

Camping

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: Online Resources.
Workbook developer: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: February 2009.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. ***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. _____

_____

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 ***show*** how to get to your camping spot using a topographical map and compass OR a topographical map and a GPS receiver.

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. _____

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,

Type _____

Features _____

When to use _____

Where to use _____

Type _____

Features _____

When to use _____

Where to use _____

Type _____

Features _____

When to use _____

Where to use _____

Type _____

Features _____

When to use _____

Where to use _____

and how to care for tents. _____

Working with another Scout, pitch a tent. _____

(b) Discuss the importance of camp sanitation _____

_____

_____

and tell why water treatment is essential. _____

_____

_____

_____

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. _____

_____

_____

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.

Person Gear Checklist

☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____

Patrol Gear Checklist

☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____

(b) 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 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

(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 _____

Breakfast 2: Food List: _____

☐ _____ ☐ _____
☐ _____ ☐ _____
☐ _____ ☐ _____
☐ _____ ☐ _____
☐ _____ ☐ _____

Recipes _____

Lunch 1 Food List:

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

Recipes _____

Lunch 2 Food List:

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

Recipes _____

Lunch 3 Food List:

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

Recipes _____

Supper 1: Food List:

Supper 2: Food List:

Recipes _____

Recipes _____

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

(d) 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. _____

9. Show experience in camping by doing the following:

(a) Camp a total of at least 20 days and 20 nights. Sleep each night under the sky or in a tent you have pitched. The 20 days and 20 nights must be at a designated Scouting activity or event. You may use a week of long-term camp toward this requirement. 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, gaining at least 1,000 vertical feet. _____
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. Plan and carry out a float trip of at least four hours. _____
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.

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._____

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

_____

_____

_____

_____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► Guide to Safe Scouting ► Age-Appropriate Guidelines ► Safe Swim Defense ► Scout ► Tenderfoot ► Second Class ► First Class Rank Videos ► Safety Afloat

Merit Badge Books: www.scoutstuff.org ***Please don't post workbooks on your site. Please instead post links to these:***
MeritBadge.org: http://meritbadge.org/wiki/index.php/MBW -or- usscouts.org: http://www.usscouts.org/mb/worksheets/list.asp

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Camping

1: First Aid: See http://meritbadge.org/wiki/index.php/First_Aid for these links and more:
First Aid Videos: Basics - Basics2 Wilderness First Aid CPR Basics Venomous Snake Bite First Aid Kits
Other First Aid Links: Mayo Clinic First Aid Guide Class 1 Exam Class 3 Warning Signs of Cancer - Heart Disease

2-7: Camping Basics: See http://meritbadge.org/wiki/index.php/Camping for these links and more:
Camping Videos: Packing Layering Wet Weather Campsite Sleeping Bags Pads Tents Water Purification Leave No Trace
Other Camping links: Camping Checklists Leave No Trace Outdoor Code Cooking USScouts: Camping Camps Database
Types of Tents - Water Treatment - Campsite Selection - Sleeping Bag Types - Sleeping Bag Selection - More Checklists

2: Leave No Trace and Outdoor Codes are attached

3: **Map & Compass:** See http://meritbadge.org/wiki/index.php/Orienteering for these links and more:
Free Topographical Maps: http://store.usgs.gov/ Topozone.com: http://www.topozone.com/ (free 8.5x11.)
Satellite, Street & Terrain: http://maps.google.com/

5d. Camping Essentials: http://meritbadge.org/wiki/index.php/Essentials_for_the_Outdoors

6a. Types of Tents: http://en.wikipedia.org/wiki/Tent#Current_tent_styles

6b. Water Treatment Basics: http://www.rei.com/expertadvice/articles/water+treatment+backcountry.html

6c. How to Choose the Right Campsite: http://www.rei.com/expertadvice/articles/campsite+selection.html

6d. Internal Frame vs External Frame: http://www2.gsu.edu/~wwwrec/touch/camping/ext-vs-int.html

6e. Types of Sleeping Bags: http://en.wikipedia.org/wiki/Sleeping_bag#Design_types
How to Choose a Sleeping Bag: http://www.rei.com/expertadvice/articles/sleeping+bag.html

8. Cooking: See http://meritbadge.org/wiki/index.php/Cooking for these links and more:
Outdoor Cooking Lesson Videos: Food Selection - Food Quality - Stoves - Utensils - Water Purification - Leave No Trace
Outdoor cooking links: Scoutstuff.org - Scoutorama - USScouts.Org - MacScouter - RecipeSource.com - CampRecipes.com - Scouter.net - Foil-Cooking - Cub Scout Cookbook - NetWoods.com - Scout Camp Cooking - The Trailside Cookbook - Buckskinner Cookbook - Ol' Buffalo Outdoor Cooking Page
Dutch Oven Cooking: USScouts.Org - MacScouter - dutchovencookware.com
Other cooking links: Cooking Merit badge - Leave No Trace - Stove Safety

9a. Hiking: See http://meritbadge.org/wiki/index.php/Hiking for these links and more:
Hiking Videos: Planning - Footwear - Blisters - Gear - Cold Weather - Warm Weather - Layering

9b. Backpacking: See http://meritbadge.org/wiki/index.php/Backpacking for these links and more:
Backpacking Videos: Gear - Internal vs. External Frame - Clothing - Socks - Food - Hydration

General Resources

Knot Videos ► Basics ► Basics2 ► Animated Knots
USScouts.org: ► Orienteering ► Camps Database ► Cooking ► Camping ► More
U.S. Bureau of Land Management: http://www.blm.gov Sea Base: http://www.bsaseabase.org

National Park Service: http://www.nps.gov
USDA Forest Service: http://www.fs.fed.us
U.S. Fish and Wildlife Service: http://www.fws.gov
U.S. Geological Survey: http://www.usgs.gov

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.