



Camping Merit Badge at Lake Fairfax Park

Welcome to the Camping Merit Badge program at Lake Fairfax Park. The program is held at the Lake Fairfax Main Office located at 1400 Lake Fairfax Drive in Reston unless otherwise indicated by park staff.

Important Merit Badge information for parents:

- Please be familiar with the requirements of the program your scout has selected. Some badges take considerable time and planning to complete. Some badges may not be appropriate for younger scouts.
- Blue cards must be signed by the troop leader before attending the merit badge program. Lake Fairfax Park does not have blue cards.
- Most merit badges are not designed to be completed in a single session. Every badge requires some independent work by your scout. All requirements, including prework, the program, and postwork, must be completed before park staff can sign the merit badge card. Note: Not all badges will have postwork.
- Please be prepared for the possibility that you may have to stay for the program and not just drop off your scout. We encourage that one or more adults remain. There is no fee for adults and you are sure to learn something. This will allow the instructor to concentrate more fully on the difficult task of imparting all the required information and assisting the boys individually if necessary. Additionally, adults may help keep the atmosphere calm and productive. It is also in keeping with the scouting guidelines for youth protection.

What to bring to the program:

- Bring your completed homework. It is OK if you cannot complete the homework before class. You can bring completed homework in at a later date for sign-off.
- Come prepared to discuss and present your homework. As we move from one topic to the next during class scouts will be asked to present homework elements completed. It will be more important to prove that you have understood a requirement orally rather than just presenting written information.
- Bring a tent and water filter, if you have them.
- Bring your blue card signed by your scout master. (Lake Fairfax does not have blue cards.)
- Bring/wear weather appropriate clothing/outerwear. We will not go outdoors in heavy rain or thunderstorms. Boy Scout uniform not required.

- Bring a pencil and pen.
- Bring a flashlight, if the program is held after dusk.
- Bring a snack and drink.

Below is the recommended homework to be completed before the program:

There are some useful links at the end of some questions; however, scouts are encouraged to find their own sources also (library, internet etc.). Please note that internet links change often and the recommended links may not work.

We recommend that you download the merit badge worksheets from meritbadge.org and bring these worksheets to class. These worksheets help scouts organize their homework and classwork.

ALL OF THESE REQUIREMENTS WILL BE REVIEWED AND ASSESSED DURING THE COURSE

- 1) Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, heat reactions, frostbite, dehydration, blisters, hyperventilation, insect stings, tick bites, and snakebites. A useful link: <http://www.princeton.edu/~oa/resources/index.shtml>
- 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. A useful link: <http://www.lnt.org/>
- 3) Make a written plan for an overnight trek and show how to get to your camping spot using a topographical map and compass. A useful link <http://www.princeton.edu/~oa/manual/mapcompass.shtml>
- 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.
- 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. A useful link: <http://www.princeton.edu/~oa/equipment/index.shtml>
- 8) Do the following:
 - a) Explain the safety procedures for:

- i) Using a propane or butane/propane stove
 - ii) Using a liquid fuel stove
 - iii) Proper storage of extra fuel
- b) Discuss the advantages and disadvantages of different types of lightweight cooking stoves.

Requirements to be demonstrated, practiced and assessed during the class:

We will be reviewing recommended homework to ensure a thorough understanding and will also be covering the following requirements during the class:

- 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.
- 8) Do the following:
 - 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.

Homework to be completed after the program:

During the program, the merit badge counselor will do a demonstration or explain the process for completing the final merit badge requirements. Your scout must provide evidence of completion in order to obtain blue card sign-off. Digital photographs of your scout doing the element and a picture of the completed requirement will be sufficient evidence, unless otherwise stated below.

If your scout has a strong understanding of the requirement, he is welcome to complete this requirement at any time. Remember to document work and completion via digital pictures.

- 4) Do the following:

- 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:
- e) Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout. To gain sign-off on this element, print this document and next to this requirement your Scoutmaster must write "element completed" and sign underneath.
- 7) Do the following:
- 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. Packed gear must be presented to merit badge counselor for sign off on this element. You are welcome to bring it on the class date.
- 8) Do the following:
- d) Cook at least one breakfast, one lunch, and one dinner for our 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) Do the following:
- a) Camp a total of 20 days and 20 nights. The 20 days and 20 nights must be at a designated Scouting activity or event. Sleep each night under the sky or in a tent you have pitched. You may use a week of long-term camp toward this requirement. If the camp provides a tent that has already been pitched, you need not pitch your own tent.
 - b) On any of these 20 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 ride of at least 15 miles or at least 4 hours.
 - iv) Take a non-motorized trip on the water of at least 4 miles or 5 miles.
 - v) Plan and carry out an overnight snow camping experience.
 - vi) Rappel down a rappel route of 30 feet or more.
 - c) Perform a conservation project approved by the landowner or land managing agency.
- 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.

Work completed after the program:

Once the prework, class work and postwork are completed, all elements of the merit badge will be complete.

If your scout needs blue card sign-off after the class date, please call 703-471-5414x0 to arrange a time to meet with a merit badge counselor.

We're looking forward to working with your scout.

Lake Fairfax Park
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www.fairfaxcounty.gov/parks/lakefairfax