Camping

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.
This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.
If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.
No one may add or subtract from the official requirements found on Scouting.org.

The requirements were last issued or revised in 2018 • This workbook was updated in September 2021.

Scout's Name:_____ Unit: _____

Counselor's Name: _____ Phone No.:_____ Email: _____

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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1. Do the following:

   a. Explain to your counselor the most likely hazards you may encounter while participating in camping activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

   b. Discuss with your counselor why it is important to be aware of weather conditions before and during your camping activities.

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Tell how you can prepare should the weather turn bad during your campouts.

c. Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, frostbite, heat reactions, dehydration, altitude sickness, insect stings, tick bites, snakebite, blisters, and hyperventilation.

Hypothermia:

Frostbite:

Heat reactions:

Dehydration:

Altitude sickness:

Insect stings:

Tick bites:

Snakebite:

Blisters:	
Hyperventilation:	

2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean.

Leave No Trace	
Outdoor Code	

Write a personal and group plan for implementing these principles on your next outing.

3. Make a written plan* for an overnight trek and show how to get to your camping spot using a topographical map and one of the following:

c a. A compass

c b. A GPS receiver**

c c. A smartphone with a GPS app**

*To complete this requirement, you may use the Scout Planning Worksheet at https://filestore.scouting.org/filestore/boyscouts/pdf/512-505-2016-Scout-Planning-Worksheet.pdf.

**If a GPS-equipped device is not available, explain how to use one to get to your camping spot.

c Show how to get to your camping spot

4. Do the following:

a. Make a duty roster showing how your patrol is organized for an actual overnight campout. List assignments for each member.

b. Help a Scout patrol or a Webelos Scout unit in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.

- c Duty roster,
- c Menu planning,
- c Equipment needs,
- c General planning,
- c Setting up camp.

5. Do the following:

a. Prepare a list of clothing you would need for an overnight campout in both warm weather and cold weather.

Warm Weather

Cold Weather

Explain the term "layering".

b. Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.

c. Explain the proper care and storage of camping equipment (clothing, footwear, bedding).

d. List the outdoor essentials necessary for any campout, and explain why each item is needed.

Item	Why is it needed

e. ☐ Present yourself to your Scoutmaster with your pack for inspection.

☐ Be correctly clothed and equipped for an overnight campout.

6. Do the following:

a. Describe the features of four types of tents, when and where they could be used, and how to care for tents.

1. Type	
Features	
When to use	
Where to use	

2. Type	
Features	
When to use	
Where to use	

3. Type	
Features	
When to use	
Where to use	

4. Type	
Features	
When to use	
Where to use	
How to care for tents.	

c Working with another Scout, pitch a tent.

b. Discuss the importance of camp sanitation and tell why water treatment is essential.

c Then demonstrate two ways to treat water.

c. Describe the factors to be considered in deciding where to pitch your tent.

d. Tell the difference between internal- and external-frame packs.

Discuss the advantages and disadvantages of each.

Internal Frame Pack		External Frame Pack	
Advantages	Disadvantages	Advantages	Disadvantages

e. Discuss the types of sleeping bags and what kind would be suitable for different conditions.

Type of Sleeping Bag	For what conditions is this sleeping bag appropriate?

Explain the proper care of your sleeping bag and how to keep it dry.

c Make a comfortable ground bed.

7. Prepare for an overnight campout with your patrol by doing the following:

a. Make a checklist of personal and patrol gear that will be needed.

Personal Gear Checklist

Patrol Gear Checklist

b. c Pack your own gear and your share of the patrol equipment and food for proper carrying. Show that your pack is right for quickly getting what is needed first, and that it has been assembled properly for comfort, weight, balance, size and neatness.

8. Do the following:

a. Explain the safety procedures for:

1. Using a propane or butane / propane stove

2. Using a liquid fuel stove

3. Proper storage of extra fuel

b. Discuss the advantages and disadvantages of different types of lightweight cooking stoves.

Type	
Advantages	
Disadvantages	
Type	
Advantages	
Disadvantages	

Type	
Advantages	
Disadvantages	
Type	
Advantages	
Disadvantages	

c. Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip.

Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers.

Breakfast 1: Food List:

Recipes

Scout's Name: _____

Breakfast 2: Food List:

Recipes

Scout's Name: _____

Lunch 1: Food List:

Recipes

Scout's Name: _____

Lunch 2: Food List:

Recipes

Lunch 3: Food List:

Recipes

Scout's Name: _____

Supper :1 Food List:

Recipes

Supper 2: Food List:

Recipes

Discuss how to protect your food against bad weather, animals, and contamination.

d. While camping in the outdoors, cook at least ☐ one breakfast, ☐ one lunch, and ☐ one dinner for your patrol from the meals you have planned for requirement 8c.

. ☐ At least one of those meals must be a trail meal requiring the use of a lightweight stove

The requirements for Cooking merit badge include the following note immediately befoe requirements 4, 5, & 6.

Note: The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement or other merit badges. Meals prepared for rank advancement or other merit badges may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.

Therefore, The meals prepared for Camping merit badge requirement 8d may not count toward Cooking merit badge, requirements 4, 5, or 6. Meals prepared for Cooking merit badge requirements 4, 5, and 6 may not count toward Camping merit badge requirement 8d.

9. Show experience in camping by doing the following:

a. ☐ Camp a total of at least 20 nights at designated Scouting activities or events. One long-term camping experience of up to six consecutive nights may be applied toward this requirement. Sleep each night under the sky or in a tent you have pitched. If the camp provides a tent that has already been pitched, you need not pitch your own tent.

b. On any of these camping experiences, you must do TWO of the following, only with proper preparation and qualified supervision:

1. ☐ Hike up a mountain where, at some point, you are at least 1,000 feet higher in elevation from where you started.
2. ☐ Backpack, snowshoe, or cross-country ski for at least four miles.
3. ☐ Take a bike trip of at least 15 miles or at least four hours.
4. ☐ Take a nonmotorized trip on the water of at least four hours or 5 miles.
5. ☐ Plan and carry out an overnight snow camping experience.
6. ☐ Rappel down a rappel route of 30 feet or more.

c. ☐ Perform a conservation project approved by the landowner or land managing agency. This can be done alone or with others

10. Discuss how the things you did to earn this badge have taught you about personal health and safety, survival, public health, conservation, and good citizenship.

Personal health and safety

Survival

Public health,

Conservation,

Good citizenship.

In your discussion, tell how Scout spirit and the Scout Oath and Scout Law apply to camping and outdoor ethics.

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.
You can download a complete copy of the *Guide to Advancement* from http://www.scouting.org/filestore/pdf/33088.pdf.

Wilderness Use Policy of the Boy Scouts of America

All privately or publicly owned backcountry land and designated wildernesses are included in the term "wilderness areas" in this policy. The Outdoor Code of the Boy Scouts of America and the principles of Leave No Trace apply to outdoor behavior generally, but for treks into wilderness areas, minimum-impact camping methods must be used. Within the outdoor program of the Boy Scouts of America, there are many different camping-skill levels. Camping practices that are appropriate for day outings, long-term Scout camp, or short-term unit camping might not apply to wilderness areas. Wherever they go, Scouts need to adopt attitudes and patterns of behavior that respect the rights of others, including future generations, to enjoy the outdoors.

- In wilderness areas, it is crucial to minimize human impact, particularly on fragile ecosystems such as mountains, lakes and streams, deserts, and seashores. Because our impact varies from one season of the year to the next, it becomes important for us to adjust to these changing conditions to avoid damaging the environment.
- The Boy Scouts of America emphasizes these practices for all troops, teams, and crews planning to use wilderness areas:
- Contact the landowner or land-managing agency (USDA Forest Service, National Park Service, Bureau of Land Management, U.S. Fish and Wildlife Service, U.S. Army Corps of Engineers, state and private agencies, etc.) well before an outing to learn the regulations for that area, including group size limits, to obtain required permits and current maps, and to discuss ways Scouts can fulfill the expectations of property owners or land managers.
- Obtain a tour permit (available through local council service centers), meet all of its conditions, and carry it during the trip.
- Review the appropriate BSA safety literature relating to planned activities. (See Safe Swim Defense, Safety Afloat, Climb On Safely, and Trek Safely.) Also see the Guide to Safe Scouting on the BSA Web site at http://www.scouting.org/pubs/gss/toc.html for more information on current BSA policies and procedures for ensuring safe activities, as well as the Fieldbook Web site at http://www.bsafieldbook.org.
- Match the ruggedness of high-adventure experiences to the skills, physical ability, and maturity of those taking part. Save rugged treks for older unit members who are more proficient and experienced in outdoor skills.
- Conduct pretrip training for your group that stresses proper wilderness behavior, rules, and skills for all of the conditions that may be encountered, including lightning, missing person, wildfire, high winds, flooding, and emergency medical situations.
- Participate in training in how to apply the principles of Leave No Trace, and be proficient and experienced in the leadership and skills required for treks into wilderness areas.
- Adhere to the principles of Leave No Trace.

The Principles of Leave No Trace

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly (Pack It In, Pack It Out)
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Outdoor Code

As an American, I will do my best to—

Be clean in my outdoor manners. I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire. I will prevent wildfire. I will build my fires only when and where they are appropriate. When I have finished using a fire, I will make sure it is cold out. I will leave a clean fire ring, or remove all evidence of my fire.

Be considerate in the outdoors. I will treat public and private property with respect. I will follow the principles of Leave No Trace for all outdoor activities.

Be conservation-minded. I will learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.