



Backpacking Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Backpacking merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

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

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

REQUIREMENT 11b REQUIRES COUNSELOR APPROVAL.

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:

Prevention:

Treatment:

HEAT REACTIONS:

Prevention:

Treatment:



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FROSTBITE:

Prevention:

Treatment:

DEHYDRATION:

Prevention:

Treatment:

INSECT STINGS:

Prevention:

Treatment:



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TICK BITES:

Prevention:

Treatment:

SNAKEBITE:

Prevention:

Treatment:

BLISTERS:

Prevention:

Treatment:



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

ITEM #1:

Name:

Notes:

ITEM #2:

Name:

Notes:

ITEM #3:

Name:

Notes:

ITEM #4:

Name:

Notes:



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ITEM #5:

Name:

Notes:

ITEM #6:

Name:

Notes:

ITEM #7:

Name:

Notes:

ITEM #8:

Name:

Notes:



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ITEM #9:

Name:

Notes:

ITEM #10:

Name:

Notes:

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

WEIGHT AND BULK LIMITER #1:

Notes:

WEIGHT AND BULK LIMITER #2:

Notes:



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WEIGHT AND BULK LIMITER #3:

Notes:

WEIGHT AND BULK LIMITER #4:

Notes:

WEIGHT AND BULK LIMITER #5:

Notes:

WEIGHT AND BULK LIMITER #6:

Notes:

WEIGHT AND BULK LIMITER #7:

Notes:



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WEIGHT AND BULK LIMITER #8:

Notes:

WEIGHT AND BULK LIMITER #9:

Notes:

WEIGHT AND BULK LIMITER #10:

Notes:

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

Notes:



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

Notes:

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

Notes:



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

Notes:

REQUIREMENT 4a: Describe the importance the Leave No Trace Seven Principles while backpacking.

Notes:

THE 7 PRINCIPLES of Leave No Trace

1. Plan Ahead & Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors



REQUIREMENT 4a: Describe the importance of following the Outdoor Code while backpacking.

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, and
Be Conservation-minded

Notes:

REQUIREMENT 4a: Describe at least five ways you can lessen the crew's impact on the environment.

LESSEN IMPACT ON ENVIRONMENT WAY #1:

Notes:



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LESSEN IMPACT ON ENVIRONMENT WAY #2:

Notes:

LESSEN IMPACT ON ENVIRONMENT WAY #3:

Notes:



LESSEN IMPACT ON ENVIRONMENT WAY #4:

Notes:

LESSEN IMPACT ON ENVIRONMENT WAY #5:

Notes:



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REQUIREMENT 4b: Describe proper methods of handling human and other wastes while on a backpacking trek.

Notes:

REQUIREMENT 4b: Describe the importance of and means to assure personal cleanliness while on a backpacking trek.

Notes:



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

Notes:

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

Consider using the [Backpacking Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Why water treatment is essential:



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

Notes:

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

Consider using the [Backpacking Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6b: 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.

Trek Date and Location:

Adult from trek that can validate completion for counselor consideration:

Adult's Name

Phone or Email

Adult's Signature

Date

☐

completed



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REQUIREMENT 6c: Explain how to stay found.

Notes:

REQUIREMENT 6c: Explain what to do if you get lost.

Notes:

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

Notes:



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SCOUTS MAY FIND THE FOLLOWING BACKPACKING CHECKLIST HELPFUL TO REFERENCE

Backpack and Storage

- ☐ Backpack
- ☐ Shoulder strap camera pocket (optional)
- ☐ Waterproof stuff sacks for gear (interior rain protection)
- ☐ Large Ziploc garbage bag
- ☐ Large safety pin (for drying clothes)

Shelter

- ☐ Tent
- ☐ Rainfly
- ☐ Tent poles or trekking poles
- ☐ Stakes
- ☐ Guy lines
- ☐ Groundsheet (optional)

Sleep System

- ☐ Sleeping bag or quilt
- ☐ Pad attachment straps (optional)
- ☐ Waterproof stuff sack for sleeping bag
- ☐ Sleeping pad

Tools & Accessories

- ☐ Trekking poles (optional)
- ☐ Lightweight hammock / tree straps (optional)
- ☐ Z-seat pad (optional)
- ☐ Pocket knife or multi-tool with lanyard
- ☐ Phone (turn on low power / airplane mode)
- ☐ Waterproof phone case
- ☐ Bear and/or Bug spray
- ☐ Camera and waterproof case or Ziploc (optional)
- ☐ Flashlight / Headlamp
- ☐ Extra Battery (for camera and/or flashlights)
- ☐ Power bank and cords for charging electronics
- ☐ Assorted Ziploc bags
- ☐ Cash, ID, Credit Card, insurance card in waterproof holder

Hydration

- ☐ 2 - 4 Water bottles or hydration reservoir
- ☐ Collapsible water containers (optional)
- ☐ Water Treatment (filter, UV purifier, Pills, etc.)
- ☐ Pre-filter for water treatment

Camp Kitchen

- ☐ Stove and fuel
- ☐ Cookpot and lid
- ☐ Small lighter or two
- ☐ Spoon
- ☐ Cup or mug (optional)
- ☐ Small quick-dry towel
- ☐ Pot scraper (optional)
- ☐ Biodegradable soap (optional)
- ☐ Spice kit (optional)

Navigation Equipment

- ☐ Topo map(s)
- ☐ Waterproof map bag or Ziploc
- ☐ Compass
- ☐ Watch (optional)
- ☐ GPS or GPS phone app pre-loaded
- ☐ Weather app pre-loaded & check regularly
- ☐ 2 itineraries (1 left with friend / 1 left under car seat)
- ☐ Call Ranger Station for current trail conditions and regulations
- ☐ Backpacking permits

Entertainment

- ☐ Book or Kindle (optional)
- ☐ Crossword Puzzles (optional)
- ☐ Cribbage or dice (optional)
- ☐ Notebook and writing utensil (optional)
- ☐ Headphones (optional)
- ☐ Backpacking Merit Badge Pamphlet & Workbook



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Emergency Kit

- ☐ Whistle
- ☐ Duct tape
- ☐ Sewing / Patch Kit
- ☐ Super Glue (optional)
- ☐ Small Sharpie (optional)
- ☐ Stormproof matches / small fire starter

First Aid

- ☐ Band-Aids of various sizes
- ☐ Antibiotic ointment
- ☐ Gauze pads
- ☐ Medical tape
- ☐ Latex gloves
- ☐ Tweezers
- ☐ Safety Pins
- ☐ Moleskin
- ☐ Antihistamines
- ☐ Antidiarrheal

Clothing

- ☐ Rain Gear (Jacket and Pants)
- ☐ Down Jacket
- ☐ Fleece Jacket
- ☐ Warm Gloves
- ☐ Fleece Hat
- ☐ Long-Sleeve Shirt (sun and bugs)
- ☐ Short-Sleeve Shirt
- ☐ Underwear (1-3 pairs)
- ☐ Socks (2-4 pairs)
- ☐ Warm Wool Socks (1-2 pairs)
- ☐ Base Layer clothes
- ☐ Sunglasses (optional)
- ☐ Sun Hat
- ☐ Bandana or Buff
- ☐ Hiking Shoes or Boots
- ☐ Camp shoes / Sandals (optional)
- ☐ Gaiters (optional)

Food

- ☐ Provisions (2,500-3,500 calories per day)
- ☐ Extra day's supply of food
- ☐ Food Bag (waterproof)
- ☐ 50' nylon cord and carabiner (bear bag hanging)

Personal Toiletries

- ☐ Sunscreen
- ☐ Lip balm with SPF
- ☐ Hand Sanitizer
- ☐ Toilet Paper/Wipes & sealable bag (to pack it out)
- ☐ Digging Trowel
- ☐ Menstrual products
- ☐ Toothbrush and paste
- ☐ Floss
- ☐ Prescription RX
- ☐ OTC meds and vitamins
- ☐ Contact lenses and supplies/glasses
- ☐ Lotion (optional)
- ☐ Bug Spray or Wipes
- ☐ Eye drops (optional)
- ☐ Hair Accessories (small comb, hair ties, etc.) (optional)
- ☐ Nail Clippers (optional)

OTHER ITEMS FOR CONSIDERATION

- ☐ Change of clothes and shoes left in car for post trip
- ☐ Seasonal Hiking Gear (ice axe, spikes, etc.)
- ☐ Car Phone Charger (left in car)
- ☐ Parking pass for car
- ☐ Water for pre-drive "shower" (left in car)
- ☐ Clean Towel (left in car)
- ☐ Back Up Lighter
- ☐ Backup Water Treatment Pills (Chlorine Dioxide)



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

BACKAPAKING STOVE #1:

Stove Type and Fuel Type:

Advantages

Disadvantages

BACKAPAKING STOVE #2:

Stove Type and Fuel Type:

Advantages

Disadvantages

BACKAPAKING STOVE #3:

Stove Type and Fuel Type:

Advantages

Disadvantages



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

Consider using the [Backpacking Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

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

MEAL #1:

Date, Location, and Meal Type:

Notes about Meal:

MEAL #2:

Date, Location, and Meal Type:

Notes about Meal:



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MEAL #3:

Date, Location, and Meal Type:

Notes about Meal:

REQUIREMENT 8d: 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.

Consider using the [Backpacking Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

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

Notes:



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

SCOUTS MAY FIND THE FOLLOWING PRE-HIKE CHECKLIST HELPFUL TO REFERENCE
ADD YOUR OWN ITEMS ALSO

Upon Deciding

- ☐ Pick Your Date and Location
- ☐ Notify Family / Friends / Boss
- ☐ House Sitter / Pet Sitter
- ☐ Start Saving
- ☐ Make Sure Medical and Dental Check is recent

Upon Deciding

- ☐
- ☐
- ☐
- ☐
- ☐

A week or more before your hike

- ☐ Gather Gear
- ☐ Gear Shakedown
- ☐ Ensure credentials are up to date (DL, Insurance, CC, etc.)
- ☐ Treat Clothes with Insect protectant
- ☐ Finalize travel plans
- ☐ Update / Download /Clean Apps on phone

A week or more before your hike

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Day(s) before your hike

- ☐ Gear Shakedown... again
- ☐ Purchase your food
- ☐ Download / Print Maps
- ☐ Send Out / Distribute Resupply Boxes
- ☐ Keys for house / arrangement for pets
- ☐ Send Out / Distribute Resupply Boxes

Day(s) before your hike

- ☐ Backpacking Merit Badge Pamphlet & Workbook
- ☐
- ☐
- ☐
- ☐
- ☐

This requirement must be done with your merit badge counselor or signed off by your Adult Trail Lead for your merit badge counselor's consideration

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Date and Location of Prehike Inspection:

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date

☐

approved



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

This requirement must be done with your merit badge counselor or signed off by your Adult Trail Lead for your merit badge counselor's consideration

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date ☐ *approved*

Notes:

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

This requirement must be done with your merit badge counselor or signed off by your Adult Trail Lead for your merit badge counselor's consideration

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date ☐ *approved*

Notes:



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

This requirement must be done with your merit badge counselor or signed off by your Adult Trail Lead for your merit badge counselor's consideration

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date

☐

approved

Notes:



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REQUIREMENT 10: Following the Leave No Trace Seven Principles and the Outdoor Code, 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.

BACKPACKING TREK #1:

Date, Duration, and Location of Backpacking Trek:

Notes:

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date ☐ *approved*



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BACKPACKING TREK #2:

Date, Duration, and Location of Backpacking Trek:

Notes:

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date

☐

approved



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BACKPACKING TREK #3:

Date, Duration, and Location of Backpacking Trek:

Notes:

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date

☐

approved



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REQUIREMENT 11a: 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.

Consider using the [Scout Planning Worksheet](#) to help complete this Requirement.

Backpacking Trip Planner

Trip details

Where

- Area
- Starting point
- Ending point
- Specific trails or routes
- Potential route changes, like side-trips, extensions, and shortcuts
- Anticipated mileage or vertical gain
- Link to your maps, or to maps, guide(s), or trip report(s) that you heavily referenced

When

- Entry date and time
- Exit date and time

Who

- All group members, if applicable

Emergency

- Contact info for your emergency contacts
- Contact info for emergency personnel in the area (e.g., sheriff, NPS dispatch, bush pilot)
- Emergency protocol: "Grace period" after intended exit date before emergency personnel is contacted

Permit

- If reserved: Permit number, entry trailhead and/or designated campsites, group size, where & when to pick it up in-person
- If not reserved: Where and when to obtain it, and details about your primary and backup itineraries

Travel

- Method(s)
- Reservation details for cars, motel rooms, shuttle

Route Info

If there is not a single definitive guide for your trip, or if you wish to supplement your guide with information that you obtained elsewhere (e.g., online trip reports, forum threads, phone calls), place it here.

Itinerary & Lodging

Day 1 – Day, Month, Date

Summary of daily agenda and plan – Lots and lots of detail.



Backpacking Trek Plan



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REQUIREMENT 11b: Following the Leave No Trace Seven Principles and the Outdoor Code, take the trek as planned in requirement 11(a) that is at least five full days, covering at least 30 miles and utilizing at least three different campsites. While on trek, complete at least one service project approved by your counselor.

Service Project Description:

COUNSELOR APPROVAL: IS REQUIRED.

Counselor's Name

Phone or Email

Counselor's Signature

Date ☐ *approved*

This requirement must be done with your merit badge counselor or signed off by your Adult Trail Lead for your merit badge counselor's consideration

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



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BACKPACKING TREK PLANNED FROM 11A:

Date, Duration, and Location of Backpacking Trek:

Notes:

Adult Trail Lead's Name

Phone or Email

Adult Trail Lead's Signature

Date

☐

approved



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REQUIREMENT 11c: 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.

DAY #1:

Description of Activities:

Worked Well

Improvements



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DAY #2:

Description of Activities:

Worked Well

Improvements



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DAY #3:

Description of Activities:

Worked Well

Improvements



SCOUTMASTER BUCKY

DAY #4:

Description of Activities:

Worked Well

Improvements



SCOUTMASTER BUCKY

DAY #5:

Description of Activities:

Worked Well

Improvements



SCOUTMASTER BUCKY

DAY #6:

Description of Activities:

Worked Well

Improvements



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DAY #7:

Description of Activities:

Worked Well

Improvements