Ranger Handbook

Smoky Trail Rangers

English · DRAFT Oct 2026

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Chapter 1: Water

> **Lily:** "Looks clean? Could still have germs. Boil it first!"

Water keeps us alive, but water that looks clear can still carry tiny germs that make tummies sick. Rangers learn to make water safe, keep it safe, and keep their hands clean.

What Rangers know

- **Germs are invisible.** Clear water is not always safe water.
- **Pick the best water you can find.** Running water or a tap from helpers is better than still, green or smelly water. Never drink from a bottle that once held fuel or chemicals.
- **Settle and strain.** Let muddy water sit so the dirt sinks, then pour it through a clean cloth. The cloth takes out dirt, **not** germs (EP04 "Cloth Is Not Enough").
- **Boil: a grown-up's job.** A grown-up brings the water to a big rolling boil and keeps it there for about one minute (longer high in the mountains). Rangers stand one step back and count the bubbles out loud. Let it cool with the lid on.
- **Sun bottles (SODIS).** A clean, clear plastic bottle of clear water lies in full sun for 6 hours, or 2 days if it is cloudy. It only works with clear water and clear bottles.
- **Catch the rain.** With a grown-up, catch rain in a clean, covered container. Let the first rain wash

the roof, and keep the cloth and container clean (EP07, taught by Mr. Ezra).

- **Keep it safe.** Use a clean container with a lid, kept off the ground and in the shade. Pour; don't dip your cup or hand in. One container is for "drinking water only".
- **Clean hands.** Wash with soap and safe water before eating, before touching drinking water, and after the toilet. Scrub for as long as it takes to sing a short song.
- **Drink often.** Dry mouth, a headache or dark pee mean "drink and tell a grown-up".
- **Latrines and toilets.** Always use the latrine or toilet, never the open ground near water or tents. At night, go with a buddy and a light, and tell a grown-up if a toilet is broken, dark or unsafe. Wash hands after (Chapter 9).
- **Don't play in still, dirty water** (puddles, ditches, ponds). It can carry germs, and mosquitoes breed there.
- **Lots of watery poo is a "go now" sign** (Chapter 2).

Ranger checklist

- ☐ I use the latrine, and go with a buddy and a light at night.
- ☐ I don't play in still, dirty water.
- ☐ I can say why clear water may still have germs.
- ☐ I can show settle, strain, then grown-up boil, from one step back.
- ☐ I know a cloth takes out dirt but not germs.
- ☐ I can set up a sun bottle with a grown-up.
- ☐ I can point to our family's "drinking water only" container.
- ☐ I pour, I don't dip, and I keep the lid on.
- ☐ I wash my hands with soap at the right times.
- ☐ I know the thirsty signs.

Earn your badge (Clean Water 💧 · Safe Storage 🫙 · Water Hero ⭐ · Clean Hands)

Level	Clean Water	Safe Storage
❤️ Heart	Say: "Looks clean can still have	Say: "Lid on, pour, don't

Level	Clean Water	Safe Storage
	germs."	dip!"
🥉 Bronze	Show the steps from Card #001 or #002 with props, one step back from the fire.	Show washing the jug, lid on, and pouring.
🥈 Silver	Make safe water 3 times with a grown-up (the grown-up boils, or a sun bottle).	Keep a family jug clean, covered and labelled for a week.
🥇 Gold	Teach Card #001 to a younger child.	Make a picture sign for the water corner.
💎 Platinum	Help a grown-up run a water station for a group.	Help a group set up safe storage.
The **Water Hero** pack award comes when you hold the same level in both columns (EP05 quiz).		

Watch and learn

- EP01 Boil It First · Card #001

- EP02 Clean Bottle, Covered Water · Card #002 DIY Filter
- EP03 Sunlight Bottles · Card #003 Sun Bottle
- EP04 Cloth Is Not Enough · Card #004 Keep It Clean
- EP05 Wash Your Hands / Water Hero Check · Card #005
- EP06 Keep It Covered · Card #006
- EP07 Catch the Rain (guest teacher Mr. Ezra) · Card #007
- EP08 Sun Drops · Card #008
- Planned: Water Points and Latrines; Ranger Clean Hands; Clean Water, Clean Food
- Go Bag: the water bottle is item one in Card #GB1 "Ready by the Door".

Grown-up note

Boiling, chlorine or bleach, and any treatment tablets are adult-only. When local helpers give out treated water or tablets, use those first; follow the tablet packet. Boil for 1 minute, or **3 minutes above about 2,000 m (6,500 ft)**. **Bleach, if nothing else:** plain unscented household bleach (5–9% chlorine), about **2 drops per litre** (8 drops of 6% per US

gallon). Stir and wait **30 minutes**; it should smell slightly of chlorine. If the water is cloudy, settle and strain it first, then use double. Store bleach locked away from children. Sun bottles need clear water and clear PET bottles **no bigger than 2 L**, laid flat; very cloudy water must be settled and strained first. Sun bottles **don't work in steady rain**, so boil instead.

Fact-checked Oct 21, 2026, approved by David McKellips.

Chapter 2: Sick? Get Help Fast

> **Lily:** "Feeling bad? Don't wait. Tell a grown-up straight away!"

Rangers are not doctors. Our job is to **notice**, **tell a grown-up fast** and **help gently**. Dr. Hazel says the quickest helper is the one who speaks up.

What Rangers know

- **Danger signs: go to a helper now.** These signs in any child mean a grown-up takes them to a clinic straight away:
- breathing that is fast or hard work
- can't drink or keeps throwing up
- very sleepy or hard to wake
- a fit (shaking they can't stop)
- a high fever in a baby
- **Tummy trouble.** With runny poo, the body loses water. Sip safe water often, keep eating, and let a grown-up mix the special drink (ORS). Wash hands after the toilet.
- **Sleep under the net.** Where there are mosquitoes, sleep under a treated net every night, tucked in all round. Tell a grown-up about holes.
- **Rash plus fever.** Tell a grown-up, stay a little apart from babies, and let a health worker check.
- **Cool a burn.** Put the burn under cool, clean, running water for 20 minutes. No butter, oil,

toothpaste or ice. Tell a grown-up.

- **A small cut.** Wash it with clean water, cover it with something clean, and tell a grown-up. Only a grown-up opens the first-aid kit.
- **Too hot / too cold.**
- Too hot: red face, headache, dizzy. Go to shade, sip water, tell.
- Too cold: shivering, slow words. Put on dry layers, get a blanket, tell.
- **Calling for help.** Know how to find a grown-up and say: who is hurt, where you are, and what happened.

- **Medicine is a grown-up's job.** Never take or give medicine yourself.

- **Cholera and bad diarrhoea: go now.** Lots and lots of watery poo (sometimes like rice water), sunken eyes, very thirsty or very weak: a grown-up takes them to the health tent **straight away**, giving sips of ORS on the way. Clean water, clean hands and latrines stop it spreading.

- **Cough plus fast or hard breathing** (the chest pulls in, a noisy breath) in a child or baby is a

pneumonia danger sign: **go to the clinic now**. Keep babies warm.

- **Vaccines.** The clinic jabs and drops protect you from measles and other serious illnesses. When helpers call for vaccines, go with your grown-up. A little pinch, big protection.
- **Dengue and mosquitoes.** Mosquitoes that bite in the day breed in tiny pools of still water. With a grown-up, cover water containers, tip out water in old pots and tyres, and wear long sleeves. Fever with a bad headache, pain behind the eyes, a rash or bleeding gums: tell a grown-up and go to the clinic.
- **Too hot** signs are in Chapter 11.
- **Learn your local help number** with your grown-up, and where the nearest health tent is.

Ranger checklist

- ☐ I know lots of watery poo means go now.
- ☐ I know cough plus fast breathing means go now.
- ☐ I go for vaccines when helpers call.
- ☐ I help cover water and tip out puddles in pots, with a grown-up.
- ☐ I can name three danger signs.
- ☐ I tell a grown-up fast when someone feels very sick.
- ☐ I know the cool-water rule for burns (20 minutes).
- ☐ I can wash and cover a small cut, and then tell.
- ☐ I can say who, where and what when I ask for help.
- ☐ I sleep under the net, tucked in.
- ☐ I never touch medicine.

Earn your badge (Get Help Fast · First Aid; Badge_Matrix.csv)

Level	Get Help Fast (Health)	First Aid
❤️ Heart	Say: "Feeling bad? Tell a grown-up straight away."	Say: "Cool, clean, cover, tell."
🥉 Bronze	Point to the danger-sign pictures.	Show the burn rule and a small-cut cover with props.
🥈 Silver	Practise asking for help (who, where, what) with a grown-up.	Help a grown-up with a real small cut by fetching clean water and a cloth.
🥇 Gold	Help make the family's "where is the clinic" card.	Teach the burn rule to a friend.
💎 Platinum	Help a health worker's talk for a group, with a grown-up.	Join a real first-aid course for young people, with a grown-up.

Watch and learn

- Planned Health arc: Danger Signs: Go to the Clinic Now · Sleep Under the Net · Tummy Trouble · Helping With Baby · Hungry Signs and the Feeding Tent · Measles: Rash + Fever · Cool a Burn

- Planned First Aid arc: Wash a Small Cut · Call for Help · Too Hot / Too Cold (Dr. Hazel's kit)
- Produced: EP05 Wash Your Hands (#005)
- Go Bag #GB1: the contact card and safe pocket help helpers reach your family.

Grown-up note

These are recognise-and-refer messages, written in the spirit of IMCI-style danger signs and IFRC first-aid guidance. They are not a substitute for local health services. **Diarrhoea:** mix an ORS packet exactly as printed (usually 1 packet in 1 litre of safe water). If there is no packet, a home mix is **6 level teaspoons of sugar + ½ level teaspoon of salt in 1 litre of safe water**, given in small, frequent sips. Keep breastfeeding and keep feeding. Ask a health worker about **zinc for children**, which WHO recommends for 10–14 days (the health worker gives the dose). Have a medical reviewer check this chapter before it is used.

Fact-checked Oct 21, 2026, approved by David McKellips.

Chapter 3: Family & Safety

> **Lily:** "Nobody gets left behind! ¡Nadie se queda atrás!"

The Rangers' first rule is to stay together. Every Ranger knows their meeting place, carries their name card, and knows which grown-ups are safe helpers.

What Rangers know

- **Two meeting places.** Pick one close to home and one farther away. Say them out loud often.
- **Name card.** Carry a card with your name, your grown-up's name and a contact. A grown-up writes it, and it stays zipped in your safe pocket. Show it only to a helper.
- **Buddy system.** Everyone has a buddy. Head counts happen often, the way Lily counts the crew.
- **If we get separated:** stop, stay where you are, and look for an official helper, such as someone in a uniform at a help desk or a helper with a badge. Say your name and your grown-up's name.
- **Promises from strangers.** If someone offers rides, sweets, money or "come with me", say no, stay with your group, and tell your grown-up.
- **Your papers are yours.** Never give away or trade your name card or papers. A grown-up from your group handles them.

- **Go Bag (Card #GB1 "Ready by the Door").** A small, light bag packed with a grown-up and kept by the door: water, a snack, a light, a whistle, a warm layer, the safe pocket (photo, name card, contact) and a comfort toy. Lily's is small and pale yellow, Ricky's is bigger and dark green, and Sami's rides on her wheelchair.
- **Whistle:** three toots means "help, find me".

> **Lily:** "Pack it light, keep it right, ready by the door, day or night!"

- **Roads and trucks.** Walk on the side, facing traffic, away from the edge. Never play on roads or near parked or moving trucks; drivers can't see small people. Hold little hands. Stay far back when aid trucks arrive, until helpers say to come.
- **Crowds and food lines.** Stay with your grown-up and hold hands. If the crowd pushes, move to the side, not the middle. Know the meeting spot.
- **Aid is free.** No one is allowed to ask you for anything in return for food, water or kits

(Chapter 14).

- **Older Rangers (12+): family tracing.** If family are missing, a grown-up registers them with the official Red Cross / Red Crescent tracing service (Restoring Family Links), never through strangers or social media posts.

Ranger checklist

- ☐ I keep away from roads and trucks, and walk facing traffic.
- ☐ In a crowd I hold hands and move to the side.
- ☐ I can say both of our meeting places.
- ☐ My name card is in my safe pocket.
- ☐ I know who my buddy is.
- ☐ If I'm lost, I stop, stay and find a helper.
- ☐ I say no to strangers' promises and tell my grown-up.
- ☐ I never hand over my papers.
- ☐ My Go Bag is packed and a grown-up has checked it.
- ☐ I know the three-toot whistle.

Earn your badge (Stay Together & Get Help 🤝)

Level	Requirement
❤️ Heart	Say: "Stay with your buddy and your grown-up."
🥉 Bronze	Say your meeting spot and name your helpers.

Level	Requirement
🥈 Silver	Practise "lost? Stop, stay, find a helper" with a grown-up. Pack your Go Bag with a grown-up.
🥇 Gold	Help make the family's meeting-spot plan card.
💎 Platinum	Help a grown-up run a head-count drill for a group.

Watch and learn

- Opener "We Stay Together" (Card #000)
- Go Bag episode and reel (DRAFT), Card #GB1 "Ready by the Door"
- Planned Family arc: Our Meeting Place · My Name Card · If We Get Separated · Strangers Who Make Promises
- Planned camp episodes: Arriving and Registering · Crowd Safety · Never Trade Your Papers · Spot the Smuggler Lure

Grown-up note

Write contact cards yourself, and keep children's details off any public post. Family tracing services

exist through the Red Cross and Red Crescent; register a lost child with official helpers only.

Chapter 4: Danger Awareness

> **Lily:** "Stay on the path. See something strange? Stop, don't touch, go back, tell a grown-up!"

Some places can hide dangerous things that look like junk, toys or metal. Rangers don't need to know what those things are. They only need to know **what to do**.

What Rangers know

- **Stay on the path.** Walk only on paths that people use every day. Never take a shortcut through fields, bushes or broken places.
- **The four steps:** 1. **Stop.** Freeze where you are. 2. **Don't touch.** Don't pick it up, kick it, poke it, throw things at it or go closer. 3. **Go back.** Go back slowly and carefully, the same way you came. 4. **Tell a grown-up.** Say what you saw and where. Let the grown-up tell the people trained to deal with it.
- **"Something strange"** means anything you don't know: metal, wires, a shape in the ground, or a thing that looks out of place. When in doubt, it is strange.
- **Don't mark it yourself, and don't go back to show anyone.** Telling is enough.
- **Warning signs.** If you see signs, tape or painted stones a grown-up says mean danger, stay out.
- **Broken buildings.** Never go into damaged buildings or walls, and never play in rubble.

- **Loud sounds far away.** Go with your grown-up to the safest inside place, stay low, and stay together.
- **The Ranger hunt game is camp-only.** In the Scavenger Hunt game, Rangers look for **pictures** that a grown-up has hidden inside a safe, checked camp area. We never hunt for real objects anywhere else.
- **Booms nearby.** If there are loud booms close by: go inside to the strongest room, away from windows, get low, stay together and stay calm. Wait for your grown-up to say it's safe.

Ranger checklist

- ☐ I know: booms nearby means inside, away from windows, low, together.
- ☐ I can say the four steps in order.
- ☐ I stay on paths people use.
- ☐ I know "something strange" means anything I don't know.
- ☐ I don't mark it and I don't go back. I tell.
- ☐ I never go into broken buildings.
- ☐ I play the hunt game only inside camp, with pictures.

Earn your badge (Hazard Smart 🚫; the Danger Smart rows in Badge_Matrix.csv)

Level	Requirement
❤️ Heart	Say the rule: stay on the path; stop, don't touch, go back, tell.
🥉 Bronze	Say the rule and point to the four picture icons on Card #SH01.
🥈 Silver	Play "spot it from the path" with a grown-up, using **pictures only**, never real objects.
🥇 Gold	Teach the four steps to a younger child.

Level	Requirement
💎 Platinum	Only with a trained mine-risk educator, never kids alone.

Watch and learn

- EP15 Road Treasure Hunt · Card #015 (follows Mine_Risk_Check.md)
- Scavenger Hunt pilot (Glow Jar) · Card #SH01
- Recurring segment "Stop, Don't Touch, Go Back, Tell" (every episode's safety lock)
- Planned: EP18 Stop, Don't Touch, Go Back, Tell · Stay on the Path · Broken Buildings · Booms in the Night

Grown-up note

This chapter follows the core messages of international mine-risk education (IMAS 12.10). It shows **no images of real devices**, and it gives children only a behaviour rule, not identification skills. Report sightings to local authorities or a mine-action organisation. Please have a mine-action reviewer sign it off (see

Outreach/Mine_Risk_Review_Request.md, still a draft).

Chapter 5: Shelter & Warmth

> **Lily:** "Dress like an onion: layer by layer!"

Staying warm and dry keeps Rangers healthy. A good shelter spot is safe first and comfy second.

What Rangers know

- **Layers.** Thin layers trap warm air. Take one off before you get sweaty, and put it back on when you stop (EP09).
- **Dry is warm.** Wet clothes steal heat, so change into dry socks first. Keep one dry set in a bag (EP10).
- **More under you than on top.** The cold ground pulls heat away, so put a pad, cardboard or blanket underneath (EP11).
- **Hat, socks, mittens.** Keep your head, feet and fingers warm. Mittens are warmer than gloves.
- **Safe spot first.** Choose high, flat ground. Not a dry riverbed (water can rush in), not beside wobbly walls, under dead branches or near wires, and not beside roads.
- **Tarp with a grown-up.** A grown-up ties the tarp, sloped so rain runs off. Rangers hand over the rope and pegs (EP12).
- **Never fire or heaters inside.** Burning anything in a closed tent or room makes an invisible gas that hurts people.

- **Water rising? Climb up high.** Never walk, play or ride in flood water. Go uphill holding hands (EP13).
- **Power out.**
- Save the phone: airplane mode, dim screen, close apps (EP14).
- Use wind-up or sealed lights.
- Never touch wall wires or car batteries, and never open a battery.
- **Frostbite: warm it gently.** Numb, white or grey-yellow skin on fingers, toes, ears or nose? Tell a grown-up, get somewhere warm, and warm it with body heat (hands in armpits). **Don't rub it**, and don't hold it near a fire or heater.
- **Hot days too.** Find shade, sip water, wear a hat.
- **Fire in the shelter: get out, stay out.** Shout "Fire!", get out fast, crawl low under smoke, and go to the meeting spot. **Never go back in**, not for toys, pets or bags. If your clothes catch fire: **stop, drop and roll**, covering your face.
- **Drowning.** Water is a grown-up place. Never swim or play in rivers, wells, ponds, ditches or

flood water without a grown-up. If someone is in the water, **don't go in**: shout for help, and reach with a long stick or throw something that floats.

- **Carbon monoxide** stays a grown-up job: stoves, heaters and generators stay outside (see the grown-up note). If people feel a **headache, dizziness, sick tummy or very sleepy** near a stove or heater: everyone out into fresh air, and tell a grown-up straight away.

Ranger checklist

- ☐ I know: get out, stay out, crawl low, never go back in.
- ☐ I can show stop, drop and roll.
- ☐ I never play near water without a grown-up, and I know reach or throw, don't go.
- ☐ I can layer up and layer down.
- ☐ I keep a dry set and dry socks.
- ☐ I put more under me than on top.
- ☐ I can point to a safe spot and say why.
- ☐ I helped a grown-up with a tarp by handing over rope and pegs.
- ☐ I know: no fire or heaters inside.
- ☐ I know the flood rule: climb up high, stay out.
- ☐ I can save phone power.

Earn your badge (Warmth 🧣 · Shelter ⛺ · Flood Safety 🌊 · Power Out 🔦)

Level	Warmth	Shelter	Flood	Power Out
❤️ Hea	"Thin layers trap	"Safe spot first: high	"Water rising?	"Dim it down, plane mode

Level	Warmth	Shelter	Flood	Power Out
rt	warm air."	and flat."	Climb up high!"	on!"
🥉 Bronze	Show layering, dry socks, under > over.	Point out a safe spot vs. unsafe ones.	Show the way to high ground on a map.	Show airplane mode and say the battery rules.
🥈 Silver	One cold night: a padded bed and a dry set.	Hand rope and pegs to a grown-up tying a tarp.	Practise the uphill drill with a grown-up.	Watch the EP15 glow jar from one step back, then wash hands.
🥇 Gold	Check the family has hats, socks and dry sets.	Teach the safe-spot rules.	Help make the family flood card.	Make a family power-out box list.
💎 Platinum	Help plan warm sleeping for a group.	Help a group pick a shelter area.	Help run the drill for a group.	n/a

Watch and learn

EP09 Dress Like an Onion (#009) · EP10 Dry Is Warm (#010) · EP11 Off the Cold Ground (#011) · EP12 Tarp Roof With a Grown-Up (#012) · EP13 High Ground, Stay Out (#013) · EP14 Keep the Phone Alive (#014) · Planned: Off the Ground · No Fire Inside · Bedroll and Tarp · Safe Sleep Spot · Go Bag #GB1 (warm layer)

Grown-up note

Carbon-monoxide risk from stoves, braziers and generators in enclosed spaces is a leading winter danger. Keep all fuel-burning outside and ventilated, and away from children.

Fact-checked Oct 21, 2026, approved by David McKellips.

Chapter 6: Food

> **Lily:** "Keep it clean, keep it dry, share it fair!"

Food gives Rangers energy. Clean food, dry storage and fair sharing keep the whole crew strong.

What Rangers know

- **Five keys to safe food (our words):** keep hands and food clean, keep raw and cooked food apart, a grown-up cooks it all the way through, keep food at a safe temperature, and use safe water.
- **Staples that last.** Rice, beans, lentils, oats, flour, salt and oil keep for a long time. Grains plus beans together make a strong meal.
- **Keep dry food safe.** Sealed, dry, off the ground and away from bugs and mice.
- **Is it spoiled?** A bad smell, mould, or a can that bulges or leaks means don't eat it. Tell a grown-up and throw it away.
- **Ration and share.** Plan small portions so food lasts, and share fairly. Bring a little extra for someone new.
- **Food lines.** Wait patiently, keep the ration card safe and be polite.
- **Cooking is a grown-up's job.** Rangers help by washing, sorting and soaking beans, never at the fire.

- **Hungry signs.** Very thin arms, swollen feet or no energy means tell a grown-up; the health tent can help.
- **Nature's food is look, don't eat.** Never eat wild berries, mushrooms or plants unless a trusted grown-up says they are safe.

Ranger checklist

- ☐ I wash my hands before food.
- ☐ I can name three foods that last.
- ☐ I can spot spoiled food and tell.
- ☐ I keep dry food sealed and off the ground.
- ☐ I share fairly.
- ☐ I never eat wild plants unless a trusted grown-up says so.
- ☐ I stay away from the cooking fire.

Earn your badge (Food; Badge_Matrix.csv)

Level	Requirement
❤️ Heart	Say: "Keep it clean, keep it dry, share it fair."
🥉 Bronze	Sort pictures into "keeps long" and "eat soon"; show the spoiled-food signs.
🥈 Silver	Help a grown-up store dry food safely for a week.
🥇 Gold	Help plan fair portions for a family day.
💎 Platinum	Help a grown-up at a group meal: washing, serving, sharing.

Watch and learn

Planned Food arc: Staples That Last · Keep Dry Food Safe · Ration and Share · Cook With Less Fuel (⚠️ expert review) · Don't Waste Food · Is It Spoiled? · Clean Water, Clean Food · The Food Line · Go Bag #GB1 (snack that won't spoil)

Grown-up note

Follow local food-aid guidance. Pot-in-a-blanket ("retained heat") cooking is adult-only and still needs an expert review.

Chapter 7: Big Feelings

> **Lily:** "Big feelings are OK. Breathe slow, and tell someone you trust!"

Every Ranger sometimes feels scared, sad, cross or worried. That's normal. Brave Rangers notice their feelings and share them.

What Rangers know

- **Name it.** "I feel scared." "I feel sad." Naming a feeling makes it a little smaller.
- **Slow breathing.** Smell the flower (breathe in slowly), blow out the candle (breathe out slowly), five times. Bubbles work too.
- **Body helpers.** A hug, squeezing a soft ball, holding your comfort toy, stretching tall.
- **Talk to someone you trust.** That can be your grown-up, a teacher or a helper in a safe play space.
- **Three good things.** At bedtime, think of three good things from today.
- **Keep doing normal things.** Play, draw, sing, learn and help. Routines help hearts feel safe.
- **Kindness heals.** Welcome someone new and learn their hello. Friends can come from every side.

- **When to tell straight away:** if you can't sleep for many nights, don't want to eat or play, or someone hurts you or makes you feel unsafe.

- **Psychological first aid for kids: Look, Listen, Link. Look**: notice who seems sad, scared or alone. **Listen**: sit with them and let them talk if they want; don't push. **Link**: help them find a safe grown-up, a helper or the child-friendly space.

- **Grief and bad dreams.** Missing someone or something is normal; nightmares happen after hard things. Tell a grown-up, keep bedtime routines, and see the Ranger Grief Center pages.
- **When to get more help:** feelings that stay very big for weeks, not eating or sleeping, or thinking about hurting yourself. Tell a grown-up straight away.

Ranger checklist

- ☐ I know Look, Listen, Link.
- ☐ I know when to get more help.
- ☐ I can name three feelings.
- ☐ I can do five slow breaths.
- ☐ I know who I can talk to.
- ☐ I said three good things at bedtime.
- ☐ I did one kind thing for someone new.

Earn your badge (Strong Heart · Calm Heart 🌙 · Kindness Heart 💙 · Courage Star)

Level	Strong Heart / Calm Heart	Kindness Heart
❤️ Heart	Say: "Big feelings are OK."	n/a
🥉 Bronze	Do the slow breathing.	1 kind act a grown-up saw
🥈 Silver	Used it when upset.	3 kind acts
🥇 Gold	Helped a friend calm down.	Helped someone

Level	Strong Heart / Calm Heart	Kindness Heart
		new feel welcome
💎 Platinum	Help a grown-up lead a calm-down game for a group.	n/a
Character badges are given by a grown-up for deeds, never tested.		

Watch and learn

Planned: Big Feelings · Boredom and Sadness · New Friends, Many Cultures · Child-Friendly Spaces · Pace, Rest, Encourage · Bedtime Stories (the Calm Heart skills) · Go Bag #GB1 (comfort toy)

Grown-up note

Stay calm, listen, and give honest, simple answers. Keep routines going. Seek support from psychosocial services (child-friendly spaces) when a child's distress lasts or grows. Never press a child to retell bad events.

Chapter 8: Fix It

> **Lily:** "Fix it together, with a grown-up close!"

Rangers love to mend and make: a torn sleeve, a wobbly cart, a sign for the water corner. Eli fixes carts and Amara mends clothes. Every fix is done **with a grown-up**, using safe things from camp.

What Rangers know

- **Safe Scavenger rules.** Rangers use only clean, safe things a grown-up has checked: cardboard, cloth scraps, string, tape, plastic bottles, bottle caps.
- **Never take things from rubble, broken buildings or the ground outside camp.** Never pick up unknown metal, wires or anything strange. See Chapter 4: stop, don't touch, go back, tell.
- **Grown-up tools.** Knives, scissors with points, saws, needles, glue guns, fire and batteries are a grown-up's job. Rangers hold, hand over and tidy up.
- **Easy Ranger fixes:**
- Tie a broken shoelace.
- Tape a torn map.
- Braid cloth strips into a soft cord.
- Make a picture sign.
- Decorate a clean bottle as your own water bottle.

- **Balance a load.** On a cart or bike, heavy things go low and in the middle, with both sides even.
- **Wash hands after every fix.**
- **Fixing is sharing.** Teach a friend what you learned, and trade skills fairly (Kenji draws, Amara mends).
- **Helping hands for neighbours.** With a grown-up, check on older or sick neighbours: carry water, fix a tent peg, bring a message (Chapter 15).

Ranger checklist

- ☐ I helped an older or sick neighbour with a grown-up.
- ☐ I use only things a grown-up has checked.
- ☐ I never take things from rubble or touch unknown metal.
- ☐ I hand tools to a grown-up; I don't use sharp ones.
- ☐ I did one easy fix with a grown-up.
- ☐ I washed my hands afterwards.

Earn your badge (Helping Hands, character · Power Out link)

Level	Requirement
❤️ Heart	Say: "Fix it together, with a grown-up close."
🥉 Bronze	Sort pictures into "safe to use" and "grown-up only / never touch".
🥈 Silver	Do one easy fix with a grown-up.
🥇 Gold	Teach a friend one fix.
💎 Platinum	Help a grown-up run a mend-it table for a group.

Watch and learn

EP15 Road Treasure Hunt (#015) · Scavenger Hunt pilot, Glow Jar (#SH01; grown-up builds it, kids watch from one step back) · Planned: Bikes, Carts and Heavy Loads · Walking Staffs Are Tools · A Fair Trade · What Has Value?

Grown-up note

"Scavenger" here means camp-safe, adult-checked materials only. The glow-jar demo is adult-built. Its salt water is not for drinking, and everyone washes their hands afterwards.

Chapter 9: Keep Clean

> **Lily:** "My body, my wash, fresh and clean, that's my job!"

Keeping clean stops germs from making us sick, and it helps us feel good, even far from home. Rangers keep clean in camp and on the road, with just a little water and soap.

What Rangers know

- **Hands:** wet them, soap them, scrub the palms, the backs, between the fingers and under the nails for one short song, then rinse and shake dry. Wash before eating, before touching drinking water, after the toilet, after helping a little one and after coughing into your hands. With little water, a friend pours a thin stream; don't dip your hands in the drinking jug.
- **Face:** splash it with safe water every morning and evening, and gently wipe your eyes from the inside corner out with a clean cloth.
- **Teeth:** brush twice a day with a small dab of toothpaste and safe water. Brush top, bottom and all around. Keep your own toothbrush in a case, and never share it.
- **Underarms:** wash with a little soap and water, rinse and dry, especially after hot days or long walks.
- **Private parts: you wash your own private parts yourself, in private**, with a little water and soap, **front to back**, then rinse and dry. Clean underwear every day if you can.

- **Your body is yours.** No one should touch your private parts, or ask you to touch theirs, except a health worker or carer helping you stay healthy, with your grown-up there. If anyone makes you feel uncomfortable, **tell a grown-up you trust**, even if they told you to keep it secret.
- **Feet:** wash and dry them every day, especially between the toes. Change into dry socks, check for red or sore spots at rest stops, and tell a grown-up.
- **Clothes:** wash them in a basin away from the drinking water, and dry them in the sun. Never sleep in wet clothes. Keep one clean, dry set in a bag.
- **Hair:** comb it every day. Don't share combs or hats, and tell a grown-up if your head is itchy.
- **Cough and sneeze into your elbow**, or into a tissue that goes in the bin, then wash your hands.

Ranger checklist

- ☐ I wash my hands with soap at the five key moments.
- ☐ I wash my face morning and night.
- ☐ I brush my teeth twice a day with my own toothbrush.
- ☐ I wash my underarms and dry them.
- ☐ I wash my own private parts myself, in private, front to back.
- ☐ I know my body is mine, and I tell a trusted grown-up if someone makes me uncomfortable.
- ☐ I wash and dry my feet and change into dry socks.
- ☐ I help keep my clothes clean and dry.
- ☐ I cough and sneeze into my elbow.

Earn your badge (Clean Hands & Hygiene; Badge_Matrix.csv)

Level	Requirement
❤️ Heart	Say: "My body, my wash, fresh and clean, that's

Level	Requirement
	my job!" and name the five hand-washing moments.
🥉 Bronze	Show hand-washing with a song, tooth-brushing, and the face and feet steps with props.
🥈 Silver	Keep a whole-week "keep clean" chart with a grown-up (hands, teeth, face, feet, clean clothes).
🥇 Gold	Teach a younger child hand-washing and tooth-brushing.
💎 Platinum	Ages 12+: help a grown-up run a hand-washing station or a "germ detectives" game for a group.
Body-care steps for private parts are never checked or watched. A grown-up only asks, "Do you know how to wash yourself?" and listens.	

Watch and learn

- Produced: EP05 Wash Your Hands (Card #005)
- Hygiene reels (DRAFT, Production/Hygiene_Series_Ideas_DRAFT.md):
- HY01 Handwashing at the Tap Stand · HY02 Wash With Little Water · HY03 The Tippy-Tap · HY04 The Five Key Moments
- HY07 Elbow Catch · HY08 Brush Twice a Day · HY09 Happy Feet · HY10 Clean Clothes, Dry Clothes
- HY11 Clean Cup, My Cup · HY15 Bath Time in a Bucket · HY16 Hair Care · HY20 Germ Detectives · **HY21 Clean Body, Fresh Me**
- Planned: Water Points and Latrines · Ranger Clean Hands · Happy Feet
- Go Bag #GB1: soap, toothbrush and spare underwear and socks fit in the bag (Item_List_150 #17, #37, #41, #8).

Grown-up note

Teach body care in plain, calm words, and use the correct names for body parts if your family is comfortable doing so; it helps children tell you

about problems. Let children wash their own private parts as soon as they can, and keep washing private: closed screens, same-gender helpers where possible. Body-safety teaching ("your body is yours", "no secrets about touching") is protective; if a child tells you something worrying, stay calm, believe them, and contact camp protection staff or child-protection services. Rashes, sores, pain when peeing or itching that doesn't go away need a health worker.

Older kids and grown-ups: periods. Periods most often start between about 10 and 16 (some girls start as early as 8). It's a normal, healthy part of growing up. Before it starts, a trusted woman explains it simply. Pads (reusable or disposable) are often given out at the women's or health tent. Change them regularly, wash or bin them as shown, and wash hands before and after. Ask for a private place to wash and dry reusable cloths in the sun, and tell a health worker about very heavy bleeding or strong pain. Boys should learn that periods are normal and never something to tease about. **Girls:** a separate, private page has more on periods: Girls Only: Periods (`10_Girls_Only_Periods.md`, hidden until approved).

Sources (our own words): WHO WASH (https://www.who.int/health-topics/water-sanitation-and-hygiene-wash); WHO sanitation fact sheet (https://www.who.int/news-room/fact-sheets/detail/sanitation); UNICEF WASH (https://www.unicef.org/wash); UNICEF menstrual health (https://www.unicef.org/wash/menstrual-hygiene); UNICEF child protection (https://www.unicef.org/protection). All five were checked earlier today and returned 200.

🌸 Girls only

A private chapter about periods, for girls about 8–16 and the women who help them.

Girls Only: Periods

Your period is a normal, healthy part of growing up. Every girl's body does it in its own time. This page tells you what to expect and how to take care of yourself, at home, on the road or in a camp.

What to know

What a period is. About once a month, the body lets out a small amount of blood and tissue from the womb (uterus) through the vagina. It lasts about 2–7 days. It means your body is growing up as it should. It is not dirty, and you are not sick.

When it starts. Most often between about 10 and 16 years old; some girls start as early as 8. Earlier or later can be normal too. Signs it may be coming within a year or two: breasts starting to grow, hair under the arms and between the legs, and sometimes a little white or clear wetness in your underwear.

What's normal. - The first year or two can be irregular: sometimes 3 weeks apart, sometimes 2 months. - Later, periods usually come every 21–35 days. - The blood can be bright red, dark red or brown. - Mild cramps, a sore back, tender breasts, tiredness, or feeling more emotional are all common. - Stress, travel, illness and not enough food can make a period late or skipped.

Pads. - **Disposable pads** stick to the inside of your underwear. Change one every 4–6 hours, or sooner if it feels full. Wrap the used pad in its wrapper or paper and put it in a bin. Never put it in a latrine unless you are told that's allowed. - **Reusable cloth pads** are washable pads, often in aid kits. They are safe if they are washed and dried well. Change them as often as disposable pads. - **A clean cloth** folded into your underwear works too. Wash and sun-dry it like a reusable pad. - **Period underwear** (washable underwear with a padded layer) is in some kits. Wash and dry it the same way. - Some kits include menstrual cups or tampons. See the note for older girls below, and ask a trusted woman or health worker before you use one.

How to wash reusable pads. 1. Rinse in **cool** water first. Hot water makes blood stains set. 2. Then wash with **soap** in **warm** water if you have it, rubbing until clean. 3. Rinse well in clean water. 4. **Dry completely in the sun**, which helps kill germs. If you want privacy, hang them out of sight, or under a light cloth with the sun still reaching them. Don't dry them hidden in a dark, damp place, because damp pads can cause infection. 5. Store dry pads in a clean bag. Wash your hands before and after. 6. Use a

separate small basin or bucket if you can, away from the drinking water.

Change in a private, safe place. Ask for a toilet or washing place with a door or screen, and a light at night. Go with a friend after dark.

Keeping clean. - Wash your private parts once or twice a day with clean water and a little plain soap on the outside only. Always wipe and wash **front to back**. - Change into clean underwear every day if you can. - Wash your hands before and after changing a pad. - **Washing during your period is safe and good for you**, including your private parts with water and a little soap on the outside. You can still bathe, wash your hair, play, swim and go to school.

Pain and comfort. - Put a **warm** cloth or a bottle of warm (not boiling) water wrapped in cloth on your lower belly or back. - Rest, curl up, stretch gently, or take a slow walk. - Sip water, and eat something if you can. - **Medicine only from a trusted grown-up or health worker.** Never take pills on your own or from a friend.

Myths and facts. - Periods are **not dirty**, and you are not unclean. - **No foods are off-limits** during your period. - You can play, wash, swim, cook and go to school or the learning space. - **Keep learning:** if you miss school because of pads or pain, tell a trusted woman or teacher. They can help. - Feeling grumpy, sad or tired before or during a period (PMS) is common.

For older girls (12+)

- **Tampons and menstrual cups:** wash your hands first. Change a tampon at least every 4–8 hours, and never leave one in overnight for longer than 8 hours. Rare but serious: sudden high fever, a rash, vomiting or dizziness while using a tampon means **take it out and go to the health tent straight away**. Empty a cup every 12 hours or sooner, and boil or wash it as its instructions say.
- **Your body and growing up:** once periods start, the body can get pregnant. A health worker or trusted woman can answer questions privately.
- **Protection:** a first period does **not** mean a girl is ready for marriage or sex. No one should ask

you for anything (favours, touching, pictures, money) in exchange for pads or kits. If anyone does, tell a trusted adult or protection staff. It is never your fault.

Go to the health tent (or tell a trusted woman) if…

- you are soaking through a pad every hour for more than 2 hours, or passing large clots
- the bleeding lasts more than about 7–8 days
- you feel dizzy, faint, very tired or short of breath (this can mean low iron, called anaemia)
- pain is very bad, isn't helped by rest and warmth, or keeps you from walking or eating
- you have a fever, bad-smelling discharge, itching, sores, or pain when you pee
- bleeding comes between periods, or periods were regular and then stop for 3 months or more
- you started before age 8, or haven't started by about 16
- anyone touches you in a way that feels wrong, or forces you to do something. That is never

your fault. Tell a trusted woman or the health or protection tent straight away.

What to pack in your go bag

- 3–4 pads (disposable and/or reusable)
- 1–2 spare pairs of underwear
- a small dark bag or pouch, for used reusable pads until you can wash them
- a small piece of soap
- wipes or a small cloth
- a few sheets of paper or tissue for wrapping These fit alongside the Go Bag items in Card #GB1.

Finding help

- **A trusted woman:** your mum, an aunt, a big sister, a teacher, or a woman helper you know.
- **The health tent or clinic:** women health workers can answer questions and give supplies.
- **Women and girls' safe spaces:** many camps have one, a quiet place to talk, learn and get kits.

- **Dignity kits:** aid groups such as UNFPA and UNHCR give out kits for women and girls. They often hold pads (disposable and reusable), underwear, soap, washing powder, a comb, a toothbrush and toothpaste, and sometimes a flashlight and a whistle. Ask at the health tent, the women's space or a distribution point. They are free; you should never have to pay or trade for them.

A note from an older girl (optional, Daryna)

> "When mine started, I was scared I'd done something wrong. I hadn't. Now I keep a little pouch in my bag, and if a younger girl looks worried, I tell her to come and find me. You're not alone."

Ranger checklist (private, for you)

- ☐ I know what a period is and that it's normal.
- ☐ I know how to use and change a pad.

- ☐ I know how to wash and sun-dry a reusable pad.
- ☐ I have period items in my go bag.
- ☐ I know who my trusted woman is and where the health tent is.
- ☐ I know the signs that mean go to the health tent.

Optional private badge: "Ready & Confident" 🌸

There are no levels and no one checks or watches. If you've read this page and packed your pouch, you can colour the flower yourself. It's just for you.

Watch and learn

- Handbook Chapter 9 (Keep Clean): washing front to back
- Hygiene reel HY17 "Period Kits Are Normal" (DRAFT, older girls 10+, pending David's decision)
- Go Bag Card #GB1

Grown-up note

Talk before the first period, not after. Use calm, simple words and the correct names. Make sure girls have products, privacy, water, soap, a place to dry reusable pads in the sun, and a bin. Respect family and cultural practices while correcting harmful myths: periods are not dirty, and girls can wash and bathe. Boys should learn that periods are normal and never something to tease about. Any sign of abuse or coercion goes to protection staff.

Sources (our own words; links checked Oct 21, 2026)

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- UNHCR Emergency Handbook, WASH. https://emergency.unhcr.org/emergency-assistance/water-sanitation-and-hygiene (200)

- Sphere Handbook (WASH, menstrual hygiene). https://spherestandards.org/handbook/ (403 to curl; confirmed live by a browser fetch earlier)

Chapter 11: Big Weather & Earth

> **Lily:** "Ground shakes? Drop, cover, hold on!"

The earth and the sky can do big things: shake, storm, flood, burn and get very hot or cold. Rangers learn **one action for each one**, practise it with a grown-up, and always stay with their crew.

What Rangers know

When this happens	Rangers do this
Earthquake (the ground shakes)	**Drop** to your hands and knees, **cover** your head and neck under a sturdy table, or by an inside wall with your arms, and **hold on** until the shaking stops. Outside: move away from walls, poles, trees and wires, then drop and cover. Don't run outside during shaking.
After an earthquake	Go out carefully with your grown-up. Stay out of cracked or broken buildings. Never climb on rubble. Expect small shakes after; drop, cover and hold on again.
Big wave from the sea (tsunami)	If you're near the sea and the ground shakes hard for a long time, or the sea suddenly pulls far back, **go to high ground or far inland straight away** with your grown-up. Don't wait to watch.
Thunder and lightning	If you hear thunder, lightning is close enough. Go inside a solid building or a closed car. Stay away from water, tall trees, metal poles and hilltops. Wait **30 minutes** after the last thunder before going back outside.

When this happens	Rangers do this
Big wind, hurricane or tornado	Go to the strongest inside room on the lowest floor, away from windows; cover your head. In a tent, go to the shelter your camp helpers point to.
Flood	Water rising? Climb up high. Never walk, play or ride in flood water (see Chapter 5).
Landslide / mudslide	Listen for rumbling, cracking trees or rocks falling. Move away from the path of the slide, uphill and to the side, with your grown-up.
Wildfire and smoke	Leave when grown-ups or helpers say so; don't wait. Cover your nose and mouth with a cloth, stay low in smoke, and stay together.
Very hot day	Shade, water, rest. Play in the cool morning or evening. Wear a hat and light clothes. **Never stay in a closed car or closed tent in the heat**, and never leave anyone else there.
Too hot: body signs	Headache, dizzy, very red or very pale, sick tummy, or no sweat when hot: stop, shade, sip water, put a cool wet cloth on, **tell a grown-up**. Confused or fainting means get help fast.

When this happens	Rangers do this
Very cold	Layers, dry socks, hat; more under you than on top (Chapter 5). Shivering that won't stop: tell a grown-up.

Every disaster: stay with your grown-up and your buddy. Go to your meeting place if you get apart (Chapter 3), take your go bag (Card #GB1) only if it's right by the door, and listen to camp helpers.

Ranger checklist

- ☐ I can show drop, cover, hold on.
- ☐ I know to stay out of broken buildings after a quake.
- ☐ I know: big shake by the sea, or the sea pulls back → go high now.
- ☐ I go inside when I hear thunder.
- ☐ I know the strongest room or shelter for big winds.
- ☐ I know the signs of being too hot and what to do.
- ☐ I never stay in a closed car or tent in the heat.
- ☐ I know my meeting place.

Earn your badge (Weather Ready ⛈️, new area)

Level	Requirement
❤️ Heart	Say: "Ground shakes? Drop, cover, hold on!"
🥉 Bronze	Show drop, cover, hold on; say one action for thunder, wind and heat.

Level	Requirement
🥈 Silver	Practise an earthquake or storm drill with your family or group.
🥇 Gold	Help make the family's disaster plan card: meeting place, strong room, high ground.
💎 Platinum	Ages 12+: help a grown-up run a drill for a group or class.

Watch and learn

- EP13 High Ground, Stay Out (#013)
- EP09–11 warmth episodes (#009–#011)
- Go Bag #GB1
- Planned: Booms in the Night; Safe Sleep Spot
- Hygiene reel HY09 Happy Feet (heat and wet)

Grown-up note

Learn your area's main hazards and warning systems (sirens, radio, camp loudspeakers), and practise drills when calm. Plan for children with disabilities and older people (who helps whom). Heat illness can kill quickly in babies, older people and anyone in closed vehicles or tents. Never use

generators, stoves or heaters indoors after a storm (carbon monoxide).

Fact-checked Oct 21, 2026, approved by David McKellips.

Chapter 12: Little Ones

> **Lily:** "Little hands, hold tight. Big Rangers keep them safe!"

Many Rangers help with babies and little brothers and sisters. That's a big, kind job. Rangers are **helpers**. A grown-up is always in charge of a baby.

What Rangers know

- **Clean hands first.** Wash with soap before you touch a baby, their food or their cup, and after nappies.
- **Water is a grown-up place.** Little ones can drown in just a little water: buckets, basins, wells, ditches, puddles and rivers. Keep buckets covered or empty, and **never leave a little one alone near water, even for a moment.** Tell a grown-up about an uncovered well or deep hole.
- **Hold hands** near roads, trucks, crowds, water and fires.
- **Fire and hot things:** keep little ones far from stoves, pots, hot drinks and candles.
- **Small things are choking things:** coins, beads, bottle caps, batteries, nuts. Keep them up high.
- **Never give a little one medicine, chemicals or bleach**, and keep fuel and cleaning bottles out of reach.
- **Baby sleep:** babies sleep on their backs, on a flat, firm place, with no pillows or loose

blankets over their face. A grown-up decides where.

- **Keep babies warm** (a hat and skin-to-skin with mum), but not too hot.
- **Play and talk.** Sing, make faces, tell stories. Little ones learn from you.
- **Tell a grown-up fast** if a baby or little one:
- won't feed or drink
- is very sleepy or floppy
- has fast or hard breathing
- has a fever, lots of watery poo or vomiting
- has a fit
- is cold to the touch

Older Rangers (12+)

- Help a grown-up carry and settle babies, using both arms and supporting the head.
- Make sure babies' cups and bowls are washed with safe water.
- Know where the health tent is and how to describe a baby's danger signs.

Ranger checklist

- ☐ I wash my hands before touching a baby.
- ☐ I never leave a little one alone near water, even a bucket.
- ☐ I hold little hands near roads and fire.
- ☐ I keep small things and bottles out of reach.
- ☐ I know babies sleep on their backs, on a flat place.
- ☐ I can name three baby danger signs and I tell fast.

Earn your badge (Little Ones Helper 👶, new area)

Level	Requirement
❤️ Heart	Say: "Little hands, hold tight. Big Rangers keep them safe!"
🥉 Bronze	Name three dangers for little ones (water, fire, small things) and three baby danger signs.
🥈 Silver	Help a grown-up with a little one for a day: hand-washing, hand-holding, play.
🥇 Gold	Help your family make a "safe corner" for a little one: no water, no small things, no hot things.

Level	Requirement
💎 Platinum	Ages 12+: help a grown-up run a play time for little ones in a child-friendly space.

Watch and learn

- Planned: Helping With Baby
- Planned: Hungry Signs and the Feeding Tent
- Planned: Tummy Trouble
- Handbook Chapter 2 (danger signs) and Chapter 13 (first aid)

Grown-up note

Breastfeeding is the safest way to feed babies in emergencies: it protects against infection and needs no water. If a baby isn't breastfed, ask health workers for help, because bottles and formula made with unsafe water are a major danger. Supervise children near any water, and cover or empty containers. Older children caring for siblings need a grown-up nearby and should never carry sole responsibility for a baby.

Chapter 13: First Aid Ranger

> **Lily:** "Notice, shout, help! First Aid Rangers never wait!"

A First Aid Ranger's three jobs: **notice** someone is hurt, **shout** for a grown-up, and **help** in small, safe ways until help comes. Always check first that it's safe for **you**: no fire, no traffic, no deep water, nothing strange on the ground.

What Rangers know

- **Calling for help.** Shout "Help!" and send a friend running for a grown-up. Say **who** is hurt, **where** you are and **what** happened. Learn your camp's or country's emergency number with your grown-up.
- **Someone won't wake up.** Don't shake hard. Call their name and tap their shoulder. If they don't answer, shout for a grown-up **right away** and stay with them.
- **Bleeding.** Press firmly on the wound with a clean cloth (or your hand inside a plastic bag) and keep pressing while someone gets a grown-up. If blood soaks through, put more cloth on top and keep pressing.
- **Nosebleed.** Sit up, lean forward (not back), and pinch the soft part of the nose for 10–15 minutes. Spit out blood rather than swallowing.
- **Choking.** If someone can cough, tell them to keep coughing. If they can't breathe, speak or cough, **shout for a grown-up now**.
- **Broken bone or a bad fall.** Keep the person still and comfortable. Don't move them unless

they're in danger. Get a grown-up.

- **Burns.** Use cool running water for 20 minutes (Chapter 2). Take off rings or bracelets near the burn. No butter, oil, toothpaste or ice.
- **Small cuts.** Wash with clean water, cover, tell (Chapter 2).
- **Bites and scratches from dogs, cats, monkeys or bats.** Stay away from animals you don't know, and never tease or corner them. If one bites or scratches you, **wash the wound at once with soap and lots of running water for a long time (about 15 minutes)**, then **tell a grown-up and go to the clinic the same day**. Some animal bites need special injections.
- **Snakes.** Step back slowly and go around wide. If someone is bitten:
- keep them still and calm, lying down
- take off rings and tight things near the bite
- get them carried to a clinic fast
- **don't** cut the bite, suck it, tie it tightly, put ice on it, or try to catch the snake
- **Stings.** Move away from bees and wasps. If someone has trouble breathing or a swollen

face after a sting, that's an emergency: get a grown-up fast.

- **Poison.** If someone swallowed medicine, fuel, bleach or chemicals: get a grown-up **fast**, keep the bottle to show the health worker, and **don't** make them throw up.

Ranger First Aid (ages 11+)

Our own Ranger First Aid, written in our own words and based on current international first-aid guidance (IFRC 2020 guidelines; American Red Cross, British Red Cross and American Heart Association public basics). Reading is not training. ***Practise every skill with a trained grown-up, or take a real first-aid course, as soon as you can.*** *Never practise CPR, choking thrusts or rescue breaths on a real person; use a doll, a training manikin or a rolled blanket.*

1. Check the scene, then call for help

1. Stop and look: is there fire, traffic, deep water, electricity, falling walls, or anything strange on the ground? If it isn't safe, **don't go in**. Shout for help from where you are.
2. If it is safe, go to the person. Wear gloves or put your hands in plastic bags if there's blood.
3. Shout "Help!" Send one person for a grown-up and one to call the emergency number, saying **who**, **where** and **what**. Put the phone on speaker so you can keep your hands free.

4. Ask the person, "Can I help you?" A conscious person can say no; respect that and stay near. *Practise with a trained grown-up or a real course when you can.*

2. Check response and breathing

1. Tap their shoulders firmly and shout, "Are you okay? Open your eyes!"
2. No answer = **unresponsive**. Shout for help if you haven't.
3. Open the airway: one hand on the forehead, two fingers under the chin, and tilt the head back gently.
4. Look, listen and feel for **normal breathing** for no more than 10 seconds. Slow, noisy gasps are **not** normal breathing.
5. Breathing normally → recovery position (section 3). Not breathing normally → CPR (section 4). *Practise with a trained grown-up or a real course when you can.*

3. Recovery position (unresponsive but breathing normally)

1. Kneel beside them. Put the arm nearest you out at a right angle, elbow bent, palm up.
2. Bring the far arm across the chest and hold the back of that hand against the cheek nearest you.
3. Bend the far knee up, foot flat on the ground.
4. Pull the bent knee toward you so they roll onto their side, facing you.
5. Tilt the head back slightly so the airway stays open, and adjust the top leg so the hip and knee are at right angles.
6. Keep checking their breathing until help arrives. If it stops being normal, roll them onto their back and start CPR. - **Baby:** hold them in your arms, face down and slightly tilted, head lower than the body, supporting the head. - **Possible spine injury:** only roll them if you must, to keep the airway clear, keeping the head, neck and body in line. *Practise with a trained grown-up or a real course when you can.*

4. CPR (unresponsive and not breathing normally)

Call first: make sure someone is calling the emergency number and fetching an **AED** (a defibrillator) if there is one. If you are alone with a phone, call on speaker and start CPR straight away.

Hands-only CPR (anyone can do this): 1. Person flat on their back on a firm surface. 2. Put the heel of one hand in the **centre of the chest** (the lower half of the breastbone), the other hand on top, fingers laced. 3. Arms straight, shoulders over your hands. Push **hard and fast**: about 5–6 cm deep for an adult, **100–120 pushes a minute** (the beat of a fast song). Let the chest come all the way back up each time. 4. Don't stop until help takes over, an AED tells you to stop, the person wakes and breathes normally, or you are too exhausted to go on. Swap with another trained person about every 2 minutes.

CPR with rescue breaths (30:2), once you have been trained: 1. After **30 pushes**, open the airway (head tilt, chin lift). 2. Pinch the nose, seal your mouth over theirs, and give a steady breath of about 1 second, watching the chest rise. Give **2 breaths**. 3. Go straight back to 30 pushes. Keep repeating 30:2. 4. If you can't or won't give breaths, keep doing hands-only CPR. It still saves lives.

Child (about 1 year to puberty): - Use one hand or two, and push about one third of the chest depth (about 5 cm), at the same 100–120 a minute. - Breaths matter more for children and for drowning. Many courses teach giving **5 rescue breaths first** for a child or a drowning person, then 30:2. Follow what your course teaches. - If you are alone with no phone, do about 1–2 minutes of CPR, then go and call, then come back.

Infant (under 1 year): - Use **two fingers** (or two thumbs with your hands around the chest) just below the nipple line, and push about one third of the chest depth (about 4 cm), at 100–120 a minute. - For breaths, cover the baby's **mouth and nose** with your mouth and give small, gentle puffs, just enough to see the chest rise. - Keep the head in a "sniffing" position (neutral, not tilted far back).

AED: switch it on and do exactly what the voice says. Put the pads where the pictures show, and make sure no one touches the person when it says "shock". Children's pads or a child setting are used if available. *Practise with a trained grown-up or a real course when you can; manikin practice is the best way to learn the depth and speed.*

5. Choking

Mild (they can cough, speak or breathe): encourage them to keep coughing, stay with them, and don't hit their back yet.

Severe (they can't cough, speak or breathe, or are going blue or silent), for an **adult or child over 1**: 1. Shout for help. 2. **5 back blows:** stand slightly behind, support their chest with one hand, lean them forward, and give up to 5 firm blows between the shoulder blades with the heel of your hand. Check after each one whether it has cleared. 3. **5 abdominal thrusts:** stand behind, put your arms around their waist, make a fist just above the belly button, grab it with your other hand, and pull sharply **inward and upward**, up to 5 times. 4. Repeat 5 back blows and 5 thrusts until it clears or they become unresponsive. 5. **If they become unresponsive:** lower them to the ground, call the emergency number, and start CPR. Look in the mouth before breaths and remove anything you can see easily; don't do blind finger sweeps. 6. Anyone who had abdominal thrusts must see a health worker afterwards. - **Pregnant or very large person:** use chest thrusts (hands on the centre of

the chest from behind) instead of abdominal thrusts.

Infant (under 1 year): 1. Lay the baby **face down along your forearm**, head lower than the body, supporting the jaw with your hand. Rest your arm on your thigh. 2. Give up to **5 back blows** between the shoulder blades with the heel of your hand. 3. Turn the baby **face up** along your other arm, head low, and give up to **5 chest thrusts** with two fingers in the centre of the chest, pushing down about one third of the depth. 4. Repeat until it clears. **No abdominal thrusts on babies.** 5. If the baby becomes unresponsive, start infant CPR and get help. *Practise only on a doll or manikin, with a trained grown-up or a real course.*

6. Severe bleeding

1. **Press hard** directly on the wound with a clean cloth, pad or your gloved hand, and **keep pressing**. Don't lift to look.
2. If blood soaks through, put more cloth on top and press harder.
3. **Deep wound in a limb, armpit or groin:** pack it. Push clean cloth or gauze firmly into the

wound until it's full, then keep pressing hard on top for at least several minutes.

4. Once it slows, tie a firm bandage over the pad. Check that the fingers or toes beyond it stay warm and pink.
5. **Tourniquet, for life-threatening bleeding from an arm or leg only** (spurting blood, or bleeding that won't stop with hard pressure): - use a proper tourniquet if there is one; a wide band and a stick (a windlass) are less reliable - place it high and tight, about 5–7 cm above the wound, never on a joint - tighten until the bleeding stops; it will hurt - note the time, and **don't loosen it**; tell the health workers - only trained people should use one if they can; learn it on a real bleeding-control course
6. Lay the person down, keep them warm, and watch for shock. *Practise with a trained grown-up or a real course (for example, bleeding-control training) when you can.*

7. Shock (the body is failing after injury, bleeding, burns or severe illness)

Signs: pale, cold, clammy skin; fast, weak pulse; fast breathing; thirst; confusion or drowsiness. 1. Call for help. 2. Treat the cause (for example, stop the bleeding). 3. Lay them down. If there's no leg, hip or spine injury, raise their legs a little. 4. Keep them warm with a blanket under and over them. 5. Nothing to eat or drink. Reassure them, and keep checking breathing. *Practise with a trained grown-up or a real course when you can.*

8. Burns

1. Make it safe: put out flames (stop, drop, roll; or smother with a blanket). For electrical burns, **turn off the power first**.
2. **Cool with cool running water for 20 minutes.** Keep the person warm everywhere else, especially children.
3. Take off rings, watches and clothing near the burn, unless it is stuck to the skin.
4. Cover loosely with clean plastic food wrap or a clean, non-fluffy cloth.
5. **Don't pop blisters.** Don't use butter, oil, toothpaste, ice or creams.

6. Get medical help for burns that are bigger than the person's palm, deep, or on the face, hands, feet, genitals or joints, for chemical or electrical burns, and for any burn on a baby or young child. - **Chemical on the skin:** brush off powder (wearing gloves), then rinse with lots of running water for a long time. *Practise with a trained grown-up or a real course when you can.*

9. Fractures, sprains, slings and splints

1. Keep the injured part **still**, in the position you found it. **Don't try to straighten it.**
2. Support it with padding: rolled clothes or a blanket.
3. **Improvised splint:** pad a stiff object (a stick, rolled magazine or cardboard) and tie it gently along the limb so it stops the joints above and below the break from moving. Tie it beside the injury, not on it. Check that fingers or toes stay warm, pink and can feel.
4. **Arm sling:** fold a triangle of cloth (or a scarf or jacket). Put it under the arm with the point at the elbow, bring the ends up around the neck

and tie them on the uninjured side so the hand is a little higher than the elbow.

5. Bone through the skin: cover it with a clean cloth, press around the wound (not on the bone), and get help fast.
6. **Sprain:** rest it, put a cold pack wrapped in cloth on it for about 20 minutes, use a firm (not tight) bandage, and raise it. Get it checked if they can't put weight on it or it looks bent. *Practise slings and splints with a buddy (section 23).*

10. Head, neck and back injuries

1. Suspect one after a fall from height, a road accident, diving, or a blow to the head.
2. **Don't move them** unless they are in danger (fire, water, collapse). Tell them to stay still.
3. Kneel behind their head and hold it gently still, in line with the body.
4. Call for help. If they become unresponsive and aren't breathing normally, open the airway and start CPR; breathing comes first.
5. **After any head bump, get help if:** they were knocked out, keep vomiting, are confused or very sleepy, have a bad headache, have

unequal pupils, have clear fluid from the nose or ears, or have a fit. *Practise with a trained grown-up or a real course when you can.*

11. Heat illness

- **Heat exhaustion** (headache, dizziness, sweating, cramps, nausea): move them to shade, lay them down, loosen their clothes, give sips of water, and cool them with wet cloths and fanning.
- **Heatstroke** (hot skin, confusion, strange behaviour, fainting, possibly no sweating): **this is an emergency.** Call for help and cool them fast: soak them with water, fan them, and put cold packs at the neck, armpits and groin. Give nothing by mouth if they are confused. *Practise with a trained grown-up or a real course when you can.*

12. Hypothermia (too cold)

Signs: shivering, pale, cold skin; slurred words; clumsiness; confusion. In severe cases shivering stops. 1. Get them out of the wind and wet into shelter. 2. Gently replace wet clothes with dry ones,

and insulate them from the ground. 3. Wrap them in blankets, with a hat. Skin-to-skin warmth helps. 4. If they are fully alert, give a warm (not hot) sweet drink. 5. Handle them gently; don't rub their skin and don't put direct heat (hot water bottles) on bare skin. 6. Get help for anything more than mild cold. *Practise with a trained grown-up or a real course when you can.*

13. Cuts and wound cleaning

1. Wash your hands and wear gloves if you can.
2. Press to stop the bleeding.
3. Rinse the wound well under clean running water to wash out dirt.
4. Cover it with a clean dressing or plaster.
5. Get help if it is deep or gaping, won't stop bleeding, has something stuck in it, came from an animal or rusty or dirty object, or looks infected (more red, swollen, hot, pus, red streaks, fever). Ask a health worker whether the person needs a tetanus vaccine. - **Something stuck in a wound:** don't pull it out. Press around it and pad it in place. *Practise with a trained grown-up or a real course when you can.*

14. Eye injuries

1. **Don't rub.**
2. **Dust or grit:** blink, then rinse with clean water poured from the inner corner outward.
3. **Chemical in the eye:** rinse with lots of clean running water for at least 15–20 minutes, holding the eye open, then get help.
4. **Something stuck in the eye, or a cut eye:** don't remove it. Cover it lightly with a clean pad or cup, keep the person still and calm, and get help. *Practise with a trained grown-up or a real course when you can.*

15. Nosebleed

1. Sit them down, leaning **forward**.
2. Pinch the soft part of the nose for 10–15 minutes without letting go.
3. Spit out blood rather than swallowing it. Get help if it doesn't stop after about 30 minutes, or after a blow to the head. *Practise with a trained grown-up or a real course when you can.*

16. Bites, stings and snakebite (same rules as the younger section)

- **Animal bite or scratch:** wash it at once with soap and lots of running water for about 15 minutes, cover it, and go to a clinic **the same day**. Some bites need injections.
- **Snakebite:** 1. Keep the person still and calm, lying down. 2. Take off rings and tight things near the bite. 3. Keep the bitten limb still, like a splint. 4. Carry them to a clinic fast. 5. **Don't** cut, suck, tie tightly, put ice on it, apply electricity, or try to catch or kill the snake.
- **Bee or wasp sting:** scrape the sting out sideways, then use a cold cloth. Watch for allergy (section 20).
- **Tick:** a grown-up removes it close to the skin with fine tweezers. Watch for a rash or fever. *Practise with a trained grown-up or a real course when you can.*

17. Poisoning

1. Find out what, how much and when, and **keep the container**.

2. Call for help (the emergency number or a poison centre if your country has one).
3. **Don't make them vomit**, and give nothing to eat or drink unless a health worker says to.
4. **Breathed-in fumes:** only if it's safe, get them into fresh air; don't go into smoke or gas yourself.
5. **On the skin:** take off the clothing and rinse with lots of water. **In the eye:** see section 14.
6. If they become unresponsive, check their breathing; recovery position or CPR. *Practise with a trained grown-up or a real course when you can.*

18. Fainting

1. Help them lie down, and raise their legs a little.
2. Give them fresh air and loosen tight clothing.
3. They should recover within a minute or two. Have them sit up slowly.
4. If they don't wake quickly, check their breathing; recovery position or CPR, and call for help. *Practise with a trained grown-up or a real course when you can.*

19. Seizures (fits)

1. Keep calm, and **time it**.
2. Move hard or sharp things away, and put something soft under their head.
3. **Don't hold them down, and don't put anything in their mouth.**
4. When the shaking stops, put them in the recovery position and stay with them; they may be sleepy and confused.
5. **Call for help if:** - it lasts more than 5 minutes, or one fit follows another - it's their first fit, or they're hurt - it happened in water - they have trouble breathing afterwards - they're a baby with a fever, or pregnant, or diabetic *Practise with a trained grown-up or a real course when you can.*

20. Asthma and serious allergic reactions

Asthma attack (wheezing, struggling to breathe or speak): 1. Sit them upright, leaning slightly forward, and keep calm. 2. Help them use **their own** reliever inhaler (with their spacer if they have one), exactly as their plan or their grown-up has shown. 3. If it

doesn't help quickly, they can't speak, their lips are going blue, or they're getting tired: call for help **now**.

Serious allergic reaction (anaphylaxis) (swelling of the face, lips or tongue; trouble breathing; widespread hives; faintness after a sting, food or medicine): 1. Call the emergency number straight away. 2. Help them use **their own** adrenaline auto-injector, into the outer thigh (it can go through clothing), following the instructions printed on it. Never use someone else's medicine. 3. Have them lie down with legs raised, or sit up if breathing is hard. Don't make them stand or walk. 4. If they don't improve, follow the device's instructions or their allergy plan about a second injector. Be ready for CPR. *Practise with a trainer pen (no needle) and a trained grown-up.*

21. Moving a hurt person safely

1. **Only move them if staying puts them in danger** (fire, traffic, water, collapse) or you must move them to give CPR.
2. **Clothes drag:** grip their collar or clothing at the shoulders, support the head between your

forearms, and drag them in a straight line, head first.

3. **Blanket drag:** roll them onto a blanket, then pull it from the head end.
4. **Two-person carry:** for a conscious person who can't walk, two helpers make a "seat" with their arms. Lift with your legs, not your back.
5. Never move someone with a possible neck or back injury unless there is real danger. *Practise drags with a buddy on a soft surface, with a grown-up watching.*

22. A home-made first-aid kit

Use a clean, waterproof box or bag, labelled. A grown-up keeps any medicines separately. - Disposable gloves, or clean plastic bags - Plasters in different sizes; sterile gauze pads - Roller bandages; a crepe (stretch) bandage; 2 triangle bandages, or clean square cloths for slings - Clean cotton cloths or towels; clean plastic food wrap (for burns) - Tape; blunt-tip scissors; fine tweezers - A CPR face shield - A foil blanket - A small torch (sealed or wind-up) - A whistle - Safety pins - A notebook and pencil - A card with emergency numbers and each person's

allergies - Soap; a bottle of clean water for rinsing - A tourniquet only if a trained person is in the group Check it every month and after any use.

23. Practice drills with a buddy

Use a **doll or a rolled blanket** for CPR and infant choking, a friend (gently) for the recovery position and slings, and a grown-up watching every time. 1. **Scene check race:** a grown-up sets out pretend dangers (a "fire" sign, a "road" sign); spot them all before going in. 2. **Who, where, what:** practise a pretend emergency call aloud in 30 seconds. 3. **Recovery position:** take turns rolling a buddy, then check the head tilt. 4. **Hands-only CPR:** 2 minutes on a rolled blanket or manikin, to a song with about 110 beats a minute; swap at 2 minutes. 5. **Infant choking:** on a doll, along your forearm; 5 back blows, turn, 5 chest thrusts. 6. **Bleeding:** press and pack a "wound" in a rolled towel; tie a bandage over it. 7. **Sling and splint:** time yourself making a sling, then a padded-stick splint on a buddy's arm. 8. **Mystery scenario:** a grown-up reads a card ("Your friend fell from a wall and isn't answering") and you talk through every step. *Never practise abdominal thrusts, chest thrusts or rescue breaths on a real*

person, and never practise tourniquets tightly on a buddy.

Ranger checklist

- ☐ I check it's safe for me first.
- ☐ I can shout and say who, where and what.
- ☐ I know to press hard on bleeding with a clean cloth.
- ☐ I can show the nosebleed position (sit, lean forward, pinch).
- ☐ I know to keep someone with a hurt bone still.
- ☐ I wash any animal bite or scratch for a long time and tell the same day.
- ☐ I know what NOT to do for a snakebite.
- ☐ I keep poison bottles to show the health worker.
- ☐ (11+) I can do the recovery position and hands-only CPR on a manikin or blanket.
- ☐ (11+) I know choking steps for adults, children and babies (practised on a doll).
- ☐ (11+) I can press, pack and bandage a bleeding wound, and make a sling and splint.
- ☐ (11+) I know the danger signs for shock, head injury, heatstroke, seizures and allergy.

Earn your badge (First Aid ⛑️)

Level	Who	Requirement
❤️ Heart	Little Rangers	Say: "Notice, shout, help!" and who, where, what.
🥉 Bronze	Little Rangers	Show with props: pressing on bleeding, the nosebleed position, cool water for burns.
🥈 Silver	Ages 11+	With a trained grown-up: scene check, response and breathing check, recovery position, 2 minutes of hands-only CPR on a manikin or rolled blanket, choking steps on a doll, press-and-pack bleeding.
🥇 Gold	Ages 11+	All of Silver, plus 30:2 CPR on a manikin with a trainer, an arm sling and a padded splint, and talking through three mystery scenarios (shock, head injury, allergy or seizure).

Level	Who	Requirement
💎 Platinum	Ages 11+	Finish a recognised first-aid course (for example Red Cross / Red Crescent), then help a grown-up run the buddy drills for a group.
A trained grown-up signs off Silver and Gold. Practice uses dolls, manikins and blankets only.		

Watch and learn

- Planned: Wash a Small Cut
- Planned: Call for Help
- Planned: Too Hot / Too Cold
- Planned: Cool a Burn
- Planned: Snake on the Trail (Grandma Willow)
- Handbook Chapter 2

Grown-up note

The younger section is "notice, call, help" only. The Ranger First Aid (11+) section follows current international guidance but is **not** a substitute for a course: please arrange real training (Red Cross / Red Crescent, or a local first-aid provider) and supervise every practice. Tourniquets are for life-threatening limb bleeding and are best used by trained people. No medicine doses appear in this handbook; asthma and allergy help means helping someone use **their own** prescribed device. Animal bites in many regions carry rabies risk and need same-day medical care. Snakebite needs anti-venom at a health facility; traditional cuts, suction and tight bands cause harm. Put a basic, child-safe kit list in 90_For_Grown_Ups.

Fact-checked Oct 21, 2026, approved by David McKellips.

Chapter 14: Safe Me

> **Lily:** "My body is mine. No scary secrets. I tell!"

Every Ranger has the right to be safe, everywhere. If anything makes you feel scared, confused or uncomfortable, you can say no, get away and tell. **It is never your fault.**

What Rangers know

- **My body is mine.** No one should touch your private parts, or ask you to touch theirs, look at them or take pictures, except a health worker or carer helping you stay healthy, with your grown-up there.
- **Good secrets and bad secrets.** Surprises (like a birthday gift) are fine. A secret that makes you feel bad, scared or "yucky" is one you **should** tell, even if someone said not to, even if they said something bad would happen.
- **No, go, tell.** Say "No!", get away to a safe place, and tell a safe grown-up. If the first grown-up doesn't help, keep telling until someone does.
- **My safe grown-ups.** Name at least three: family, a teacher, a camp helper, a health worker. Draw them on your safe-adults card (Item_List_150 #107).
- **Hitting, hurting and bullying are never okay**, at home, in camp or at school. You can tell about this too.
- **Phones and online.**

- Never share your location, your camp, your photo or your name with strangers.
- Don't meet anyone you only know from a phone.
- Tell a grown-up about any message that asks for pictures or secrets, or makes you feel bad.
- **Aid is free.** Food, water, kits and help are free. No one is allowed to ask you for anything (money, favours, pictures, touching) in return. If anyone does, tell a safe grown-up or a camp helper.
- **Stay with your group.** Don't go off with anyone, even someone kind, without your grown-up knowing.

Older Rangers (12+ only)

- **False offers.** Be careful of anyone offering:
- a job, school, travel, a boat ride or papers that seem too good
- money or gifts in exchange for "favours"
- to take you "somewhere better" without your family Say no, don't hand over your papers, stay with your group, and tell your grown-up or camp protection staff.

- **"Join us."** No one should ask children to join an armed group or to carry, watch or deliver things for one. If anyone asks you or a friend, **it is not your fault**. Get away and tell a trusted grown-up or protection staff. Children who were involved deserve help and safety, not blame.
- **Too young to marry.** Getting your period or growing up does **not** mean you're ready for marriage or sex. If anyone is planning a marriage for you or a friend, tell a trusted adult, a teacher or protection staff.
- **Look out for friends.** If a friend tells you something worrying, believe them, and help them tell a safe grown-up.

Ranger checklist

- ☐ I know my body is mine.
- ☐ I know the difference between a surprise and a bad secret.
- ☐ I know no, go, tell.
- ☐ I can name three safe grown-ups.
- ☐ I never share my location or photos with strangers.
- ☐ I know aid is free, and nobody can ask for anything in return.
- ☐ (12+) I know the warning signs of false offers and "join us".

Earn your badge (Safe Me 🛡️, Heart and Bronze only)

Level	Requirement
❤️ Heart	Say: "My body is mine. No scary secrets. I tell!"
🥉 Bronze	Make your safe-adults card with three names or drawings.

Level	Requirement
This badge has **no performance checks** and no higher levels. A grown-up never asks a child to act out or describe unsafe situations.	

Watch and learn

- Planned: Strangers Who Make Promises
- Planned: Never Trade Your Papers
- Planned: Spot the Smuggler Lure
- Planned: Crowd Safety
- Planned: Child-Friendly Spaces
- Hygiene reel HY21 Clean Body, Fresh Me (body-safety line)
- Handbook Chapters 3, 9 and 10

Grown-up note

If a child tells you about abuse: - stay calm, listen, and believe them - tell them it is not their fault and they were right to tell - don't promise to keep it secret, and don't question them in detail - keep them safe, and contact camp protection staff, child-protection services or a health worker as soon as

possible - don't confront the person they named yourself

Children returning from armed groups, or affected by trafficking, need support and reintegration, not punishment. See findahelpline.com for country helplines, and the Grief Center grown-ups page for emotional support.

Chapter 15: Every Ranger Belongs

> **Lily:** "Nobody gets left behind! Every Ranger belongs!"

Rangers come from many places and speak many languages. Some use wheelchairs like Mateo and Sami, some can't see or hear well, some are new, some are older or sick. **Everyone** has something to give, and everyone deserves to be included.

What Rangers know

- **Ask before you help.** "Would you like help?" Then listen. Mateo might want a push uphill, or might want to do it himself.
- **Plans for everyone.** When you plan a route, a game or a meeting place, check that everyone can get there: wheels, slow walkers, little ones, grandparents (Sami picks routes that work for everyone).
- **Many ways to talk.** Use pictures, gestures, simple words, a picture card or a phrase card (Item_List_150 #15, #104). Kenji's picture signs work in any language.
- **Welcome newcomers.** Learn their hello, show them the water point and the play space, and invite them into the game.
- **Respect differences:** foods, faiths, clothes, languages. Friendship works across every side.
- **Check on older and sick neighbours** with a grown-up: do they have water, a warm layer, someone to talk to?
- **Keep learning.** Go to the learning space or school in camp when you can. Learning is your

right, even far from home. Walk there with friends on the safe route your grown-up shows you.

- **Play is important.** Child-friendly spaces are safe places to play, draw and talk to helpers.

Ranger checklist

- ☐ I ask before I help.
- ☐ I check our plans work for everyone.
- ☐ I can say hello in another Ranger's language.
- ☐ I invited someone new to play.
- ☐ I checked on an older or sick neighbour with a grown-up.
- ☐ I know where the learning space is and the safe way there.

Earn your badge (Every Ranger Belongs 🤝💙, new area)

Level	Requirement
❤️ Heart	Say: "Nobody gets left behind! Every Ranger belongs!"
🥉 Bronze	Show asking before helping, and say hello in two languages.
🥈 Silver	Help plan one game or route that everyone in your group can join.
🥇 Gold	Welcome a newcomer for a week: show them around, include them.
💎 Platinum	Ages 12+: help a grown-up make a group activity accessible to everyone.

Watch and learn

- Opener (Card #000): Lily says "¡Nadie se queda atrás!"
- Planned: Wheels Go Too
- Planned: New Friends, Many Cultures
- Planned: Child-Friendly Spaces
- Planned: Mateo & Sami's Safety Words
- Every episode's friendship moment

Grown-up note

Include children and adults with disabilities in every plan (evacuation, toilets, distribution lines, learning spaces), and ask them what they need. Keep children learning in emergencies; education spaces also protect. Older people and people living alone are often missed in distributions: build buddy checks into your group.

Chapter 16: Fire, Knife & Axe

> **Lily:** "Tools are for helping, and a grown-up is always near!"

Older Rangers can learn to use real tools and build a real fire, **always with a trained grown-up close by**. Tools are for making and helping, never for play, never for scaring anyone, and never inside a tent or shelter.

For Sprouts and Trail Cubs (all ages): fire safety only

- Stay back from every fire: at least two big steps, or further if a grown-up says.
- Never touch matches, lighters or fire-starters. Bring them to a grown-up.
- Clothes on fire? **Stop, drop and roll**, with your hands over your face.
- Fire in the shelter? Get out, stay out, crawl low (Chapter 5).

Pathfinders (11–13): knives and campfires with a grown-up

Knife safety

1. **Ask first.** Only use a knife when a grown-up says yes and is nearby.
2. **Safety circle:** before you open the blade, hold your arm out straight with the closed knife and turn all the way round. No one, and nothing you don't want to cut, should be inside that circle. Then keep it clear.
3. **Sit down** to whittle or cut, with your elbows on your knees, so the blade stays out in front of you, away from your legs.
4. **Cut away from yourself**, never toward your hand, legs or body. Keep your other hand behind the blade.
5. **Use small, controlled strokes.** If you have to push hard, the knife is too blunt or the cut is too big.
6. **Close and pass:** close a folding knife (or sheathe a fixed knife) before you stand, walk or pass it. To pass an open knife, hold the back of

the blade, handle toward the other person; let go only when they say "thank you".

7. **Never throw a knife, never run with one, and never carry it open.**
8. **Care:** keep it clean and dry, wipe it after use, and keep it closed and put away. A sharp knife is safer than a blunt one, because it doesn't slip. A grown-up shows you how to sharpen it.
9. **Cuts:** press, rinse, cover, tell (Chapter 13).

Building a fire (a grown-up present the whole time)

1. **Check the rules.** Is fire allowed here today? Many places have **fire bans**, especially in dry, windy weather. If in doubt, no fire. Use a camp stove or skip it.
2. **Pick the site:** - an existing fire ring, or bare soil - far from tents, shelters, trees, roots, overhanging branches and dry grass - **never inside a tent or shelter** - water and a shovel ready before you start
3. **Gather three piles before you strike anything:** - **tinder:** dry grass, bark shavings, cotton - **kindling:** sticks from pencil to thumb

thickness - **fuel:** wrist-thick dead, fallen wood; never cut living trees

4. **Teepee lay:** put a tinder bundle in the middle, then lean kindling around it like a tent, leaving a doorway on the side the wind comes from.
5. **Log-cabin lay:** place a tinder bundle with a small teepee of kindling over it, then stack sticks in a square around it, two by two, getting smaller as you go up.
6. **Lighting:** - **Matches:** kneel, strike away from you, shelter the flame with your hand, and light the tinder from the windward side, low down. Drop used matches into the fire. - **Ferro rod:** hold the rod tip right in the tinder, and pull the rod back while the striker stays still, so sparks land without scattering the tinder.
7. **Grow it slowly:** add kindling, then fuel. Keep it small.
8. **Never leave it.** Someone stays with the fire the whole time. Long hair tied back, loose sleeves rolled up.
9. **Put it out cold:** drown it with water, stir the ashes, then drown again until there's no hiss

and no steam. Feel near it with the back of your hand. If it's warm, it isn't out.

10. **Leave no trace:** burn wood to ash, scatter cold ash where allowed, and leave the site cleaner than you found it.

Trailblazers (14–17): axes, saws, harder fires and teaching others

Axe and saw safety

1. **Training first:** learn axes and saws from a trained grown-up, hands-on, before using them alone.
2. **Safety circle and clear zone:** check a full arm-plus-axe circle around you, and look up and down too (no branches or ropes overhead). Keep onlookers well back. Clear twigs and vines that could catch the swing.
3. **Chopping block:** split on a steady, flat-topped log on firm ground. Never chop wood lying directly on the ground, where the axe can bounce or hit stones.
4. **Kneeling vs standing:** - **Hatchet:** kneel on one knee with the other leg moved out of the line of the swing, so a missed stroke goes into the block or the ground, not your leg. - **Full-size axe:** stand with feet apart, and the block a little in front of you. Let the axe weight do the work, and keep your swing in a straight line.

5. **Splitting with a baton:** for small pieces, set the knife or hatchet on top of the wood and tap its back with a stout stick (the baton) to drive it through. It's controlled and slow; keep your hands clear of the edge.
6. **Saws:** hold the wood firmly on a support, away from the cut line. Start with a few slow pull strokes, use the whole blade, and keep your fingers away from the teeth.
7. **Carrying and sheathing:** sheathe the head before you walk. Carry it at your side, head down and blade facing away from you. To pass it, hold it head down and handle out, and let go only when they say "thank you". Store it sheathed, off the ground.
8. **Sharpening basics:** with a grown-up, use a file or stone, pushing **away** from the edge. Wear gloves on your holding hand, keep the original angle, and do a few smooth strokes on each side. A loose head means stop using it until it's fixed.
9. **Stop when tired.** Most axe injuries happen when people are tired or rushing.

Fire in wind and rain

- Find dry wood inside standing dead branches and the lower dead branches of conifers, and split wet sticks to reach the dry core.
- Use a platform of sticks on wet ground; make extra tinder and **feather sticks**.
- Shield the fire with your body or a windbreak of logs or rocks, never a low tarp over the flames.
- In strong wind, **don't light a fire at all**: sparks start wildfires.

Feather sticks

1. Hold a dry stick firmly with its end on the block.
2. With a sharp knife, shave long, thin curls downward, stopping before the end so they stay attached.
3. Turn the stick and repeat until it looks like a feather. Always cut down and away, sitting or kneeling.

Cooking fires

- Let the fire burn down to **hot coals**; that's where cooking happens, not on tall flames.

- Use a stable pot on rocks or a grill, with handles turned away. Use a pot holder or a thick cloth.
- Keep a clear "kitchen zone" with no running, and keep little ones far back.
- Cook food all the way through (Chapter 6).

Teaching younger kids

- Little ones learn **fire safety only**: stay back, stop-drop-roll, give matches to a grown-up.
- Show from a safe distance, and say the rules aloud ("two big steps back").
- Never hand a younger child a knife, axe, matches or ferro rod.
- Be the example: tools sheathed, fire watched, put out cold.

Ranger checklist

- ☐ (All) I stay back from fire and know stop, drop and roll.
- ☐ (11+) I can show the knife safety circle, cutting away, and closing and passing.
- ☐ (11+) I checked for a fire ban, and picked and cleared a safe site.
- ☐ (11+) I built a teepee and a log-cabin lay with a grown-up.
- ☐ (11+) I lit a fire with matches or a ferro rod, and put it out cold.
- ☐ (14+) I can show the axe safety circle, chopping block, kneeling hatchet stance and baton splitting.
- ☐ (14+) I carved feather sticks and lit a fire in damp conditions with a grown-up.
- ☐ (14+) I helped teach fire safety to younger kids.

Earn your badge (Fire & Tools 🔥🪓)

Level	Who	Requirement (shown to a trained grown-up)
❤️ Heart / 🥉 Bronze	Sprouts, Trail Cubs	Fire safety only: say and show "stay back" and stop, drop and roll.
🥈 Silver	Pathfinders (11–13)	Show the knife safety circle, cutting away, closing and passing, and knife care. Check the fire ban, choose a site, build a teepee or log-cabin lay, light it with matches or a ferro rod, and put it out cold.
🥇 Gold	Trailblazers (14–17)	All of Silver, plus axe and saw safety, a chopping block, the kneeling stance, baton splitting, carrying and sheathing, and sharpening with a grown-up. Make feather sticks, light a fire in wind or damp, cook on coals, and teach fire safety to younger kids.
The grown-up must be trained and present for every demonstration. Badges are		

Level	Who	Requirement (shown to a trained grown-up)
never earned alone.		

Watch and learn

- Planned: Fire Is a Grown-Up Job (Rule #2)
- Planned: Walking Staffs Are Tools
- Handbook Chapters 5 (shelter fire), 6 (food), 13 (cuts and burns)
- Adults_18plus/01_Fire_Starting (grown-ups only)

Grown-up note

Teach tools in this order: talk, watch, try with your hands over theirs, then practise alone with you beside them. Check local laws on carrying knives, especially for minors and in public places or camps; many places restrict them. Follow fire bans without exception. Keep a first-aid kit and water at every fire. No fire or tools in or near shelters, ever. Store blades and fire-starters out of young children's reach.

Sources (our own words; checked Oct 21, 2026): Leave No Trace, Minimize Campfire Impacts

https://lnt.org/why/7-principles/minimize-campfire-impacts/ (200) · USDA Forest Service, Fire https://www.fs.usda.gov/visit/know-before-you-go/fire (200) · Smokey Bear, Campfire safety https://smokeybear.com/en/prevention-how-tos/campfire-safety (200) · American Red Cross, Burns first aid https://www.redcross.org/take-a-class/resources/learn-first-aid/burns (200) · American Red Cross, Home fire safety https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire.html (200) · Ready.gov, Home fires https://www.ready.gov/home-fires (200).

For Grown-Ups

> **Lily:** "Grown-ups help, Rangers learn, together we're strong!"

Thank you for walking with a Ranger. This handbook teaches simple, life-saving habits through play. You are the safety net.

Your jobs

- **You handle the risky parts:** fire and boiling, hot drinks and food, knives and needles, medicine, chlorine or bleach, batteries, deep or fast water, rope work, and anything strange or unknown.
- **You sign off badges.** Watch the child do the step, then tick the box. There are no tests and no scores, and children are never compared. Little ones can stop at Bronze.
- **Keep it gentle.** Use calm, hopeful words. Don't use frightening images, and don't press a child to talk about bad things they've lived through.
- **Protect privacy.** Don't post children's names, faces, locations or badge pages online. Progress lives on paper.
- **Use local help first.** Clinics, aid desks, child-friendly spaces and mine-action teams know your area better than any book.

Safety lines in this book (please keep them)

1. Danger Awareness gives a behaviour rule only (stop, don't touch, go back, tell). It shows no real devices and teaches no identification, and the hunt game uses pictures in a checked camp area.
2. Health content is "notice and tell", never home treatment, apart from cool water for burns and washing small cuts.
3. Fix It uses camp-safe, adult-checked materials only, never rubble or unknown metal.
4. Platinum steps always need a grown-up, and for mine-risk only a trained educator.

How to run a Ranger session (about 20 minutes)

1. Watch the episode (or listen to Rangers Radio).
2. Look at the Field Card together.
3. Practise one checklist line with props.
4. Lily's slogan, all together.
5. Colour one blue-heart segment if a level was earned.

Before anything here is used publicly

- A medical reviewer should check Chapter 2.
- A mine-action reviewer should check Chapter 4 (see the draft outreach request).
- A food and fuel expert should check retained-heat cooking (Chapter 6).

Mine and explosive-hazard safety for grown-ups (with Chapter 4)

- Teach children only the behaviour rule (stay on the path; stop, don't touch, go back the way you came, tell a grown-up). Never show real devices, and never teach children to mark them.
- Adults: never touch, kick, throw, move or burn suspicious items. Warn others to stay away, and report to local authorities or a mine-action organisation. Partners can add their local hotline here.
- Use only known, used paths in affected areas, and follow local risk-education briefings.

Responding to disclosure (with Chapter 14)

Stay calm, believe the child, say it's not their fault, don't promise secrecy, and refer to protection staff or child-protection services quickly.

Reviewers before public use

Chapter	Reviewer
02, 12, 13	Medical (paediatric / emergency)
04	Mine-action / EORE specialist
10, 14	Child protection and menstrual health
07 and the Grief Center	MHPSS

Local numbers

Add your country's emergency, child helpline and health numbers to the site's help page (help.html). Find verified helplines at https://findahelpline.com.

Sources

All text in this handbook is our own wording. We copied no passages; these organisations' public guidance informed the content.

Handbook structure

- World Organization of the Scout Movement (WOSM): Youth Programme and the Scout Method. https://www.scout.org/
- World Association of Girl Guides and Girl Scouts (WAGGGS): non-formal education and badge approach. https://www.wagggs.org/
- Scouts BSA Wilderness Survival merit badge (badge-step style). https://www.scouting.org/merit-badges/wilderness-survival/

Water and hygiene (Ch. 1, 6)

- WHO, Household water treatment and safe storage following emergencies and disasters. https://www.who.int/docs/default-source/documents/publications/household-

water-treatment-and-safe-storage-following-emergencies-and-disasters.pdf
- WHO technical note 5, Emergency treatment of drinking water at the point of use. https://cdn.who.int/media/docs/default-source/wash-documents/who-tn-05-emergency-treatment-of-drinking-water-at-the-point-of-use.pdf
- CDC, Household water treatment. https://www.cdc.gov/global-water-sanitation-hygiene/about/about-household-water-treatment.html
- SODIS (Eawag). https://www.sodis.ch/
- UNICEF WASH. https://www.unicef.org/wash

Health and first aid (Ch. 2)

- IFRC, International First Aid, Resuscitation and Education Guidelines. https://www.ifrc.org/document/international-first-aid-resuscitation-and-education-guidelines
- WHO/UNICEF, Integrated Management of Childhood Illness (danger signs). https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing/child-

health/integrated-management-of-childhood-illness

- WHO, Malaria fact sheet (treated nets). https://www.who.int/news-room/fact-sheets/detail/malaria
- WHO, Burns fact sheet. https://www.who.int/news-room/fact-sheets/detail/burns

Family and child protection (Ch. 3, 7)

- American Red Cross, Make a Plan. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html
- Ready.gov Kids. https://www.ready.gov/kids
- ICRC, Restoring Family Links. https://www.icrc.org/en/what-we-do/restoring-family-links
- UNICEF, Child protection. https://www.unicef.org/protection
- UNICEF Parenting, How to talk to your children about conflict and war. https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war
- IFRC Psychosocial Centre. https://pscentre.org/

Danger awareness (Ch. 4, 8)

- UNMAS. https://www.unmas.org/en
- IMAS 12.10, Explosive Ordnance Risk Education. https://www.mineactionstandards.org/
- Series internal check: Spin_Offs/Mine_Risk_Check.md

Shelter, warmth and food (Ch. 5, 6)

- UNHCR Emergency Handbook (shelter, food, WASH). https://emergency.unhcr.org/
- WHO, Five Keys to Safer Food. https://www.who.int/publications/i/item/9789241594639
- WFP, Food assistance. https://www.wfp.org/food-assistance
- Sphere Handbook. https://spherestandards.org/handbook/

Added for Chapters 11–15 and the gap-audit additions

- WHO fact sheets: drowning https://www.who.int/news-room/fact-

sheets/detail/drowning · snakebite https://www.who.int/news-room/fact-sheets/detail/snakebite-envenoming · rabies https://www.who.int/news-room/fact-sheets/detail/rabies · cholera https://www.who.int/news-room/fact-sheets/detail/cholera · measles https://www.who.int/news-room/fact-sheets/detail/measles · diarrhoeal disease https://www.who.int/news-room/fact-sheets/detail/diarrhoeal-disease · pneumonia https://www.who.int/news-room/fact-sheets/detail/pneumonia · infant and young child feeding https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding · heat and health https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health · road traffic injuries https://www.who.int/news-room/fact-sheets/detail/road-traffic-injuries · dengue https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue · child maltreatment https://www.who.int/news-room/fact-sheets/detail/child-maltreatment

- WHO / War Trauma Foundation / World Vision, Psychological First Aid: Guide for Field Workers. https://www.who.int/publications/i/item/9789241548205
- UNICEF: sexual violence against children https://www.unicef.org/protection/sexual-violence-against-children · children recruited by armed forces https://www.unicef.org/protection/children-recruited-by-armed-forces · migrant and displaced children https://www.unicef.org/migrant-refugee-internally-displaced-children · end violence https://www.unicef.org/end-violence · education in emergencies https://www.unicef.org/education/emergencies · disabilities https://www.unicef.org/disabilities · immunization https://www.unicef.org/immunization · early childhood development https://www.unicef.org/early-childhood-development · nutrition https://www.unicef.org/nutrition
- UNFPA, Menstruation FAQ. https://www.unfpa.org/menstruationfaq

- Save the Children: emergency response https://www.savethechildren.org/us/what-we-do/emergency-response · Resource Centre https://resourcecentre.savethechildren.net/
- IFRC first aid. https://www.ifrc.org/our-work/health-and-care/first-aid
- Alliance for Child Protection in Humanitarian Action, Child Protection Minimum Standards. https://alliancecpha.org/en/CPMS_home
- IMAS 12.10, Explosive Ordnance Risk Education. https://www.mineactionstandards.org/standards/12-10/ · ICRC weapon contamination https://www.icrc.org/en/what-we-do/weapon-contamination
- INEE Minimum Standards. https://inee.org/minimum-standards
- Ready.gov: earthquakes https://www.ready.gov/earthquakes · floods https://www.ready.gov/floods · home fires https://www.ready.gov/home-fires · heat https://www.ready.gov/heat · winter weather https://www.ready.gov/winter-weather · hurricanes https://www.ready.gov/hurricanes · tornadoes https://www.ready.gov/tornadoes · tsunamis https://www.ready.gov/tsunamis ·

wildfires https://www.ready.gov/wildfires · landslides https://www.ready.gov/landslides-debris-flow · severe weather https://www.ready.gov/severe-weather · disability https://www.ready.gov/disability

- Find A Helpline. https://findahelpline.com/

Ranger First Aid (Chapter 13, ages 11+)

- IFRC, International First Aid, Resuscitation and Education Guidelines 2020. https://www.ifrc.org/document/international-first-aid-resuscitation-and-education-guidelines
- American Red Cross, Learn First Aid. https://www.redcross.org/take-a-class/resources/learn-first-aid · CPR steps https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps
- British Red Cross, First aid. https://www.redcross.org.uk/first-aid · First aid for babies and children https://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children
- American Heart Association, Hands-Only CPR. https://cpr.heart.org/en/cpr-courses-and-

kits/hands-only-cpr · CPR & ECC Guidelines https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines

- Resuscitation Council UK, public resources. https://www.resus.org.uk/public-resource
- Stop the Bleed (bleeding-control training). https://www.stopthebleed.org/
- NHS, First aid. https://www.nhs.uk/conditions/first-aid/
- WHO fact sheets: snakebite, rabies, burns (listed above) *Checked Oct 21, 2026 (curl -L): all 200 except the IFRC guidelines and the two cpr.heart.org pages (403 to curl). The AHA Hands-Only page was confirmed live by a web fetch, and the IFRC page earlier today. One candidate, redcross.org.uk/first-aid/learn-first-aid-for-adults, returned 404 and was left out.*

Second link check, Oct 21, 2026 (curl -L, 48 URLs): 45 returned 200. Three returned 403 to curl (spherestandards.org, ifrc.org/first-aid and alliancecpha.org/CPMS); super bot's audit confirmed these with a web fetch the same day.

Links checked Oct 21, 2026: all 24 URLs in the handbook were checked with curl -L, and all are live. Three blocked curl with a 403 (spherestandards.org, cdc.gov, ifrc.org) and were confirmed live with a second fetch. www.unmas.org/en redirects (301) to unmas.org/en, which loads. mineactionstandards.org timed out once and loaded on retry. No links needed replacing.