



BACKPACKING

Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.
- 2) Do the following:
 - A) List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.
 - B) Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.
- 3) Do the following:
 - A) Define limits on the number of backpackers appropriate for a trek crew.
 - B) Describe how a trek crew should be organized.
- 4) Do the following:
 - A) Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew's impact on the environment.
 - B) Describe proper methods of handling human other wastes while on a backpacking trek. Describe the importance of and means to assure personal cleanliness while on a backpacking trek.
- 5) Do the following:
 - A) Demonstrate two ways to treat water and tell why water treatment is essential.
 - B) Explain to your counselor the importance of staying well hydrated during a trek.
- 6) Do the following:
 - A) Demonstrate that you can read topographic maps.
 - B) While on a trek, , use a map and compass to establish your position on the ground at least three times at three different places, OR use a GPS receiver unit to establish your position on a topographic map at least three times at three different places.
- 7) Do the following:
 - A) Tell how to prepare properly for and deal with inclement weather while on a backpacking trek.
 - B) Tell how to properly prepare for and deal with the human and environmental hazards you may encounter on a backpacking trek.
- 8) Do the following:
 - A) Explain the advantages and disadvantages of three different types of backpacking stoves using at least three different types of fuel.
 - B) Demonstrate that you know how to operate a backpacking stove safely and to handle liquid fuel safely.
 - C) Prepare at least three meals using a stove and fuel you can carry in a backpack.
 - D) Demonstrate that you know how to keep cooking and eating gear clean and sanitary while on a backpacking trek.
- 9) Do the following:
 - A) Write a plan for a patrol backpacking hike that includes a time control plan.
 - B) Show that you know how to properly pack your personal gear and your share of the crew's gear and food.
 - C) Show you can properly shoulder your pack and adjust it for proper wear.
 - D) Conduct a prehike inspection of the patrol and its equipment.
 - E) While carrying your pack, complete a hike of at least 2 miles.
- 10) Using Leave No Trace principles, participate in at least three backpacking treks of at least three days each and at least 15 miles each, and using at least two different campsites. Carry everything you will need throughout the trek.

Scout Name: _____ Unit #: _____ Date: _____

11) Do the following:

- A)** Write a plan for a backpacking trek of at least five days using at least three different campsites, and covering at least 30 miles. Your plan must include a description of and route to the trek area, schedule (including a daily time control plan), list of food and equipment needs, safety and emergency plan, and budget.
- B)** Using Leave No Trace principles, take the trek planned and, while on the trek, complete at least one service project approved by your merit badge counselor.
- C)** Upon your return, write a report about the trek that includes a day-by-day description of what you did or what happened, and what you might do the same and what you might do differently on your next trek.

Requirement 1

Describe first aid for the following:

Hypothermia: _____

Heat Reactions: _____

Frostbite: _____

Dehydration: _____

Insect Stings: _____

Tick Bites: _____

SnakeBite: _____

Blisters: _____

Requirement 2

List 10 items of necessity for an overnight backpacking trip. Tell why that item is necessary.

1) _____ Why: _____

2) _____ Why: _____

3) _____ Why: _____

4) _____ Why: _____

5) _____ Why: _____

6) _____ Why: _____

7) _____ Why: _____

8) _____ Why: _____

9) _____ Why: _____

10) _____ Why: _____

Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety:

1) _____

Scout Name: _____ Unit #: _____ Date: _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

- 7) _____

- 8) _____

- 9) _____

- 10) _____

Requirement 3

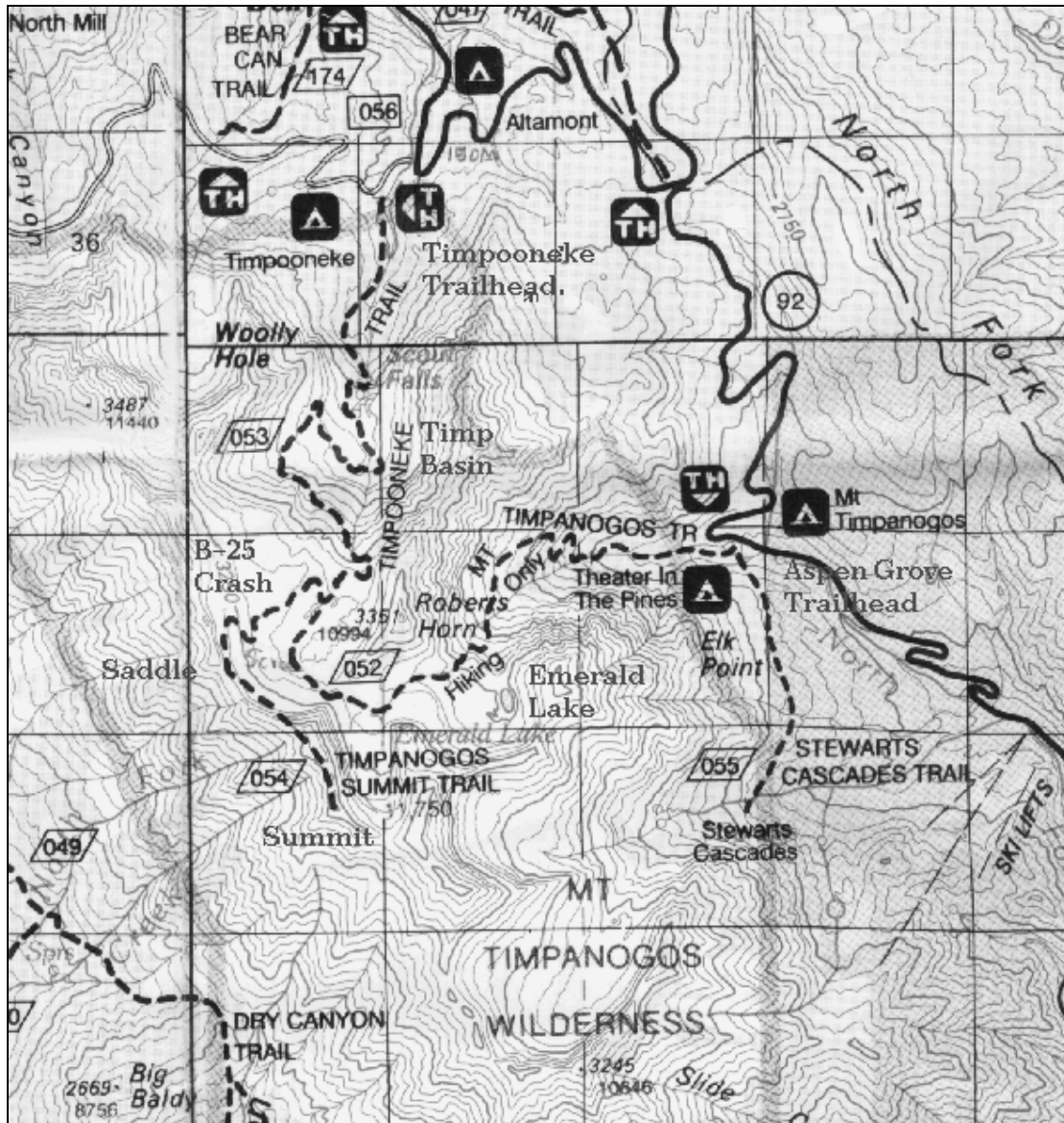
Define limits on the number of backpackers appropriate for a trek crew: _____

Describe how a trek crew should be organized: _____

Explain the importance of staying well hydrated during a trek: _____

Requirement 6

_____ Using a map of your area or the map below, demonstrate to your counselor or advisor that you can read a topographic map. Have them initial here when you have done this.



_____ While on a trek, use a map and a compass to establish your position on the ground at least three times at three different places. OR, use a GPS receiver unit to establish your position on a topographic map at least three times at three different places. Have your counselor or advisor sign here when you have completed this requirement.

Requirement 7

Tell how you would prepare properly for and deal with inclement weather while on a backpack trip: _____

Tell how to properly prepare for and deal with the human and environmental hazards you may encounter on a backpacking trek: _____

Requirement 8

List and explain the advantages and disadvantages of three different types of backpacking stoves using at least three different types of fuel.

Stove type: _____ Fuel type: _____

Advantages: _____

Disadvantages: _____

Stove type: _____ Fuel type: _____

Advantages: _____

Disadvantages: _____

Stove type: _____ Fuel type: _____

Advantages: _____

Disadvantages: _____

_____ Demonstrate to your counselor or advisor that you know how to operate a backpacking stove safely and to handle liquid fuel safely. Have your counselor or advisor initial here once you have demonstrated the task.

Prepare three meals using a stove and fuel you can carry in a backpack. List what you cooked for each meal below

Scout Name: _____ Unit #: _____ Date: _____

Explain how you would keep cooking and eating gear clean and sanitary while on a backpacking trek: _____

_____ Demonstrate this on a backpacking trek. Have your counselor or leader initial here once you have demonstrated the task.

Requirement 9

Write a plan for a patrol backpacking hike that includes a time control plan. You may use the layout below or use your own layout:

Trip Plan Prepared By: _____

Date and Time of Departure: _____

Date and Time of Return: _____

Starting Point: _____

Destination: _____

Route Going: _____

Route Returning: _____

With Whom Hiking: _____

Adult Leader(s): _____

Number of Nights on the Trail: _____

Location of Each Night's Camp: _____

Alternate Plan in Case of Adverse Weather or Emergency: _____

Nearest Contact(s) for Help: _____

Permits Required: _____

Equipment Needed: _____

Clothing Needed: _____

Food Needed: _____

Additional Time Controls: _____

Scout Name: _____ Unit #: _____ Date: _____

_____ Show that you know how to properly pack your personal gear and your share of the crew's gear and food. Have your counselor or leader initial here after they have inspected your pack.

_____ Show you can properly shoulder your pack and adjust it for proper wear. Have your counselor or leader initial here after you demonstrate this.

Conduct your pre-hike inspection of the patrol and it's equipment. List what key things you look for during your inspection: _____

_____ Carrying your pack, complete a hike of at least 2 miles. Have your counselor or leader initial here when completed.

Requirement 10

List and describe the three backpacking trips that you took to satisfy this requirement. Remember that each trip must be at least 15 miles and consist of two different campsites. Describe the Leave No Trace principles you used on each of the trips. List other notes about your treks such as weather, activities, merit badges earned, etc.

TRIP 1

Hike Starting Location: _____

Hike Ending Location: _____

Campsite One Location: _____

Campsite Two Location: _____

Total Distance Covered: _____

Leave No Trace Principles: _____

Brief Notes About Trek: _____

TRIP 2

Hike Starting Location: _____

Hike Ending Location: _____

Campsite One Location: _____

Campsite Two Location: _____

Total Distance Covered: _____

Leave No Trace Principles: _____

Scout Name: _____ Unit #: _____ Date: _____

Brief Notes About Trek: _____

TRIP 3

Hike Starting Location: _____

Hike Ending Location: _____

Campsite One Location: _____

Campsite Two Location: _____

Total Distance Covered: _____

Leave No Trace Principles: _____

Brief Notes About Trek: _____

Requirement 11

Write a plan for a patrol backpacking trek of at least 5 days, with at least 3 different campsites and covering at least 30 miles. You may use the layout below or use your own layout. Your plan must include a description of and route to the trek area, schedule (including a daily time control plan), list of food and equipment needs, safety and emergency plan, and budget.

Trip Plan Prepared By: _____

Description of trek area: _____

Route to trek area: _____

Date and Time of Departure: _____

Date and Time of Return: _____

Starting Point: _____

Campsite One Location: _____

Campsite Two Location: _____

Campsite Three Location: _____

Route Going: _____

Scout Name: _____ Unit #: _____ Date: _____

Food / Menus

Day 1 MENU

Day 2 MENU

Day 3 MENU

Day 4 MENU

Day 5 MENU

Safety and Emergency Plan: _____

Budget: _____

