

"BE PREPARED EDITION"

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Prepared. For Life.[®]

SCOUT MOTTO

"Be Prepared!" That's the motto of the Boy Scouts.

"Be prepared for what?" someone asked Robert Baden-Powell, the founder of Scouting.

He famously replied, "Why, for any old thing."

An early certificate included "Be Prepared" on the badge next to the Scout pledge in Baden-Powell's handwriting:



1914 English Scout Certificate

For Scouts today, "any old thing" can include first aid emergencies close to home and also deep in the backcountry. Being prepared for challenges requires more training and experience than it did a century ago.



Something that has not changed, though, is the value of approaching every task with a cheerful attitude.

BE CHEERFUL



Along with the motto, Baden-Powell also wrote the original nine Scout Laws for British Scouts. The eighth one, penned in 1908, was this:

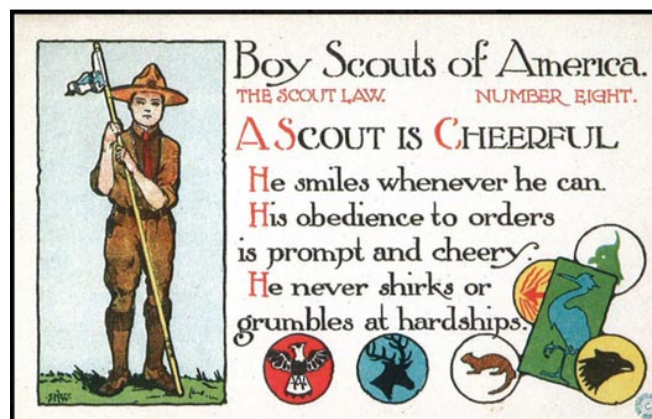
A SCOUT SMILES AND WHISTLES UNDER ALL CIRCUMSTANCES

His idea was that an optimistic attitude, regardless of the circumstances or hardships, could make everything better.

Two years later, the Boy Scouts of America published the twelve points of the Scout Law. Here's how the BSA presented the eighth law:

A SCOUT IS CHEERFUL

There was no mention of whistling, but the message of a positive attitude reflected Baden-Powell's intent.



A Scout Law postcard produced in 1913
by the Henry Heining Company

Being cheerful has been emphasized in everything from the Law to council shoulder patches, including this one from the Cape Cod & Islands Council.



Artist Norman Rockwell made a series of sketches illustrating the twelve points of the Scout Law. In 1972, the Franklin Mint cast them in silver as a set of collector coins called *The Spirit of Scouting*.



**Norman Rockwell sketch –
*Cheerful***



***Cheerful* in The Spirit of
Scouting Coin Set**

A similar series of silver coins is available today from ScoutStuff.org. They are inspired by the Trail to the Campfire ceremony where Scouts stand guard near signs highlighting each point of the Scout Law. The limited-edition commemorative collection from Northwest Territorial Mint includes a coin for "A Scout is Cheerful."



WHISTLE

The BSA Scout Law say nothing about whistling, though having a good whistle in your pocket can be a lifesaver for summoning help in the outdoors. The first Boy Scout Handbook also urged troop leaders to use a whistle to signal commands to their patrols. An advertisement in that manual offered an official whistles for sale at a dime each - about \$2.35 in today's money.



Whistle Advertisement – 1911
Boy Scout Handbook

Whistles in a variety of shapes have carried the BSA emblem through the decades. Early versions were made of brass, while others were plated with nickel. Many are prized today by collectors of Scouting memorabilia.



Vintage Boy Scout Whistles

Modern Scout whistles, available from ScoutStuff.org, will make plenty of noise when noise is necessary. Three sharp blasts on a whistle, repeated at regular intervals, will signal that someone is in need of assistance.



Fox 40 Classic Whistle



Boy Scout Rescue Whistle



Cub Scout Rescue Whistle

BE PREPARED WITH FIRST AID

From a Tenderfoot Scout showing how to deal with simple cuts and scrapes to the First Aid merit badge requirement to demonstrate proper procedures for treating suspected injuries to the head, neck, and back, first aid is a thread running through much of BSA's advancement program.

Many Scouts have opportunities to practice emergency situations made more real with wound makeup and fake blood.



Robert Birkby photo

A volunteer "victim" brings realism to a first aid exercise

Ranks that have first aid requirements:



Tenderfoot



Second Class



First Class

The First Aid merit badge is required for the rank of Eagle. It can also be earned by Scouts working on Star and Life rank advancement.



WILDERNESS FIRST AID

Much BSA first aid training emphasizes stabilizing someone who has suffered an injury or illness, summoning help, and then keeping the person as safe as possible until medical assistance arrives, often within a few minutes.

As groups extend adventures into the backcountry, trained help could be hours or even days away. Wilderness First Aid offers skills for dealing with illnesses and injuries suffered far from a road.



Robert Birkby photo

Wilderness first aid training is ideal for groups going into the backcountry

Scouting defines Wilderness First Aid as:

"The assessment of and treatment given to an ill or injured person in a remote environment where definitive care by a physician and/or rapid transport is not readily available."

The BSA encourages adult leaders and older youth to prepare for the challenges of first aid in the backcountry by becoming certified in Wilderness First Aid (WFA). Check with your local council to learn about training opportunities in your community.



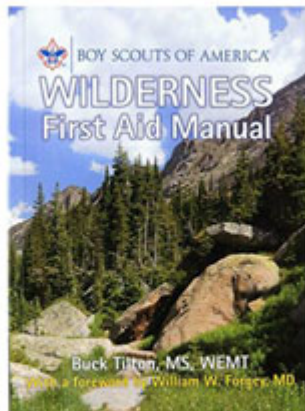
Robert Birkby photo

Students in a Wilderness First Aid course practice for remote emergencies

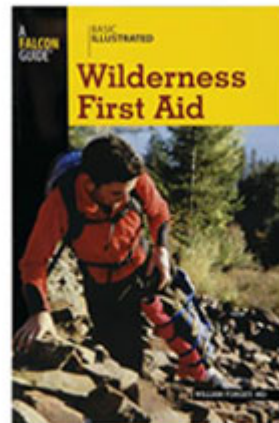
FIRST AID LITERATURE

The BSA's *Wilderness First Aid Manual* by nationally-recognized expert Buck Tilton is a terrific resource for refreshing your memory after taking a Wilderness First Aid course. Another fine book is *Wilderness*

First Aid by long-time Scouter Dr. William Forgey. Both books are available from ScoutStuff.org.



BSA's Wilderness First Aid Manual



Wilderness First Aid

FIRST AID KITS

The knowledge in your head is by far your most important resource for seeing you through an emergency. What's in a first aid kit in your pack can help you put that knowledge to the best of use.

BSA first aid kits have always been loaded with bandages, medicines, and other items for coping with injury and illness. This one is from the 1930s included mercurochrome to kill germs, poison ivy lotion, and a burn ointment:



1930s BSA First Aid Kit

ScoutStuff.org offers several up-to-date first aid kits. The one for individuals conforms to the Boy Scout Handbook's suggestions for items each Scout should carry. The other, designed for troops, has additional items to extend a care giver's options.



Scout First Aid Kit



Troop First Aid Kit

FINAL WORD

First aid training is an important part of being prepared. With it, you'll have the confidence to act when something must be done.

Add a positive attitude and the belief that things will turn out well, and you can bring your best to any emergency. And though it isn't essential, it might not hurt to whistle now and then along the way.



(This edition of the *Be Prepared Newsletter* was developed and written by Robert Birkby, author of the current editions of the *Boy Scout Handbook*, *Fieldbook* and *Eagle Scouts: A Centennial History*.)