

# Camping Merit Badge

*Do the following:*

*1a) 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*

The most typical hazards you'll encounter while camping are:

- **Unexpectedly Cold Weather Conditions**
- **Insect Bites/Stings**
- **Dangerous Wild Animals**
- **Excessive rain/Flooding**
- **Heat-Related Injuries**
- **Accidental Injury From Knives or Fire**

Many of these issues can be prevented by being prepared in your packing and can be responded to by removing the affected person from the hazardous environment, then treating them accordingly.

*1b) 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.*

**Weather and terrain are two important factors to consider when planning a campout.** Although you should always be prepared in your packing, it is important to also be aware of potentially hazardous outdoor conditions and to respond accordingly.

**Weather conditions such as warnings of heavy rains, snowstorms, strong winds, or any sort of natural disaster will require you cancel your planned campout.** These situations can be extremely dangerous and make it easy for scouts to be separated from the group. To reduce risk during any camp, stick with a buddy at all times.

Always have a plan to evacuate. **If the weather should turn, be ready to store your belongings and ensure that everyone is accounted for.** In the event of heavy storms or natural disasters, be sure to have access to a scout leader with a phone so that emergency services can be contacted if necessary. When in doubt, don't go out.

*1c) 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.*

In the case of all of these injuries and illnesses, **a good general rule of thumb will be to separate the person from the hazard and bring them to shelter.** When they're no longer at risk of further injury, assess them for any life-threatening conditions while they rest. Make sure they're hydrated and be on the lookout for any signs of shock.

## **Hypothermia**

Hypothermia is caused by one's core body temperature falling below 95°F. While symptoms of mild hypothermia include shivering and confusion, in more dangerous cases the victim will not have enough energy to continue shivering and may fall unconscious.

**If you notice someone is experiencing hypothermia, immediately warm them using extra clothing, fire, or through body heat.** Do not suddenly re-warm the victim by placing them in a hot shower, as this could lead to rewarming shock.

## Frostbite

Frostbite occurs when extremities, such as fingers and toes, begin to freeze. Skin in the affected areas will turn blue, then white. If you notice frostbite setting in, evacuate to a warm area. **To avoid frostbite, wear gloves, socks, and hats in cold weather while camping.** Avoid prolonged exposure to below-freezing temperatures.

Try not to wrap the frostbitten area, as this could cause some of the tissue to be killed off. **A better way to warm the frostbitten area is by running it under cool water, then, slowly increasing the water temperature as the injury defrosts.** If you're frostbitten while camping, use the heating within a car to warm yourself; seek medical attention.

## Heat Reactions

There are 3 main types of heat reactions:

- **Heatstroke:** Heatstroke occurs when one's body temperature exceeds 104°F. If untreated, heatstroke can lead to seizures, confusion, loss of consciousness and even a coma.
- **Heat Exhaustion:** Heat exhaustion can be caused by either water or sodium depletion. Symptoms include thirst, headache, dizziness, vomiting, a feeling of weakness, and loss of consciousness.
- **Heat Cramps:** Heat cramps are sudden muscle spasms that occur when the body has insufficient salt or water. These are minor, and will typically subside within half an hour once the victim is hydrated.

**In the case of heatstroke, contact emergency medical services by calling 911.** To treat other types of heat reactions, rest the victim in a cool, shady place and have them drink lots of fluids with sodium and electrolytes. To prevent heat reactions, stay hydrated, wear sun protection and refrain from strenuous activity during the warmest time of day.

## Dehydration

Dehydration occurs when the body does not consume enough water. Some symptoms of dehydration include a flushed face, lack of sweat, or feeling of weakness. **This is a potentially fatal condition that can result in lowered blood pressure, dizziness, and fainting.** To treat dehydration, encourage the victim to rest and replenish their body with water and electrolytes. Hydrate the victim slowly, avoiding drastic rehydration.

When camping, water will likely be harder to come by, and you may not be able to hydrate as often. Therefore, you'll need to focus extra hard on drinking enough water. **Experts recommend you drink at least 1 liter of water every 2 hours to avoid dehydration.** That means constant, easy hydration is key!

## Altitude Sickness

Altitude sickness occurs when a person moves to a higher elevation too quickly. At heights exceeding 8000 feet above sea level, the air will contain significantly less oxygen, putting you at risk for altitude sickness. **To treat altitude sickness, descend to a lower elevation immediately** (ideally below 4000 feet).

Common symptoms of altitude sickness include nausea, headaches, dizziness, a loss of appetite, and feelings of weakness. **To avoid getting altitude sickness, climb to higher altitudes slowly** (this is called acclimatization). Sleeping at the lowest elevation possible also reduces your risk of altitude sickness.

## Insect Stings

In most cases, insect stings are not dangerous and only result in minor swelling and itching. If stung, remove any stingers left in the area. **To treat a sting, wash with soap and water, then apply a cold compress.** Taking an antihistamine may also reduce later itching.

**In individuals with allergies, certain insect stings can result in a fatal reaction called anaphylaxis.** Anaphylactic reactions cause immediate and severe swelling in the neck and face, as well as difficulty breathing, and can prove fatal if left untreated.

Most people with severe allergies carry an EpiPen. When used by removing the safety cap and pressing the needle into the victim's thigh, an EpiPen can counteract an anaphylactic reaction. However, **the effect of an EpiPen is temporary and the person must still quickly receive medical attention.**

## Tick Bites

Ticks can be commonly found in fields or forests in some regions, and are small parasites that burrow into your skin. If you find a tick on your body when camping, immediately remove it. **Using a pair of fine-tipped tweezers, grasp the tick as close to your skin's surface as possible.** Then, gently pull the tick straight out. Be sure not to twist the tweezers to avoid having parts of the tick break off under your skin.

Gently wash the affected area with warm water and soap, applying alcohol to the wound to prevent infection. **Save the tick in a container of rubbing alcohol.** Several weeks following removal, if you develop a rash or fever, immediately visit a doctor and show them the tick that you saved.

## Snakebite

Luckily, only about 20% of snakes are venomous. However, **if you're bitten by a snake, you should immediately call 911 and describe the situation and snake.** If there is burning pain at the site of the wound, call an ambulance ASAP. Most emergency rooms and ambulances have anti-venom drugs which could prove life-saving.

Keep the bite below the level of your heart and try to remain calm. If possible, try to identify the shape of the snake's head. Venomous snakes typically have triangular heads and slit-like eyes. **To avoid being bitten by a snake, watch your step in tall grass, keep your tent closed with your belongings secured, and never provoke the wildlife**

## Blisters

**Blisters typically come from the friction of material rubbing against the skin,** which can be caused by poor-fitting shoes or other clothing. Camping in wet clothing can also cause blisters. Blisters appear as bubbles under the top layer of skin. They can be filled with pus, water, or even blood, and could be quite painful.

If you find you're developing a blister, or notice an area that is rubbing uncomfortably, apply a moleskin to the irritated patch of skin. Blisters are naturally reabsorbed by the body, so **by preventing rubbing the blister will heal and go away on its own.**

Avoid popping blisters unless they're so large that you can't get around otherwise. You can puncture a blister with a sterile needle. **Popped blisters risk infection, so thoroughly disinfect and bandage the area** immediately afterward. Remove the bandage at night to let the popped blister dry.

## Hyperventilation

**Hyperventilation is caused by breathing too quickly which depletes one's body of carbon dioxide.** Also called over-breathing, hyperventilation can lead to feelings of lightheadedness, a tingling sensation in one's

extremities, and may even cause the victim to faint. **If you notice someone is hyperventilating, have them relax and take deep breaths.**

Hyperventilation can result from a variety of situations such as anxiety, severe pain, heavy physical exertion, panic attacks, or infections in the lungs. **To treat hyperventilation, have the victim breathe slowly**, either through pursed lips or into a paper bag. Bouts of hyperventilation should last no longer than 30 minutes, so seek medical attention if the victim still hasn't recovered by this time.

*2) 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.*

**There are 7 Leave No Trace principles:**

1. **Plan ahead and prepare.**
2. **Travel and camp on durable surfaces.**
3. **Dispose of waste properly.**
4. **Leave what you find.**
5. **Minimize campfire impacts.**
6. **Respect wildlife.**
7. **Be considerate of other visitors.**

**The Outdoor Code states:**

*As an American, I will do my best to –*

*Be clean in my outdoor manners.*

*Be careful with fire.*

*Be considerate in the outdoors.*

*Be conservation minded.*

Together, **the Leave No Trace principles and Outdoor Code make up the rules that all scouts should live by whenever out in nature.** As a scout, it's your responsibility to leave the outdoors better than how you've found it. By following these guidelines, you can help to keep camping safe and enjoyable for all!

To implement these principles on your next outing, you should plan some general guidelines that every person in your patrol can agree upon before heading to the campsite. **While camping, be mindful of where you are setting up your fires, pitching your tents, and disposing of waste.** Before leaving, always scan the area for any loose trash. Look for ways that you can leave the site nicer than it was before you arrived.

*3. 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:*

*a) A compass*

*b) A GPS receiver*

*c) A smartphone with a GPS app*

*(If a GPS-equipped device is not available, explain how to use one to get to your camping spot.)*

Since each location differs, **it would be a good idea to speak to your merit badge counselor about this one.** They can ensure that you are able to properly use your compass, and point you in the right direction as far as camping areas go. You can use (<https://www.topoquest.com/>) to find and print a topographical map of the area.

While you're able to navigate to your camping spot using a compass, GPS receiver, or smartphone. Once you have your map and compass ready, it's time to write a trek plan.

In your plan, **it is important to assess the distance, terrain and weather conditions of your trek.** Be sure to note all of these factors beforehand, as well as your estimated duration of the trip. This, as well as a few brief paragraphs of your plans and expectations for the camp should suffice.

***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.***

# Patrol Menu Planning Worksheet

<b>Patrol:</b>	<b>Campout Date:</b>
<b>Grubmaster:</b>	<b>Campout Location:</b>
<b>Number Eating:</b>	<b>Budget (scouts x\$10; adults x \$12):</b>
<b>SPL Signature:</b>	<b>SM Signature:</b>

Grubmaster is responsible for food/storage/ice/cooler for duration of the campout. Receipts go to Treasurer for reimbursement.

## Attendees

STAPLES	HAVE	NEED
PAPER		
TOWEL		
FOIL		
CHARCOAL		
OIL		

All scouts must have a duty at all meals (prep or cleanup). Rotate jobs and times for jobs. Rosters not meeting the listed tasks and fairness will be rejected.

Meal	Duty Roster		Recipe calls for	Shopping List
	Prep	Cleanup		We Need
Friday cracker barrel and set up kitchen/get water				
Saturday breakfast				
<b>Main course</b>				
<b>Side</b>				
<b>Drink</b>				
Saturday lunch				
<b>Main course</b>				
<b>Side</b>				
<b>Drink</b>				
Saturday night meal				
<b>Main course</b>				
<b>Side</b>				
<b>Drink</b>				
<b>Dessert</b>				
Sunday breakfast				
<b>Main course</b>				
<b>Side</b>				
<b>Drink</b>				
<b>Take down tents</b>				
<b>Take down kitchen</b>				

*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.*

These requirements can both be easily done within your own troop. Take this opportunity to **speak with a troop leader and familiarize yourself with how your troop tends to handle their duty roster.** On your next campout, ask your patrol leader for help completing this requirement.

This time, you'll be in charge! After your patrol has met to plan the next campout, note down each of your patrol members' duties. During the meeting, you should also be able to complete requirement 4b by helping plan the menu, equipment needs, and general planning. Once you've arrived at the camp, you can finally assist in helping set up.

**5. Do the following:**

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

The clothing needed for overnight campouts can vary based on your location. In warm environments, **you should pack sun exposure protection, rain gear, suitable footwear, as well as extra socks and underwear.** Personally, I always bring a wide-brimmed hat, a light jacket, a rain jacket, and warm socks whenever camping.

In cold environments, **layering means wearing multiple articles of clothing over each other so that you can achieve the right level of warmth.** For example, wearing a t-shirt, light jacket, hoodie, and waterproof snow jacket would be considered layering.

Layering can help you keep warm because your body will heat the inner layers, and you'll be insulated from the cold by the outside layers. You can even remove or add clothing if you begin to overheat or get too cold.

Wear layers: Base layer, Warm layer, Windbreaking layer

- Base layer: Thermal long underwear (preferably not cotton) that wicks moisture away from your body
- Warm layer: Turtleneck, fleece on top, and sweat pants on bottom
- Windbreaking layer: Snow/rain pants on bottom and coat on top



Base Layer



Warm Layer



Windbreaking Layer

Bring 2 pairs of shoes in case one gets wet. If you do not have waterproof shoes, make sure you have bread sacks to waterproof your shoes. Layer your socks and try not to wear cotton. You can restore/enhance waterproofing to existing shoes with Rust-Oleum NeverWet.



**5b) Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.**

Determine if your trek will take place in a wet or dry environment. **In a wet environment, slow-drying shoes can mean an increased chance of blisters and feet infections.** You'll need to pack shoes that can be dried on the go and are resistant to moisture damage. Be sure that your feet are also well-supported if you will be walking long distances, and remember to bring a change of footwear.

In cold, damp environments, you'll want to pack insulated, warm, waterproof shoes that will stand up to the outdoor conditions. **Failing to choose the right footwear to protect your feet is one of the biggest mistakes that inexperienced campers make.**

**5c) Explain the proper care and storage of camping equipment (clothing, footwear, bedding).**

Keeping equipment properly cared for after every camp out will prolong its usability and save you money in the long run. **This means emptying, cleaning, washing, and drying your gear following each campout.** Properly cared for camping equipment should be stored dry and out of direct sunlight, in an area free of pests.

#### **Quick tips when caring for camping gear:**

- Funky odors are caused by bacteria. **You can reduce the smell and kill the bacteria by washing your equipment and then leaving it in direct sunlight to dry** (not for thin/sensitive gear)!
- **Always shake out bedding and sleeping mats to remove any twigs, bugs or debris.** These could damage your equipment while in storage.
- **If your clothes really smell, you can place them in a bucket filled with a 1/2 cup of baking soda and water overnight.** This will eliminate smells like smoke or sweat!

*5d) List the outdoor essentials necessary for any campout, and explain why each item is needed.*

*5e) Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.*

If you've read each of the previous sections, you should have a good idea of how to properly prepare for an overnight campout. Pack your bag according to the the above checklist, look sharp wearing your class-A uniform, and get ready for an amazing camping trip! You're ready.

#### **6. Do the following:**

*a) 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.*

Four types of tents which can be characterized by their unique shapes are A-Frame tents, Pyramid tents, Hoop tents, and Dome tents.



- **A-Frame tents:** A-Frame tents take on a triangular shape and are supported by a pole on each end. These tents tend not to be very spacious, given their ground surface area.



- **Dome tents:** The most common type of tent, dome tents are usually made with poles which criss-cross over its middle. These tents are very strong and spacious.



- **Hoop tents:** Hoop tents can be very spacious and are made by stretching fabric over parallel hoops. These tents are often longer than other types of tents.



- **Pyramid tents:** Pyramid tents are supported by a single central pole with the tent fabric being pulled out and pegged on each of its sides.

Tents should be pitched away from places where water may pool, in areas clear of roots and sharp sticks. After a camp, tents should be cleaned and stored in a dry environment until their next use.

**6b) Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.**

*A scout is clean.* **Camp sanitation is important in preventing foodborne illnesses and insect infestations.** Unsanitary camp conditions can lead to consuming spoiled food which may result in indigestion, food poisoning or diarrhea. There is also a high risk of illness when drinking untreated water.

To make water suitable for human consumption, three methods of purification are typically used:

- **Boiling**
- **Iodine droplets**
- **Filtration**

Demonstrating two of these methods will be very straightforward. Simply find some clear fresh water and boil it. Then, depending on your equipment, you can either drop an iodine tablet into unclean but clear water or run it through a water filter. **Boiling and iodine tablets will not remove the heavy sediment in your water, so always use a water filter, if possible.**

**6c) Describe the factors to be considered in deciding where to pitch your tent.**

**Tents should be pitched over debris-free areas on a slight incline.** In the event of heavy rains, the water will flow away from the tent rather than pooling where you sleep. Also, avoid pitching your tent in a meadow area, and instead, place it on short grass or insensitive ground. Avoid branches, as these may puncture the floor of your tent.

For your own safety, always pitch your tent with a side wall facing into the wind. Never face your tent opening into the wind, otherwise, your tent might be blown away! **In heavy winds, be especially careful of camping under trees**, as their falling branches could be hazardous.

**6d) Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.**

Both internal and external frame backpacks come with a metal frame to support your back while hiking. However, **an internal frame pack has the frame built into the backpack and is more form-fitting**. On the other hand, **an external frame pack has a metal frame on the outside of the bag** which can be used for attaching gear or distributing weight.

External-frame packs tend to leave a space between the bag and your body which provides a cooling airflow. **These bags pull your center of gravity backward and are good for hiking groomed trails** where you often need to redistribute weight among different parts of your back. However, external-frame packs are bulky and can snag easily. Therefore, these bags may not be ideal for difficult trails.

Internal-frame packs have recently become more popular, as they sit closer to your back and have less risk of snagging. **These bags push your center of gravity forward, which helps with your stability but may feel uncomfortable during flat, easy hikes**. Internal-frame packs are also typically more expensive than external-frame but are more suitable for maneuvering challenging trails.

**6e) 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.**

There are **many different types of sleeping bag styles such as the rectangular sleeping bag, barrel-shaped sleeping bag, and mummy sleeping bag**. However, these bag-type differences are usually not important. The features of these sleeping bags can differ by brand, so the main things to look out for are the bag material, temperature rating, and care instructions.

However, the most important thing to consider when purchasing a sleeping bag is the temperature that you'll be using it in. **Each sleeping bag comes with a temperature rating at which it will be most effectively used**. Assess the conditions in which you'll be camping, and pick a lightweight bag most suitable to your needs.

Sleeping bags should be cleaned often and stored dry. **Avoid using your sleeping bag on uncovered ground as it may get damaged**. A good sleeping bag can easily last you your entire scouting career.

**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.**

**b) 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.**

## **Personal Overnight Camping Gear**

Scout Handbook

10 Essentials

- Pocketknife
- First-Aid Kit (adhesive bandages, moleskin, antiseptic/antibiotic ointment)
- Extra Clothing – socks, shoes, underwear and clothing for the season (Warm or Cold)
- Rain Gear
- Water bottle with potable water
- Flashlight
- Matches with fire starter
- Sun protection – sunblock, hat, sunglasses, lip balm
- Map and compass
- Trail food

Pencil and paper  
 Backpack with rain cover  
 Sleeping bag or blankets (depending on season)  
 Sleeping pad  
 Bug spray  
 Mess kit with cup  
 Vittle kit (knife, fork, spoon or spork)  
 Toiletries: Soap, wash cloth, towel, toothbrush/toothpaste  
 Comb

**Patrol/Troop Supplies**

Ground cover  
 Tent  
 Dining Fly  
 Rope  
 Clean-up kit – sponge/scouring pad; bleach; soap, tubs, plastic trash bags  
 Cook kit – cookware and stocked patrol box  
 water container for potable water  
 camp saw  
 camp shovel  
 cooking stove

Grubmaster – rotating patrol position that shops for food among the scouts and oversees the assigned rotating Kitchen patrol staff each meal

**Cold Weather Camping Tips**

Wear layers: Base layer, Warm layer, Windbreaking layer

- Base layer: Thermal long underwear (preferably not cotton) that wicks moisture away from your body
- Warm layer: Turtleneck, fleece on top, and sweat pants on bottom
- Windbreaking layer: Snow/rain pants on bottom and coat on top



Base Layer



Warm Layer



Windbreaking Layer

Bring 2 pairs of shoes in case one gets wet. If you do not have waterproof shoes, make sure you have bread sacks to waterproof your shoes. Layer your socks and try not to wear cotton. You can restore/enhance waterproofing to existing shoes with Rust-Oleum NeverWet.



0 degree sleeping bag with a foam pad and fleece line, if needed.



Make sure your tent ground cloth is tucked in so that water doesn't get under the tent and pool.

## **Cold Weather Camping for a weekend campout – packing list**

Base layer (long underwear/turtlenecks) (3-4)  
Fleece (2-3)  
Windbreaker/Coat  
Ski/rain pants  
Socks (Thermal/Wool) 3-4 pair of thermal and 2-3 pair of wool socks  
Gloves (3 pair with glove liners)  
Hat (2 – 1 in sleeping bag and 1 to wear)  
2 pair of shoes  
Bread sacks (if shoes are not water proof)  
0 degree bag

**Before packing, take the time to think through what you'll be doing on the campout.**

First, you'll hike in, you'll pitch your tent, then you'll make dinner. After that, you'll get changed, and finally you might have some free time. Therefore, you should have water near the top of your bag, then your tent supplies, then cooking supplies, a change of clothes, and finally whatever you'll need during your free time stored at the bottom of your pack.

**8. Do the following:**

**a) Explain the safety procedures for:**

### **I) Using a propane or butane/propane stove**

**There are always some risks when using an open flame, so be sure to set up your stove away from anything that may catch fire.** Propane stoves should always be used in open-air with exposure to oxygen. Never leave your stove unattended while on. After use, be sure to clean the stove and disconnect your canister.

These stoves need to be connected to a propane canister, so always check if the connections are fully tightened. **This can be done by applying soapy water to the areas where the canister is fastened. Small bubbles should form if the canister is not securely sealed.** If the seals are not fully connected, you should also smell the propane (a rotten egg-like scent).

### **II) Using a liquid fuel stove**

Liquid fuel stoves are very similar to propane stoves and should be cared for in the same manner. However, **these can be a little bit harder to use, as they need to be primed before lighting.** To prime a liquid fuel stove, open the canister to release a little bit of fuel into the burner. Then, close the canister and light the burner. Once lit for a few minutes, slowly reopen the fuel cannister.

Liquid fuel stoves may be more difficult to use, but perform better than propane stoves in cold weather, and can also be refilled.

### **III) Proper storage of extra fuel**

**Do not leave your fuel anywhere near a campfire.** Make sure to regularly check for leaks, and monitor the level of your remaining fuel. Refill tanks when necessary. Doing so will ensure that you have ample fuel for the next camp out.

**8b) Discuss the advantages and disadvantages of different types of lightweight cooking stoves.**

**A few different types of cooking stoves are white gas stoves, kerosene stoves, cartridge stoves, and propane tank stoves:**

- **White gas stoves:** Strong but volatile. These stoves are often prohibited on airplanes and ferries.

- **Kerosene stoves:** Hot burning but must be preheated before use.
- **Cartridge stoves:** Very portable and easy to use. Simply attach your canister, turn the knob and light your burner. Less fuel capacity than other types of stoves.
- **Propane tank stoves:** Typically has more burners and a higher fuel capacity, but can be quite bulky. These stoves work well for long, single location camps.

*8c) 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.*

**You might want to use your troop's prior camp menus for inspiration.** Ask your patrol what they want to eat so that everyone's happy with your meal choices. My troop always cooked hamburgers or hot dogs after setting up on the first night, as those are some of the easiest, most inexpensive outdoor meals.

**Food should always be stored in some sort of container so that it does not become contaminated or attract animals.** Practice general food safety rules like not leaving meat out and keeping perishables on ice. Avoiding cross-contaminating meat and vegetables by cleaning knives between uses. When disposing of food, either place it in a tied-off trash bag or far away from camp so as not to attract wildlife.

*8d) 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.*

After preparing your camp menu, it's time to start cooking to prepare a meal using a lightweight stove.

**9. Show experience in camping by doing the following:**

*(a) 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.*

**Scouts who attend most of their troop's activities should be able to pretty easily camp for a total of 20 days within their first year and a half of Scouting.**

*9b) On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision:*

- I) Hike up a mountain, gaining at least 1,000 vertical feet.*
- II) Backpack, snowshoe, or cross-country ski for at least 4 miles.*
- III) Take a bike trip of at least 15 miles or at least four hours.*
- IV) Take a nonmotorized trip on the water of at least four hours or 5 miles.*
- V) Plan and carry out an overnight snow camping experience.*
- VI) Rappel down a rappel route of 30 feet or more.*

*Easiest is a canoe trip and hike or bike trip on a campout.*

*9c) Perform a conservation project approved by the landowner or land managing agency. This can be done alone or with others.*

This can be a troop community service project.

**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.**

What were some of the things you did in earning this badge? What have been some of your favorite moments while camping? How did you show scout spirit in overcoming the outdoor challenges you encountered? Do you like camping any more now than when you started? **Discuss these points with your counselor once you've finished the other requirements.**

Sources:

<https://scoutsmarts.com/camping-merit-badge-guide/>

<https://scoutsmarts.com/first-aid-merit-badge-guide/>

*See photo gallery*