

CAMPING

1. Do the following:

- a. Explain to your advisor 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.
 - **Managing Risk**
 - Stay in good physical shape.
 - Know where you are going and what to expect.
 - Adjust clothing layers to match changing conditions.
 - Drink plenty of water.
 - Protect yourself from:
 - exposure to the sun.
 - biting insects.
 - poisonous plants.
 - **Altitude Sickness AMS (Acute Mountain Sickness)**
 - Preventive Measures
 - Climb high, sleep low.
 - Drink plenty of fluids.
 - Ascend gradually.
 - Symptoms
 - Headache
 - Nausea
 - Tiredness
 - Loss of motivation
 - Treatment
 - Descend to a lower elevation
 - Rest, fluid, and food.
 - **Hyperventilation Preventive Measures**
 - Addressing causes of stress and anxiety
 - Symptoms
 - Quick, shallow breathing
 - Light-headedness
 - Feeling faint
 - Tingling or numbness in fingers and toes
 - Treatment
 - Relax and slow breathing
 - Remove causes of anxiety by moving or talking through the situation.
 - **Allergic Reactions**
 - Preventive Measures for Food Allergies
 - Create a safe environment by eliminating the food a Crew member might be allergic to.
 - Preventive Measures for Asthma or Allergies to Bee Stings and Other Agents
 - Group leaders should be informed regarding individual conditions and treatment procedures.
 - Crews should share treatment procedures and treatment kits with group leaders.

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- b. Discuss with your advisor 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.
- Weather conditions dictate what measures need to be taken in order to assure everyone's comfort and safety.
 - When the weather turns bad:
 - Take steps to keep warm and dry and be on the lookout for signs of hypothermia.
 - Secure your camp.
 - When setting up camp, the first thing that goes up are crew flies to shelter gear while tents are pitched.
 - Heat a pot of water and prepare hot drinks, soup, etc.
 - Be patient and accepting.
 - In an electric storm:
 - Avoid open fields, hilltops, and ridge tops.
 - If possible, spread the group out 100 feet from one another.
 - Stay away from tall, isolated trees and other tall objects.
 - If camping in an open area, set up in a valley or other low area, but avoid flood prone areas.
 - Stay away from water, wet items, and metal objects.
 - 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. [Health and Safety Resource Material](#)

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.

- Leave No Trace Principles
 - Plan ahead and prepare.
 - Know the regulations and special concerns for the area you'll visit.
 - Prepare for extreme weather hazards and emergencies.
 - Schedule your trip to avoid times of high use.
 - Visit in small groups where possible. Consider splitting into smaller groups.
 - Repackage food to minimize waste.
 - Use a compass to minimize the use of marking paint, rock cairns or flagging.
 - Travel and camp on durable surfaces.
 - Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
 - Protect areas near water by camping at least 200 feet from lakes and streams.
 - Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas, use existing trails and campsites. Walk single file in the middle of the trail, even when it is wet or muddy. Keep campsites small. Focus activities in areas where vegetation is absent. In pristine areas,

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- spread out to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.
- Dispose of waste properly (pack it in, pack it out).
 - Inspect your campsite and rest areas for trash and spilled foods. Pack out all trash, spilled foods, and litter.
 - Deposit all waste in catholes dug 6 to 8 inches deep at least 200 feet from water camp, and trails. Cover and disguise the cathole when finished.
 - Where necessary, pack out toilet paper and hygiene products.
 - To wash yourself or dishes, carry water at least 200 feet away from streams or lakes, and use small amounts of biodegradable soap. Scatter strained dishwater.
- Leave what you find.
 - Preserve what you find; examine but do not touch cultural and historic structures and artifacts.
 - Leave rocks, plants, and other natural objects as you find them.
 - Do not build structures or furniture, or dig trenches.
- Minimize campfire impacts.
 - Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
 - Where fires are permitted, use established fire rings, fire pans, or mound fires.
 - Keep fires small. Only use sticks from the ground that can be broken by hand.
 - Burn all wood and coals to ash. Put out campfires completely then scatter cool ashes.
- Respect wildlife.
 - Observe wildlife from a distance. Do not approach them.
 - Never feed animals. Feeding them damages their health, alters natural behaviors, and exposes them to predators and other dangers.
 - Protect wildlife and your food by storing rations and trash securely.
 - Avoid wildlife during sensitive times: mating, nesting, raising young, and during winter.
- Be considerate of other visitors.
 - Respect other visitors privacy and property.
 - Be courteous. Yield to other users on the trail.
 - Camp away from trails and other visitors.
 - Let nature's sounds prevail. Keep the noise down.
- The Outdoor Code reminds Crews of the importance of caring for the environment. The code's ideals have special meaning whenever you are camping, hiking, or taking part in other outdoor activities.
 - As an American, I will do my best to:
 - Be clean in my outdoor manners,
 - Be careful with fire,
 - Be considerate in the outdoors, and
 - Be conservation-minded.

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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 <https://filestore.scouting.org/filestore/boyscouts/pdf/512-505-2016-Scout-Planning-Worksheet.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 crew is organized for an actual overnight campout. List assignments for each member. troopleader.scouting.org/patrol-duty-roster
- b. Help a Scout patrol or a Webelos or AOL den in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.

- **Equipment Needs**

- **Ten Essentials**

- Pocketknife
 - First-aid Kit
 - Extra Clothing
 - Rain Gear
 - Water Bottle
 - Flashlight
 - Trail Food
 - Matches and Fire Starters
 - Sun Protection
 - Map and Compass

- **Personal Overnight Camping Gear**

- Clothing for the Season
 - Backpack
 - Rain Cover for Backpack
 - Sleeping Bag
 - Ground Cloth and Sleeping Pad
 - Eating Kit: Spoon, Bowl, Cup
 - Cleanup Kit (Personal Hygiene)
 - Personal Extras (Optional)

- **Group Overnight Camping Gear**

- Tents
 - Dining Fly
 - Nylon Cord (50 Feet)
 - Backpacking Stoves and Fuel (for backpacking overnights, Coleman 2-burner type for front country overnights)
 - Crew Cook Kit
 - Crew Cleanup Kit (Mealtime)
 - Repair Kit
 - Group Extras

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- General Planning
 - Selecting a Campsite
 - Safety
 - Size
 - Terrain
 - Privacy
 - Permission
 - Water
- Setting Up Camp
 - Set up Dining Fly first.
 - Pitch your tents.
 - Choose a level site that drains well
 - Remove stones and sticks but try not to disturb the ground cover
 - Establish a plan for personal sanitation.

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.”

- For Warm Weather Camping
 - T-shirt or lightweight short-sleeved shirt
 - Hiking shorts
 - Underwear
 - Socks
 - Lightweight long-sleeved shirt
 - Lightweight long pants
 - Sweater or jacket
 - Brimmed hat
 - Bandannas
 - Rain gear
 - For Cold Weather Camping
 - Long-sleeved shirt
 - Fleece or wool long pants
 - Fleece or wool sweater
 - Polypropylene long underwear
 - Wool or synthetic blend socks
 - Warm, hooded parka or jacket
 - Fleece or wool stocking hat
 - Fleece or wool mittens or gloves with water-resistant shells
 - Fleece or wool scarf
 - Rain gear
 - Layering enables you to add or subtract layers of clothing, depending on how hot or cold you feel.
- b. Discuss footwear for different kinds of conditions and how the right footwear is important for protecting your feet.
 - When walking in the backcountry or over rough terrain, hiking boots can provide comfort and support for feet and ankles.

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- Around camp, a pair of lightweight shoes can keep your feet comfortable and protected.
 - All footwear for camping should fit well and be properly broken in.
 - c. Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
 - A place for everything, and everything in its place.
 - Organize clothing by placing it in separate storage bags according to type.
 - Have a separate bag for clothes ready for washing.
 - Clean footwear after the trip.
 - Treat footwear with a boot dressing or waterproofing agent according to manufacturer's recommendations.
 - Don't ever try to dry footwear by placing it too close to a fire.
 - Remove sleeping bags from their stuff sack between trips.
 - Store a sleeping bag by hanging it in a closet or by placing it in a large laundry bag.
 - d. List the outdoor essentials necessary for any campout, and explain why each item is needed.
 - Pocketknife - the all-purpose tool for the out-of-doors
 - First-aid Kit - Carrying a few first-aid items in a self-sealing plastic bag will allow you to treat minor injuries and provide initial care if more serious injuries arise.
 - Extra Clothing and Rain Gear - enables you to deal with extremes of weather —heat, cold, or storm.
 - Water Bottle - it is always important to drink plenty of fluids
 - Flashlight - helps you see in the dark
 - Trail Food - helps keep you going
 - Matches and Fire Starters - Be prepared to light a fire even in wet weather.
 - Sun Protection - Protect yourself from sunburn.
 - Map and Compass - Use them to find your way through unfamiliar areas.
 - e. Present yourself to your Advisor with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
6. Do the following:
- a. Demonstrate how to tie a square knot, sheet bend, two half hitches, taut-line hitch, clove hitch, and bowline, and describe how each is used. <https://troopresources.scouting.org/basic-knots/>
 - b. Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another crew member, pitch a tent.
 - Tent Types
 - Tarps are most always used to set up a dining fly, but can be erected in many ways as a tent. With no floor and incomplete enclosure, they offer less protection from insects wind, and rain.
 - The common A-Frame tents gets its name from its shape, comes in a wide range of sizes and is fine for general use.

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- Dome tents have a dome shape. They can be spacious offering lots of headroom, stability and wind resistance. Usually larger than A-Frames, they can weigh more.
- Hybrids come in a variety of shapes and can combine the features of A-Frames and Domes.
- Wall Tents are large and most always for long term, front country camping.
- Tent Care
 - Take off your boots before crawling into a tent.
 - Apply seam sealer to new tents.
 - Try to avoid extended exposure to sunlight which can harm most tent fabrics.
 - Clean the tent's interior of litter and debris by sweeping, or if it's small, shaking it out.
 - Stow a tent in its storage sack by first putting in the collapsed poles and then, starting with a corner, stuffing the rest.
 - Allow a tent to dry completely before storage.
- c. Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.
 - Camp Sanitation
 - Sanitation is essential for both health and environmental reasons.
 - Where there are outhouses, use them.
 - Wash hands with soap and water or use a waterless hand cleanser when you are done.
 - Catholes - Dig a hole 6 to 8 inches deep at least 200 feet from campsites and trails. Fill it with earth when you're done and replace ground cover.
 - Latrines - A large group can lessen the impact by digging a shallow trench 3 to 4 feet long, using a shovel to sprinkle a layer of soil into the trench after each use.
 - Water Treatment
 - Water from natural sources may contain invisible microorganisms such as protozoa, bacteria, and viruses that can cause illness.
 - Boiling
 - Chemical Treatment
 - Filtering.
- d. Directing other crew members to assist, using a dining fly-sized tarp, guy lines, stakes, and upright poles, put up a crew fly in an open field, tall enough for an 8-person crew to stand under. Properly employ two half hitches or bowlines, taut-line hitches, and clove hitches in the process. <https://troopresources.scouting.org/basic-patrol-dining-fly/>
- d. Describe the factors to be considered in deciding where to pitch your tent.
 - Pitch your tent on durable surfaces at least 200 feet from lakes and streams.
 - Choose a level site that drains well.
 - Don't pitch a tent under dead trees or limbs that might fall in a storm.
 - Stay out of gullies that could fill with flash floods.
 - Stay away from lone trees and other likely targets for lightning.
 - Camp some distance away from game trails.

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- Pitch tents at least 200 feet away from cooking area and from where food will be stored.
- e. Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.
 - Internal-frame packs have an internal frame, and external-frame packs have an external frame.
 - Internal-Frame Pack Advantages
 - Streamlined
 - Body-hugging fit
 - Easier to keep your balance
 - Fits better into canoes
 - Internal-Frame Pack Disadvantages
 - Less outside pockets
 - Hotter on the back
 - External-Frame Pack Advantages
 - Cooler on open trails
 - Easier to keep gear organized
 - Preferable for heavier loads
 - External-Frame Pack Disadvantages
 - More cumbersome on narrow trails
 - Less comfortable fit
- f. 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.
 - Kinds of Sleeping Bags
 - Down sleeping bags are lightweight and suitable for cold weather, but don't insulate when wet.
 - Synthetic filled sleeping bags can keep you warm even when wet.
 - Keeping Sleeping Bags Dry
 - Stuff your sleeping bag into a plastic bag inside its stuff sack.
 - Care of Sleeping Bags
 - Remove sleeping bags from their stuff sack between trips.
 - Store sleeping bags by hanging them in a closet or by placing them in a large laundry bag.
- 7. Prepare for an overnight campout with your crew by doing the following:
 - a. Make a checklist of personal and crew gear that will be needed.
 - b. Pack your own gear and your share of the crew 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.
 - Arrange soft items in your pack so they will cushion your back.
 - Keep items that need to be accessed quickly or easily near the top or in outside pockets.
 - rain gear
 - first-aid kit

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- flashlight
 - trail food
 - Depending on pack, stow sleeping bag inside an internal-frame pack or strapped to the frame of an external-frame pack.
 - Make sure any items strapped to the outside don't swing around or fall off.
8. Do the following:
- a. Explain the safety procedures for: using a propane or butane/propane stove, using a liquid fuel stove, proper storage of extra fuel.
 - Using Stoves Safely
 - Read and understand the manufacturers instructions before lighting any stove.
 - Make sure the stove is on level ground before use.
 - Never use a stove inside or near a tent.
 - Don't overload a stove with more weight than it can safely accommodate.
 - Never leave a burning stove unattended.
 - Always let a stove cool completely before you put it away.
 - Don't open the fuel cap of a hot stove or attempt to refuel a hot stove.
 - Store liquid fuel in well-marked metal fuel bottles designed specifically for that use.
 - Keep fuel bottles away from sources of heat, even if they are empty.
 - Don't store fuel containers inside your dwelling.
 - b. Discuss the advantages and disadvantages of different types of lightweight cooking stoves.
 - White Gas Stoves
 - Advantages
 - works efficiently in cold weather
 - most often can accommodate larger crew-sized pots
 - white gas is readily available and inexpensive
 - fuel containers come in convenient sizes
 - Disadvantages
 - some need to be preheated
 - more complicated to operate and maintain
 - Cartridge Stoves
 - Advantages
 - easy and convenient to use
 - Disadvantages
 - usually cannot accommodate larger pots
 - lose efficiency in colder weather
 - requires specific types of fuel canisters
 - 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 crew. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.
 - Menus can be more elaborate and take longer to cook on front-country outings, when weight is not a problem, and where a cooler with ice is possible.

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- For backcountry trips, use dehydrated and dry ingredients.
 - On those occasions when engaged in activities away from the campsite, menus should be planned to make meal preparation easy and quick.
 - Repackage food in resealable plastic bags to reduce clutter and weight. On a piece of tape attached to each bag, write the contents and for which meal it will be used.
 - Generally speaking, select foods that will not spoil.
 - Meats and dairy products must be kept cold during storage. Once removed from protective wrappers, these items must be kept separate from other food. Uneaten cooked meat must be kept cold.
 - Pack all food safely away from animals and inclement weather.
- d. While camping in the outdoors, cook at least one breakfast, one lunch, and one dinner for your crew 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 or Venturing 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.
 - Hike up a mountain, gaining at least 1,000 vertical feet.
 - Backpack, snowshoe, or cross-country ski for at least 4 miles.
 - Take a bike trip of at least 15 miles or at least four hours.
 - take a non-motorized trip on the water for at least four hours or 5 miles.
 - Plan and carry out an overnight snow camping experience.
 - Rappel down a rappel route of 30 feet or more.
 - c. On any of these camping experiences, 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 award 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.
- Crew s work together sharing responsibilities
 - Crew s put their energy into practicing outdoor skills and solving problems.
 - Campers increase their understanding and the need to remain aware of their personal health and safety.
 - Crews practice good citizenship by caring for the land and contributing to the welfare of the group.
 - During the camping trip, Scout spirit is continuously manifested in abiding by the Scout Oath and Law in all things you do.