



# 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 #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007, Workbook updated: February 2008.

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, \_\_\_\_\_

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frostbite, \_\_\_\_\_

\_\_\_\_\_

heat reactions, \_\_\_\_\_

\_\_\_\_\_

dehydration, \_\_\_\_\_

\_\_\_\_\_

altitude sickness, \_\_\_\_\_

\_\_\_\_\_

insect stings, \_\_\_\_\_

\_\_\_\_\_

tick bites, \_\_\_\_\_

\_\_\_\_\_

snakebite, \_\_\_\_\_

\_\_\_\_\_

blisters, \_\_\_\_\_

\_\_\_\_\_

and hyperventilation. \_\_\_\_\_

\_\_\_\_\_

2. Learn the Leave No Trace principles \_\_\_\_\_

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and the Outdoor Code and explain what they mean. \_\_\_\_\_

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

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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 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.

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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. \_\_\_\_\_



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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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Working with another Scout, pitch a tent. \_\_\_\_\_

(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.

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(c) Describe the factors to be considered in deciding where to pitch your tent. \_\_\_\_\_

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\_\_\_\_\_

(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

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

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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Patrol Gear Checklist

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<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	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: \_\_\_\_\_ Breakfast 2: Food List: \_\_\_\_\_

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

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Recipes \_\_\_\_\_

Recipes \_\_\_\_\_

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Lunch 1 Food List:

Lunch 2 Food List:

Lunch 3 Food List:

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Recipes \_\_\_\_\_

Recipes \_\_\_\_\_

Recipes \_\_\_\_\_

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Supper 1: Food List:

Supper 2: Food List:

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Recipes \_\_\_\_\_

Recipes \_\_\_\_\_

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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 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.

_____	_____
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(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, \_\_\_\_\_

\_\_\_\_\_

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.)

**Merit Badge Workbooks:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org)      ▶ **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

Boy Scouts of America: <http://www.scouting.org/> ▶ [Requirements](#) ▶ [Intro to Merit Badges](#) ▶ [Guide to Safe Scouting](#)  
▶ [Youth Protection](#) ▶ [Leave No Trace](#) ▶ [Outdoor Code](#) ▶ [Wilderness Use](#) ▶ [Safe Swim Defense](#) ▶ [Safety Afloat](#)  
[ExpertVillage First Aid Videos](#)    📺 [Make a First Aid Kit](#)    📺 [Basics](#)    📺 [Basics2](#)    📺 [CPR Basics](#)    📺 [Venomous Snake Bite](#)

More Online Videos: <http://www.expertvillage.com/>

[Camping Videos](#) ▶ [Packing](#) ▶ [Water Purification](#) ▶ [Layering](#) ▶ [Wet Weather](#) ▶ [Sleeping Bags](#) ▶ [Pads](#) ▶ [Tents](#)  
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[Hiking Videos](#) ▶ [Planning](#) ▶ [Footwear](#) ▶ [Blisters](#) ▶ [Gear](#) ▶ [Cold Weather](#) ▶ [Warm Weather](#) ▶ [Layering](#)

[Backpacking Videos](#) ▶ [Gear](#) ▶ [Internal vs. External Frame](#) ▶ [Campsite](#) ▶ [Clothing](#) ▶ [Food](#) ▶ [Hydration](#) ▶ [Socks](#)

[Survival Videos](#) ▶ [Survival Kit](#) ▶ [Build a Fire](#) ▶ [Build a Shelter](#) ▶ [Signaling](#) ▶ [Desert](#) ▶ [Leave No Trace](#)

[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>

Northern Tier Nat. High Adventure Base: <http://www.ntier.org>

Philmont Scout Ranch: <http://www.scouting.org/philmont>

U.S. Fish and Wildlife Service: <http://www.fws.gov>

USDA Forest Service: <http://www.fs.fed.us>

U.S. Geological Survey: <http://www.usgs.gov>

Free Topographical Maps: US Geological Survey: <http://store.usgs.gov/> (Download the pdf or buy 22"x27" maps for \$7 each.)

Topographical: Topozone.com: <http://www.topozone.com/> (Choose your map and scale, then click Print Map, free 8.5x11.)

Satellite, Street, and Terrain Maps: <http://maps.google.com/>

Large Satellite Photos: <http://teraserver-usa.com/address.aspx> (Enter Address, choose large size, print, right click, Save as...)