor takes out bandana and shows it to the crowd "I've got my bandana!"

Plant watches, then takes out Banana "I got my bandana!"

Instructor tells plant to do exactly as he does. Instructor goes through the following, and the plant does as he is told, each time asking, "are you sure?" or "should I do that now?"

Instructor: "First, fold it in half. Fold it again. Put it in your back pocket. Wipe your armpits with it. Now unfold it and put it on your head. Shine your shoes with it."

When done, the last instruction is "Whew, I've worked up a sweat, now wipe your forehead with it!"

Finally, the plant and instructor turn and face each other, and the Instructor is shocked "What happened to you?! Where's your bandana?"

Plant: "Bandana?? Bandana?! I though you said 'Banana'!"

Requirements

Bandana, Banana

How Bear Lost His Tail

[Home \(/\)](#) | [Camp Activities \(/site/camp-activities/\)](/site/camp-activities/) | **How Bear Lost His Tail**

Back in the old days, Bear had a tail which was his proudest possession. It was long and black and glossy and Bear used to wave it around just so that people would look at it. Fox saw this. Fox, as everyone knows, is a trickster and likes nothing better than fooling others. So it was that he decided to play a trick on Bear.

It was the time of year when Hatho, the Spirit of Frost, had swept across the land, covering the lakes with ice and pounding on the trees with his big hammer. Fox made a hole in the ice, right near a place where Bear liked to walk. By the time Bear came by, all around Fox, in a big circle, were big trout and fat perch. Just as Bear was about to ask Fox what he was doing, Fox twitched his tail which he had sticking through that hole in the ice and pulled out a huge trout.

"Greetings, Brother," said Fox. "How are you this fine day?"

"Greetings," answered Bear, looking at the big circle of fat fish. "I am well, Brother. But what are you doing?"

"I am fishing," answered Fox. "Would you like to try?"

"Oh, yes," said Bear, as he started to lumber over to Fox's fishing hole.

But Fox stopped him. "Wait, Brother," he said, "This place will not be good. As you can see, I have already caught all the fish. Let us make you a new fishing spot where you can catch many big trout."

Bear agreed and so he followed Fox to the new place, a place where, as Fox knew very well, the lake was too shallow to catch the winter fish—which always stay in the deepest water when Hatho has covered their ponds. Bear watched as Fox made the hole in the ice, already tasting the fine fish he would soon catch. "Now," Fox said, "you must do just as I tell you. Clear your mind of all thoughts of fish. Do not even think of a song or the fish will hear you. Turn your back to the hole and place your tail inside it. Soon a fish will come and grab your tail and you can pull him out."

"But how will I know if a fish has grabbed my tail if my back is turned?" asked Bear.

"I will hide over here where the fish cannot see me," said Fox. "When a fish grabs your tail, I will shout. Then you must pull as hard as you can to catch your fish. But you must be very patient. Do not move at all until I tell you."

Bear nodded, "I will do exactly as you say." He sat down next to the hole, placed his long beautiful black tail in the icy water and turned his back.

Fox watched for a time to make sure that Bear was doing as he was told and then, very quietly, sneaked back to his own house and went to bed. The next morning he woke up and thought of Bear. "I wonder if he is still there," Fox said to himself. "I'll just go and check."

So Fox went back to the ice covered pond and what do you think he saw? He saw what looked like a little white hill in the middle of the ice. It had snowed during the night and covered Bear, who had fallen asleep while waiting for Fox to tell him to pull his tail and catch a fish. And Bear was snoring. His snores were so loud that the ice was shaking. It was so funny that Fox rolled with laughter. But when he was through laughing, he decided the time had come to wake up poor Bear. He crept very close to Bear's ear, took a deep breath, and then shouted: "Now, Bear!!!"

Bear woke up with a start and pulled his long tail hard as he could. But his tail had been caught in the ice which had frozen over during the night and as he pulled, it broke off – Whack! – just like that. Bear turned around to look at the fish he had caught and instead saw his long lovely tail caught in the ice.

"Ohhh," he moaned, "ohhh, Fox. I will get you for this." But Fox, even though he was laughing fit to kill, was still faster than Bear and he leaped aside and was gone.

So it is that even to this day Bears have short tails and no love at all for Fox. And if you ever hear a bear moaning, it is

probably because he remembers the trick Fox played on him long ago and he is mourning for his lost tail.

Invisible Bench - plus Add-Ons Skit

Required:

4 to 8 scouts

Notes:

This is a funny skit the first time or two you see it. But, around here, it is waaaaay over-used. So, there have been a few add-ons created. See Raking an Invisible Garden skit also.

Script:

Scout #1 walks onstage and squats down as if he is sitting on a bench that is invisible.

Scout #2 walks up to #1.

Scout #2: Whatcha doin'?

Scout #1: Just sitting on this invisible bench.

Scout #2: Can I join you?

Scout #1: Sure.

Scout #2 sits down next to #1.

Scout #3 repeats the dialog.

Each scout comes on and repeats, making a long line of scouts sitting on the bench.

Last scout walks up to line of scouts.

last Scout : What are you guys doing?

all people: Just sitting here on this invisible bench.

last Scout : No you aren't. I moved the bench over there. (points)

All the sitting scouts fall down.

Add-On #1:

last Scout : No you aren't. I moved the bench over there yesterday. (points)

Scout #1: But, I moved it back here this morning!

last Scout : Oh, ok! (and sits down with the rest)

Add-On #2:

last Scout : Oh, ok! (and sits down with the rest)

one more Scout : What are you guys doing?

all Scouts: Sitting on this invisible bench.

one more Scout : Oh no! I just got done painting that bench!

all Scouts: AAAAGH! (stand up and wipe paint off back sides.)

Add-On #3:

one more Scout : Oh no! I just got done painting that bench!

Scout #1: Oh, that's ok. We all have our invisible paint suits on. (all stand up, and unzip front of suits and step out.)

Find more Scouting Resources at www.BoyScoutTrail.com

America, the Beautiful Song

The Tune:  00:00 -00:41

Lyrics:

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for pilgrim feet
Whose stern impassioned stress
A thoroughfare for freedom beat
Across the wilderness!
America! America!
God mend thine every flaw,
Confirm thy soul in self-control,
Thy liberty in law!

O beautiful for heroes proved
In liberating strife.
Who more than self the country loved
And mercy more than life!
America! America!
May God thy gold refine
Till all success be nobleness
And every gain divine!

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for halcyon skies,
For amber waves of grain,
For purple mountain majesties
Above the enameled plain!
America! America!
God shed his grace on thee
Till souls wax fair as earth and air
And music-hearted sea!

O beautiful for pilgrims feet,
Whose stem impassioned stress
A thoroughfare for freedom beat
Across the wilderness!
America! America!
God shed his grace on thee
Till paths be wrought through
wilds of thought
By pilgrim foot and knee!

O beautiful for glory-tale
Of liberating strife
When once and twice,
for man's avail
Men lavished precious life!
America! America!
God shed his grace on thee
Till selfish gain no longer stain
The banner of the free!

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears!
America! America!
God shed his grace on thee
Till nobler men keep once again
Thy whiter jubilee!

Find more Scouting Resources at www.BoyScoutTrail.com

Boom Chicka Boom Song

The Tune: [view video](#)

There are always new verses being thought up - please email me with yours [Here](#)

Lyrics:

(repeat each line after song leader)

I said a Boom Chicka Boom
I said a Boom Chicka Boom
I said a Boom Chicka Rocka Chicka Rocka Chicka Boom
Uh huh
Oh yeah
One more time _____ style.

Janitor Style:

I said a Broom Sweep-a Broom
I said a Broom Sweep-a Broom
I said a Broom Sweep-a Mop-a Sweep-a Mop-a Sweep-a Broom

Valley Girl Style:

I said like boom chicka boom
I said a totally boom chicka boom
I said like boom chicka like rocka chicka like gag me with a spoon

Baseball Style:

I said a boom chicka boom
I said a boom chicka boom
I said a boom chicka rocka hit that softball to the moon.

Barn-yard Style:

I said a moo chicka moo
I said a moo chicka moo
I said a moo chicka watch your step, don't track it in the room.

Race Car Style:

I said a vroom shifta vroom
I said a vroom shifta vroom
I said a vroom shifta grind-a shifta grind-a shifta vroom

Astronaut Style:

I said a moon shoot the moon
I said a moon shoot the moon
I said a moon blast-me shoot-me blast-me shoot-me-to-the-moon

Flower Style:

I said a bloom chicka bloom
I said a bloom chicka bloom
I said a bloom chicka blossom smell those flowers chicka bloom

Parent Style:

I said a boom GO TO YOUR ROOM

I said a boom GO TO YOUR ROOM

I said a boom GO TO YOUR ROOM and don't come out 'til next June.

Cheerleader Style:

I said a Boom-Go-Fight-Boom

I said a Boom-Go-Fight-Boom

I said a Boom Go-Fight-Win Go-Fight-Win Go-Fight-Boom

Taco Bell Style:

I said a bean chicka bean

I said a bean chicka bean

I said a bean and cheese burrito and a nacho supreme.

Arnold Schwarzenegger Style: (Dana Q. Pack 75 in Long Beach)

[speak it slowly with a heavy 'Ahnold' accent and shoot a gun on every BOOM]

Ich sprach Boom Chicka Boom

Ich sprach Boom Chicka Boom

Ich sprach Boom Chicka Rocka Chicka Rocka Chicka Boom

Ah hah

Oh ja

Noch ein mal _____ style.

McDonalds Style:

I said a Big Mac and Fries

I said a Big Mac and Fries

I said a Big Mac and Fries and dont forget to Super Size.

Photographer Style:

I said a zoom clicka zoom.

I said a zoom clicka zoom.

I said a zoom clicka Smile Watch the Birdie clicka zoom.

End of the World Style:

I said a Doom Chicka Doom.

I said a Doom Chicka Doom.

I said a Doom Chicka *Huge Explosion Noise* Chicka *Huge Explosion Noise* Chicka Doom.

Homie Style:

I said a grill shiny grill

I said a bling chicka bling

I said a Honda Civic rims a-spinnin' on my Limousine

Fonzie Style:

I said a vroom chicka vroom

I said a vroom chicka vroom

I said a vroom chicka aaaaaaye chicka aaaaaaye chicka vroom

Thunderstorm Style:

I said a boom crasha boom

I said a boom crasha boom

I said a boom crasha flasha crasha flasha crasha boom

Space Style:

I said a space chicka space

I said a space chicka space

I said there's a Pluto there's a Mars there's the Earth and there's the stars

Surfer Style:

I said a dude chicka dude
I said a dude chicka dude
I said a dude chicka wipe out chicka WHOA chicka dude

Conservation Style:

I said a tree hug a tree
I said a tree hug a tree
I said save the whales, save the gas, save the water, hug a tree

Librarian Style:

I said a book read a book
I said a book read a book
I said a book choose a novel, keep it quiet, read a book

Bee Style:

I said a Bzzzz chicka Bzzzz
I said a Bzzzz chicka Bzzzz
I said a Bzzzz flower nectar pollen honey chicka Bzzzz

Fire Style:

I said a OUCH chicka OUCH
I said a OUCH chicka OUCH
I said a OUCH burnt my finger in the fire Chicka OUCH

Speeder Style:

I said a Vroom Squeela Vroom
I said a Vroom Squeela Vroom
I said a Vroom Theres a Coppa Betta Stoppa Chicka Vroom

Cellphone Style:

I said a call me on my cell
I said a call me on my cell
I said a call me, text me, call me, text me, call me on my cell

Star Wars Style:

I said a zoom chicka zoom
I said a zoom chicka zoom
I said a Luke I am your father Join the Dark Side chicka zoom.

There are other **Styles** to say the normal lyrics rather than making up other words:

Baby style

Grandpa style - with lips wrapped over teeth

Frankenstein style

Opera Singer

Underwater - wiggle finger over lips

Find more Scouting Resources at www.BoyScoutTrail.com

God Bless My Underwear Song

The Tune: (God Bless America)



Lyrics:

God bless my underwear, my only pair.
Stand beside them, and guide them,
Through the rips, through the holes, through the tears.
From the washer, to the dryer, to my backpack, to my rear.
God bless my underwear, my only pair.
God bless my underwear, or I'll be bare.

God bless my underwear
That I wear down there.
I outgrow them, then throw them,
Those who wear them will never be square
When the bully, gives a wedgie
Pray that they won't ever tear
God bless my underwear, my only pair.
God bless my underwear, or I'll need to share.

Find more Scouting Resources at www.BoyScoutTrail.com

Star Spangled Banner Song

Lyrics:

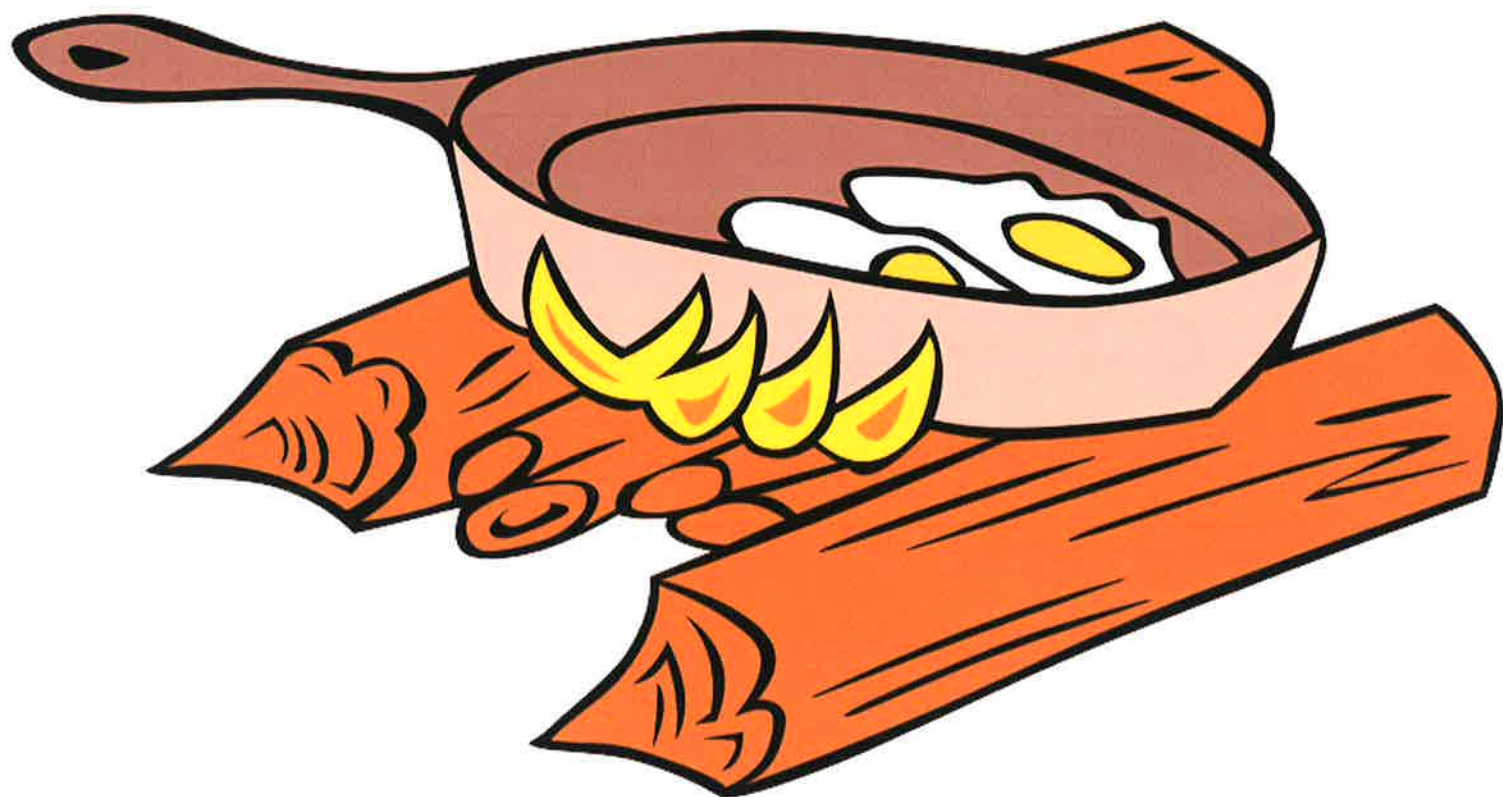
Oh, say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
O say, does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?

On the shore dimly seen through the mists of the deep,
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In full glory reflected, now shines on the stream:
'Tis the star-spangled banner: O, long may it wave
O'er the land of the free and the home of the brave!

And where is that band who so vauntingly swore
That the havoc of war and the battle's confusion
A home and a country should leave us no more?
Their blood has washed out their foul footsteps' pollution.
No refuge could save the hireling and slave
From the terror of flight or the gloom of the grave:
And the star-spangled banner in triumph doth wave
O'er the land of the free and the home of the brave.

O, thus be it ever when freemen shall stand,
Between their loved homes and the war's desolation;
Blest with vict'ry and peace, may the heaven-rescued land
Praise the Power that hath made and preserved us as a nation!
Then conquer we must, when our cause is just,
And this be our motto: "In God is our trust"
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave!

Find more Scouting Resources at www.BoyScoutTrail.com



Measure skillets and baking pans across the top on the inside of the pan, not from the outer edge or on the bottom. For baking pans and muffin tins, the size is always specified within the recipe. Unless otherwise indicated, use light-colored metal baking pans; dark metal (and non-stick) pans tend to brown baked goods

faster, which may affect the cooking time. If you use a dark-colored pan, reduce the oven temperature by 25 degrees and begin checking for doneness earlier than the recommended cooking time. These are the sizes and capacities of the pots and pans used in the recipes in this book. All are standard and easy to find.

SMALL SKILLET	6 TO 7 INCHES
MEDIUM SKILLET	8 INCHES
LARGE SKILLET	10 TO 12 INCHES
SMALL SAUCEPAN	2 QUARTS
MEDIUM SAUCEPAN	3 QUARTS
LARGE SAUCEPAN	4 TO 5 QUARTS
DUTCH OVEN	5 QUARTS

HOW TO PREPARE A GRILL

Always start with a clean grill. Use a stiff wire brush to sweep the grates, and then wipe away any residue with an oiled cloth or paper towel. It's much easier to remove stuck-on bits from a warm grill, so get in the habit of cleaning the grates after each use, once they've cooled slightly. Prevent food from sticking to the grill by lightly oiling the grates. The best time to do this is just before placing the food on the grill; otherwise, the oil may burn off.

To coat hot grates, dab a kitchen cloth with oil, and hold the cloth with long-handled tongs while rubbing the grates. An easy way to determine the temperature of a charcoal grill is to see how long you can comfortably hold the palm of our hand about 4 inches above the grate: 6 to 8 seconds for medium, 4 to 5 seconds for medium-high, and 2 to 3 seconds for high.

1 TABLESPOON	3 TEASPOONS
2 TABLESPOONS	1 FLUID OUNCE; $\frac{1}{8}$ CUP
$\frac{1}{4}$ CUP	4 TABLESPOONS
$\frac{1}{2}$ CUP	5 TABLESPOONS PLUS 1 TEASPOON
$\frac{3}{4}$ CUP	8 TABLESPOONS
1 CUP	12 TABLESPOONS
1 PINT	8 FLUID OUNCES
1 QUART	2 CUPS
1 GALLON	4 CUPS

INGREDIENTS

- When a recipe calls for milk, use whole milk unless otherwise stated (the same is true for all dairy products, including yogurt, sour cream, and cream cheese).
- Sugar is granulated unless another type is specified (such as confectioners').

- Recipes generally call for coarse salt (large-grain salt, such as kosher salt), except in baking recipes, where table salt is often used.
- Butter is always unsalted; it is especially important not to substitute salted butter in baking recipes.

MEASURING

Measure dry and semisolid ingredients in dry-measure cups (usually metal), and level off using the straight edge of a knife. Measure liquids in a liquid-measure cup (glass or plastic) so you can read measurements at eye level. To measure flour,

spoon it into a dry-measure cup (don't dip the cup into the flour), and level off with a straight edge. (Don't pack or tap cup to make level.) Unless it is specified in the recipe, you don't need to sift. If necessary, you can break up any lumps with a whisk.

BASIC RECIPES

BASIC PIZZA DOUGH

- 1½ cups warm water (115°F)
- 2 packets (¼ ounce each) active dry yeast
- ¼ cup olive oil, plus more for brushing
- 2 tablespoons sugar
- 2 teaspoons coarse salt
- 4 cups all-purpose flour, plus more for dusting

1 Place the warm water in a large bowl; sprinkle with yeast. Let stand until foamy, about 5 minutes. Brush another large bowl with oil.

2 Whisk sugar, oil, and salt into yeast mixture, then stir in flour with a wooden spoon until a sticky dough forms. Transfer to oiled bowl; brush top of dough with oil. Cover bowl with oiled plastic wrap; let stand in a warm spot until dough doubles in size, about 1 hour.

3 Turn out dough onto a well-floured surface. With floured hands, knead until smooth, about 15 seconds; divide into two equal balls. To freeze dough, set balls on a plate (they should not touch); freeze until firm, about 1 hour. Then freeze in a labeled resealable plastic bag up to 3 months. Thaw overnight in the refrigerator.

MAKES TWO 1-POUND BALLS

VARIATION

To make whole-wheat dough, replace 2 cups all-purpose flour with 2 cups whole-wheat flour.

BASIC TOMATO SAUCE

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 cans (28 ounces each) whole peeled tomatoes
- ¼ teaspoon dried oregano
- Coarse salt and freshly ground pepper

In a saucepan, heat oil over medium. Cook onion and garlic, stirring frequently, until translucent, 2 to 4 minutes. Add tomatoes with their juice and the oregano. Simmer, stirring occasionally and breaking up tomatoes with the spoon, until thickened, 20 to 30 minutes. Season with salt and pepper. Sauce can be refrigerated up to 4 days or frozen up to 3 months; let cool completely before storing in airtight containers.

MAKES 6 CUPS

BASIC PIE DOUGH

- 1½ cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ cup (1 stick) cold unsalted butter, cut into pieces
- 2 to 4 tablespoons ice water

1 In a food processor, briefly pulse flour, salt, and sugar to combine. Add butter; pulse until mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Add 2 tablespoons ice water. Pulse until dough is crumbly but holds together when squeezed (if necessary, add up to 2 tablespoons more water, 1 tablespoon at a time). Do not overmix.

2 Turn out dough onto a large piece of plastic wrap. Fold plastic over dough; press to shape into a 1-inch-thick disk. Wrap in plastic. Refrigerate until firm, at least 1 hour (or up to 3 days), or freeze up to 3 months; thaw overnight in the refrigerator before using. **MAKES ONE 9-INCH CRUST**

CORNBREAD

- 3 tablespoons unsalted butter, melted, plus more for pan
- ¾ cup yellow cornmeal
- ¾ cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking soda
- 2 teaspoons salt
- 1 large egg
- 1¼ cups buttermilk

1 Preheat oven to 425°F. Brush bottom and sides of an 8-inch cast-iron skillet or square baking pan with butter.

2 Whisk together cornmeal, flour, sugar, baking soda, and salt. In another bowl, whisk together egg and buttermilk; whisk in the butter. Stir cornmeal mixture into buttermilk mixture just until moistened (do not overmix).

3 Spread batter in prepared pan; bake until golden and a cake tester inserted into the center comes out clean, 15 to 20 minutes. Let cool in pan at least 15 minutes before cutting into wedges or squares. **SERVES 6**

Dutch Oven Pizza Recipe

This Recipe is meant for Boy Scouts.

Ingredients:

- 1 box Pizza dough mix
- 1 can pizza sauce
- 1/2lb mozzarella cheese
- 1/2lb pepperoni
- 1 aluminum pie tin

Notes:

main course

Instructions:

Prepare the pizza dough per mix directions.
Spread dough inside pie tin and up the sides.
Top with sauce, cheese, pepperoni.
Place 4 pebbles or wads of aluminum foil in dutch oven to raise pie tin off bottom.
Set pizza in dutch oven.
Bake at 375 degrees for about 20 minutes.

Serves 2 or 3.



All dutch oven recipes use a 12-inch dutch oven, unless specified. If you have a 10-inch dutch oven, use about 2/3 to 3/4 of the ingredient amounts but keep the temperature and time about the same.

If no temperature is listed, use 350 degrees.

See [Heat Settings](#) page for temperature and coal placement for *Frying, Stewing, Roasting, Baking, and Simmering*.

Let me know how you enjoyed your Dutch Oven Pizza!
Send a photo of your meal so I can add it here.

BOSTON BAKED BEANS

SERVES 6 ■ PREP TIME: 10 MINUTES ■ TOTAL TIME: 1 HOUR 20 MINUTES

- ½ cup unsulfured molasses
- ½ cup ketchup
- ¼ cup Dijon mustard
- 3 cans (15½ ounces each) navy beans,
drained and rinsed
Coarse salt and freshly ground
pepper
- 1 large onion, halved lengthwise and
sliced ¼ inch thick
- 4 slices bacon (4 ounces), halved
crosswise

1 Preheat oven to 375°F. Combine molasses, ketchup, and mustard. Add beans, and season with salt and pepper; mix to combine.

2 Transfer to a 2- to 3-quart covered baking dish. Scatter sliced onion over beans; lay bacon slices on top, in a single layer.

3 Cover dish, and bake 30 minutes. Uncover; cook until bacon is crisp, 30 to 40 minutes more. Let cool 5 minutes, and stir well before serving.

ABOUT MOLASSES

Molasses is the syrup left over after sugar crystals are extracted from the juice of sugar cane or sugar beets. Sometimes sulfur is used in the refining process, which can alter the flavor. Unsulfured molasses tends to have a cleaner flavor and is generally lighter in color.

Summer food safety tips

1. Preparation is key

While preparing for your BBQ or picnic make sure you have the proper equipment. You want to have a few different coolers along with plenty of ice (block ice is best because it melts slower). Place serving utensils with each item and have plenty of plates and napkins available so your guests don't use their hands (touching food can transmit bacteria). Bring hand sanitizer and make sure everyone washes their hands before they eat.

2. Prevent cross-contamination

When packing the cooler, wrap each food item securely and separately. You don't want meat touching cheese or raw food coming in contact with cooked foods or produce. And when cooking, use separate plates and utensils for raw and cooked foods.

3. Keep cold food cold

One of the biggest culprits of foodborne bacteria is perishable food that becomes warm. Keep dishes containing mayonnaise, eggs, cheese, meats, or fish in the refrigerator or cold on ice until ready to serve. To keep food cold while serving, you can place bowls filled with the food in larger bowls that are filled with ice. Also, when transporting the food, keep it in the air-conditioned car instead of the hot trunk.

4. Keep food covered

While you are eating, keep food that is out on the table covered. This will keep bugs or debris from contaminating it.

5. Wash all produce

Produce that has not been properly washed can cause a foodborne illness. Wash all produce; even produce that has a peel or skin that you can remove. Before you pack washed produce, be sure to pat it dry thoroughly. Moisture is a host for bacteria.

6. Cook food well done

To minimize foodborne illness from meats, cook them medium well to well done. To be extra safe, use a meat thermometer to check doneness.

7. Leave the leftovers

Discard any cold food that has been in the heat for more than two hours, even if doesn't feel particularly warm. Additionally, hot foods that have been left out for two hours should also be tossed.

YOU DONE?



RARE*
125°F + rest 3 minutes

MEDIUM-RARE*
130-135°F

MEDIUM*
135-140°F

MEDIUM-WELL
140-150°F

WELL-DONE
155°F +

GROUND BEEF
160°F

*The USDA recommends cooking whole cuts of beef to an internal temperature of 145°F and letting rest for 3 minutes.