



Backpacking

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](#).

Workbook developer: craig@craiglincoln.com. Requirements revised: 2008, Workbook updated: April 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1) Discuss the prevention of and treatment for the health concerns 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. _____

c) Tell how you would minimize risk on a backpacking trek. _____

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.

1. _____
2. _____
3. _____
4. _____
5. _____

b) Describe proper methods of handling human and 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) Tell how to prepare properly for and deal with inclement weather. _____

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.

Type: _____ Fuel: _____

Advantages: _____

Disadvantages: _____

Type: _____ Fuel: _____

Advantages: _____

Disadvantages: _____

Type: _____ Fuel: _____

Advantages: _____

Disadvantages: _____

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 , and that you practice proper methods for food storage while on a backpacking trek. _____

9) Do the following:

a) Write a plan for a patrol backpacking hike that includes a schedule. _____

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 pre hike 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.

Trip 1: _____ Dates: _____ Miles: _____

Campsite 1: _____ Campsite 2: _____

Trip 2: _____ Dates: _____ Miles: _____

Campsite 1: _____ Campsite 2: _____

Trip 3: _____ Dates: _____ Miles: _____

Campsite 1: _____ Campsite 2: _____

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.

Trip: _____ Dates: _____ Miles: _____

Campsite 1: _____ Campsite 1: _____ Campsite 1: _____

Your plan must include a description of and route to the trek area, _____

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

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.

Service Project 1: _____

Service Project 2: _____

c) Upon your return, write a report about the trek that includes a day-by-day description of what you did or what happened,

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

and what you might do the same and what you might do differently on your next trek. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: scouting.org ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)
 ▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#) ▶ [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

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

[Backpacking Videos](#) ▶ [Gear](#) ▶ [Internal vs. External Frame](#) ▶ [Campsite](#) ▶ [Clothing](#) ▶ [Food](#) ▶ [Hydration](#) ▶ [Socks](#)
[Camping Videos](#) ▶ [Packing](#) ▶ [Water Purification](#) ▶ [Layering](#) ▶ [Wet Weather](#) ▶ [Sleeping Bags](#) ▶ [Pads](#) ▶ [Tents](#)
[Hiking Videos](#) ▶ [Planning](#) ▶ [Footwear](#) ▶ [Avoid Blisters](#) ▶ [Gear](#) ▶ [Cold Weather](#) ▶ [Warm Weather](#) ▶ [Layering](#)
[Fire Starting Videos](#) ▶ [Site](#) ▶ [Kindling](#) ▶ [Wood](#) ▶ [Flint & Steel](#) ▶ [BlastMatch](#) ▶ [Steel Wool](#) ▶ [Fire Piston](#)
 ▶ [Magnifying Glass](#) ▶ [Log Cabin](#) ▶ [Tee Pee](#) ▶ [Dangers](#) ▶ [Safety](#)

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

[ExpertVillage First Aid Videos](#) ▶ [Make a First Aid Kit](#) ▶ [Basics](#) ▶ [Basics2](#) ▶ [CPR Basics](#) ▶ [Venomous Snake Bite](#)

[USScouts.org:](#) ▶ [Animated Knots](#) ▶ [Orienteering](#) ▶ [Camps Database](#) ▶ [Cooking](#) ▶ [Camping](#) ▶ [More](#)

American Hiking Society: <http://www.americanhiking.org>

Backpacker Magazine: <http://www.backpacker.com>

Bureau of Land Management: <http://www.blm.gov>

Camping Life Magazine: <http://www.campinglife.com>

Great Outdoor Recreation Pages: <http://www.gorp.com>

Leave No Trace: <http://www.LNT.org>

Local Hikes: <http://www.localhikes.com>

National Park Service: <http://www.nps.gov>

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

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

Sierra Club: <http://www.sierraclub.org>

Student Conservation Association: <http://www.thesca.org>

Recreation.gov: <http://www.recreation.gov>

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

U.S. Bureau of Land Management: <http://www.blm.gov>

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

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

Wilderness Use Policy of the Boy Scouts of America

All privately or publicly owned backcountry land and designated wildernesses are included in the term “wilderness areas” in this policy. The Outdoor Code of the Boy Scouts of America and the principles of Leave No Trace apply to outdoor behavior generally, but for treks into wilderness areas, minimum-impact camping methods must be used. Within the outdoor program of the Boy Scouts of America, there are many different camping-skill levels. Camping practices that are appropriate for day outings, long-term Scout camp, or short-term unit camping might not apply to wilderness areas. Wherever they go, Scouts need to adopt attitudes and patterns of behavior that respect the rights of others, including future generations, to enjoy the outdoors.

- In wilderness areas, it is crucial to minimize human impact, particularly on fragile ecosystems such as mountains, lakes and streams, deserts, and seashores. Because our impact varies from one season of the year to the next, it becomes important for us to adjust to these changing conditions to avoid damaging the environment.
- The Boy Scouts of America emphasizes these practices for all troops, teams, and crews planning to use wilderness areas:
- Contact the landowner or land-managing agency (USDA Forest Service, National Park Service, Bureau of Land Management, U.S. Fish and Wildlife Service, U.S. Army Corps of Engineers, state and private agencies, etc.) well before an outing to learn the regulations for that area, including group size limits, to obtain required permits and current maps, and to discuss ways Scouts can fulfill the expectations of property owners or land managers.
- Obtain a tour permit (available through local council service centers), meet all of its conditions, and carry it during the trip.
- Review the appropriate BSA safety literature relating to planned activities. (See Safe Swim Defense, Safety Afloat, Climb On Safely, and Trek Safely.) Also see the Guide to Safe Scouting on the BSA Web site at <http://www.scouting.org/pubs/gss/toc.html> for more information on current BSA policies and procedures for ensuring safe activities, as well as the Fieldbook Web site at <http://www.bsafieldbook.org>.
- Match the ruggedness of high-adventure experiences to the skills, physical ability, and maturity of those taking part. Save rugged treks for older unit members who are more proficient and experienced in outdoor skills.
- Conduct pretrip training for your group that stresses proper wilderness behavior, rules, and skills for all of the conditions that may be encountered, including lightning, missing person, wildfire, high winds, flooding, and emergency medical situations.
- Participate in training in how to apply the principles of Leave No Trace, and be proficient and experienced in the leadership and skills required for treks into wilderness areas.
- Adhere to the principles of Leave No Trace.

The Principles of Leave No Trace

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly (Pack It In, Pack It Out)
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Outdoor Code

As an American, I will do my best to—

Be clean in my outdoor manners. I will treat the outdoors as a heritage. I will take care of it

for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire. I will prevent wildfire. I will build my fires only when and where they are appropriate. When I have finished using a fire, I will make sure it is cold out. I will leave a clean fire ring, or remove all evidence of my fire.

Be considerate in the outdoors. I will treat public and private property with respect. I will follow the principles of Leave No Trace for all outdoor activities.

Be conservation-minded. I will learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.