**Camping merit badge requirements**

1. Do the following:
2. 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
3. Discuss with your counselor why it is important to be aware of weather conditions before and during your camping activities. Tell how you can prepare should the weather turn bad during your campouts.
4. 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.
5. 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.
6. Make a written plan for an overnight trek and show how to get to your camping spot by using a topographical map and one of the following:
7. A compass
8. A GPS receiver
9. A smartphone with a GPS app

4. Do the following:

1. Make a duty roster showing how your patrol is organized for an actual overnight campout. List assignments for each member.
2. 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:

1. Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term "layering."
2. Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.
3. Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
4. List the outdoor essentials necessary for any campout, and explain why each item is needed.
5. Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.

6. Do the following:

1. Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another Scout, pitch a tent.
2. Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.
3. Describe the factors to be considered in deciding where to pitch your tent.
4. Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.
5. Discuss the types of sleeping bags and what kind would be suitable for different conditions. 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:

1. Make a checklist of personal and patrol gear that will be needed.
2. 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:

1. 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
2. Discuss the advantages and disadvantages of different types of lightweight cooking stoves.
3. 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. Discuss how to protect your food against bad weather, animals, and contamination.
4. 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.

9. Show experience in camping by doing the following:

1. 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.
2. On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision:
	1. Hike up a mountain, gaining at least 1,000 vertical feet.
	2. Backpack, snowshoe, or cross-country ski for at least 4 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.
3. 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. In your discussion, tell how Scout spirit and the Scout Oath and Law apply to camping and outdoor ethics.

1. Do the following:
2. 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

M 3-4, 15-16

1. Weather

2. Plan ahead; know where you are going and what to expect

3. Adjust clothing layers to match changing conditions

4. Dehydration; drink plenty of water

5. Keep fit

6. Lightning; avoid the summits of mountains, crests of ridges, and meadows

7. If the threat of lightning is great, the group should spread out and squat with feet close together

8. Treat water

9. Use bear bags

10. Take care of your gear

11. Let others know if you are having difficulties

1. Discuss with your counselor why it is important to be aware of weather conditions before and during your camping activities. Tell how you can prepare should the weather turn bad during your campouts.

S 212-218

It is important to know the forecast before you leave in order to pack the appropriate clothing and gear. Observing how the weather changes will give you time to be ready to return to camp or seek shelter if necessary. 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.

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.

**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

**Hyperventilation** – abnormal loss of carbon dioxide from the bloodstream

Symptoms – victim feels suffocated, dizzy, and disoriented

Treatment – speak calmly and encourage slow breathing, breathe into a paper bag

**Altitude Sickness** – lack of oxygen to the bloodstream

Symptoms – headache, nausea, tiredness, loss of motivation

Treatment – rest, hydrate, eat, stay hydrated, ascend gradually, and otherwise descend

1. 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.

S 223-233; M 19-21

Leave No Trace Principles

1. Plan Ahead and Prepare
	1. Know the regulations for the area you are visiting
	2. Prepare for extreme weather, hazards, and emergencies
	3. Schedule your trip to avoid times of high use
	4. Visit in small groups when possible
	5. Repackage food to minimize waste
	6. Use a map and compass to eliminate marking
2. Travel on Durable Surfaces
	1. Use established trails and campsites
	2. Camp at least 200’ from lakes and streams
	3. Good campsites are found not made
	4. Walk single file in the middle of the trail
	5. Keep campsites small
	6. Stay on the trail so you don’t trample small plants or compact the soil
	7. Do not cut across switchbacks
3. Dispose of Waste Properly
	1. Pack it in, pack it out
	2. Cathole 200’ from camps and water 6-8 inches deep
	3. Where necessary, pack out toilet paper and hygiene products
	4. Carry wash water 200’ from water, camp, and trails and scatter
4. Leave What You Find
	1. Preserve the past, examine but do not touch
	2. Leave rocks, plants, and other natural objects as you find them
	3. 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. Burn all wood to ash, put out fire completely, then scatter cool ashes
6. Respect Wildlife
	1. Observe wildlife from a distance
	2. Never feed animals
	3. Store food and trash securely
	4. Avoid wildlife during mating or nesting times
7. Be Considerate of Other Visitors
	1. Respect other visitors’ privacy and property
	2. Be courteous and yield to other users on the trail
	3. Camp away from trails and other visitors
	4. Let nature’s sounds prevail, keep the noise down

The Outdoor Code

As an American, I will do my best to –

Be clean in my outdoor manners,

Treat the outdoors as a heritage. Take care of it for yourself and others. Keep trash out of lakes, streams, fields, woods, and roadways. Pack garbage out.

Be careful with fire,

Prevent wildfires. Build fires only when and where they are permitted and appropriate. When finished, make sure the fire is cold out. Know how to use campfires and camp stoves well before setting out on a trip.

Be considerate in the outdoors,

Treat the land and others with respect. Keep your voice down, stay on established trails, cross private lands only with permission.

Be conservation minded.

Learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. Urge others to do the same.

1. Make a written plan for an overnight trek and show how to get to your camping spot by using a topographical map and one of the following:
2. A compass
3. A GPS receiver
4. A smartphone with a GPS app

S 263, 332-336; F 11-13

Directions, scale, symbols, colors, contour lines

4. Do the following:

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

S 305; M 28-29

A duty roster lists the work that needs to be done and assigns tasks to each member of the group. The typical roster includes:

1. Water and stoves

Maintain the water supply for cooking and cleanup. Establish a safe place for stoves to be fueled and used. Have them ready before the cooks need them.

2. Cooking

Assemble ingredients and follow recipes to prepare and serve meals. Have wash water heating on the stove before serving meals.

3. Cleanup

Set out wash and rinse water, oversee the washing of group cooking gear, stow pots and utensils, and dispose of garbage.

4. Food storage

Maintain a bear line or other food storage system to protect provisions from animals and weather. Secure all food items at night and whenever camp will be unattended.

5. Duties before camping

a. Assembling crew equipment

b. Developing menus, shopping, and repackaging

c. Getting maps and planning routes

d. Securing permits

1. 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:

1. Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term "layering."

S 242-243; M 33

Choose items of clothing that, when combined, will meet the most extreme weather you expect to encounter. As you exert yourself or the weather warms, remove layers until you are comfortable. When you get cooler, add the layers until you are comfortable.

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

S 245-246; M 34

Almost any shoes are fine for short walks over easy ground. Lightweight boots or shoes with uppers made of nylon are fine for most hiking in good weather. Leather boots will add support and protection for your feet and ankles as well as from rain or snow, but may be too heavy for regular use. Any hiking shoe needs to fit well with room in the toe box when the feet swell.

When wearing athletic shoes, cotton socks may be fine. With boots, wear wool or synthetic blends. Carry extra socks on long hikes. Water shoes can work as camp shoes and stream crossing shoes.

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

S 245-246, 279; M 34-35

Footwear – Clean after a hike, especially if caked with mud. Treat leather with boot dressing to keep it flexible and water-repellent.

Sleeping Bag – Remove it from its stuff sack between trips. Store it by hanging it in a closet or placing it loosely in a large laundry bag.

Sleeping Pad – Remove it from its sack and hang it or store inflated (Thermarest)

Tent – Always use a ground cloth and never wear your boots inside the tent. Make sure it is completely dry and cleaned out before storing it.

Water purifiers – Clean with mild soap and flush with a bleach solution. Ensure all parts and lines are dry before storing.

Clothing – Make sure all clothing is removed from your gear and washed.

Other Equipment – Make sure it is dry and wiped down before storing.

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

S 238-239; M 31

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 bottle – use a 1 qt. 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. Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.

6. Do the following:

1. Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another Scout, pitch a tent.

S 274-277; M 37-40

Tarps – simplest of all tents, it can be pitched in many ways, lean-to, pyramid, or a pup tent. It is light and versatile, useful in good, warm weather. It has no floor, limited protection from rain, and no defense from insects.

A-Frames – most are equipped with mosquito netting, a rain fly, and a waterproof floor.

Domes – can be spacious with lots of headroom. The arrangement of the poles bending over the tent body gives the dome lots of stability, even in strong winds. They are often freestanding, requiring no stakes. Since they are usually larger than A-frames, they may weigh more.

Hybrids – these tents mix geometry with modern materials. Many include a vestibule for storing packs, gear, and shoes.

Tent care – take your boots off before entering a tent, you may need to seal the seams on new tents, avoid leaving a tent in the sun for extended periods of time, clean it out before storing it, always unpack it when you get home and set it up or hang it to allow it to dry completely before storing it.

1. Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.

S 229, 240, 282-283, 307-309; M 50-54

Staying healthy is key to a successful camping trip. To prevent sickness, use hand cleanser or wash your hands before and after handling food and after trips to the restroom. Getting rid of human waste is important. Dig a cathole 200’ from water, campsites, and trails. It should be 6-8” deep. Fill it with soil when done. Put a stick in the soil to warn others not to dig there. On a longer trip or with a large group, digging a latrine may be a better idea. Use a shovel to dig a shallow trench 3-4’ long. Urine causes fewer problems than solid waste. When possible, urinate on rocks, gravel, or pine needles instead of trees. The salt in urine can attract animals that strip the bark off trees and damage them.

Drink at least 2 quarts of water a day. Water from streams, lakes, and springs may contain bacteria, viruses, and parasites. Treat any water that does not come from a tested source, no matter how clean it looks. Water can be treated by boiling, filtering, or treatment tablets. Boiling kills most organisms, but can be fuel intensive and requires time to cool to be drinkable. Filtering can be relatively easy, but can be time intensive (hand pumps). Filters may need to be cleaned frequently to prevent clogging. Tablets are small and easy to use, but require time to work, usually 30 minutes. They lose their strength over time, so they need to be replaced. They may leave a chemical taste in the water as well.

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

S 265-266; M 49-50

Environmental impact – use established campsites whenever you can or camp on durable surfaces. Good sites are found not made.

Safety – avoid dead trees or trees with limbs that may fall in a storm. Stay out of gullies that could fill in a flash flood. Avoid lone trees, the tops of hills and mountains, high ridges, and other possible targets of lightning. Camp away from hiking and game trails, especially in bear country.

Size – The site must be large enough for your patrol to set up its tents and cook its meals in separate areas. Make sure there is enough room to move around without tripping over tent stakes and guy lines.

Comfort – In the summer, look for a shady site where breezes can help cool the tent and drive away mosquitoes. In the winter, find a site where trees and hillsides provide a natural windbreak. Place your tent on the flattest spot possible. Keep your head uphill. Morning sun will help dry your tent.

Privacy – Respect the privacy of others. Trees, bushes, and the shape of terrain can screen your camp from trails and others.

Water – You will need a lot of water for your patrol. Determining how far you must travel to retrieve it may impact where you set your camp.

1. Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.

S 270; M 36

Many people feel that internal frame packs fit better. They are sleeker and less likely to get snagged on branches, making them ideal for navigating rugged trails. Because they hug your body, they make it easier to keep your balance, and they fit more easily into canoes.

External frame packs tend to have more pockets and compartments, which can help you stay organized. They do a better job of carrying heavy loads.

1. Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag and how to keep it dry. Make a comfortable ground bed.

S 277-279; M 34-35

The two common types of fill in a sleeping bag are down and synthetic. Down is lighter and more expensive. It cannot keep you warm once it gets wet. Synthetic is slightly heavier, but can keep you warm when it gets wet. Sleeping bags are rated by temperature, but they assume you are wearing a hat and long underwear and have a sleeping pad underneath you. On summer nights, a sleeping bag liner may be all you need. On winter camp outs, a mummy bag will keep you warmer than a rectangular bag. A mummy bag’s integrated hood can keep you warmer as well.

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

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

S 267-269; M 30-33

Personal gear should all fit in your backpack so you can easily carry it. Group gear will be split among participants, meaning you will need room in your pack for some of the items. Examples of personal gear include the 10 essentials, appropriate clothing, backpack with rain cover, sleeping gear, eating kit, cleanup kit, and optional personal items. Group gear may include the patrol first aid kit, tents, dining fly, nylon cord, cook kit, cleanup kit, repair kit, and group extras.

1. 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:

1. Explain the safety procedures for:
2. Using a propane or butane/propane stove
3. Using a liquid fuel stove
4. Proper storage of extra fuel

M 42-43; S 392-393

Use camping stoves only where allowed and with adult supervision.

Never use a stove in a tent or cabin.

Before lighting the burner, ensure fuel cap is tight. Do not loosen the cap on a hot stove.

Keep your head and hands to one side when you light or adjust it.

Do not overload a stove with a heavy pot. Set up a grill.

Never leave a burning stove unattended.

Allow hot stoves to cool before changing cartridges or changing fuel tanks.

Let the stove cool completely before you put it away.

Store liquid fuel in special red metal bottles with lids that screw on tightly.

Carry cartridges and fuel bottles in the outside pockets of your pack where gas fumes can’t get near your food.

At home, store all fuel containers in a garage or shed, not in the house.

Some white gas stoves must be preheated. This increases the pressure inside the fuel tank, forcing vaporized fuel into the burner.

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

Liquid fuel – can keep track of remaining fuel, can be pressurized which helps in cold weather; heavier and bulkier, expensive

Cartridge – simple, safe, convenient, cheap; less efficient in cold weather, hard to track remaining fuel

Tablet/alcohol – light, easy to use, cheap; can’t control burn, may take a long time to het

Propane tank – too heavy for backpacking

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

S 283-286, 309, 314-323; M 25-29, 54-55

Smellables include all meal ingredients and leftover food, garbage, soap, shampoo, deodorant, lotions, toothbrushes and toothpaste, sunscreen, lip balm, insect repellent, first aid kits, and anything else with an odor to attract animals. Keep these out of your tent. Bring nylon cord and stuff sacks for hanging food from branches. Pitch tents away from cooking areas, and leave nothing in tents except for sleeping gear. Clean up crumbs and spilled food and put it in the trash. Wash and rinse all cookware after each meal. Hang a bear bag when not in camp or at night.

Keep perishable items in an insulated cooler.

1. 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.

9. Show experience in camping by doing the following:

1. 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.
2. On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision:
3. Hike up a mountain, gaining at least 1,000 vertical feet.
4. Backpack, snowshoe, or cross-country ski for at least 4 miles.
5. Take a bike trip of at least 15 miles or at least four hours.
6. Take a nonmotorized trip on the water of at least four hours or 5 miles.
7. Plan and carry out an overnight snow camping experience.
8. Rappel down a rappel route of 30 feet or more.
9. 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. In your discussion, tell how Scout spirit and the Scout Oath and Law apply to camping and outdoor ethics.

**Notes**:

S – Scout Handbook 2017 printing

M – Camping Merit Badge pamphlet 2019 printing

F – BSA Fieldbook 2014 printing