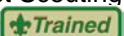


Course	What it is	Who it's for	Time	When and where
Basic Adult Leader Outdoor Orientation (BALOO)	A hands-on intro to outdoor skills for the Cub program, taught on an overnight campout. If your pack goes camping, at least one BALOO-trained adult must be there.	Cub Scout adults	1.5 days	2–3 times/year, spring and fall. Various camps.
Cub Leader Position-Specific Training (PST)	Classroom overview of the Cub Scouting program, advancement, leader roles, and resources to help you run a strong program. (Also available online.)	Cub Scout adults	4 hours	At least 4 times a year, mostly fall. Locations vary.
CPR/AED	American Red Cross certification in CPR and AED (defibrillator) use, valid for two years.	Adults and capable youth	3.5 hours	8+ times/year, often Nobscot or Canton.
Den Chief Training	Roles and responsibilities of a Den Chief. Includes tips, games, songs, and other fun activities for working with Cub Scouts. (Also available online.)	Scouts BSA and Venturing youth	2–3 hours	4–6 times/year, mostly fall. Locations vary.
Introduction to Outdoor Leader Skills (IOLS)	Overnight intro to skills like map/compass, woods tools, cooking, and knots/lashings. Learn new skills, reinforce old ones, and build confidence to teach.	Scouts BSA and Venturing adults	1.5 days	2–3 times/year, spring and fall. Various camps.
Leave No Trace Trainer Training	Hands-on training in the seven principles of Leave No Trace and advanced camping methods.	Adults and youth 14+	2 full days	Spring and maybe fall at BSA camps.
National Youth Leadership Training (NYLT)	Advanced leadership development course for youth. Ideal for youth who aspire to Senior Patrol Leader, ASPL, or other key leadership positions.	Scouts BSA and Venturing youth	1 week	2 times each summer: Squanto and Resolute.
Red Cross First Aid	American Red Cross certification in basic first aid skills, valid for two years.	Adults and capable youth	3.5 hours	8+ times/year, often Nobscot or Canton.
Scoutmaster/ASM PST	Fundamentals of running a successful youth-led troop, patrol method, and more. (Also available online.)	Scouts BSA adults	4–5 hours	6+ times/year. Locations vary.
Troop Committee PST	Learn how an effective Troop Committee can support a successful youth-led troop. (Also available online.)	Scouts BSA adults	2–3 hours	A few times/year. Locations vary.
Wilderness and Remote First Aid	Hands-on training to treat injuries in the backcountry. American Red Cross certification valid for two years.	Adults and youth 14+	2 full days	5 times/year: Nobscot/Squanto.
Wood Badge	The BSA's premier leadership skills course. Grow as a leader, apply leadership concepts and methods, and gain inspiration to deliver the promise of Scouting.	All adults	2 week-ends	1 or 2 times/year, at BSA camps.

Our in-person courses are organized and taught by trained volunteers who have been “in your shoes.” Live training is a great way to meet fellow leaders, share ideas, get answers to questions, and get a chance to practice key skills. We try to offer these courses at a variety of times and locations, but we can also add certain courses on demand, if requested.

We offer other courses periodically, too. You can also take many training courses online at <https://my.scouting.org>. For most Scouting positions, online training covers all the requirements to be considered “trained” for your position and wear the  patch. See the requirements for your position in our Quick Guides at [www.mayflowerbsa.org/training](http://www.mayflowerbsa.org/training).