



# Wilderness Survival

## Merit Badge Workbook

This workbook can help you organize your notes but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Workbooks for all merit badges are at: [Online Resources](#). Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2008, 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 in backcountry settings, including hypothermia,** \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

**and snakebite.** \_\_\_\_\_

\_\_\_\_\_

**2. From memory, list the seven priorities for survival in a backcountry or wilderness location. Explain the importance of each one with your counselor. (You might want to write out the priorities to help you memorize them.)**

1. \_\_\_\_\_



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**6. Using three different methods (other than matches), build and light three fires.**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**7) Do the following:**

**a. Show five different ways to attract attention when lost.**

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**b. Demonstrate how to use a signal mirror.** \_\_\_\_\_

**c. Describe from memory five ground-to-air signals and tell what they mean.** *(Writing them out may help you remember.)*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**8. Improvise a natural shelter. For the purpose of this demonstration, use techniques that have little negative impact on the environment. Spend a night in your shelter.** \_\_\_\_\_

**9. Explain how to protect yourself from insects,** \_\_\_\_\_

reptiles, \_\_\_\_\_

and bears. \_\_\_\_\_

**10. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking.**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**11. Show that you know the proper clothing to be worn in your area on an overnight in extremely hot weather**

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**and extremely cold weather.**

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**12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation.** \_\_\_\_\_

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**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](#)  
[Survival Videos](#) ► [Survival Kit](#) ► [Build a Fire](#) ► [Build a Shelter](#) ► [Signaling](#) ► [Desert](#) ► [Leave No Trace](#)  
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 ► [Magnifying Glass](#) ► [Log Cabin](#) ► [Tee Pee](#) ► [Dangers](#) ► [Safety](#)

[Knot Videos](#) ► [Basics](#) ► [Basics2](#) ► [Animated Knots](#)

USScouts.org: ► [Orienteering](#) ► [Camps Database](#) ► [Cooking](#) ► [Camping](#) ► [More](#)

Assn of Outdoor Recreation and Education: <http://www.aore.org>      Backpacker Magazine: <http://www.backpacker.com>

Equipped to Survive: <http://www.equipped.org>      Guide to Safe Scouting: <http://www.scouting.org/pubs/gss>

National Outdoor Leadership School: <http://www.nols.edu>      [http://www.outdoors-magazine.com/s\\_links.php](http://www.outdoors-magazine.com/s_links.php)

Outside Magazine: <http://outside.away.com>      Tracker Trail: <http://www.trackertrail.com/survival>

Wilderness Education Assn: <http://www.wilderness-survival.net>

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://terraserver-usa.com/address.aspx> (Enter Address, choose large size, print, right click, Save as)