

# **Scout Level 1**

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A Curriculum for Foundational Outdoor and Survival  
Skills Amidst an Ever-Changing 21st Century

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# Introduction

## **On the threshold of resilience and resourcefulness**

If you are keen on pursuing the enhancement of your outdoor and survival skillset, you are in the right place. This program is designed to accommodate all ages, proficiency levels and to be inclusive of all members of any community in developing foundational knowledge for survival in austere conditions.

## **Affinity Groups**

It is recommended that these skills be learned within a group of two or more people. Group cohesion yields strength, providing mutual support and shared knowledge. However, group formation may require extended time. If participation is not immediately available, pursue self-directed instruction and training to optimal capacity. It is suggested that completion of these objectives be reviewed by a subject matter expert in outdoor operations or group leader for certification.

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# The 21st Century Scout

In this booklet, we use the term "scout" to describe both the adventurer and the survivalist because it perfectly encapsulates the essence of preparedness, agility, and foresight that defines both realms. A scout is traditionally known as someone who explores unknown territory to gather information, often leading the way for others. Similarly, whether you're traversing untamed landscapes for the sheer thrill of it or honing your skills to ensure survival in a world that can change in the blink of an eye, you embody the scout's spirit. Scouts are resourceful, adaptable, and ever-vigilant, qualities that are indispensable whether you're enjoying the tranquility of nature or navigating its unexpected challenges. By adopting the scout mindset, one is always learning, always ready, and always respectful of the powerful forces of the natural world — making it the ideal moniker for those who do not just passively venture into the world but actively engage with it, prepared for whatever it may offer or demand in return.

The curriculum for Scout Level 1 are encompassed in the objectives laid out on the following pages. Always be ready my friends!

*Justin McAfee*

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# Curriculum, Scout Level 1

## Foundational competencies in field operations.

Objective	Completed?
Draft and present an operational plan for a one-night field exercise. Incorporate an equipment manifest, attire, sustenance, and mission timeline, inclusive of grid coordinates and reconnaissance summary. (See example in Appendix 1.)	
Articulate proper methods for camp site selection.	
Present operational attire and gear designated for overnight field exercise, presenting proper packing and carrying procedures.	
Conduct a minimum one-night field exercise. Conduct operations for shelter deployment, encompassing the application of requisite knots and anchorage on a ground position you've prepped.	
Articulate process for safe ambulatory navigation, adjacent to vehicular thoroughfares and cross-terrain, during diurnal and nocturnal timeframes.	
Exhibit proficiency in the manipulation and tactical application of a compass and map.	
Execute standard operating procedures for scenarios involving positional uncertainty.	
Demonstrate adherence to prescribed sanitary regulations within operational environments.	

# Curriculum, Scout Level 1

## First Aid and Safety

Objective	Completed?
Recon and catalog regional toxic flora, potential hostile fauna, and hazardous conditions to ensure area-specific safety protocols.	
Present field medical kit and operational protocols for the ensuing medical contingencies:  <i>Nasal hemorrhage</i> <i>Friction lesions (blisters) on hands and feet</i> <i>Incisions and abrasions</i> <i>Superficial thermal injuries</i> <i>Venomous arthropod punctures</i> <i>Toxic flora contact</i> <i>Viper envenomation</i> <i>Choking</i> <i>Asphyxiation</i>	

## Physical Fitness

Objective	Completed?
Develop and present a physical conditioning plan encompassing cardiovascular and whole body strength and endurance training. Document exercise engagements and demonstrate performance enhancement over a 30-day operational period.	

# Curriculum, Scout Level 1

## Unit Development

Objective	Completed?
Identify or create a unit name, flag, call, and oath. Consider incorporating bioregional elements.	
Identify or create a set of principles and a mission statement for your scout program. Consider incorporating bioregional elements.	
Approach two people in your circle of friends or community who might be interested in learning these skills and/or creating an affinity group.	
Teach at least one of the principles from Scout Level 1 to another person.	

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**"A goal is not always  
meant to be reached,  
it often serves  
simply as something  
to aim at."**

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**Bruce Lee**



# Learn These Skills

All the knowledge to complete this curriculum are just a click away. Join the @McAfee Substack and find new content addressing each of these foundational skills every week.

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# Appendix

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Sample Operational Plan

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# Sample Operation Plan

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## Objective

Execute a 24-hour field deployment designed to sharpen essential bushcraft, reconnaissance, and survival competencies within an austere operational theater.

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## Timeline:

### Day 1

**0600:** Convene for directive briefing.

**0630:** Commence strategic departure from Base Camp to Initial Ingress Point at Grid ZA23-009, initiating the process of safe ambulatory navigation, particularly adjacent to vehicular thoroughfares and cross-terrain.

**0730-1200:** Execute navigational exercises through waypoints Alpha through Echo (Grids ZA23-015 to ZA24-006), exhibiting proficiency in the manipulation and tactical application of compass and topographic map, alongside standard operating procedures for scenarios involving positional uncertainty.

**1200-1300:** Midday nourishment at waypoint Echo, followed by practical demonstrations and applications in the selection of an optimal site for provisional encampment; initiate construction for rest and materiel reassessment

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**1300-1600:** Engage in intelligence-gathering assignments, with a focus on the recognition of preordained landmarks and environmental constituents within the adjacent sectors (Grids ZA24-007 to ZA25-001).

**1600-1800:** Establish security perimeter and execute operations for shelter deployment at Night Camp located at Grid ZA24-001, encompassing the application of requisite knots and anchorage on the prepped ground position.

**1800-1900:** Allocation of time for evening ration preparation and individual sanitary needs, ensuring adherence to prescribed sanitary regulations within the operational environment.

**1900-2200:** Commence nocturnal navigation exercises and survival technique applications around the Night Camp area, continuing to articulate the process for safe ambulatory navigation during nocturnal timeframes.

**2200:** Enact commencement of the nocturnal rest phase, marking the conclusion of Day 1's strategic activities.

## **Day 2**

**0530-0600:** Dawn reveille followed by the systematic disassembly of the encampment post brisk sustenance consumption, ensuring the maintenance of the operational area's integrity per the leave-no-trace principles.

**0600-0730:** Collective recapitulation of the prior diurnal activities, extraction of knowledge, and shared experiences, with a particular focus on challenges encountered and the efficacy of navigational tactics and camp setup strategies.

**0730-0900:** Orderly reconvening at Base Camp from the Night Camp locale, utilizing safe ambulatory navigation principles.

**0900:** Formal culmination of the exercise, followed by a comprehensive debrief, and meticulous after-action scrutiny at Base Camp, including feedback on the adherence to sanitary regulations and procedures during the exercise.

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## Equipment Manifest:

1. **Navigation:** Topographic map, compass, GPS device (with extra batteries).
2. **Shelter:** One-person tent, sleeping bag, waterproof bivvy, ground mat.
3. **Clothing:** Weather-appropriate layered clothing, including moisture-wicking base layers, insulating mid-layers, waterproof outer layer, hat, durable gloves, and boots. Extra socks and a change of base layers.
4. **Food and Water:** Rations for 36 hours (MREs or equivalent), portable water purification system, water bladder or canteen, compact cooking stove, and utensils.
5. **Tools:** Multi-tool, fixed-blade knife, folding saw, 50 feet of paracord.
6. **Communication:** Radio with earpiece (frequency to be set at briefing), backup whistle, signal mirror.
7. **Lighting:** Headlamp with red-light capability, backup flashlight, extra batteries.
8. **First-Aid:** Personal first-aid kit, including blister treatment, personal medication.
9. **Miscellaneous:** Notepad and pencil, waterproof bag or container for electronic devices, personal identification, and mission orders.

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## Sustenance Plan:

- **Day 1 Lunch:** MRE or high-energy, non-perishable food items; refill water containers and treat with purification system as needed.
- **Day 1 Dinner:** Heated meal using compact stove; hot drink recommended to maintain body heat through the night.
- **Day 2 Breakfast:** Quick, high-energy foods for efficient break of camp and return journey.

**Hydration strategy:** Continuous, small amounts, regular monitoring of personal water supplies, and use of purification system from natural sources as needed.

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## **Reconnaissance Summary:**

The forthcoming operation is set in a diversified terrain, incorporating forested expanses, several diminutive clearings, and mild altitudinal variations. Anticipated challenges include irregular terrain, obstructive vegetation, and scarce natural hydration sources.

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## **Principal objectives comprise:**

1. Articulating proper methodologies for campsite selection within the multifaceted environment, focusing on security, environmental impact, and access to resources.
2. Conducting detailed operations for shelter establishment, including the practical application of necessary knots and secure anchorage methods, utilizing the natural environment effectively while leaving minimal impact.
3. Elucidating processes for safe ambulatory navigation, both adjacent to vehicular thoroughfares and across varied terrains, ensuring team members are equipped for movement during diurnal and nocturnal phases, utilizing natural and technical navigation aids.
4. Exhibiting individual and collective proficiency in the tactical manipulation of navigation tools, including compasses and maps, enhancing the unit's terrain negotiation capabilities under diverse operational circumstances.
5. Implementing standard operating procedures in scenarios of positional uncertainty, emphasizing the mental and technical preparedness to reorient swiftly and effectively amidst potential environmental or situational ambiguities.
6. Demonstrating strict adherence to prescribed sanitary regulations within the operational environments, ensuring personal hygiene and environmental conservation are maintained, thereby preserving mission integrity and minimizing health risks.

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Secondary objectives encompass the recognition and documentation of natural landmarks per briefing specifics, collation of relevant environmental data (flora and fauna observations, indications of wildlife presence), and assessment of potential natural shelter sites and hydration sources.

All reconnaissance activities are to be meticulously documented, utilizing provided notepads for written observations and cameras for visual records (daylight operations only, avoiding flash to maintain light discipline), compiled for thorough debriefing and after-action analysis.

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Note: The entirety of the operation emphasizes a leave-no-trace ethic, strict noise discipline, and unwavering compliance with established safety protocols and emergency contingencies. Persistent communication loops with Base Camp will be sustained, with mandatory check-ins every 2 hours or as dictated in the definitive briefing.