



Wilderness Survival

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#). Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 2008, Workbook updated: June 2009.

Scout's Name: _____ Unit: _____

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

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur in backcountry settings, including hypothermia, _____

heat reactions, _____

frostbite, _____

dehydration, _____

blisters, _____

insect stings, _____

tick bites, _____

and snakebite. _____

2. From memory, list the seven priorities for survival in a backcountry or wilderness location. Explain the importance of each one with your counselor. (You might want to write out the priorities to help you memorize them.)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

3. Discuss ways to avoid panic and maintain a high level of morale when lost, and explain why this is important. _____

7) Do the following:

a. Show five different ways to attract attention when lost.

b. Demonstrate how to use a signal mirror. _____

c. Describe from memory five ground-to-air signals and tell what they mean. (Writing them out may help you remember.)

1. _____

2. _____

3. _____

4. _____

5. _____

8. Improvise a natural shelter. For the purpose of this demonstration, use techniques that have little negative impact on the environment. Spend a night in your shelter. _____

9. Explain how to protect yourself from insects, _____

reptiles, _____

and bears. _____

10. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking.

1. _____

2. _____

3. _____

11. Show that you know the proper clothing to be worn in your area on an overnight in extremely hot weather

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and extremely cold weather.

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12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation. _____

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

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

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

Requirement Resources

These resources and more are at: http://meritbadge.org/wiki/index.php/Wilderness_Survival.

- The [Wilderness Survival Merit Badge Pamphlet](#) is the primary reference.
 - See [Wilderness Survival Skills](#) for: [Survival Skills](#) - [Survival Kit](#) - [Shelter](#) - [Signaling](#) - [Campfire Starting](#)
1. **First Aid:** [Hypothermia](#) - [Heat Reactions](#) - [Frostbite](#) - [Dehydration](#) - [Blisters](#) - [Insect Stings](#) - [Tick Bites](#) - [Snakebites](#)
 - Your handbook is your primary reference. See [First Aid Skills](#) for step-by-step instructions and lesson video links.
 - **See also:** [First Aid Merit Badge Pamphlet](#) - [First Aid Kit](#) - [Emergency Kit](#) - [Guide to Safe Scouting](#) - [Physcial](#)
 - 2, 3. [Survival Skills](#) checklists and videos.
 4. [Weather Skills](#) - [Dehydration](#) - [Cold Weather](#) - [Hypothermia](#) - [Wet Weather](#) - [Warm Weather](#) - [Heat Exhaustion](#) - [Heat Stroke](#)
 5. [Survival Kit](#) videos show each item and how they are used.
 6. [Fire Starting](#) videos show eight ways to start a fire without matches.
 - The [Boy Scout Handbook](#) is the primary reference. See [Campfire Skills](#) for step-by-step instructions and lesson video links.
 - **See also:** [Campfire Setup](#) - [Campfire Types](#) - [Campfire Starting](#) - [Campfire Safety](#) - [Firem'n Chit](#) - [Fire Safety Merit Badge](#)
 7. [Survival Signaling](#) videos
 8. [Survival Shelter](#) videos show how to improvise natural shelters.
 9. [Insect Protection](#) - [Poisonous Animals](#) - [Food Handling and bears](#).
 10. [Water Purification](#)
 11. [Warm Weather](#) - [Cold Weather](#)
 - Your handbook is your primary reference. See [Outdoor Skills](#) for step-by-step instructions and lesson video links.
 - **See also:** [Camping Merit Badge Pamphlet](#) - [Hiking Skills](#) - [Hydration](#) - [Outdoor Gear](#) - [Tents](#) - [Water Purification](#) - [Weather Skills](#)
 12. [Survival Skills](#) including the Identifying Plants & Food video.

General Resources

Assn of Outdoor Recreation and Education: <http://www.aore.org>

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

Equipped to Survive: <http://www.equipped.org>

National Outdoor Leadership School: <http://www.nols.edu>

Outside Magazine: <http://www.outdoors-magazine.com/>

Tracker Trail: <http://www.trackertrail.com/survival>

Wilderness Education Assn: <http://www.wilderness-survival.net>