



# CAMPING

## Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while camping, including hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, insect stings, tick bites, snakebite, and blisters.
- 2) Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal plan for implementing these principles on your next outing.
- 3) Make a written plan for an overnight trek and explain how to get to your camping spot using a topographical map and compass.
- 4) Make a chart showing how a typical patrol is organized for an overnight campout. List assignments for each member.
- 5) Do the following:
  - A) Prepare a list of clothing you would need for an overnight campouts in warm weather and in cold weather
  - 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) Explain the term "layering".
  - E) Present yourself 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 and how to care for tents. Working with another Scout, pitch a tent.
  - B) Discuss the reasons and methods of water purification. Discuss camp sanitation.
  - C) Tell the difference between "internal" and "external" frame packs. Discuss the advantages and disadvantages of each.
  - D) Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag. 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
  - B) Prepare a camp menu that is right for backpacking. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.
  - C) Pack your own gear and your share of the patrol gear 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 when using a:
    - 1) Propane or butane / propane stove
    - 2) Liquid fuel stove
  - B) Discuss the advantages and disadvantages of different types of lightweight cooking stoves
  - C) Cook for your patrol a trail meal requiring the use of a lightweight stove.
- 9) Show experience in camping by doing the following:
  - A) Camp a total of at least 20 days and 20 nights. You may use a week of long-term camp toward this requirement. Sleep each night under the sky or under a tent you have pitched. (long-term camp excluded).
  - 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, gaining at least 2,000 vertical feet.
    - 2) Backpack for at least four miles.
    - 3) Take a bike trip of at least 15 miles or at least four hours.
    - 4) Plan and carry out a float trip of at least four hours.
    - 5) Rappel down a rappel route of 30 feet or more.
  - C) On one of your campouts, perform a conservation project approved in advance by the private land owner or public land management agency.
- 10) Discuss how the things you did to earn this badge have taught you personal health and safety, survival, public health, conservation, and good citizenship.

### Requirement 1

Describe first aid for the following:

Hypothermia: \_\_\_\_\_  
\_\_\_\_\_

Heatstroke: \_\_\_\_\_  
\_\_\_\_\_

Heat Exhaustion: \_\_\_\_\_  
\_\_\_\_\_

Frostbite: \_\_\_\_\_  
\_\_\_\_\_

Dehydration: \_\_\_\_\_  
\_\_\_\_\_

Sunburn: \_\_\_\_\_  
\_\_\_\_\_

Insect Stings: \_\_\_\_\_  
\_\_\_\_\_

Tick Bites: \_\_\_\_\_  
\_\_\_\_\_

Snakebite: \_\_\_\_\_  
\_\_\_\_\_

Blisters: \_\_\_\_\_  
\_\_\_\_\_

### Requirement 2

What are the No Trace Principles & what do they mean? \_\_\_\_\_  
\_\_\_\_\_

What is the Outdoor Code & what does it mean? \_\_\_\_\_  
\_\_\_\_\_

Write your personal plan for implementing the No Trace Principles & the Outdoor Code on your next outing: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Requirement 3**

Make a written plan for an overnight trek and explain how to get to your camping spot using a topographical map and compass. Write your plan below and do your best to describe using the map and compass. Demonstrate finding your camping spot to your counselor or leader: \_\_\_\_\_

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**Requirement 4**

Use the area below to make a chart showing how a typical patrol is organized for an overnight campout. List each member of your patrol and also list each patrol members assignments

### Requirement 5

Prepare a list of clothing you would need for an overnight camp out in warm weather and in cold weather:

WARM WEATHER

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COLD WEATHER

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List the kinds of footwear for different kinds of weather:

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How is the right footwear important for protecting your feet? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain proper care and storage of camping equipment:

Clothing: \_\_\_\_\_  
\_\_\_\_\_

Footwear: \_\_\_\_\_  
\_\_\_\_\_

Bedding: \_\_\_\_\_  
\_\_\_\_\_

Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain what "layering" means: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Present yourself with your pack for inspection. Be correctly clothed and equipped for an overnight campout. Have your leader or counselor initial here when complete: \_\_\_\_\_

### Requirement 6

Describe the features of four types of tents. And, although not required for the badge, describe some of the good points and some of the bad points of each tent design or type.



Tent Kind: \_\_\_\_\_  
Good Points And Bad Points: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Tent Kind: \_\_\_\_\_  
Good Points And Bad Points: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Tent Kind: \_\_\_\_\_  
Good Points And Bad Points: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Tent Kind: \_\_\_\_\_  
Good Points And Bad Points: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe the basic care and storage for tents: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

With another Scout helping you, pitch a tent correctly and in a good location. Have your leader initial when complete: \_\_\_\_\_

Why do you purify water? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List some water purification methods: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Scout Name: \_\_\_\_\_ Unit #: \_\_\_\_\_ Date: \_\_\_\_\_

In the area below, discuss camp sanitation. List what it means, how it is done, and why it is important on every campout: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is the difference between an internal and an external frame backpack? \_\_\_\_\_  
\_\_\_\_\_

List the advantages, disadvantages, and main use for an external frame backpack and an internal frame backpack:



**External Frame Backpack**

Advantages: \_\_\_\_\_  
\_\_\_\_\_

Disadvantages: \_\_\_\_\_  
\_\_\_\_\_

Main Uses: \_\_\_\_\_  
\_\_\_\_\_



**Internal Frame Backpack**

Advantages: \_\_\_\_\_  
\_\_\_\_\_

Disadvantages: \_\_\_\_\_  
\_\_\_\_\_

Main Uses: \_\_\_\_\_  
\_\_\_\_\_

Discuss the types of sleeping bags available: \_\_\_\_\_  
\_\_\_\_\_

What are some of the qualities you want in a general purpose sleeping bag? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Scout Name: \_\_\_\_\_

Unit #: \_\_\_\_\_

Date: \_\_\_\_\_

Breakfast Menu

Breakfast Menu

Lunch Menu

Lunch Menu

Lunch Menu

Supper Menu

Supper Menu

Discuss how to protect your food against bad weather, animals, and contamination: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tell (and show your counselor) how you packed your gear and your share of the patrol gear and food for proper carrying: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Show your Coach or Merit Badge Counselor that your pack is right for getting what's needed first, and that it has been assembled properly for comfort, weight, balance, size and neatness. Tell the importance of each: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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**Requirement 8**

Explain the safety procedures when using a propane or butane stove: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Scout Name: \_\_\_\_\_ Unit #: \_\_\_\_\_ Date: \_\_\_\_\_

Explain the safety procedures when using a liquid fuel stove: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are some of the advantages of lightweight cooking stoves? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are some of the disadvantages of lightweight cooking stoves? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cook for your patrol a trail meal requiring the use of a lightweight stove.

What trail meal did you cook for your patrol: \_\_\_\_\_

Was it easy or hard? Describe your experience, likes, and dislikes with the using of a lightweight stove? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Requirement 9

Show experience in camping by doing the following:

Camp a total of at least 20 days and 20 nights. Sleep each night under the sky or under a tent you have pitched. List the places you went on your campouts and number of nights spent:

Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____
Where: _____	Nights: _____	Where: _____	Nights: _____

On any of your camping trips you must do two of the following activities. Place a check next to the two activities you did and tell about your experience:

- |   |  |
|---|--|
| <input type="checkbox"/> Hike up a mountain, gaining at least 2,000 vertical feet | <input type="checkbox"/> Backpack for at least four miles:     |
| <input type="checkbox"/> Plan and carry out a float trip of at least 4 hours      | <input type="checkbox"/> Take a bike trip of at least 15 miles |
| <input type="checkbox"/> Rappel down a rappel route of 30ft or more               |  |

