



b) Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.

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**3) Do the following:**

a) Define limits on the number of backpackers appropriate for a trek crew. \_\_\_\_\_

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b) Describe how a trek crew should be organized. \_\_\_\_\_

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

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**4) Do the following:**

a) Describe the importance of using Leave No Trace principles while backpacking, \_\_\_\_\_

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and at least five ways you can lessen the crew's impact on the environment.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**b)** Describe proper methods of handling human and other wastes while on a backpacking trek. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Describe the importance of \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

and means to assure personal cleanliness while on a backpacking trek. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**5) Do the following:**

**a)** Demonstrate two ways to treat water \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

and tell why water treatment is essential. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**b)** Explain to your counselor the importance of staying well hydrated during a trek. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**6) Do the following:**

**a)** Demonstrate that you can read topographic maps. \_\_\_\_\_

**b)** While on a trek, use a map and compass to establish your position on the ground at least three times at three different places, OR use a GPS receiver unit to establish your position on a topographic map at least three times at three different places.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**7) Tell how to prepare properly for and deal with inclement weather.** \_\_\_\_\_

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**8) Do the following:**

a) Explain the advantages and disadvantages of three different types of backpacking stoves using at least three different types of fuel.

Type: \_\_\_\_\_ Fuel: \_\_\_\_\_

Advantages: \_\_\_\_\_

Disadvantages: \_\_\_\_\_

Type: \_\_\_\_\_ Fuel: \_\_\_\_\_

Advantages: \_\_\_\_\_

Disadvantages: \_\_\_\_\_

Type: \_\_\_\_\_ Fuel: \_\_\_\_\_

Advantages: \_\_\_\_\_

Disadvantages: \_\_\_\_\_

b) Demonstrate that you know how to operate a backpacking stove safely and to handle liquid fuel safely. \_\_\_\_\_

c) Prepare at least three meals using a stove and fuel you can carry in a backpack. \_\_\_\_\_

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d) Demonstrate that you know how to keep cooking and eating gear clean and sanitary , and that you practice proper methods for food storage while on a backpacking trek. \_\_\_\_\_

**9) Do the following:**

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

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**b)** Show that you know how to properly pack your personal gear and your share of the crew's gear and food. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**c)** Show you can properly shoulder your pack and adjust it for proper wear. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**d)** Conduct a prehike inspection of the patrol and its equipment. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**e)** While carrying your pack, complete a hike of at least 2 miles. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**10) Using Leave No Trace principles, participate in at least three backpacking treks of at least three days each and at least 15 miles each, and using at least two different campsites. Carry everything you will need throughout the trek.**

**Trip 1:** \_\_\_\_\_

Dates: \_\_\_\_\_ Miles: \_\_\_\_\_

**Campsite 1:** \_\_\_\_\_

**Campsite 2:** \_\_\_\_\_

**Trip 2:** \_\_\_\_\_

Dates: \_\_\_\_\_ Miles: \_\_\_\_\_

**Campsite 1:** \_\_\_\_\_

**Campsite 2:** \_\_\_\_\_

**Trip 3:** \_\_\_\_\_

Dates: \_\_\_\_\_ Miles: \_\_\_\_\_

**Campsite 1:** \_\_\_\_\_

**Campsite 2:** \_\_\_\_\_

**11) Do the following:**

**a)** Write a plan for a backpacking trek of at least five days using at least three different campsites and covering at least 30 miles.

**Trip:** \_\_\_\_\_

Dates: \_\_\_\_\_ Miles: \_\_\_\_\_

**Campsite 1:** \_\_\_\_\_

**Campsite 2:** \_\_\_\_\_

**Campsite 3:** \_\_\_\_\_

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

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schedule (including a daily time control plan),

Day 1: \_\_\_\_\_

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Day 2: \_\_\_\_\_

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Day 3: \_\_\_\_\_

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Day 4: \_\_\_\_\_

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Day 5: \_\_\_\_\_

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list of food \_\_\_\_\_

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and equipment needs, \_\_\_\_\_

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safety and emergency plan, \_\_\_\_\_

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and budget. \_\_\_\_\_

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**b)** Using Leave No Trace principles, take the trek planned and, while on the trek, complete at least one service project approved by your merit badge counselor.

Service Project(s) \_\_\_\_\_

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

Day 1: \_\_\_\_\_

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Day 2: \_\_\_\_\_

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Day 3: \_\_\_\_\_

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Day 4: \_\_\_\_\_

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Day 5: \_\_\_\_\_

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

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

**Boy Scouts of America:** ► [scouting.org](http://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](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

### **Requirement Resources**

These resources and more are at: <http://meritbadge.org/wiki/index.php/Backpacking>.

1. **First Aid:** [Hypothermia](#) - [Heat Reactions](#) - [Sun Protection](#) - [Frostbite](#) - [Dehydration](#) - [Insect Stings](#) - [Insect Protection](#) - [Tick Bites](#) - [Snakebite](#) - [Blisters](#)

- 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](#)

2a. Here are the [Outdoor Checklists](#) including the 10 Essentials.

2b. [Reducing Weight:](#) [Backpacks](#) - [Backpacking Stoves](#) - [Backpacking Food](#) - [Backpacking Gear](#) - [Water Purification](#) - [Clothing](#) - [Sleeping Bags](#) - [Pads](#) - [Tents](#) and other [Outdoor Gear](#)

3. [Outdoor Safety](#)

4a. [Outdoor Skills#Outdoor Leave No Trace](#)

4b. [Hygiene](#) - [Food Handling](#) have a number of resources and videos.

4c. [Campsite](#) resources and videos.

5a. [Water Purification](#)

5b. [Hydration](#)

6a. [Topographic Maps](#)

6b. [Map and Compass](#) - [GPS](#) - [Topographic Maps](#)

6c. [Lost](#) includes many resources and videos including how to stay found.

7. [Cold Weather](#) - [Warm Weather](#) - [Wet Weather](#)

8. [Backpacking Stoves](#) resources and videos.

8c. [Outdoor Cooking](#)

8d. [Cooking Gear](#) - [Food Storage](#)

9a. The Backpacking planning form is in the [Backpacking Worksheet](#).

9b. [Packing a Backpack](#) resources and videos for one night to a week+.

9c. [Shouldering a Pack](#) including all major adjustment - resources and videos.

9d. See the [Outdoor Checklists](#) and [Shouldering a Pack](#) for adjustments.

10. [Leave No Trace](#) - [Outdoor Code](#). The forms are in the [Backpacking Worksheet](#).

11. The forms are in the [Backpacking Worksheet](#).

11b. [Leave No Trace](#) - [Service Projects](#)

11c. The forms are in the [Backpacking Worksheet](#).

### **General Resources**

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

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

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

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

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

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

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

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

U.S. Geological Survey: <http://www.usgs.gov>

Free Topographical Maps: US Geological Survey: <http://store.usgs.gov/> (Download the pdf or buy 22"x27" maps for \$7 each.)

Topographical: Topozone.com: <http://www.topozone.com/> (Choose your map and scale, then click Print Map, free 8.5x11.)

Satellite, Street, and Terrain Maps: <http://maps.google.com/>

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

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

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

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

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

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

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

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

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

## 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.