



Camping Merit Badge Guide

Requirements

https://filestore.scouting.org/filestore/merit_badge_reqandres/camping.pdf

2023 01 23

1. Do the following:

- (a) 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.
- (b) 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.
- (c) 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.

2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal and group plan for implementing these principles on your next outing.

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*

* To complete this requirement, you may use the Scout Planning Worksheet at http://troopleader.org/wp-content/uploads/2016/03/512-505_16_Wksht_WEB.pdf

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

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.

(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.

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."
- (b) Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.
- (c) Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
- (d) List the outdoor essentials necessary for any campout, and explain why each item is needed.
- (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, and how to care for tents. Working with another Scout, pitch a tent.
- (b) Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.
- (c) Describe the factors to be considered in deciding where to pitch your tent.
- (d) Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.
- (e) 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.

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.

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.
- (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. Discuss how to protect your food against bad weather, animals, and contamination.
- (d) 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.

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.

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

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

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

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 Scout Law apply to camping and outdoor ethics.

Homework for all Merit Badges before class:

Please read the Merit Badge Homework Guide.

Please read the BSA merit badge book.

Homework for Camping Merit Badge before class:

Requirement #1. Do the following:

(a) 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.

What does “mitigate” mean? Mitigate means “to make less severe or painful”.

Possible hazard	Anticipate	Prevent	Mitigate	Respond
Car accident	Check weather, drive during day	No sleepy or distracted driving (radio, texting)	Buddy, seat belt, air bags	Cell phone, pull off road, exit car if safe, call police
Car breakdown	Car kit, check oil, fluids, tire pressure	Maintenance	AAA, spare tire, tools	Cell phone, pull off road, exit car if safe
Drowning	Know risk, plan for qualified adult supervision	Swimming skills, boat or wading PFD	Buddy	Buddy
Fall	Choose safe routes and foot placements, avoid slick surfaces and trip hazards, walk around-over-on	Hiking poles, wading staff, backpack (hands free), wading shoes for grip	Break fall with slide or roll	Buddy for rescue
Lightning	Check weather	Seek shelter, avoid open water and open spaces (balds), lone trees, metal	Seek shelter	Buddy, cell phone, medical care
Lost	File float or trip plan, plan to communicate, communicate your plan	Map, compass, buddy	10 essentials See reference	Waterproof cell phone, charger, signal for help
Medical care access	Research and plan, carry usual medications, take on schedule	Plan medical care access (location, contact information), pack personal meds	Use written trip plan	Waterproof cell phone, charger, buddy help
Reluctance to turn back	Know risk and personal limits, plan to prevent	Check weather, terrain, gear	Make decision to turn back early, not late	Waterproof cell phone, charger, signal for help

(b) 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.

Please read this article:

<https://scoutingmagazine.org/2010/03/ground-rules-storm-hero/>

(c) 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.

First aid situation	Anticipate	Prevent	Mitigate	Respond / Treat
Heat and cold reactions				
Dehydration	Carry water, purifier, tablets, fuel, stove, pot to boil	Carry water, purifier, tablets, fuel, stove, pot to boil	Drink. Urine should be clear.	Drink, rest in shade, lie down
Heat exhaustion	Plan to prevent	Check weather, limit exertion during heat, carry water, purifier, tablets, stove fuel, and pot to boil, schedule rest	Buddy help, drink, Urine should be clear. rest in shade, lie down	Cell phone, medical care
Heat stroke (sunstroke)	Plan to prevent	Check weather, limit exertion during heat, carry water, purifier, tablets, stove and pot to boil, schedule rest	Buddy help, drink, clear urine, rest in shade, lie down	Cell phone, power, 911, rapid cooling, cool wraps applied at neck, groins, spray, emergency medical care
Hypothermia (exposure)	Plan to prevent, carry space blanket, dry clothes, know symptoms (Check weather, dress in layers, use waders to keep dry, rain gear	Food, warm drinks, dry clothes, get out of wind, cold, wet, sleeping bag or blanket wrap	Cell phone, power, 911
Wounds				
Blisters, friction See reference	Experience, synthetic or wool or wicking socks, liner socks optional, boots that fit in late afternoon	Foot powder, adhesive bandages on toes or moleskin before walking, laces loose or tight	Stop for hot spots and wet socks,	Moleskin donut, controlled rupture at edge with sterile needle, cover, anti-septic, pain, pus, redness, infection, medical care

Blisters, insect, fire ant bites, frostbite, thermal burns, sunburn				Protect, controlled rupture at edge with sterile needle, cover, anti-septic, pain, pus, redness, infection, medical care if face, genital, large
Cuts (lacerations)	Cut strokes away from you	Cut strokes away from you, use cut protection or fillet gloves	Clean wound with clean water, direct pressure to stop bleeding	Clean wound with clean water, direct pressure to stop bleeding, clean dry dressing, butterfly strips, monitor for infection (pain redness, pus, swelling, fever) medical care
Frostbite			Wear socks for mitts,	Cell phone, power, 911,
Insect bites, fire ants See reference	Know risk	Do not sit or lie on ground, do not go barefoot, boots, heavy socks, avoid mounds, insect repellent	Immediate intense pinching or burning pain, later itching or burning and pus-filled blisters, okay for no treatment, cold compresses, hydrocortisone cream 1% for itching, antihistamine, medical evaluation for symptoms lasting more than a few days	Anaphylaxis with trouble breathing, wheezing, swelling of tongue or throat, dizziness, confusion, loss of consciousness, epinephrine pen, antihistamine, 911
Insect bites, mosquitoes	Season, terrain, time of day	Insect repellent, boots, long pants and sleeves, clothing and tents treated with permethrin	Sleep under mosquito net or within screened or air-conditioned room	Cool compresses, hydrocortisone cream 1% for itching, observe for fever (Zika, dengue, malaria, Heartland virus, West Nile virus)

<p>Insect bites, ticks (arachnids) See reference</p>	<p>Season, terrain</p>	<p>Tick repellent, boots, long pants and sleeve, clothing and tents treated with permethrin</p>	<p>Proper removal</p>	<p>Observe for signs of tick-borne illness (fever, headache, muscle aches, rash) during next 2 weeks</p>
<p>Insect stings, bees</p>	<p>Medical history, pack bee sting kit with epinephrine pen, antihistamines</p>	<p>Take precautions to avoid</p>	<p>Instant burning pain at sting site, later red itchy, painful swelling, hives or swelling lasting days, okay for no treatment, cold compresses, hydrocortisone cream 1%, antihistamine, medical evaluation for symptoms lasting more than a few days, urgent medical evaluation for multiple stings, especially in children or with swelling and fever</p>	<p>Anaphylaxis with trouble breathing, wheezing, swelling of tongue or throat, dizziness, confusion, loss of consciousness, epinephrine pen, antihistamine, 911</p>
<p>Poison plants “Leaves of 3, let it be” (poison ivy and poison oak); poison sumac (7-13 leaves)</p>	<p>Know plants</p>	<p>Long pants, long sleeves, gloves, avoid smoke</p>	<p>Rinse skin with rubbing alcohol, specialized poison plant washes, degreasing soap (such as dishwashing soap), wash clothes</p>	<p>Wet compresses, calamine lotion, hydrocortisone cream 1% for itching, antihistamine for itching or sleep, doctor exam for face or genital rash</p>
<p>Puncture wounds</p>	<p>Carry tweezers in first aid kit for splinter removal</p>	<p>Wear gloves to protect hands in falls</p>	<p>Clean wound with clean water, extract splinters if possible, direct pressure to stop bleeding</p>	<p>Clean wound with clean water, direct pressure to stop bleeding, clean dry dressing, monitor for infection (pain, redness, pus,</p>

				swelling, fever) medical care
Puncture wounds: Fish hook injuries	Use barbless hooks, do not use treble hooks or bait holder hooks with barbs on shanks to prevent bait from sliding, carry needle nose pliers with cutter edges on lanyard	Broad-brim hat, glasses, long sleeves	First aid kit supplies: wipes, hand gel, dressings	Wire cutters, know extraction techniques, Clean wound with clean water, direct pressure to stop bleeding, clean dry dressing, medical evaluation, monitor for infection (pain redness, pus, swelling, fever) medical care
Scratches (abrasions, road rash)	Know risk, plan clothing, hiking poles	Wear gloves, long pants, long sleeves, safety glasses for protection from falls, brush, thorns; hiking poles	Clean wound with clean water, direct pressure to stop bleeding	Clean wound with clean water, direct pressure to stop bleeding, clean dry dressing, monitor for infection (pain redness, pus, swelling, fever) medical care
Snake bite	Know risk, know snakes	Boots, long pants	Buddy, rest, no ice, no tourniquet	Cell phone, medical care
Sunburn, eyes (photokeratitis, snow blindness)	Open water fishing	99% protective UV400 sunglasses, limit sun exposure 10 am to 4 pm	Cool compresses, eyes closed, dark room, no eye rubbing, no contact lenses, artificial tears	Medical evaluation
Sunburn, skin See reference	Know risk	Limit sun exposure 10 am to 4 pm, SPF 30+ sunscreen, apply every 2 hours, after swimming, UPF 30+ or best 50+ sun protective clothing, sleeves, gloves, broad brim hat	Cool compresses or bath, aloe, 1% hydrocortisone cream, moisturizer lotion	Cool compresses or bath, aloe, 1% hydrocortisone cream, moisturizer lotion, keep blisters intact, ibuprofen or acetaminophen for pain, no topical alcohol

Sun poisoning (severe sunburn)	Sunburn with rash, fever	Limit sun exposure 10 am to 4 pm, SPF 30+ sunscreen, apply every 2 hours, after swimming, UPF 30+ or best 50+ sun protective clothing, sleeves, gloves, broad brim hat	Cool compresses or bath, aloe, 1% hydrocortisone cream, moisturizer lotion, oral fluids for dehydration	Cool compresses or bath, aloe, 1% hydrocortisone cream, moisturizer lotion, keep blisters intact, ibuprofen or acetaminophen for pain, no topical alcohol, oral fluids for dehydration, medical evaluation for fever, dizziness, fainting
Musculo-skeletal injuries				
Sprains	Walk around- over-on for safety	No jumping, ankle-high boots	Ankle wrap, leave boot on, non- weight bearing	Buddy support
Other conditions				
Altitude sickness	Plan for altitude over 8000 feet, know symptoms (headache, nausea, fatigue, no motivation, like hypothermia)	Acclimatize at 5000-7000 feet, climb high-sleep low; medications Rx, hydrate	Acclimatize at 5000-7000 feet, climb high-sleep low; medications Rx, hydrate	Descend, rest, fluids, food
Hyperventilation				

Snakebites: First aid

By Mayo Clinic staff

Reprinted from <http://www.mayoclinic.com/health/first-aid-snake-bites/FA00047>

Most North American snakes aren't poisonous. Some exceptions include the rattlesnake, coral snake, water moccasin and copperhead. Their bites can be life-threatening.

Of the poisonous snakes found in North America, all but the coral snake have slit-like eyes and are known as pit vipers. Their heads are triangular, with a depression (pit) midway between the eye and nostril on either side of the head.

Other characteristics are unique to certain poisonous snakes:

Rattlesnakes rattle by shaking the rings at the end of their tails. Water moccasins' mouths have a white, cottony lining. Coral snakes have red, yellow and black rings along the length of their bodies. To reduce your risk of snakebite, avoid touching any snake. Instead, back away slowly. Most snakes avoid people if possible and bite only when threatened or surprised.

[Folk sayings about coral snakes:

"Red on yellow, poison fellow; red on black, safe from attack."

"Red on yellow, kill a fellow;

"Red on black, friend of Jack";

"Red into black, venom lack; red into yellow, kill a fellow."

from http://en.wikipedia.org/wiki/Coral_snake

Red on Yellow Kill a fellow	... A Coral snake
Red on black ... a friend of Jack	... Not a Coral snake
Red to black, venom lack	... Not a Coral snake
Red and yellow will kill a fellow	... a Coral snake
Red on black, you're OK jack	... Not a Coral snake
Red on yellow, you're a dead fellow	... a Coral snake

Coral snakes (in the US, they are only found in Florida) are straightforward to recognize with their distinctive coloration. They have alternating red, yellow and black bands, with both black and red bands delimited by short yellow bands.

from <http://www.venomoussnakes.net/coralsnake.htm>]

If a snake bites you:

Remain calm.

Immobilize the bitten arm or leg, and stay as quiet as possible to keep the poison from spreading through your body.

Remove jewelry before you start to swell.

Position yourself, if possible, so that the bite is at or below the level of your heart. Cleanse the wound, but don't flush it with water, and cover it with a clean, dry dressing. Apply a splint to reduce movement of the affected area, but keep it loose enough so as not to restrict blood flow.

Don't use a tourniquet or apply ice.

Don't cut the wound or attempt to remove the venom.

Don't drink caffeine or alcohol.

Don't try to capture the snake, but try to remember its color and shape so you can describe it, which will help in your treatment.

Call 911 or seek immediate medical attention, especially if the area changes color, begins to swell or is painful.

[Above information agrees with information found in SAR MB book.]

How to use string to remove a ring

If a ring is stuck on a finger, try lubricants like soap, hand lotion, or cooking oil to lubricate the skin and gently rotate the ring past the first knuckle.

If lubrication does not work, use a ring string, such as, string, fishing line, dental floss, sewing thread, narrow ribbon, or a rubber band cut into single strip, to wrap the finger in a spiral from the tip toward the ring. This pressure wrapping forces swelling from the finger toward the hand, allowing the finger to shrink in size. Using a blunt probe, such as, tweezers, tooth pick, rounded end of a safety pin, a pen tip cover, slide the end of the string or rubber band underneath the ring. Pull up on the end of the string closest to the hand to allow the ring to slide toward the tip of the finger as the spiral unwinds.

Links to ring string videos

<https://www.youtube.com/watch?v=k6MjZExWmvs> 02:58

<https://www.youtube.com/watch?v=DrDROoJAF4I> 02:25

How to use moleskin

https://www.healthline.com/health/moleskin-for-blisters#TOC_TITLE_HDR_1

1. Clean and dry the area around the blister.
2. Cut a patch of moleskin that is s about 3/4-inch larger than your blister.
3. Fold the non-adhesive sides together. Cut a half-circle out of the moleskin to make a donut. The circle in the moleskin donut when you unfold it should be the size of your blister.
4. Remove the backing from the adhesive side of the donut. Place the donut hole over the blister.
5. If the blister sticks out above the moleskin hole, cover the moleskin with an adhesive bandage or another layer of moleskin. Another layer of moleskin may aggravate pressure on the area, depending on how tight your shoes and socks fit at that spot on your foot.

How to avoid using moleskin on your toes by preventing blisters

1. If you have had toe blisters while hiking, you can wrap the susceptible toes with moleskin while your feet are clean and dry in the morning before beginning your walk.

How to use roll gauze

<https://1staidsupplies.com/2017/03/22/how-to-cover-a-wound-with-gauze/>

Roll gauze is used to hold a wound dressing in place where tape cannot or should not be applied to skin, such as, burns, large blisters or abrasions, or where skin is thin and would be easily torn by removing adhesive tape, as in elderly patients)

1. Wear gloves. Apply a large sterile gauze to completely cover the wound or burn.
2. Wrap roll gauze around the arm or leg to hold the gauze in place. The roll gauze can be secured with a clip or with adhesive tape applied to the gauze (not skin).

Requirement # 2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal and group plan for implementing these principles on your next outing.

Self-test questions:

Tread Lightly is different from Leave No Trace. True or False

“Leave this world a little better than you found it.”

Baden-Powell's Last Message (1941)

How does this quote apply to Leave No Trace?

Explain:

Take Only Pictures, Leave Only Footprints

How many LNT principles are there?

Tread Lightly applies only to walking and hiking. True or False

Scout requirement 1. e. Repeat from memory the Outdoor Code. List the seven principles of Leave No Trace. Explain the difference between the two.

<https://www.scouting.org/wp-content/uploads/2022/10/2023-Scouts-BSA-Rank-requirements.pdf>

Tenderfoot Requirement 1. c.

Explain how you demonstrated the Outdoor Code and Leave No Trace on campouts or outings.

Second Class Requirement 1. c.

1b. Explain the principles of Leave No Trace and tell how you practiced them on a campout or outing. This outing must be different from the one used for Tenderfoot

requirement 1c.

First Class requirement 1. b.

1b. Recite the principles of Leave No Trace from memory. Explain how you follow them on all outings.

Outdoor Code

<https://www.scouting.org/outdoor-programs/outdoor-ethics/>

Leave No Trace

<https://lnt.org/why/7-principles/>

Requirement # 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*

* To complete this requirement, you may use the Scout Planning Worksheet at http://troopleader.org/wp-content/uploads/2016/03/512-505_16_Wksht_WEB.pdf

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

Camping Trip February 24th through 26th 2017-Schedule

FRIDAY, FEBRUARY 26th

4:30 PM Arrive at Outreach Center to pack up gear
 4:45 PM Leave Outreach Center with Gear
 6:00 PM Arrive at OBHC Barn Parking Site
 6:15 PM Hike to Campsite
 6:30 PM Arrive at Campsite
 6:45 PM Have Camp Site Set Up including Dining Fly and Fire Pits
 9:15 PM Dinner Completed and begin Capture the Flag
 10:30 PM Lights Out

SATURDAY, FEBRUARY 25th

7:00 AM Wake up and prepare Breakfast
 8:30 AM Classroom or Orienteering Hike Weather Permitting
 10:30 AM Classroom or Orienteering Hike Weather Permitting
 12:30 PM Group Lunch at the Barn
 2:00 PM Classroom at the Barn
 4:45 PM Hike to Campsite
 5:00 PM Dinner Prep
 8:00 PM End Dinner and Clean Up Completed

8:30 PM Campfire Program and Skit/Songs
 9:00 PM Free Time/Advancement
 10:30 PM Lights Out

SUNDAY , FEBRUARY 26TH

7:00 AM Wake Up and Break Camp
 7:30AM Leave No Trace
 7:45 AM Church Service
 8:00 AM Hike to Barn with all gear
 8:15 AM Breakfast at the Barn
 9:15 AM End of Camping Trip

Requirement # 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.
- (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.

<https://troopleader.scouting.org/patrol-duty-roster/>

Patrol Name: _____ Troop #: _____

Attendance Roster

Patrol name	Scout Name	Personal Phone #	Personal Email	Food allergies, intolerances, preferences	Health forms
Patrol Leader (PL)					
Assistant PL					
Scout					
Scout					
Scout					
Scout					
Scout					
Adult					
Adult					

To assure smooth planning and safety of everyone on the camping trip, having a record of contact information is a good place to start. Information about food allergies, intolerances, and personal and religious preferences is necessary for food planning. Health forms Parts A, B1, and B2 and a copy of front and back of health insurance care are required for every Scout camping trip. Part C is also required for summer camp. Part B1 shows emergency contact information.

Meal planning roster

Duties	Assigned to	Back-up	Completed
Menu planning			
Recipe planning			
Shopping list			
Buying food			
Bringing food			
Bringing cook gear			
Bringing fuel			
Bringing clean-up gear			

Weekend Duty Roster # 1

Patrol name:						
Camping	Day 1	Day 2	Day 3			
	Friday	Saturday	Sunday			
Cook						
Clean up						
Fire, wood						
Water						
Chaplain, flags						
QM, grubmaster, dining fly						
LNT, recycler						
Photographer						

Weekend Duty Roster # 2

Patrol name:						
Camping	Day 1	Day 2	Day 2	Day 2	Day 2	Day 3
	Friday	Saturday	Saturday	Saturday	Saturday	Sunday
	Supper	Breakfast	Lunch	Supper	Cracker Barrel	Breakfast
Cook						
Clean up						
Fire, wood						
Water						
Chaplain, flags						
QM, grubmaster, dining fly						
LNT, recycler						
Photographer						

Summer Camp Duty Roster

Summer Camp	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Sunday	Monday	Tuesday	Wednesday	Friday	Saturday
Joe	Cook					
John	Clean up					
Jerry	Fire, wood					
Jack	Water					
Jill	Chaplain, flags					
Jane	QM, grubmaster, dining fly					
Jenny	LNT, recycler					
Jackie	Photographer					

Requirement # 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.”
- (b) Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.
- (c) Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
- (d) List the outdoor essentials necessary for any campout, and explain why each item is needed.
- (e) Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.

Layering

How to Choose a Base Layer (Long Underwear)

Synthetics vs wool

<https://www.hoac-bsa.org/Data/Sites/1/media/districts/pioneer-trails/documents/PT%20How%20to%20Choose%20a%20Base%20Layer-mar11.pdf>

Camping Gear Checklists

<https://troopleader.scouting.org/camping-equipment/>

<https://filestore.scouting.org/filestore/pdf/34-49.pdf>

This article references a comprehensive camping packing list.

<http://blog.scoutingmagazine.org/2014/09/18/camping-packing-list/>

<https://scoutlife.org/outdoors/outdoorarticles/6976/scout-outdoor-essentials-checklist/>

This article includes information on the 10 Essentials and has links to packing checklists for:

- a warm-weather outing
- a cold-weather outing
- a paddling trip
- a bicycling trip

Troop 119 Summer and Winter Backpacking Gear List

If needed items:

Prescription medicines
 Prescription eyeglasses
 Knee/ankle braces

Optional and recommended items:

Body glide
 Gold Bond/baby powder-travel size
 Baby wipes-travel size
 Trekking poles or hiking stick

Personal items:

Toilet paper
 Tooth brush/tooth paste (travel size)
 Soap (small bottle of Camp Suds)
 Hand sanitizer
 First aid kit (finger nail clippers, band aids, mole skin/mole foam, pain reliever, antacids/TUMS/Roloids, diarrhea medicine, alcohol wipes, sewing kit, ace bandage, etc)
 Rope (20 ft. of nylon cord)
 Small knife
 Compass
 Map
 Headlamp or small flashlight (extra batteries)
 Water bottles (4 quarts)
 Bowl or plate
 Spoon
 Matches/lighter, flint-and-steel
 Summer or winter sleeping bag (with fleece or silk liner)
 Sleeping pad
 Tent
 Ground cloth
 Pack cover
 Extra garbage bag/Gallon zip lock

Crew gear:

Cooking pots, frying pan
 Stove(s), fuel
 Water purification (tablets, filter)

Summer gear:

Sunscreen
 Bug repellent

Summer and winter clothing:

- 1 pair trail shoes/hiking boots
- 1 pair tights or underwear (hiking)
- 1 synthetic t-shirt (hiking)
- 2 pair hiking socks & liners (hiking)
- 1 pair boxer underwear (camp)
- 1 cotton or synthetic t-shirt (camp)
- 2 bandanas
- Rain jacket & rain pants
- Water/camp shoes (i.e. Crocs)
- Watch

Summer clothing:

- 1 pair hiking shorts
- 1 extra pair shorts (camp)

Winter clothing:

- 1 pair hiking pants (long or short)
- 1 pair long pants (camp)
- 1 pair long underwear
- Fleece jacket (winter)
- Waterproof winter gloves
- Fleece/wool toboggan hat

Optional and recommended items for summer and winter trips:

- Baseball cap or broad-brimmed hat (preferred)
- Sunglasses (required for water and snow trips)

<https://www.philmontscoutranch.org/philmonttreks/whattobring/>

2022 09 11

		COMMENTS	CODE	
		Available at Philmont's Tooth of Time Traders	T	
		Easily accessible in pack or carried on person	A	
		Pack together in plastic bag – placed in bear bag at night	BB	
		Share with buddy	S	
		Optional	O	
PACKS AND BAGS				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Backpack – rental available	1	internal frame 75L +/- 4600 cu inches external frame 65L +/- 3966 cu inches	T	
Summit/Daypack	1	side hikes	T, S	
Lashing Straps	1 pr	holds sleeping bag on pack	T	
Gal. Ziploc Bags	6-12	pack clothes	T	
Pack Cover	1	waterproof	T	
Small Stuff Sacks	2-3	pack/organize personal items	T	
Ditty Bags	2-3	pack/organize personal items	T	
HEAD-NECK-HANDS				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Wool or fleece hat	1	warm hat for cold temps	T	
Glove liners or mittens	1 pr	synthetic wool	T	
Baseball cap or wide brim hat	1	sun protection of ears, face	1	
UPPER BODY LAYERS				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Base Layer (mid-wgt) synthetic	1	long underwear top	T	
Middle Layer (fleece pullover)	1	opt – wool sweater	T	
Top Layer (synthetic jacket)	1	wool or polar fleece ok	T	
Rain Jacket	1	sturdy, waterproof jacket w/hood, coated nylon and breathable fabrics acceptable	T, A	

Shirt – Short Sleeve	2	moisture wicking, no cotton or nylon	T	
Shirt – Long Sleeve	1	moisture wicking, no cotton or nylon	T	
Sports Bra	2	synthetic	T	
LOWER BODY LAYERS				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Base Layer (mid-wgt) synthetic	1	long underwear bottom	T	
Rain Pants	1	lightweight & sturdy	T, A	
Long Pants	1	no heavy jeans	T	
Underwear	3		T	
Hiking Shorts	2		T	
SLEEPING GEAR				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Sleeping Bag	1	rated 20 degrees and less than 5 lbs, packed in compression sack lined with plastic bag	T	
Waterproof Stuff Sack	1	or 2 heavy duty 4-6 mil plastic bags	T	
Sleeping Pad	1	closed-cell foam or fully inflatable pad	T	
Sleep Clothes	1 set	worn only in sleeping bag, t-shirt & gym shorts acceptable	T	
FOOTWEAR				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Boots	1 pr	well broken in	T	
Socks	3 pr	synthetic or wool	T	
Liner Socks	3 pr	synthetic	T	
Camp Shoes	1 pr	lightweight sneakers	T	
MISCELLANEOUS ITEMS				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Bowl	1	deep bowl of lightweight material	T	
Mug/Cup	1	measuring style recommended 12-20 oz	T, O	
Spoon/Spork	1	Lexan or lightweight-sorks are popular	T	
Water Bottle/1 qt	4 or more	qty reduced if also using hydration bladder in pack	T, A, BB	

Pocket Knife	1	small knife sufficient	T, A, S	
Matches/Lighter	1	pack in waterproof container/lighting camp stove	T, A, BB, S	
Flashlight/Headlamp	1	durable/lightweight-bring extra batteries	T	
Trekking Poles w/rubber tips	1 pr	reduced impact – 25% – knees and ankles, improve balance	T, O	
Philmont Map	1	sectionals are available for your itinerary overall	T, A, S	
Compass	1		T, A, S	
Bandana/tubular headgear	2	bandanas or headgear also known as Buffs work well, many brands on the market	T, BB	
Money	\$50	ATM in Base	BB	
Lip Balm	1	moisturizing balm 2/SPF 25 or greater	T, A, BB	
Soap	1	biodegradable	T, BB, S	
Toothbrush	1		T, BB	
Toothpaste	1		T, BB, S	
Camp Towel	1	small, quick dry	T	
Tampon/Pads	1		T, BB	
Personal Medication	1	enough for entire trek		
Sunglasses	1		T	
Watch	1		T, O	
Camera	1	batteries/memory card	T, BB, S	
Whistle	1		T	
Fishing Equipment	1	some itineraries have opportunity to fish	O	
Fishing License	1	some itineraries have opportunity to fish-NM State fishing license required	T, O	
Postcards	1+	pre-stamped	T, O	
Foot Powder	1		T, BB, S	
Notepad & Pen	1		T, BB, O	
EQUIPMENT PROVIDED BY CREW		Necessary Items For Each Crew (7-12 Persons) To Bring Or Purchase On Arrival		
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Sewing Kit	1		T	
Tent Stakes	5 per person		T	

Water Container 2.5 gal	2-3	collapsible	T	
Backpacking stove	2-3		T	
Fuel Bottle/ 1 qt	2		T	
Fuel Funnel	1		T	
First Aid Kit			T, BB	
Duct Tape	1	for trail repairs	T, BB	
Spices		for cooking	T, BB, O	
Waterproof Ground Cloth	1/tent	6' x 8'	T	
Nylon Cord	3	50 ft x 1/8'	T	
Sunscreen	2-3	6 oz tubes w/SPF 25 or higher	T, BB	
Insect Repellent	2	small bottle, no aerosol spray cans	T, BB	
Water Purifiers/Filters	2-3	optional	T, O	
Multi-Tool	1		T	
Trowel/Shovel	1		T	
Carabiner	1	Carabiner must be rated climbing strength for rigging "oops" bag 2/bear bags	T	
MISCELLANEOUS ITEMS				
EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Bowl	1	deep bowl of lightweight material	T	
Mug/Cup	1	measuring style recommended 12-20 oz	T, O	
Spoon/Spork	1	Lexan or lightweight-sorks are popular	T	
Water Bottle/1 qt	4 or more	qty reduced if also using hydration bladder in pack	T, A, BB	
Pocket Knife	1	small knife sufficient	T, A, S	
Matches/Lighter				
Flashlight/Headlamp	1	durable/lightweight-bring extra batteries	T	
Trekking Poles w/rubber tips	1 pr	reduce impact – 25% – knees and ankles, improve balance	T, O	
Philmont Map	1	sectionals are available for your itinerary overall	T,A ,S	
Compass	1		T, A, S	
EQUIPMENT ISSUED BY PHILMONT		Each crew of 7-12 persons is issued the following equipment free of charge (except for damage or replacement charges upon return).		CHECK

Nylon Dining Fly	1	12' x 10', wt 2 lbs, 3 oz		
Collapsible Poles	2	for dining fly, wt 1.45 lb		
Philmont Tent with poles	1 per 2 camper	weight with poles: 5 lbs, 13 oz		
Cooking Pot	1	8 qt w/lid, 2 lbs		
Dishwashing-2nd Cooking Pot	1	8 qt (1lb, 4 oz), 6 qt (1lb, 9 oz) 4 qt (10 oz) size dependent on crew size		
Beverage Pot	1	2 qt w/lid, 8 oz (optional)		
Chef Cutlery Kit	1	1 lg spoon, 1 lg spatula 4 oz		
Hot Pot Tongs	1 pr	4 oz		
Plastic Trash Bags	10			
Salt Pepper				
Water Purifier Tablets		1 Micropur tablet treats 1 liter		
Nylon Rope 100 x 1/4"	2	Weight 2 1/2 lbs		
Bear Bags	3-6	for hanging smellables 2 lbs, 4 oz		
Plastic Strainer	1 ea			
Rubber Scraper	1 ea	4 oz		
Toilet Paper		Resupplied		

Every Packing List Starts With the 10 Scout Basic Outdoor Essentials

<https://scoutlife.org/outdoors/outdoorarticles/6976/scout-outdoor-essentials-checklist/>

The Scout 10 essentials: Items every Scout needs in the outdoors

<https://scoutingmagazine.org/2013/02/the-10-essentials/>

The 10 essentials — A 21st century update

<https://scoutingmagazine.org/2021/06/the-10-essentials-a-21st-century-update/>

The Ten Essentials

<https://www.rei.com/learn/expert-advice/ten-essentials.html>

The 10 Essentials

By Karen Berger

Scouting Magazine, March-April 2004

<http://www.scoutingmagazine.org/issues/0403/d-outs.html>

[This page is no longer accessible as of 2023 09 27.]

Don't leave home for the outdoors without these basic items. They could save your life.

THE 10 ESSENTIALS are items every outdoor adventurer should include in his or her pack. The original list was devised in the 1930's by The Mountaineers, a Seattle-based hiking, climbing, and conservation organization, whose members get out in some truly dreadful weather—including in the rainy North Cascades, along the Olympic Peninsula, and on such snow-covered peaks as Mount Rainier.

The Mountaineers' essentials list was designed to keep climbers safe in case of accident, injury, or misadventure. Over time, like any classic, the list has been used and altered, but the core remains the same. Seventy years later, the list is included in many outdoor guides, including the latest edition of the *Boy Scout Fieldbook*.

Here's what you need—and why.

1. POCKETKNIFE OR MULTIPURPOSE TOOL.

These enable you to cut strips of cloth into bandages, remove splinters, fix broken eyeglasses, and perform a host of repairs on malfunctioning gear—not to mention cut cheese and open cans.

2. FIRST-AID KIT.

Prepackaged first-aid kits for hikers are available at outfitters, but you can customize your kit with your favorite blister treatment and ointments for common outdoor ailments (a topical antihistamine, for example, to take care of itches and rashes). Double your effectiveness with knowledge: Take a 16-hour Wilderness First Aid Basics course from the American Red Cross.

3. EXTRA CLOTHING.

Above timberline, bring one more clothing layer than you think you'll need. Two rules: Avoid cotton (it dries slowly and keeps moisture close to your skin), and always carry a hat. A windproof, water-resistant fleece jacket can help you withstand ornery mountain conditions. Plastic baggies or extra socks can help keep hands warm.

4. FLASHLIGHT OR HEADLAMP WITH EXTRA BATTERIES.

Headlamps and flashlights allow you to find your way in the dark or signal for help. Headlamps are convenient for hands-free use.

5. RAIN GEAR.

Remember that high mountains make their own weather, and storms can erupt suddenly and violently. Even in a temperate summer forest, a dowsing rain can quickly chill you to the point of hypothermia. Rain gear protects against not only rain, but also wind, cold, and even insects.

6. WATER BOTTLE.

Without enough water, your body's muscles and organs simply can't perform as well. You'll be susceptible to hypothermia and altitude sickness, not to mention the abject misery of raging

thirst. Always carry plenty of water and stop often to drink.

7. MAP AND COMPASS.

A map not only tells where you are and how far you have to go, it can help you find campsites, water, and an emergency exit route in case of an accident. A compass helps you find your way through unfamiliar terrain—especially in bad weather where you can't see the landmarks. A GPS (global positioning system) can also help—but it is no substitute for knowing how to read a map.

8. MATCHES AND FIRE STARTER.

The warmth of a fire and a hot drink can help prevent hypothermia. Also, a fire can be a signal for help if you get lost. Carry matches and a small amount of fire starter protected in zipper-locking bags. Dripping candle wax on match tips helps waterproof them. Commercially available windproof and waterproof matches are also a good choice.

Fire starter is anything flammable, from pocket lint to filled-in journal pages. Pine needles and birch bark make especially good starters, even when wet.

9. SUN PROTECTION AND SUNGLASSES.

Especially above timberline, when there is a skin-scorching combination of sun and snow, you'll need sun-glasses to prevent snow blindness and sunscreen to prevent sunburn. Buy sunglasses that are ultraviolet ray (UV) resistant and have side flaps (ventilating holes that keep them from fogging).

Don't use sunscreen that's been sitting in your medicine cabinet for a season or more: It has probably lost at least some of the effectiveness of its sun-protection factor (SPF), a rating of how well and how long the sunscreen will keep you from getting sunburned. A light-colored hat with a wide brim is also an effective sun deterrent. In desert conditions, consider using a long-sleeved light shirt and lightweight loose-fitting long pants. Zipper-off legs give more versatility.

10. TRAIL FOOD.

Nothing boosts energy and spirits as much as a quick trail snack. See the Outdoor Smarts column in Scouting's September 2003 issue for suggestions. You can make your own trail mix with nuts, raisins, banana chips, and chocolate bits. The combination of sugar, fats, and potassium tastes great and provides quick energy, long-lasting calories, and replacement electrolytes.

Always take a bit more food than you think you will need. A lot of things could keep you out longer than expected, like a lengthy detour, getting lost, an injury, or difficult terrain.

Karen Berger's latest book, *More Everyday Wisdom* (Mountaineers Books), answers scores of outdoor questions. Visit her at www.hikerwriter.com.

Requirement # 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.
- (b) Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.

Types of tents:

<https://www.rei.com/learn/expert-advice/backpacking-tent.html>

<https://www.rei.com/learn/expert-advice/family-base-camping-tent.html>

1, 2, 3, 4 man

3 or 4 season

Cabin

Dome

Inverted V

Tarp

Lean-to

Wall

Bivvy

Backpacking

https://en.wikipedia.org/wiki/Bivouac_shelter

<https://en.wikipedia.org/wiki/Shelter-half>

A **shelter-half** (UK, Australia, and United States; the German equivalent, dating from before the Second World War, being the **[Dreiecks]Zeltbahn** or triangle tarpaulin), is a simple kind of partial tent designed to provide temporary shelter and concealment when combined with one or more sections. Two sheets of canvas or a similar material (the halves) are fastened together with snaps, straps or buttons to form a larger surface. The shelter-half is then erected using poles, ropes, pegs, and whatever tools are on hand, forming an inverted V structure.[1] Small tents like these are often called **pup tents**" in American English.

Shelter halves are a mainstay of most armies, and are known from the mid 19th century.[2] Often, each soldier carries one shelter-half and half the poles, etc., and they pair off to erect a two-man tent. The size and shape of each half shelter piece may vary from army to army, but are typically rectangular, triangular or lozenge shaped. When time and space allow, some forms of half-shelters can be combined into a larger, more complex tent.[3]

<https://en.wikipedia.org/wiki/Lean-to>

A lean-to shelter is a free standing structure with only three walls and a single-pitched roof. The open side is commonly oriented away from the prevailing winds and rains. Often it is a rough structure made of logs or unfinished wood and used as a camping shelter. Temporary structures made from wood or textiles are also termed lean-to's if constructed with a single slope of the roof. In some cases the sloping roof extends all the way to the ground thus the roof itself forms the rear "wall".

Requirement # 6 (c): Describe the factors to be considered in deciding where to pitch your tent.

<https://scoutlife.org/outdoors/outdoorarticles/134234/how-to-choose-a-campsite/>

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

How to Choose a Backpack

<https://www.rei.com/learn/expert-advice/backpack.html>

Requirement # 6 (e) 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.

Sleeping Bags for Backpacking: How to Choose

<https://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>

How to Choose Sleeping Bag Liners

<https://www.rei.com/learn/expert-advice/sleeping-bag-liners.html>

Reading about sleeping bag Vapor Barrier Liners here:

<https://wildsurvival.tumblr.com/post/114508666748>

Requirement # 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.

Fire Safety with Backpacking Stoves

<https://www.scouting.org/health-and-safety/safety-moments/fire-safety-with-backpacking-stoves/>

Propane Stoves

<https://www.scouting.org/health-and-safety/safety-moments/propane-stoves/>

Propane canister or liquid fuel stoves?

<https://scoutlife.org/outdoors/ask-the-gear-guy/31577/propane-canister-or-liquid-fuel-stoves/>

Picking a backpacking stove

<https://scoutlife.org/outdoors/ask-the-gear-guy/7092/picking-a-backpacking-stove/>

Six stoves to heat up your campout menus

<https://scoutingmagazine.org/2012/02/six-stoves-to-heat-up-your-campout-menus/>

Requirement # 8. (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. Discuss how to protect your food against bad weather, animals, and contamination.

Requirement # 8. (d) 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.

What are the features of the best recipes?

prep time, cooking time, cooling time, total time

of servings

serving size

ingredients scaled to # of servings

utensils and mixing and cooking vessels

shopping list and costs

mixing instructions

cooking instructions

serving instructions

nutritional information: at least, calories per serving,

better, cholesterol, fat, sodium, protein, carbohydrates, added sugars

Backpacking Meal Ideas

Breakfast:

Cereal (grape nuts, dried milk and dried bananas)
Instant grits (2 packs per day)
Instant oatmeal (2 packs per day)
Raisins, craisins, dried fruit, pecans, walnuts, almonds, peanut butter for oatmeal
Breakfast bars
Pop tarts
Bagels & cream cheese/peanut butter

Drinks (look for single servings):

Hot chocolate
Hot tea
Instant coffee
Gatorade
Lemonade/fruit drinks

Lunch:

Pasta salad (Ramen noodles, half of a small bottle of Italian dressing, dried tomatoes, pepperoni/dried meat, and sharp cheddar cheese stick cut in small chunks. Place the noodles in cold water 30 minutes before lunch to get them soft. The salad can be mixed in a plastic Coolwhip container.)
Tuna or chicken salad sandwich (flat bread, tuna/chicken in foil pouch, single serving sizes of mayonnaise, mustard, and relish)
Peanut butter (single serving size) and bagels or pitas
Beef log/summer sausage
Cheese sticks
Chips (Pringles or Lay's plastic container) or pretzels
Dried fruit cookies

Snacks (2 or 3 per day):

Instant soup (in camp only)
Ramen noodles (in camp only)
Dried fruit
Trail mix (raisins, peanuts, cashews, M&M's, etc)
Energy bars or small candy bars/chocolate
Potato chips
Lance crackers
Beef jerky/Slim Jim's

Supper:

Freeze dried meals from camping stores
Dehydrated soup mixes
Thai noodle side dish (grocery store) and salmon in foil pouch

Instant mashed potatoes and dried meat or meat in foil pouch
Red beans and rice with summer sausage
Macaroni and cheese with foil-pouch ham and peas
Rice with mushroom soup gravy and foil-pouch chicken
Angel hair spaghetti with sun-dried tomatoes, pesto sauce
Couscous with peas or raisins or mushrooms

Look for pasta options with short cooking times. Generally these pasta varieties will be thinner and smaller pieces, with more surface area exposed to the heat of boiling water. Shorter cooking times mean less fuel is burned. The less fuel is burned, the less you will need to carry.

Spices (look for single servings):

Salt & pepper
Hot sauce
Soy sauce
Olive oil

Contributed by Tim Morgan, SM, and Richard Field, ASM, Troop 119

Philmont Surplus Trail Meals

In September, after the end of the Philmont backpacking season, check out <http://www.toothoftimetraders.com/Surplus-Trail-Meals/2021/Dept> for deals on surplus meals. Some meals sell out quickly, so shopping early can mean a good supply of backpacking meals for your patrol or troop at a reasonable price.

iPhone Camping Recipe Apps

For reviews of iPhone camping recipe apps, see <http://appadvice.com/appguides/show/camping-cookbooks>

Meal Planning Charts—Print duplicate charts as needed for trip planning.
Sample Chart

Day 1	Breakfast	Lunch	Snack	Dinner	Dessert
Protein	Bacon	Peanut butter	Jerky	Hamburger cooked in foil	
Grain	Pancakes	Bread	Granola bars	Bun	
Fruits	Blueberries	Apple			Foil-roasted banana
Vegetable(s)				Onions, carrots, baked potato	
Dairy	Yogurt			Cheese	
Fats	Butter	Peanut butter		Cheese	
Sugar	Syrup	Jelly			Chocolate
Drink	Drink mix	Lemonade		Drink mix	
Food to buy or bring	Pancake mix	Apple	Jerky	Hamburger	
	Bacon	Bread	Granola bars	Buns	
	Yogurt	Peanut butter		Onions, carrots, potatoes	
	Blueberries	Jelly		Cheese	
	Butter	Lemonade			
	Syrup			Drink mix	
Cook gear	Mixing bowl				
	Mixing spoon				
	Spatula				
	Frying pan				
	Hot pad				
Supplies	Paper towels			Foil	
	Scrub pads				
	Dish soap				
	Trash bags				

Clean-up after meals

All Scouts and leaders must know and must practice the **3-pot method**, for scraping, washing, rinsing, sanitizing, and air-drying dishes, utensils, and cookware.

These articles have excellent sets of instructions:

<https://blog.scoutingmagazine.org/2017/03/30/how-to-wash-dishes-at-campsite/>

<https://www.freshoffthegrid.com/washing-dishes-while-camping/>

To help Scouts remember what the process is, please memorize

“3-pot hot-hot-not”

or

“scrape-your-own-plate mean-and-clean 3-pot, hot-hot-not, soap-nope-reach-for-the-bleach, dry-where? Here, in the air”

Dirty dishwater and food scraps can pollute our rivers, lakes, and streams, which is why Leave No Trace always recommends doing your dishes at least 200 feet, or 70 big steps, away from any water sources.

<https://lnt.org/skills-series-how-to-do-your-dishes-in-the-backcountry/>

Philmont 2-pot method for washing, rinsing, and sanitizing dishes, utensils, and cookware.

Philmont crews use a variation of the 3-pot method using 2 pots, each up to 8 quarts in size, depending on crew size, one as a “boiling pot /rinsing pot” and the other as a “cooking pot / washing pot”.

<https://www.philmontscoutranch.org/wp-content/uploads/2019/04/ShakeDownGuideP1.pdf>

<https://www.youtube.com/watch?v=eLt8XjCG7So>

Steps:

1. Boil 4 quarts of water in the 8-quart boiling pot, depending on the meal. When the water has reached a rolling (aka roiling) boil, place all dishes and utensils into the boiling water for at least 30 seconds to sanitize them. By sanitizing immediately before a meal, crews save fuel and water by using the same hot water for both sanitizing and rehydrating/cooking. Place dehydrated food in the 8-quart cooking pot; then pour hot water into the cooking pot to rehydrate and cook your meal. If needed, continue heating water in the boiling pot to wash and rinse dishes.
2. When the meal is complete and the cooking pot is empty of food, pour 2 quarts of hot water from the clean boiling pot into the dirty cooking pot. Add 3-4 drops of Campsuds® biodegradable soap into the dirty cooking pot, which has now become the “washing pot”. Reserve 1 quart of water in the clean boiling pot, which now becomes the “rinsing pot”. Cut a scrubbing pad into a one-time use patch of 1.5” x 2”.
3. Scrub dishes and utensils in the washing pot, starting with the cleanest items first, rinse them in the rinsing pot, and stack them to dry.

4. Scrub washing pot of all food particles, pour washing pot water through food strainer and into sump.
5. Use the rubber scraper to scrape and remove food particles from the food strainer and place food particles into a plastic food particle discard bag.
6. Pour rinsing pot water into the washing pot, swirl the washing pot to rinse out food particles and soap, then pour washing pot water through the food strainer and into the sump.
7. Use the rubber scraper to scrape and remove food particles from the sump screen and place food particles and the used scrubbing pad into a plastic food particle discard bag.
8. Place the rubber scraper and food strainer into a separate plastic scraper-strainer bag.
9. Place both the food particle discard bag and scraper-strainer bag into a bear bag to hang for overnight storage.

Requirement # 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 Scout Law apply to camping and outdoor ethics.

Discuss Camping Merit Badge has taught you about

personal health and safety:

buddy system

planning trip with schedule for locations and return

first aid kit, knowledge of first aid

flashlight

survival:

10 Essentials

layers

stream crossing skills

map, compass and skills to use them

food

importance of water and means to treat natural water sources for safe use

public health:

importance of water and means to treat natural water sources for safe use

location of latrine

how to wash dishes

conservation:

LNT: 7 Principles

Plan Ahead & Prepare

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Leave What You Find

Minimize Campfire Impacts

Respect Wildlife

Be Considerate of Others

Outdoor Code

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.

good citizenship:

Follow laws, trail closures, fire bans

Follow guidelines on firewood, felt soles on fishing boots, clean boats to avoid spreading invasive species

Leave artifacts where you find them

“Good campsites are found and not made.”

<https://Int.org/why/7-principles/leave-what-you-find/>

“Take only memories. Leave only footprints.”

<https://justalittlefurther.com/just-a-little-further/people-and-culture/leave-only-footprints>

https://en.wikisource.org/wiki/Chief_Seattle%27s_Speech

Plan ahead and obtain all permits for camping, backpacking, fishing

Pick up trash

“A Scout is clean.”

“. . . the real way to get happiness is by giving out happiness to other people. Try and leave this world a little better than you found it . . .”

Last message to Scouts, by Robert Baden-Powell

(February 22, 1857 – January 8, 1941)

https://en.wikisource.org/wiki/Last_message_to_scouts

Discuss how Scout spirit and the Scout Oath and Scout Law apply to camping and outdoor ethics.

Self-test questions:

True or false?

A ground cloth should go inside your tent to protect from abrasion and punctures.

A ground cloth should stick out all around your tent so that you know it is in the proper position.

A down sleeping bag is lightweight and will keep you warm if it gets wet, just like a goose.

A sleeping pad or an air mattress keeps you warm by reflecting heat.

Guylines are taut lines when a tent is pitched properly.

Write a definition of "mitigate".

What occurs before a blister develops?

What type (not brand) of backpack do you have? Please Be Prepared to demonstrate.

What tent is or has a fly?

Where is your sleeping bag? Why would a merit badge counselor ask this question?

2022 Winter Merit Badge Camp

Belk Scout Camp
Dec. 16 – 18, 2022

Merit Badge: Camping
Counselor: Tim Morgan
Address: 10222 Willow Rock Dr., Charlotte, NC 28277
Phone: 704-577-3102
Email: Tsmorgan119@gmail.com

Requirements Completed at Winter Camp:

- 1a, 1b, 1c (Hazards and First Aid)
- 2 (Leave No Trace and Outdoor Code)
- 3a, 3b, 3c (Topo. Map and Compass/GPS)
- 4a (Duty Roster)
- 5a, 5b, 5c, 5d (Clothing, Footwear and Equipment)
- 6a, 6b, 6c, 6d, 6e (Tents, Sanitation, Campsite Selection, Packs and Sleeping Bags)
- 7a, 7b (Personal and Patrol Gear, How to Pack)
- 8a, 8b, 8c (Stoves and Menu/Food)
- 10 (Health, Safety, Scout Oath, Scout Law, etc.)

Requirements Not Completed at Winter Camp:

- 4b (On a campout, assist scout/patrol with duty roster, menu, camp set up, etc.)
- 5e (Present pack to scoutmaster for inspection prior to trip)
- 8d (Cook one breakfast, lunch and dinner while camping)
- 9a, 9b, 9c (20 nights camping, Complete 2 activities from list, Perform a conservation project)