

BACKPACKING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the Backpacking merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

<https://scoutmasterbucky.com/merit-badges/backpacking/>

Scout's
Name:

REQUIREMENT 1: Discuss the prevention of and treatment for the health concerns that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.

Hypothermia

Heat reactions

Frostbite

Dehydration

Insect stings

Tick bites

Snakebite

Blisters

REQUIREMENT 2: Do the following:

REQUIREMENT 2 A: List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.

REQUIREMENT 2 B: Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.

[illegible]

REQUIREMENT 3: Do the following:

REQUIREMENT 3 A: Define limits on the number of backpackers appropriate for a trek crew.

REQUIREMENT 3 B: Describe how a trek crew should be organized.

REQUIREMENT 3 C: Tell how you would minimize risk on a backpacking trek.

REQUIREMENT 3 D: Explain the purpose of an emergency response plan.

REQUIREMENT 4: Do the following:

REQUIREMENT 4 A: Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew's impact on the environment.

Importance of using Leave No Trace principles

Five ways you can lessen the crew's impact on the environment

REQUIREMENT 4 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.

Proper methods of handling human and other wastes

Importance of and means to assure personal cleanliness

REQUIREMENT 4 C: Tell what factors are important in choosing a campsite.

REQUIREMENT 5: Do the following:

REQUIREMENT 5 A: Demonstrate two ways to treat water and tell why water treatment is essential.

☐

Demonstrated first method

☐

Demonstrated second method

Why water treatment is essential

REQUIREMENT 5 B: Explain to your counselor the importance of staying well-hydrated during a trek.

REQUIREMENT 6: Do the following:

REQUIREMENT 6 A: Demonstrate that you can read topographic maps.

☐ Completed

REQUIREMENT 6 B: While on a trek, use a map and compass to establish your position on the ground at three different locations OR use a GPS receiver to establish your position on a topographic map and on the ground at three different locations.

☐ First location

☐ Second location

☐ Third location

REQUIREMENT 6 C: Explain how to stay found, and what to do if you get lost.

How to stay found

What to do if you get lost

REQUIREMENT 7: Tell how to properly prepare for and deal with inclement weather.

How to properly prepare for inclement weather

How to deal with inclement weather

REQUIREMENT 8: Do the following:

REQUIREMENT 8 A: Explain the advantages and disadvantages of the different types of backpacking stoves using at least three different types of fuel.

REQUIREMENT 8 B: Demonstrate that you know how to operate a backpacking stove safely and to handle fuel safely.

☐ Completed

REQUIREMENT 8 C: Prepare at least three meals using a stove and fuel you can carry in a backpack.

☐ First meal

☐ Second meal

☐ Third meal

REQUIREMENT 8 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.

☐ Completed

REQUIREMENT 9: Do the following:

REQUIREMENT 9 A: Write a plan that includes a schedule for a patrol/crew backpacking hike of at least 2 miles.

REQUIREMENT 9 B: Conduct a prehike inspection of the patrol and its equipment.

☐ Completed

REQUIREMENT 9 C: Show that you know how to properly pack your personal gear and your share of the crew's gear and food.

☐ Completed

REQUIREMENT 9 D: Show you can properly shoulder your pack and adjust it for proper wear.

☐ Completed

REQUIREMENT 9 E: While using the plan you developed for requirement 9a, carry your fully loaded pack to complete a hike of at least 2 miles.

☐ Completed

REQUIREMENT 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 on each trek. Carry everything you will need throughout the trek.

☐ First trek

☐ Second trek

☐ third trek

REQUIREMENT 11: Do the following:

REQUIREMENT 11 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. Your plan must include a description of and route to the trek area, a schedule (including a daily schedule), a list of food and equipment needs, a safety and emergency plan, and a budget.

Description of and route to the trek area

Daily schedule

Food needs

Equipment needs

Safety and emergency plan

Budget

REQUIREMENT 11 B: Using Leave No Trace principles, take the trek you have planned and, while on the trek, complete at least one service project approved by your merit badge counselor.

☐

Completed

REQUIREMENT 11 C: Keep a daily journal during the trek that includes a day-by-day description of your activities, including notes about what worked well and thoughts about improvements that could be made for the next trek.

Before the trek starts

Day 1

Day 2

Day 3

Day 4

Day 5

After trek is complete