



# Camping

## Merit Badge Workbook

This workbook is not required but is designed to help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Use page backs & add pages as needed. Please send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: January 2006.

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.

Leave No Trace \_\_\_\_\_

\_\_\_\_\_

Outdoor Code \_\_\_\_\_

\_\_\_\_\_

Write a personal plan for implementing these principles on your next outing. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) Make a written plan for an overnight trek \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

and *show* how to get to your camping spot using a topographical map and compass and a GPS receiver. If no GPS receiver unit is available, explain how to use one to get to your camping spot. \_\_\_\_\_

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.

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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

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Cold Weather

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Explain the term layering \_\_\_\_\_

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B) Discuss footwear for different kinds of weather \_\_\_\_\_

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and how the right footwear is important for protecting your feet. \_\_\_\_\_

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

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

Item	Why is it needed
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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. \_\_\_\_\_

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B) Discuss the importance of camp sanitation \_\_\_\_\_

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and tell why water treatment is essential. \_\_\_\_\_

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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

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

- \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

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	Disadvanges
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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.

General Notes: \_\_\_\_\_

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\_\_\_\_\_

Breakfast 1: Food List: \_\_\_\_\_

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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Breakfast 2: Food List: \_\_\_\_\_

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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Recipe \_\_\_\_\_

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Recipe \_\_\_\_\_

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Lunch 1 Food List: \_\_\_\_\_

Lunch 2 Food List: \_\_\_\_\_

Lunch 3 Food List: \_\_\_\_\_

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Recipe \_\_\_\_\_

Recipe \_\_\_\_\_

Recipe \_\_\_\_\_

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Supper 1: Food List: \_\_\_\_\_

Supper 2: Food List: \_\_\_\_\_

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Recipe \_\_\_\_\_

Recipe \_\_\_\_\_

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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 under a tent you have pitched. 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.

1 Date: \_\_\_\_\_ Location: \_\_\_\_\_ 2 Date: \_\_\_\_\_ Location: \_\_\_\_\_

3 Date: \_\_\_\_\_ Location: \_\_\_\_\_ 4 Date: \_\_\_\_\_ Location: \_\_\_\_\_

5 Date: \_\_\_\_\_ Location: \_\_\_\_\_ 6 Date: \_\_\_\_\_ Location: \_\_\_\_\_

7 Date: \_\_\_\_\_ Location: \_\_\_\_\_ 8 Date: \_\_\_\_\_ Location: \_\_\_\_\_

9 Date: \_\_\_\_\_ Location: \_\_\_\_\_ 10 Date: \_\_\_\_\_ Location: \_\_\_\_\_

11 Date: \_\_\_\_\_ Location: \_\_\_\_\_ 12 Date: \_\_\_\_\_ Location: \_\_\_\_\_

13 Date:_____	Location: _____	14 Date:_____	Location: _____
15 Date:_____	Location: _____	16 Date:_____	Location: _____
17 Date:_____	Location: _____	18 Date:_____	Location: _____
19 Date:_____	Location: _____	20 Date:_____	Location: _____

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

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) 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, \_\_\_\_\_

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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. \_\_\_\_\_

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\_\_\_\_\_