



# Orienteering

## 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.

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.

**Merit Badge Counselors may not require the use of this or any similar workbooks.**

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).

The requirements were last issued or revised in 2013 • This workbook was updated in June 2017.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Phone No.: \_\_\_\_\_

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

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

- Show that you know first aid for the types of injuries that could occur while orienteering, including cuts, scratches, blisters, snakebite, insect stings, tick bites, heat and cold reactions (sunburn, heatstroke, heat exhaustion, hypothermia), and dehydration

Cuts and scratches:


Blisters:


Snakebite:


Insect stings:


Tick bites:


**Workbook © Copyright 2017 - U.S. Scouting Service Project, Inc. - All Rights Reserved**  
**Requirements © Copyright, Boy Scouts of America (Used with permission.)**

This workbook may be reproduced and used locally by Scouts and Scouters for purposes consistent with the programs of the Boy Scouts of America (BSA), the World Organization of the Scout Movement (WOSM) or other Scouting and Guiding Organizations. However it may NOT be used or reproduced for electronic redistribution or for commercial or other non-Scouting purposes without the express permission of the U. S. Scouting Service Project, Inc. (USSSP).



2. Explain what orienteering is.


3. Do the following:

a. Explain how a compass works.


Describe the features of an orienteering compass.


b. In the field, show how to take a compass bearing and follow it.







- c. Explain the following terms and tell when you would use them: attack point, collecting feature, catching feature, aiming off, contouring, reading ahead, handrail, relocation, rough versus fine orienteering.

Attack point:


Collecting feature:


Catching feature:


Aiming off:


Contouring:


Reading ahead:


Handrail:


Relocation:


Rough orienteering:


Fine orienteering:


7. Do the following:

- a. Take part in three orienteering events. One of these must be a cross-country course.\*
- b. After each event, write a report with (1) a copy of the master map and control description sheet, (2) a copy of the route you took on the course, (3) a discussion of how you could improve your time between control points, and (4) a list of your major weaknesses on this course. Describe what you could do to improve.

Event 1: \_\_\_\_\_

- 1. Copy of the master map and control description sheet.
- 2. Copy of the route you took on the course.
- 3. How you could improve your time:


4. Your major weaknesses:






