**Backpacking merit badge requirements**

1. Discuss the prevention of and treatment for the health concerns that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.

2. Do the following:

1. List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.
2. Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.

3. Do the following:

a. Define limits on the number of backpackers appropriate for a trek crew.

b. Describe how a trek crew should be organized.

c. Tell how you would minimize risk on a backpacking trek.

d. Explain the purpose of an emergency response plan.

4. Do the following:

1. Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew’s impact on the environment.
2. Describe proper methods of handling human and other wastes while on a backpacking trek. Describe the importance of and means to assure personal cleanliness while on a backpacking trek.
3. Tell what factors are important in choosing a campsite.

5. Do the following:

1. Demonstrate two ways to treat water and tell why water treatment is essential.
2. Explain to your counselor the importance of staying well hydrated during a trek.

6. Do the following:

1. Demonstrate that you can read topographic maps.
2. While on a trek, use a map and compass to establish your position on the ground at three different locations, OR use a GPS receiver to establish your position on a topographic map and on the ground at three different locations.
3. Explain how to stay found, and what to do if you get lost.

7. Tell how to prepare properly for and deal with inclement weather.

8. Do the following:

1. Explain the advantages and disadvantages of the different types of backpacking stoves using at least three different types of fuel.
2. Demonstrate that you know how to operate a backpacking stove safely and to handle fuel safely.
3. Prepare at least three meals using a stove and fuel you can carry in a backpack.
4. Demonstrate that you know how to keep cooking and eating gear clean and sanitary, and that you practice proper methods for food storage while on a backpacking trek.

9. Do the following:

1. Write a plan that includes a schedule for a patrol/crew backpacking hike of at least 2 miles.
2. Conduct a pre-hike inspection of the patrol and its equipment.
3. Show that you know how to properly pack your personal gear and your share of the crew’s gear and food.
4. Show you can properly shoulder your pack and adjust it for proper wear.
5. While using the plan you developed for requirement 9a, carry your fully loaded pack to complete a hike of at least 2 miles.
6. Using Leave No Trace principles, participate in at least three backpacking treks of at least three days each and at least 15 miles each, and using at least two different campsites on each trek. Carry everything you will need throughout the trek.

11. Do the following:

1. Write a plan for a backpacking trek of at least five days using at least three different campsites and covering at least 30 miles. Your plan must include a description of and route to the trek area, a schedule (including a daily schedule), a list of food and equipment needs, a safety and emergency plan, and a budget.
2. Using Leave No Trace principles, take the trek planned and, while on the trek, complete at least one service project approved by your merit badge counselor.
3. Keep a daily journal during the trek that includes a day-by-day description of your activities, including notes about what worked well and thoughts about improvements that could be made for the next trek.
4. Discuss the prevention of and treatment for the health concerns that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.

Know before you go!

Stay in good shape so you are ready for the physical demands

Know where you are going and what to expect

Layer and pack clothing appropriate for the weather

Drink plenty of water

Environment – weather, terrain, navigation, maps, trail blazes

Self – proper planning, be in shape, stay hydrated, foot care and footwear, proper clothing

Others – people (courtesy), animals, insects

Getting lost – map and compass

Crossing Streams – unbuckle waist belt and loosen shoulder straps

**Hypothermia** – body loses more heat than it can generate; p. 141

Symptoms – cold, numb, fatigued, irritable, increasingly clumsy, uncontrollable shivering, slurred speech, poor judgment

Treatment – move person into a shelter and get them into dry, warm clothes, zip into a sleeping bag or wrap in a blanket, cover their head, drink small amounts of warm liquid (no caffeine), provide warm water bottles to hold in armpit and groin areas

**Frostbite –** painful and numb ears, nose, fingers, or feet; p. 140-141

Symptoms – grayish-white patches on skin (frostnip), pain, numbness

Treatment – For frostnip, move to a shelter and warm affected area, ear or cheek with palm of bare hand, hands under clothing against armpit, toes by putting bare feet against warm skin of your belly

**Dehydration** – body loses more water than it consumes; p. 137-138

Symptoms – dark urine, weariness, headache, body aches, confusion

Treatment – drink plenty of water, POPC

**Heat Exhaustion –** body is getting too hot; p. 139

Symptoms – pale, clammy skin, nausea, headache, dizziness, fainting, muscle cramps, weakness, lack of energy

Treatment – move to shade, drink small amounts of fluids, apply cool, wet cloths to skin and fan them

**Heatstroke** – person’s core temp rises to life-threatening levels (>105 F); 139

Symptoms – hot, sweaty red skin, confusion, disorientation, rapid pulse

Treatment – move to shade location, loosen clothing, fan the person and apply wet towels, apply wrapped ice packs under armpits, neck and groin, drink small amounts of cool water

**Blisters** - pressure and friction cause sublayers of the skin to separate and fill with plasma; p. 125-126

Symptoms – hot spots, tenderness

Treatment – use moleskin or molefoam immediately when the area becomes tender, change socks if wet, wear gloves, wear a pair of thin synthetic socks under regular hiking socks, do NOT pop!

**Insect Stings -** can be painful, may cause infection; p. 132

Prevention – long sleeves and long pants when in woodlands and fields, button your collar, tuck in your pants, insect repellent

Treatment – for bee or hornet stings, scrape away the stinger with the edge of a knife blade, do NOT squeeze the stinger, apply an ice pack to reduce pain and swelling

**Tick Bites -** small blood suckers that bury their head in the skin; p. 131

Prevention – long sleeves and long pants when in woodlands and fields, button your collar, tuck in your pants, and inspect yourself daily

Treatment – use tweezers to grasp the tick close to the skin and gently pull, do NOT squeeze or twist, may use heat; wash with soap and water and apply antiseptic

**Snakebite -** venomous snakes in the US are pit vipers (rattlesnakes, copperheads, and cottonmouths) and coral snakes; p. 129

Symptoms – sharp, burning pain

Treatment – Nonvenomous: treat the same as a puncture wound, wash with soap and water, apply antibiotic ointment, and cover with a sterile bandage

Venomous: keep calm, wash, remove jewelry, keep limb level with the heart, do NOT apply ice or cut or suck the wound, carry out, call 911, treat for shock

2. Do the following:

1. List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.

S 268; M 39-41

1. Pocketknife – all-purpose tool; keep it sharp and clean

2. First-aid kit – treat a variety of minor injuries, provide initial care

3. Extra clothing – survive worst conditions that can be reasonably encountered

4. Rain gear – stay dry!

5. Water – use a lightweight unbreakable container with a secure lid

6. Flashlight – when it gets dark

7. Trail Food – burn a lot of calories

8. Matches & fire starters – build a fire in an emergency

9. Sun protection – SPF 30 or more, lip balm, sunglasses

10. Map & compass – identify landmarks and find your way

1. Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.

S 272-273; M 54

Pack should weigh no more than 25% of your body weight.

1. Do a shakedown to eliminate gear you don’t need

2. Divide group gear

3. Gradually replace heavier equipment and clothing with lighter items

4. Choose lightweight hiking boots over heavy footwear

5. Prepare one pot meals with ingredients that are dry and light (pasta, rice)

6. Match cookware with menus; a couple of lightweight pots and lids

7. Use your hiking clothes for several days

8. Share personal items like toothpaste

9. Carefully consider anything not essential

10. Review your gear after the trek to see if you can leave it home next time

3. Do the following:

a. Define limits on the number of backpackers appropriate for a trek crew.

M 16

Some areas have restrictions on the size of the crew. Philmont recommends 7-12 individuals, including adults as the best number for sharing gear, food, and chores.

b. Describe how a trek crew should be organized.

M 15

Use the patrol method. Everyone takes responsibility for something: stoves, water, cooking, cleanup, bear bags, navigation, camp sites, cooking, etc.

c. Tell how you would minimize risk on a backpacking trek.

S 282; M 19

1. Stay in good shape in order to be ready for the physical demands of a trek

2. Know where you are going and what to expect

3. Adjust clothing layers to match changing conditions

4. Drink plenty of water

5. Take care of your gear

6. Speak up if you need help

7. Leave No Trace

8. Buddy system

9. Choose a safe campsite

10. Pay attention to the weather

11. Stay away from the cooking area when not cooking

12. Do not run in camp

13. Stay away from hazardous areas

d. Explain the purpose of an emergency response plan.

M 15

Anticipate what could go wrong. Developing an emergency response plan in advance provides important information to use if you encounter difficulties in the backcountry. Provide copies along with the trip plan to those at home to assist you if you need help. Location, group members, medical training, resources, emergency contacts, conditions for activating an emergency response, driving directions to nearest health facility.

4. Do the following:

1. Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew’s impact on the environment.

S 224-234; M 59-65

Follow the principles of Leave No Trace

1. Plan Ahead and Prepare
   1. Schedule your trip to avoid times of high use
   2. Visit in small groups when possible
   3. Repackage food to minimize waste
2. Travel on Durable Surfaces
   1. Use established trails and campsites
   2. Good campsites are found not made
   3. Walk single file in the middle of the trail
   4. Keep campsites small
   5. Stay on the trail so you don’t trample small plants or compact the soil
   6. Do not cut across switchbacks
3. Dispose of Waste Properly
   1. Pack it in, pack it out
   2. Cathole 200 ft from camps and water 6-8 inches deep
   3. Carry wash water 200 ft from water, camp, and trails
4. Leave What You Find
   1. Preserve the past
   2. Do not build structures or dig trenches
5. Minimize Campfire Impacts
   1. Use a lightweight stove if possible
   2. Use established fire rings
   3. Keep fires small
   4. Make sure ashes are cool, then scatter them
6. Respect Wildlife
   1. Never feed animals
   2. Store food and trash securely
7. Be Considerate of Other Visitors
   1. Riders – step downhill and wait quietly while animals pass
   2. Hikers – give uphill hikers the right of way
   3. Let nature’s sounds prevail
8. Describe proper methods of handling human and other wastes while on a backpacking trek. Describe the importance of and means to assure personal cleanliness while on a backpacking trek.

S 228-230; M 61-62

Pack out litter. Be sure to use restrooms if available. Otherwise dig a cathole or latrine. Find a private spot at least 200’ from water, campsites, and trails. Clear a small area of pine needles or leaves, then dig a hole 6 to 8 inches deep. After relieving yourself, use a stick to push the toilet paper to the bottom, refill the cathole, and replace the pine needles or leaves. Push a stick into the ground to warn others not to use the same place. Always use hand sanitizer afterward.

If camping in the same place for more than a night, dig a latrine to reduce the impact of multiple catholes. Set aside any ground cover, then dig a shallow trench a foot wide, 3 to 4 feet long, and 6 to 8 inches deep. Sprinkle a layer of soil in the trench after each use. Before leaving, return remaining soil and replace ground cover. When possible, urinate on rocks, gravel or pine needles instead of trees. The salt attracts animals that may strip the bark off trees or damage plants.

To assure personal cleanliness, always start with clean utensils and kitchen gear. To prevent the spread of germs, everyone should have their own water bottles and eating utensils. To keep cooking and eating gear clean and sanitary, use the dishwashing system. Use hand sanitizer after using the bathroom.

1. Tell what factors are important in choosing a campsite.

S 227-228, 265-266

Good campsites are found, not made. Always use established campsites. If none are available, make your camp on sand, gravel, rock, compacted soil, dry grasses, or snow. All of these are durable surfaces. In more remote areas, it may be appropriate to practice dispersed camping. Pitch tents away from streams and lakes and away from dead trees or limbs. Stay out of gullies. Avoid lone trees, the tops of hills, and high ridges. Make sure there is enough space to move around without tripping over stakes and lines. Morning sun will dry out the tent, while evening sun can be hot in summer.

5. Do the following:

1. Demonstrate two ways to treat water and tell why water treatment is essential.

S 240

Boiling – Bringing water to a boil for a full minute will kill most organisms.

Filtering – Some filters pump water through pores small enough to strain out bacteria and parasites. Others contain chemicals or carbon to make water safer to drink.

Treating – Most chemical tablets are added to a quart of water, then you must wait 30 minutes before drinking. They degrade over time.

1. Explain to your counselor the importance of staying well hydrated during a trek.

S 137-138; M 23

Everyone needs to make sure they are hydrated. If one member becomes dehydrated, everyone has to stop to procure water to rehydrate that person. Water may be scarce on the trail. Gather it when you can.

6. Do the following:

1. Demonstrate that you can read topographic maps.

S 332-336; M 67-69

Directions, scale, symbols, colors, contour lines

1. While on a trek, use a map and compass to establish your position on the ground at three different locations, OR use a GPS receiver to establish your position on a topographic map and on the ground at three different locations.
2. Explain how to stay found, and what to do if you get lost.

S 253-255; M 73

Mark your route on a map. Become familiar with the area. Watch for landscape features as you hike. If you become lost, STOP.

Stay calm – Sit down, drink some water, breathe slowly and relax.

Think – Try to remember how you got where you are. Use your map to try to find landmarks and contours.

Observe – Look for your footprints, listen for the sound of others

Plan – If you are convinced you can get back on track, move carefully. Mark your way with broken branches or stones. If you are not sure, stay where you are.

Help searchers find you by using a signal three times, such as shouts or blasts on a whistle. Spread your gear out or flash a signal mirror. Pitch a tent, build a fire only if you are going to be out for a while. Try not to worry.

7. Tell how to prepare properly for and deal with inclement weather.

S 212-217; M 24, 86

Look at the forecast, pack, and dress appropriately. Bring rain gear and layer your clothing. If there is lightning, descend from high and open places and take cover at lower elevations and in groves of trees. If you cannot find shelter, become the smallest target you can. Do not lie flat. The less you have touching the ground, the better.

8. Do the following:

1. Explain the advantages and disadvantages of the different types of backpacking stoves using at least three different types of fuel.

S 392-393; M 51-52

White gas – extremely volatile, it must be carried, stowed, and used with caution; raises the temperature of the liquid running through the supply line so it exits as a gas allowing for high temperature burns; pressurized by the user which is an advantage in cold weather; refillable; bulky; fussy; loud

Canister – simple, safe, and convenient; good in warm weather and high altitudes, but loses efficiency at colder temperatures; empty canisters cannot be reused

Alcohol – portable and easy to use, good for short, fair weather trek; safe and reliable; low heat, best for small meals

1. Demonstrate that you know how to operate a backpacking stove safely and to handle fuel safely.

Read and understand instructions; keep liquid fuels in well marked containers; let stove cool completely before changing cylinders; never use a stove in a tent, only in a ventilated area; place a stove on a level surface; check for leaks; keep to the side when lighting; never leave unattended; do not overload; pack out empty cans

1. Prepare at least three meals using a stove and fuel you can carry in a backpack.

See Backpacking Meal Planning document for examples.

1. Demonstrate that you know how to keep cooking and eating gear clean and sanitary, and that you practice proper methods for food storage while on a backpacking trek.

S 307-309, 283-285

Start to heat a pot of water before you serve a meal, so it will be hot for cleanup when you finish. Scrape excess food into a trash bag. Throw away wrappers, peels, and other waste. Use the three pot method to clean. Hot water with a few drops of soap, a hot rinse pot, and a cold rinse pot with a few drops of bleach.

Carry food scraps home in a sealed trash bag. Carry wash water away from camp. Either fling it over a wide area or use a sump hole. Fill the hole when you break camp.

To store food on a trek, hang it in a tree. Smellables should be placed in a stuff sack and hung. Create a Bearmuda Triangle. The three corners are the cooking area, the sump, and the bear cable. Backpacks and food should always stay in this triangle, while the tents are placed at least 50’ away.

9. Do the following:

1. Write a plan that includes a schedule for a patrol/crew backpacking hike of at least 2 miles.

M 15-17

See Backpacking Trip Plan and Emergency Response Plan at the end of the syllabus. In addition, use the patrol method to organize the trek. This allows everyone to take responsibility for making the trip successful. The patrol leader needs to stay aware of how each member is doing and how the entire group is getting along. Encourage everyone to be involved in navigating, choosing campsites, and taking part in completing all necessary tasks. On the trail, someone should be designated as pacesetter and navigator. The pacesetter takes the lead and hikes at a speed that is comfortable to everyone. They are also in charge of bringing the group to a halt if someone needs to stop. In larger groups, there is also a sweep. The sweep brings up the rear and makes sure all hikers are accounted for. The patrol leader should create a duty roster for camp. Camp duties include caring for stoves, getting water, cooking, cleanup, and hanging bear bags. When Scouts are working in two person teams, these duties can be split or rotated within the team. Anyone who is not actively working should be getting water when needed.

1. Conduct a pre-hike inspection of the patrol and its equipment.
2. Show that you know how to properly pack your personal gear and your share of the crew’s gear and food.

S 272-273

Your backpack should be a bag of bags. Sort your personal gear and clothing into nylon stuff sacks or resealable plastic bags. Place softer items so that they cushion your back. Keep your rain gear, flashlight, first aid kit, water bottle, map, and compass near the top or in the outside pockets. Try to balance the weight of the pack carefully to keep it centered, without the weight being too high or low.

You will also have to carry part of the patrol’s gear. Divide up your tent so that one Scout carries the tent while the other carries the rain fly, poles, and stakes. Have older Scouts carry heavier items like stoves, fuel, and water bottles. As you use up food and fuel, rebalance the loads among patrol members.

1. Show you can properly shoulder your pack and adjust it for proper wear.

M 43-44; 56-57

The goal is to have 80 to 90% of the weight of the pack resting on your hips. To hoist your pack, grasp both shoulder straps, lift the pack waist high, and rest the bottom of the pack on your thigh. Slip an arm through a shoulder strap and smoothly swing the pack onto your back, easing your other arm through the remaining strap. Lean forward at the waist to hoist your pack into position. Buckle the waist belt and adjust so it rests on your hip bones. Tighten the shoulder straps so they wrap around your shoulder, but don’t carry the weight. The shoulder straps should connect the pack 1 to 2 inches below your shoulders. Gently pull the load lifter straps tight located near your collarbone. Load lifters help lift the weight off your shoulders and hold the pack snug to your back, minimizing sway. Tighten the chest strap so the shoulder straps are pulled comfortably from your shoulders, allowing your arms to swing freely. Tighten the stabilizer straps toward the back of the waist belt to minimize sway.

1. While using the plan you developed for requirement 9a, carry your fully loaded pack to complete a hike of at least 2 miles.

**Notes**:

S – Scout Handbook 2017 printing

M – Backpacking Merit Badge pamphlet 2017 printing

**Trail list**:

Linville Gorge, NC – 20 miles - difficult

<https://www.gaiagps.com/hike/226331/campsite-loop-via-wolf-pit/>

Standing Indian Loop, NC – 24 miles – difficult

<https://www.gaiagps.com/hike/858/ridgepole-mountain-loop-via-appalachian-trail/>

Great Smoky Mountains 57 Loops – 16 miles – difficult

<https://www.gaiagps.com/hike/238931/57-loop-via-deep-creek-trail/>

Poundingstone Mountain Loop, NC – 17 miles – difficult

<https://www.gaiagps.com/hike/289777/poundingstone-mountain-loop-via-squirrel-gap/>

**How I plan:**

1. Check the weather (sunrise, sunset, forecast, temperature range)
2. Check the map (determine route, expected distance)
3. Check websites for road and trail closures (erosion, downed trees)
4. Photocopy the map (write all notes on copy)
   1. Estimated departure time from starting point (home, tent)
   2. Estimated travel time (trailhead)
   3. Estimated start time
   4. Estimated return time (distance/2mi/hr for day hike)
   5. Estimated travel time
   6. Estimated time back to starting point (home, tent)
   7. Weather
   8. Highlight starting point
   9. Highlight egress routes in case of emergency
5. Photocopy map with notes and leave with an adult
6. Discuss when to call for help if the plan is not followed
7. Prepare pack the day before
   1. Water 2.5-3 liters in hydration pack or less with refill plan
   2. Lunch and snacks
   3. First aid kit
   4. Pocket knife
   5. Flashlight
   6. Fire starter
   7. Hiking pole
   8. Rain gear
   9. Sunblock and bug spray
   10. Hat
   11. Cell phone (airplane mode at trailhead)
   12. Launch GPS app prior to leaving
   13. Map of route to trail
   14. Compass
8. What I plan to wear (all synthetic) laid out the night prior
   1. Long cargo pants
   2. Wicking shirt
   3. Light trail hiking shoes
   4. Wool socks
   5. Bandanna
   6. Hat
   7. Sunglasses

**Backpacking Trip Plan**

A trip plan prepares you for the challenges of a trek. Take a copy of your trip plan with you and leave one with your parents or other adult. The parts of a trip plan are:

**WHERE** are you going? Decide on your destination and the route you will travel to reach it and return. For backcountry trips, include a copy of the map with your route marked in pencil.

**WHEN** will you return? If you are not back reasonably close to the time on your trip plan, someone can take steps to locate you and provide assistance if needed.

**WHO** is going on the hike? List the names of your hiking partners. Write down who will transport you to the trailhead, if required.

**WHY** are you going? Going fishing, climbing a mountain, exploring a new area are all good reasons for a trek. Write a couple sentences about the purpose of your trip.

**WHAT** are you taking? Carry the Scout outdoor essentials and list other equipment and clothing you will need.

**HOW** will you respect the land by using Leave No Trace hiking skills?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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Departure Date and Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated Return Date and Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Route: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Others on Trip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Permits Needed/Closures: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Sources of Drinking Water: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Equipment Needed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Meal Plan by Day: Friday:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Saturday: B:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_D:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sunday: B:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_D:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Trail Duty Roster**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| Patrol Lead |  |  |  |  |  |
| Pacesetter |  |  |  |  |  |
| Navigator |  |  |  |  |  |
| Sweep |  |  |  |  |  |

The patrol leader needs to stay aware of how each member is doing and how the entire group is getting along.

The pacesetter takes the lead and hikes at a speed that is comfortable to everyone. They are also in charge of bringing the group to a halt if someone needs to stop.

The sweep brings up the rear and makes sure all hikers are accounted for.

**Camp Duty Roster**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Duty** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| Stoves |  |  |  |  |  |
| Water |  |  |  |  |  |
| Cooking |  |  |  |  |  |
| Cleanup |  |  |  |  |  |
| Bear Bags |  |  |  |  |  |

When Scouts are working in two person teams, these duties can be split or rotated within the team. Anyone who is not actively working should be getting water when needed.

**Buddy System**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Team** | **Tent 1** | **Tent 2** | **Tent 3** | **Tent 4** | **Tent 5** |
| Scout 1 |  |  |  |  |  |
| Scout 2 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Team** | **Tent 6** | **Tent 7** | **Tent 8** | **Tent** | **Tent 10** |
| Scout 1 |  |  |  |  |  |
| Scout 2 |  |  |  |  |  |

Per BSA youth protection guidelines, assigning youth members more than two years apart in age to sleep in the same tent should be avoided unless the youth are relatives.

**Emergency Response Plan**

Dates:

Trip location and description:

Group leader:

Group members:

Medical training level of leaders and members:

Resources:

*Group first aid kit*

*Mobile phone numbers*

Emergency contacts:

*Land management agencies*

*Emergency response system*

*Search and rescue numbers*

Conditions for activating an emergency response:

Nearest medical facilities: