Bear Requirements

1. Create, plan, and practice summoning help during an emergency.
2. Learn how to shut off utilities to your home in an emergency.
3. Learn simple rescue techniques.
4. Learn emergency skills and care for choking, wounds, nosebleeds, falls, and animal bites. The emergency skills should include responses for fire safety, poisoning, water accidents, substance abuse, and more.
5. Put together a family emergency kit for use in the home.
6. Organize a safe kids program such as the McGruff Child Identification program. Put on a training program for your family or den on stranger awareness, Internet safety, or safety at home.
7. Make a small display or give a presentation for your family or den on what you have learned about preparing for emergencies.