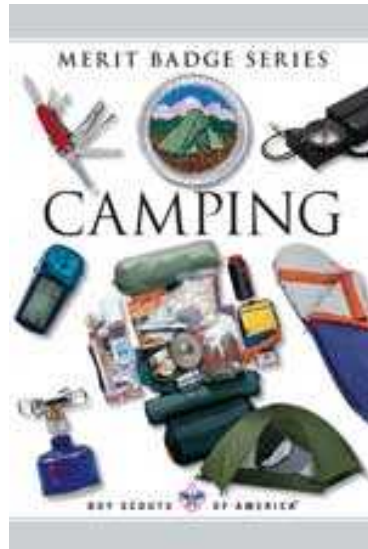


Camping Merit Badge



2014 Requirements
PPP by Gary Anderson

Hazzards of Camping

**Weather / Atmospheric
Physical Surroundings**

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hypothermia		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hypothermia: Where the body temperature drops to low.		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hypothermia: Where the body temperature drops to low.	Dress warmly/stay dry	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hypothermia: Where the body temperature drops to low.	Dress warmly/stay dry	Replace wet clothing w/ dry, wrap in sleeping bag, give warm fluids.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Frostbite		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Frostbite: Where skin has frozen.		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Frostbite: Where skin has frozen.	Keep exposed skin covered, replace wet clothing asap.	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Frostbite: Where skin has frozen.	Keep exposed skin covered, replace wet clothing asap.	Immerse affected area in warm water or use body heat, DO NOT RUB, do not use fire/stove.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Heat Reaction		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Heat Reaction: Where the body core temperature has begun to rise and cannot or is having trouble cooling itself.		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Heat Reaction: Where the body core temperature has begun to rise and cannot or is having trouble cooling itself.	Stay cool drink plenty of fluids.	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Heat Reaction: Where the body core temperature has begun to rise and cannot or is having trouble cooling itself.	Stay cool drink plenty of fluids.	Remove excess clothing, get into shade, pour cool water on body.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Dehydration		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Dehydration: Body fluid level has dropped and blood has begun to thicken due to less water / electrolyte volume.		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Dehydration: Body fluid level has dropped and blood has begun to thicken due to less water / electrolyte volume.	Drink plenty of fluids. Alternate water, Sports Drink	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Dehydration: Body fluid level has dropped and blood has begun to thicken due to less water / electrolyte volume.	Drink plenty of fluids. Alternate water, Sports Drink	Administer fluids slowly to prevent vomiting

Hazards of Camping

Injury/Illness	Prevention	First Aid
Altitude Sickness		

Hazards of Camping

Injury/Illness	Prevention	First Aid
<p>Altitude Sickness: A sickness induced as a result of the body being subjected to high altitude such as climbing a mountain. Normally not a problem < 6000'.</p>		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Altitude Sickness: A sickness induced as a result of the body being subjected to high altitude such as climbing a mountain. Normally not a problem < 6000'.	Monitor physical well being.	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Altitude Sickness: A sickness induced as a result of the body being subjected to high altitude such as climbing a mountain. Normally not a problem < 6000'.	Monitor physical well being.	Cease ascending and descend to lower altitude if symptoms persist

Hazards of Camping

Injury/Illness	Prevention	First Aid
Insect Stings		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Insect Stings: Wasp, bee, scorpion, yellow jacket.		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Insect Stings: Wasp, bee, scorpion, yellow jacket.	Monitor surroundings for bees and wasps	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Insect Stings: Wasp, bee, scorpion, yellow jacket.	Monitor surroundings for bees and wasps	Remove stinger if still attached. Ice area, administer pain killer, baking soda & water or calamine lotion.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Tick Bites		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Tick Bites	Apply DEET.	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Tick Bites	Apply DEET.	Remove with tweezers as close to the head as possible. Pull straight and steady. Save for medical evaluation. Symptoms of Rocky Mountain Spotted fever don't show up for 14 days. Do not use matches or petroleum jelly to remove, can cause tick to regurgitate poisons back into bite site.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Snake Bite		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Snake Bite	Watch where you step, place your hands, or sit.	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Snake Bite	Watch where you step, place your hands, or sit.	Keep person calm, move away from snake, note snakes appearance, seek immediate medical attention. Keep affected area lower than heart.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Blisters		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Blisters	Wear proper fitting shoes, gloves	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Blisters	Wear proper fitting shoes, gloves	Apply dressing or mole skin to protect area.

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hyperventilation		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hyperventilation: A drop in CO ₂ levels as a result of fast shallow breathing.		

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hyperventilation: A drop in CO2 levels as a result of fast shallow breathing.	Remain calm, avoid panic attacks or feeling anxious	

Hazards of Camping

Injury/Illness	Prevention	First Aid
Hyperventilation: A drop in CO2 levels as a result of fast shallow breathing.	Remain calm, avoid panic attacks or feeling anxious	Breath slowly, belly breath, breath thru one nostril.

Explain Leave No Trace

Plan ahead and prepare

Plan ahead and prepare

- Check the weather forecast
- Make sure you know the rules and regulations of the area
- Know the anticipated food consumption
- Make a meal plan
- Make a duty roster
- Identify your trip's goal
- Make sure you have brought the essential outdoor tools
- Know the ability level of your unit's members

Explain Leave No Trace

Plan ahead and prepare
Travel and camp on durable
surfaces

Travel and camp on durable surfaces

Prepare correctly for different types of terrain.

Rock, gravel

- Very durable

- Can tolerate repeated trampling

Snow

- The effect of trampling is temporary, making it a good surface

- Make sure you have dressed correctly

Vegetation

- Vegetation varies in sturdiness

- Select areas with sparse vegetation

Desert puddles/mud holes

- Do not walk through these. Water is a precious resource in the desert.

Explain Leave No Trace

Plan ahead and prepare

Travel and camp on durable
surfaces

Dispose of waste properly

Dispose of waste properly

Do not bury trash!

Strain dishwater and broadcast the strained water over a wide area at least 200 feet from the nearest water source.

Depending on area/requirements may need to carry out human solid waste.

Explain Leave No Trace

Plan ahead and prepare

Travel and camp on durable
surfaces

Dispose of waste properly

Leave what you find

Leave what you find

Preserve the past! Give others the same opportunity you had to find things.

Leave rocks, plants, and other natural objects as you find them.

AVOID INTRODUCING NON-NATIVE SPECIES.

Do not build structures, furniture, or dig trenches.

Explain Leave No Trace

Plan ahead and prepare
Travel and camp on durable
surfaces

Dispose of waste properly

Leave what you find

Minimize campfire impact

Minimize Campfire Impact

Campfires can leave a lasting impact on the environment.

Use a lightweight stove for cooking

Use a candle lantern for light.

Where fires are permitted, use established fire areas.

Keep fires small, use only sticks that can be broken by hand.

Burn all wood to ash, put out campfires completely, then scatter cooled ashes.

BURN ONLY WOOD!!!

Explain Leave No Trace

Plan ahead and prepare

Travel and camp on durable
surfaces

Dispose of waste properly

Leave what you find

Minimize campfire impact

Respect wildlife

Respect Wildlife

Observe wildlife from a distance. Do not follow or approach them.

Never feed animals! Feeding animals can alter their feeding behaviors, making them prone to loss of food and predators. Animals can become dependent on humans for food.

Store rations and food securely.

Control pets at all times. If possible, leave them at home.

Avoid wildlife during sensitive times.

- Mating season

- Nesting

- Raising young

- Winter

Explain Leave No Trace

Plan ahead and prepare

Travel and camp on durable
surfaces

Dispose of waste properly

Leave what you find

Minimize campfire impact

Respect wildlife

Be considerate of other visitors

Be Considerate of Other Visitors

Respect other visitors and protect the quality of their experience.

Be courteous. Yield to others on the trail.

Step to the downhill side of the trail when encountering pack stock.

Take breaks and camp away from trails and other visitors

Let nature's sounds prevail. Avoid loud voices and noises.

Explain Outdoor Code

As an American, I will do my best
to—

Be clean in my outdoor manners

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.

Explain Outdoor Code

As an American, I will do my best
to—

Be clean in my outdoor manners
Be careful with fire

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.

Explain Outdoor Code

As an American, I will do my best
to—

Be clean in my outdoor manners

Be careful with fire

Be considerate in the outdoors

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.

Explain Outdoor Code

As an American, I will do my best
to—

Be clean in my outdoor manners

Be careful with fire

Be considerate in the outdoors

Be conservation-minded

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.

Plan an overnight Trek

- On your camping trip establish how to get to your camping spot using a topographical map and compass OR a topographical map and GPS receiver.

Duty Roster

T³

Campout Patrol Form

Patrol:

Campout Dates:

Name	Camping	Bkfst Cook	Bkfst Asst. Cook	Bkfst Clean	Bkfst Asst. Clean	Lunch Cook	Lunch Asst. Cook	Lunch Clean	Lunch Asst. Clean	Sup Cook	Sup Asst. Cook	Sup Clean	Sup Asst. Clean	Bkfst Cook	Bkfst Clean
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Sat. Bkfst				
Sat. Lunch				
Sat. Supper				
Dessert				
Sun. Bkfst				

Tent #1

Tent #2

Tent #3

Tent #4

Tent #5

Tent #6

Scoutmaster Review _____

Prepare an overnight Trek

- Prepare for your camping trip by creating a duty roster, menu, equipment needs, etc.

Camping Clothing

Cold Weather	Warm Weather
Base layer / insulated underwear	Hat
Headwear day plus sleep	Swim Suit
Gloves / mittens	Hiking shoes/boots
Heavy socks, preferably wool.	Water shoes, closed toed, no Crocs
Rain Gear	Rain Gear
Hiking shoes/boots	Compression shorts
Spare shoes	Scout Shirt
Scout Shirt	Shirts 1/day plus spares
Shirts 1/day plus spares	Shorts plus spares
Pants plus spares	
2 thin jackets are better than 1 thick	

Camping Clothing (Hot Weather)

- Lightweight clothing that lets body heat out while slowing down the evaporation of moisture is the best kind for hot weather travel. A light color is best, as it reflects heat away from the body. This is why light cotton khaki fabric has been popular down through the years. Cotton cloth holds sweat for a while before it evaporates. This retention of body moisture for as long as possible helps prevent dehydration and heat exhaustion.
- Choose fairly loose clothing that fully covers you – and that means long sleeve shirts and full trousers. You will stay cooler, and you will avoid the danger of severe sunburn.
- Always wear a lightweight hat or cap when traveling in hot weather. Protecting the head from excessive heat will reduce the chances of heat stroke.
- Hikers in the summertime, while wearing lightweight clothing, should not forget that temperatures can drop rapidly after the sun goes down, especially in the desert. It makes sense to carry a jacket in your pack if there is a chance you will be out after sun down.

Camping Clothing (Cold Weather)

- The base layer is basically your underwear—the layer next to your skin. Synthetic and merino wool fabrics work best (avoid cotton). They wick perspiration away from your skin to outer layers so it can evaporate. They dry quickly so you spend minimal time in wet clothing. When snow camping, it's common to wear 2 base layers: a lightweight or midweight layer, then a thicker heavyweight layer.
- The middle layer is your insulating layer. It is primarily designed to help you retain body heat. For snow camping, consider expedition-weight fleece or microfleece shirts, pants and jacket and/or a goose down jacket.
- The outer layer, or shell, is your waterproof/windproof/breathable layer. Laminates such as Gore-Tex offer premium protection. Less expensive alternatives use polyurethane-coated fabrics that are equally waterproof but somewhat less breathable. Look for core vents and underarm vents that expel excess heat and moisture.

Footwear, Socks

- Wool: Wool is the most popular natural sock material. It is warm, cushioning and retains warmth when wet. While older ragg wools could be scratchy next to your skin, newer merino wools are itch-free. Most wool socks use blends of wool and synthetic materials for better durability and faster drying.
- Synthetic insulating materials: Some man-made materials are designed to insulate like wool and wick moisture. These materials (Hollofil[®], Thermax[®], Thermastat[®]) trap warmth like wool, but dry more quickly and are more abrasion resistant.
- Silk: A natural insulator, silk is comfortable and lightweight, but not as durable as other options. It's occasionally used in sock liners for reliable moisture wicking.
- Synthetics wicking materials: Synthetic wicking materials (like polypropylene and CoolMax[®]) used in wicking sock liners are often woven into thicker backpacking socks as well, to enhance moisture-wicking performance.
- Cotton: 100% cotton is not recommended as a sock material for hiking. Cotton absorbs sweat, dries slowly, provides no insulation when wet and it can lead to blisters out on the trail. However, cotton is quite comfortable and, when combined with wool or other wicking and insulating fibers, can be a good choice for light hiking in summer.

Footwear, Shoes

- **Hiking shoes:** Low-cut models with flexible midsoles are excellent for day hiking. Many ultralight backpackers may even choose trail-running shoes for long-distance journeys.
- **Hiking boots:** These range from mid- or high-cut models intended for day hikes or weekend backpacking trips with light loads. They often flex easily and require little break-in time, but they lack the support and durability of stout backpacking boots.
- **Backpacking boots:** These are designed to carry heavier loads on multiday trips deep into the backcountry. Durable and supportive, with stiffer midsoles than lighter footwear, they are suitable for on- or off-trail travel.
- **Mountaineering boots:** These weightier boots with stiff midsoles are designed to a) accommodate heavy loads and b) accept crampons for glacier travel. Mountaineering boots are tough, supportive and durable.



Footwear, Shoes

Hiking Boot Uppers

- **Full-grain leather:** Excellent durability and abrasion resistance; plus very good water resistance. Most commonly used in backpacking boots built for extended trips, heavy loads and rugged terrain. Not as light or breathable as nylon/split-grain leather combinations. Ample break-in time is needed before starting an extended trip.
- **Split-grain leather:** Usually paired with nylon or nylon mesh to offer lightweight, breathable comfort. Split-grain leather "splits away" the rougher inner part of the cowhide from the smooth exterior. Benefit: Lower cost. The downside is less resistance to water and abrasion (though many feature waterproof liners).
- **Synthetics:** Polyester, nylon and so-called "synthetic leather" are all commonly found in modern boots. They are lighter than leather, break in more quickly, dry faster and usually cost less. Downside: They may show wear sooner due to more stitching on the outside of the boot.
- **Waterproof:** Boots and shoes billed as "waterproof" feature uppers constructed with waterproof/breathable membranes (such as Gore-Tex) to keep feet dry in wet conditions. Downside: The reduced breathability created by a membrane (compared to the ventilating mesh used on some non-waterproof shoes) may encourage feet to sweat on summer days.
- **Insulated:** Synthetic insulation is added to some mountaineering boots for warmth when hiking on snow.



Req. 5b

Footwear, Shoes

Hiking Boot Midsoles

The midsole, which provides cushioning, buffers feet from shock and largely determines a boot's stiffness. Stiff boots might not sound like a good thing, but for long hikes on rocky, uneven terrain they can mean greater comfort and stability. A stiff boot won't allow your foot to wrap around every rock or tree root you step on and consequently wear out your feet.

The most common midsole materials are EVA (ethylene vinyl acetate) and polyurethane.

- **EVA** is a bit cushier, lighter and less expensive. Midsoles use varying densities of EVA to provide firmer support where needed (e.g., around the forefoot).
- **Polyurethane** is generally firmer and more durable, so it's usually found in extended backpacking and mountaineering boots.



Req. 5b

Footwear, Shoes

Hiking Boot Support Components

- **Shanks:** These 3-5mm thick inserts are sandwiched between a boot's midsole and outsole to add load-bearing stiffness to the midsole. They vary in size; some cover the entire length of the midsole.
- **Plates:** These thin, semiflexible inserts are positioned between the midsole and the outsole, and below the shank (if included). They protect feet from getting bruised by roots or uneven rocks.

Footwear, Shoes

Hiking Boot Outsoles

Rubber is used on all hiking boot outsoles, with Vibram rubber the best-known brand name. Additives such as carbon are sometimes added to backpacking or mountaineering boots to boost hardness. Hard outsoles increase durability but can feel slick if you go off trail.

Other outsole considerations:

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- **Lug pattern:** Lugs are traction-giving bumps on the outsole. Deeper, thicker lugs are used on backpacking and mountaineering boots to improve grip. Widely spaced lugs offer good traction and shed mud more easily.
- **Heel brake:** This refers to the clearly defined heel zone that is distinct from the forefoot and arch. It reduces your chance of sliding during steep descents.

Footwear, Shoes

Hiking Boot Cut

- **Low-cut shoes:** Best for lighter loads on maintained trails. Landing just below the ankle bone, these provide less roll-resistance for ankles and leave feet more vulnerable to scree, grit, sand or mud that can get in.
- **Mid-cut boots:** Best for shorter multiday trips with moderate loads. These wrap around your ankles and offer some buffer from debris.
- **High-cut boots:** Best if you routinely carry heavier loads (40+ pounds) or hike off-trail. These enhance balance and ankle support on rough trails or terrain. Break them in thoroughly before a long-distance trip.



Care and Storage of Camping Equipment

- Best storage of sleeping bag is unrolled.
- Best storage of tent is unrolled.
- Best storage of sleeping pad is unrolled.
- Clean outside of hiking boots and allow inside / outside to dry. Apply polish waterproofing.
- Store clothing clean and dry.
- Repair any rips or tears.

Essential Camping Equipment

Essential Camping Equipment

- Tent, footprint, ground cloth
- Sleeping bag, sleeping pad or cot, pillow.
- Day pack
- Flashlight
- Drink container
- Toothbrush+paste

Prepare to Camp

- Show up for camping, properly packed and dressed.

Types of Tents

- Ridge Tent/A-Frame
 - Pole across the top
 - Single upright pole or two sloping poles at each end
 - Typically has sewn-in ground sheet
 - Lightweight nylon so good for backpacking
- Patrol Tent (specialized type of Ridge Tent)
 - No ground sheet
 - Sleeps up to six
 - Made of heavy canvas and usually requires three people to put up
 - Good for base camp but not for backpacking
- Bell Tent
 - Single upright pole in center
- Roof guyed out from center pole
- Usually no ground sheet
- Pretty much replaced by dome tents
- Tunnel Tent
 - Two or more hoops of equal size along the length of the tent
 - Lightweight
 - Large working area inside
- Hoop Tent
 - Cross between tunnel and ridge tents
 - Hoop at one end and upright pole at the other
 - Takes up less space than a Ridge Tent but is less rigid
 - Less wind resistance than Ridge Tent
- Good entry/exit access
- Dome Tent
 - Bubble shape consisting of several crossed hoops
 - No flat surfaces so they withstand high winds and shed water well
 - Usually made of lightweight materials
- Frame Tent
 - Larger "family" tent
 - Frame erected and covered with canvas
 - Bulky when packed (not good for backpacking)
 - Could be used as a patrol tent

Types of Tents (Examples)

Frame Tent



Dome / Hoop Tent



Ridge/A-Frame/Patrol Tent



Bell Tent



Tent Care

- **Set it up at home first** before going to a campout. This lets you to become acquainted with its assembly process in a no-pressure setting and confirms that you that you have all of a tent's stakes, guylines and accessories
- **Make sure it is dry.** No tent-care rule is more important. Wet tents, or even damp ones, invite mildew. After a trip, unpack your tent and inspect it carefully. If you detect even a trace of moisture, set it up in a shady spot (a garage, for instance) and let it air dry. If you have the space, store it loosely outside of its stuff sack. Avoid storing a tent in damp basements or hot attics.
- **Clean a tent**, use a non-abrasive sponge, cold water and a non-detergent soap. Gently scrub soiled areas by hand. Avoid household cleaners such as dishwashing liquid, bleach, spot removers or laundry presoaking products. (Why? Virtually all household soaps are perfumed and will attract bugs, mice and other critters. These soaps also mask a tent's durable water repellent [DWR] coating.) Rinse thoroughly, then set it up in a shady spot and let it air dry completely.
- **Do not machine-wash a tent.** If placed in a traditional top-loading washing machine, the back-and-forth churning of a washer's central-axis agitator could snag the tent and overstretch it or even pull apart its seams. In a front loader, repeated tossing and tumbling can wear off waterproof coatings. Machine-drying a tent is never an option; too much heat could cause the material to distort or melt.

Camp sanitation

Personal Cleanliness

- Soap and water scrubbing is important before cooking, handling of eating utensils, eating, and after using toilets.
- A lightweight plastic washbasin should be standard personal equipment.
- Streams and lakes should never be used for soap washing.
- Dry aired-out sleeping gear aids a warm night's sleep. Turn bedding inside out and air daily weather permitting.

Camp sanitation

Food Handlers and Storage

- Cooks must always wash hands before starting meal preparation and during cooking if hands get soiled.
- Always wash hands after using the latrine.
- Prevent food contamination. Protect foods from dirt, water, tainting from soap, oils, and odoriferous foods.
- Never save leftovers, eat it up when served or throw it away.
- Avoid using foods needing refrigeration. If perishables are used; buy as late as possible and use them up quickly.
- Animal and insect foragers can be problems. Avoid feeding them intentionally or accidentally. Maintain clean camp.
- Keep all foodstuffs out of tents and packs. Even if packed in original wrappers.

Camp sanitation

Dishwashing

- Dishwashing is a four-part operation.
- **SCRAPING** - scrape dishes thoroughly. Use napkin from meal to wipe plate and utensils after scraping.
- **WASH** - wash with good detergent in clean hot water. Hot water is needed to break down the grease.
- **SANITIZE** - in clean warm water with 2 cap fulls of bleach added to water. Main purpose is to sterilize the dishes.
- **RINSE** - Immerse utensils to remove bleach taste.
- Allow dishes and utensils to air-dry.
- Clean and put away all dishwashing equipment in a place where it will dry out thoroughly.

Camp sanitation

Garbage and Trash Disposal

- In developed camps use disposal systems provided after every meal.
- In back woods camps you have to haul it out. DO NOT BURY any trash.
- You can burn everything that will burn to reduce the hauling.

Camp sanitation

Waste Water Disposal

- Carefully screen out all food particles before disposing of the dishwater.
- Use trash disposal system provided or in the backwoods burn or haul out these particles.
- After the screening, wash water should be scattered evenly across the ground.
- Never pour wash water in streams or lakes.

Camp sanitation

Latrines

- In developed camps use the facilities provided
- Latrines should be the only hole you make at a campsite. They should be limited to long-term camps.
- Should be at least 100 feet from campsite away from streams, springs, or lakes to avoid drainage pollution.
- When breaking camp, close with subsoil from fireplace hearth and also ashes and charred wood to fill trench.
- Replace original topsoil and leave trench slightly mounded.

Water Treatment

- You must know the water to be safe or take necessary steps to make it safe to drink.
- All water should be considered unsafe for drinking, unless it comes from a recognized or tested water system.
- If there is any question, boil or treat it with water purification tablets to be sure.
- **BOILING** - bring water to a rolling boil and maintain the boil for five minutes and aerate to improve taste
- **PURIFYING** - tablets should be fresh, follow directions on container.

Pitching a Tent

- Flat spot on a slight incline but not in natural drainage site
- Wind protection (face front door away from wind)
- Align vents with the wind for best ventilation and minimum condensation

Pitching a Tent

Special Considerations (adverse conditions)

- Wind
 - Find natural shelter or create temporary shelter
 - Use teammates to act as weights
 - Place heavy objects on tent components
 - Double-check all tent pegs
 - Avoid digging drainage moats (Leave No Trace!)

- Snow
 - Be aware of potential avalanche paths and avoid them
 - Find a level site to avoid a lot of extra work leveling later
 - Make sure entrance is dug out to prevent getting snowed in
 - Use special snow pegs or snow anchors

- Difficult Surfaces
 - Anticipate terrain conditions so you have the right equipment (sand pegs, snow pegs, etc.)
 - Soft surfaces: bury guy line with peg (can tie guy line to branch and bury that too)
 - Tie down to trees or bushes
 - Use large logs or rocks to secure tent pegs

Types of Packs

External Frame

Lower Cost

"Best choice if you'll be hiking mostly on groomed trails carrying lots of weight."

"Usually have lots of smaller compartments that make organization easier." Can tie additional gear to the frame (some consider this a disadvantage since the extra gear tends to get caught on branches).

Frame sometimes catches on branches and such

Less padding of the hard metal frame

Internal Frame

Higher Cost

"More form-fitting, so they are better for guys who'll be hiking rugged trails that require freedom of movement and balance."

"Most ... have one huge compartment with a couple of zippered access points."

More streamlined for less snagging on branches (some even have extra straps to compress the contents even further)

Frame has more padding

Types of Packs (Examples)

External Frame



Internal Frame



Types of Sleeping Bags

- Shape
 - Mummy
 - Form-fitting to lock in warmth (the more snug the better)
 - Require sleeping on the back
 - Best option for cold conditions
 - Rectangular
 - Allows more movement
 - More comfortable
- Fill
 - Down
 - Goose down is the best material as it compresses easily and has excellent insulation characteristics
 - Synthetic
 - Cheaper than down
 - Some synthetic materials work better than down in wet conditions

Types of Sleeping Bags

Mummy



Rectangular



Other Sleeping Bag Considerations

- Temperature Rating
- Weight
- Size (for sleeping and when compressed)
- Shell and liner materials (good weather protection, breathable, durable)
- Stitching (potential heat loss)
- Zippers (waterproof, draft flaps)
- Hoods (some are detachable)
- Collars (fixed, built-in collars only needed for extremely cold weather)
- Pillow pockets (for comfort)
- Sleeping pad connections (if you wiggle around a lot)
- Color (darker colors sun-dry faster)

Prepare for Campout

- Make a checklist of personal and patrol gear needed.
- Pack your own gear and your share of the patrol equipment and food.
- Show that pack is properly packed to get to get to the proper items quickly.

Propane/Butane Camp Stove Safety Precautions

- **Stove**
- Make sure that the stove is in a properly ventilated area outdoors. Never use a propane stove in a camper, tent or a garage. Propane gives off carbon monoxide. Too much carbon monoxide will cause a person's oxygen level to be depleted and may lead to death. Make sure that the propane cylinder that attaches to the stove is not rusted or broken anyway. Also, make sure that the knobs that connect the stove to the cylinder are not stripped and have a secure and tight fit.
- **Burner**
- One of the most important parts of the propane camping stove is the burner. The burner uses the gas flow from the canister to ignite the burner. The burner establishes a flame which is controlled by the temperature knob. If the burner has any breaks or rust in its shape, it will likely not perform up to proper temperature standards. Most burners can reach temperatures up to 400 degrees F, while some are higher depending on the size of the stove.
- **Ignition**
- Making sure that the stove ignites properly and quickly is beneficial in it reaching the recommended temperatures. Ignition occurs when a switch is engaged and the friction from the switch meets the gas flow to establish a spark. The spark ignites the burner and the stove begins to heat up. For ignition problems, checking to see if a battery needs to be replaced is a safe troubleshooting method. It is not recommended to ignite a stove with a match or lighter if the igniter switch is broken. Doing so can cause a small fireball of gas to rise and possibly cause burns on the person igniting the stove.
- **Lighting**
- Lighting the stove should always be done using the stove's igniter--a safe method because the spark is isolated inside of the stove. The metal stove resists fire and backlash from a small gas explosion, should one occur. Making sure that fingers, arms, face and other body parts are away from the stove during the ignition process will reduce the risks of burns and serious injury.

Liquid Fuel Camp Stove Safety Precautions

- **Do not cook inside your tent.** This may be obvious enough, but you really shouldn't cook inside your tent or any poorly-ventilated place for that matter. Carbon monoxide build-up inside your tent is poisonous and can be fatal. Aside from that, there's also the danger of your tent catching fire, which you certainly don't want to happen during your camping trip.
- **Check your Stove for leaks.** Before lighting your Camping Stove, check it first for leaks. Leaking gas from your Stove can cause fire when ignited which could endanger not only your life but also those of your camping companions. More than that, it would actually be better if you check it for leaks even before you go on a camping trip.
- **Use only the recommended fuel for your Stove.** Using the correct fuel for your Stove ensures that it is working in its optimal condition. It would also save you from the danger of something going terribly wrong when you use an incompatible Stove and fuel. But if you really want a Stove that's versatile enough, then consider buying a multi-fuel stove instead.
- **Empty your Stove of fuel before storing it.** As a safety measure, always empty your Stove before storing it. That way, it doesn't become a fire hazard. Besides, it is not advisable to use fuel that has been stored for a long time.
- **Refueling your Stove.** To prevent fires, never fill your Stove with fuel inside your tent. And if you're one of the curious types, never try to refuel it when it is still lit. Doing so is very dangerous and can be very fatal. Finally, never light your Stove in the same place where you filled it. It is to prevent you from lighting spilled fuel which, again, is extremely dangerous.

Proper Storage of Fuel

- Liquid fuels must be stored and carried in a strong metal container that does not leak. When filling your stove, use a small funnel to prevent spills. Do not overfill your stove. Air space inside the tank is vital to proper function, and if liquid fuel is pushed through the burner you'll have a fire that can quickly spread. Securely tighten the fuel tank cap.
- Keeping the canister rust-free and well maintained will aid in preventing accidents.
- Before using a canister, create a mixture using 1 tbsp of dishwashing detergent to 1 cup of water and lightly pour on the outside of the canister to determine if there are any leaks. The mixture will lightly bubble if there is a hole in the canister with escaping gas. The propane canister should be used carefully when attaching and detaching from the camping stove. Making sure that the nozzle is tight and that there are no leaks or holes will assist in the stove working and functioning properly. The canister should be stored in a cool dry location away from heat and additional flame. The canister should not be shaken or dropped as this could cause the canister to explode. Additionally, making sure the propane canister is the appropriate size for the stove will prevent a gas leak.

Comparison of Liquid Fuel to Propane/Butane Camp Stoves

- **Efficiency**

Liquid fuel stoves outperform propane stoves, especially in colder weather. Propane stoves are less efficient when they are low on fuel, whereas liquid stoves perform well down to the last drop of fuel.

- **Weight**

Propane backpacking stoves tend to be lighter in weight than liquid fuel stoves. Two-burner camp stoves are around the same weight regardless of fuel type.

- **Safety**

Propane canister stoves are easier to use than liquid fuel stoves. Liquid fuel stoves need to be primed in order to light so they require some fiddling with an unstable flame.

- **Environmental Impact**

Propane fuel canisters are disposable and can be difficult to recycle. Liquid fuel stoves create less waste and have less environmental impact.

Menu Considerations

Backpacking	Float
Weight, very important	Weight, not as important unless portaging.

Cooking

- Cooking at least one breakfast, one lunch and one dinner for your patrol.
- At least one meal must be a trail meal requiring the use of a lightweight stove.

Requirement 9a

- Camp a total of at least 20 days and 20 nights.* Sleep each night under the sky or in a tent you have pitched. The 20 days and 20 nights must be at a designated Scouting activity or event. 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.

Requirement 9b (2 of the following)

- 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 of 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.
- Perform a conservation project approved by the landowner or land managing agency.

Requirement 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.