



Camping Merit Badge at Burke Lake Park

Welcome to the Camping Merit Badge Program at Burke Lake Park. The exact location of program in Burke Lake Park will be emailed to participants prior to class. Burke Lake Park is located at 7315 OX Rd. Fairfax Station, VA 22039.

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. Burke Lake 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. (Burke Lake 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)323-6600x0 to arrange a time to meet with a merit badge counselor.

We're looking forward to working with your scout.

Burke Lake Park

(703)323-6600x0

7315 Ox Road

Fairfax Station, VA 22039

<http://www.fairfaxcounty.gov/parks/burkelakepark/programs.htm>



Camping

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).

The requirements were last issued or revised in 2017 • This workbook was updated in January 2017.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Phone No.: _____

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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.

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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.

Hypothermia;

Frostbite:

Heat reactions:

Dehydration:

Altitude sickness:

Insect stings:

Tick bites;

Snakebite:

Blisters:

Hyperventilation:

2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean.

Leave No Trace

Outdoor Code

Write a personal and group plan for implementing these principles on your next outing.

5. Do the following:

- a. Prepare a list of clothing you would need for an overnight campout in both warm weather and cold weather.

Warm Weather

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).

3. Type

Features

When to use

Where to use

4. Type

Features

When to use

Where to use

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.

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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.

Internal Frame Pack		External Frame Pack	
Advantages	Disadvantages	Advantages	Disadvantages

e. Discuss the types of sleeping bags and what kind would be suitable for different conditions.

Type of Sleeping Bag	For what conditions is this sleeping bag appropriate?

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.

Personal Gear Checklist

Patrol Gear Checklist

- 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

Type

Advantages

Disadvantages

Type

Advantages

Disadvantages

c. Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip.

Discuss how to protect your food against bad weather, animals, and contamination.

- d. 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.

*All campouts since becoming a Boy Scout or Varsity Scout may count toward this requirement

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

1. Hike up a mountain, gaining at least 1,000 vertical feet.
2. Backpack, snowshoe, or cross-country ski for at least four 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.

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.

Personal health and safety

Survival

Public health,

Conservation,

Good citizenship.

In your discussion, tell how Scout spirit and the Scout Oath and Scout Law apply to camping and outdoor ethics.

Requirement resources can be found here:
http://www.meritbadge.org/wiki/index.php/Camping#Requirement_resources

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.

Important excerpts from the Guide To Advancement - 2015, No. 33088 (SKU-620573)

[1.0.0.0] — Introduction

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the *Guide to Advancement*.

[Page 2, and 5.0.1.4] — Policy on Unauthorized Changes to Advancement Program

No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. There are limited exceptions relating only to youth members with special needs. For details see section 10, "Advancement for Members With Special Needs".

[Page 2] — The "Guide to Safe Scouting" Applies

Policies and procedures outlined in the *Guide to Safe Scouting*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects.

[7.0.3.1] — The Buddy System and Certifying Completion

A youth member must not meet one-on-one with an adult. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him attending the session. If merit badge counseling or instruction includes any Web-based interaction, it must be conducted in accordance with the BSA Social Media Guidelines (<http://www.scouting.org/Marketing/Resources/SocialMedia>). For example, always copy one or more authorized adults on email messages between counselors and Scouts.

When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult verification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.

Note that from time to time, it may be appropriate for a requirement that has been met for one badge to also count for another. See "Fulfilling More Than One Requirement With a Single Activity," 4.2.3.6.

[7.0.3.2] — Group Instruction

It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways, fairs, clinics, or similar events. Interactive group discussions can support learning. The method can also be attractive to "guest experts" assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.

There must be attention to each individual's projects and his fulfillment of *all* requirements. We must know that every Scout—actually and *personally*—completed them. If, for example, a requirement uses words like "show," "demonstrate," or "discuss," then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions.

It is sometimes reported that Scouts who have received merit badges through group instructional settings have not fulfilled all the requirements. To offer a quality merit badge program, council and district advancement committees should ensure the following are in place for all group instructional events.

- A culture is established for merit badge group instructional events that partial completions are acceptable expected results.
- A guide or information sheet is distributed in advance of events that promotes the acceptability of partials, explains how merit badges can be finished after events, lists merit badge prerequisites, and provides other helpful information that will establish realistic expectations for the number of merit badges that can be earned at an event.
- Merit badge counselors are known to be registered and approved.
- Any guest experts or guest speakers, or others assisting who are not registered and approved as merit badge counselors, do not accept the responsibilities of, or behave as, merit badge counselors, either at a group instructional event or at any other time. Their service is temporary, not ongoing.
- Counselors agree to sign off only requirements that Scouts have actually and personally completed.
- Counselors agree not to assume prerequisites have been completed without some level of evidence that the work has been done. Pictures and letters from other merit badge counselors or unit leaders are the best form of prerequisite documentation when the actual work done cannot be brought to the camp or site of the merit badge event.
- There is a mechanism for unit leaders or others to report concerns to a council advancement committee on summer camp merit badge programs, group instructional events, and any other merit badge counseling issues—especially in instances where it is believed BSA procedures are not followed. See "Reporting Merit Badge Counseling Concerns," 11.1.0.0.
- There must be attention to each individual's projects and his fulfillment of all requirements. We must know that every Scout—actually and personally—completed them.

It is permissible for guest speakers, guest experts, or others who are not merit badge counselors to assist in the counseling process. Those providing such assistance must be under the direction of a registered and approved counselor who is readily available onsite, and provides personal supervision to assure all applicable BSA policies and procedures—including those related to BSA Youth Protection—are in place and followed.

[7.0.3.3] — Partial Completions

A Scout need not pass all the requirements of one merit badge with the same counselor. It may be that due to timing or location issues, etc., he must meet with a different counselor to finish the badge. The Application for Merit Badge has a place to record what has been finished—a "partial." In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, the counselor does not retain his or her portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his unit leader to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partial completions have no expiration except the Scout's 18th birthday. Units, districts, or councils shall not establish other expiration dates for partial merit badges.

[7.0.4.8] — Unofficial Worksheets and Learning Aids

Worksheets and other materials that may be of assistance in earning merit badges are available from a variety of places including unofficial sources on the Internet and even troop libraries. Use of these aids is permissible as long as the materials can be correlated with the current requirements that Scouts must fulfill. Completing "worksheets" may suffice where a requirement calls for something in writing, but this would not work for a requirement where the Scout must discuss, tell, show, or demonstrate, etc. Note that Scouts shall not be required to use these learning aids in order to complete a merit badge.