

Readiness Self-Assessment

ARE YOU READY TO SLEEP OUT (FIRST DEGREE)?

Are you ready to Sleep Out? Take this quiz to learn if you are ready to advance to the First Degree in the sequence, sleeping in cabins and tents!

	(A) No way!	(B) Maybe	(C) Yes!
1. Do you enjoy staying over at a friend's house without missing your family or feeling sad/lonely?			
2. Do you feel comfortable being outdoors at night?			
3. Would you be okay staying in a tent/cabin with other girls, knowing trusted adults are nearby? Answer B if you'd stay in a cabin, but not a tent.			
4. Could you catch a moth or frog and hold it in your hand?			
5. Do you like the idea of spending a few days without a phone or screen to look at?			
6. How many times does an adult have to ask you to help with camp chores? Answer A if you're not a fan of chores. Answer B if it's maybe 2 or 3 times. Answer C if only once (you help without being asked more than once).			
7. How often have you cooked over a campfire? Answer A if only once. Answer B if maybe 2 or 3 times. Answer C if 5 times or more.			
8. Do you help cook meals in the kitchen? Answer B if you help out sometimes.			
9. What is the longest distance you have ever hiked on a trail? Answer A if no hiking for you. Answer B if maybe a half mile. Answer C if a mile and more!			
10. Can you light a match and start a fire? Answer B if you'd like to try it.			
11. Can you recognize an emergency and know when to get an adult or call 911?			

Add up your score: A = 1 point • B = 2 points • C = 3 points

11-18: You are doing great at working your way through Going Out! We suggest a little more time practicing skills outside so you are ready to Sleep Out in a cabin.

19-27: You are confident about getting outside and sleeping away from home. We think you are ready to give Sleeping Out **in a cabin** a try with an Ace Adventure I program!

28-33: You are doing great! Since you are comfortable with your outdoor skills and have likely slept in a cabin already, try to Sleep Out **in a tent** with a Tent's Up program.