

## Philmont Prep for concurrent Backpacking/Hiking & Camping Merit Badge Completion during Training & Crew Trek

Major Category	Backpacking	Hiking	Camping
First Aid 1	1. Show that you know first aid for injuries or illnesses that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.	1. Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, sprained ankle, insect stings, tick bites, snakebite, blisters, hyperventilation, and altitude sickness.	1. Show that you know first aid for injuries or illnesses that could occur while camping, including hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, insect stings, tick bites, snakebite, and blisters.
Leave no Trace 2	4a. 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. 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. 11b. 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.	2. Explain and, where possible, show the points of good hiking practices including the principles of Leave No Trace, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.	2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal plan for implementing these principles on your next outing.
Planning 3	3a. Define limits on the number of backpackers appropriate for a trek crew 3b. Describe how a trek crew should be organized. 9a. Write a plan for a patrol backpacking hike that includes a time control plan. 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, schedule (including a daily time control plan), list of food and equipment needs, safety and emergency plan, and budget.	3. Explain how hiking is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes, and describe how you will increase your fitness for longer hikes. 4. Make a written plan for a 10-mile hike. Include map routes a clothing and equipment list, and a list of items for a trail lunch	3. Make a written plan for an overnight trek and explain how to get to your camping spot using a topographical map and compass. 4. Make a chart showing how a typical patrol is organized for an overnight campout. List assignments for each member.

<p>Stove Use/ Cooking 4</p>	<p>8b. 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. d. Demonstrate that you know how to keep cooking and eating gear clean and sanitary while on a backpacking trek.</p>		<p>7b. Prepare a camp menu that is right for backpacking. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination. 8a. Explain the safety procedures when using a: 1. Propane or butane/propane stove 2. Liquid fuel stove b. Discuss the advantages and disadvantages of different types of lightweight cooking stoves. c. Cook for your patrol a trail meal requiring the use of a lightweight stove.</p>
<p>Map &amp; Compass 5</p>	<p>6a. Demonstrate that you can read topographic maps. 6b. 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.</p>	<p>4. Make a written plan for a 10-mile hike. Include map routes, a clothing and equipment list, and a list of items for a trail lunch</p>	<p>3. Make a written plan for an overnight trek and explain how to get to your camping spot using a topographical map and compass.</p>
<p>Explain... 6</p>	<p>4b. 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 5b. Explain to your counselor the importance of staying well hydrated during a trek. 7a. Tell how to prepare properly for and deal with inclement weather while on a backpacking trek. b. Tell how to properly prepare for and deal with the human and environmental hazards you may encounter on a backpacking trek. 8a. Explain the advantages and disadvantages of three different types of backpacking stoves using at least three different types of fuel.</p>	<p>2. Explain and, where possible, show the points of good hiking practices including the principles of Leave No Trace, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.</p>	<p>5b. Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet. c. Explain the proper care and storage of camping equipment (clothing, footwear, bedding). d. Explain the term "layering." 6a. Describe the features of four types of tents and how to care for tents. Working with another Scout, pitch a tent. b. Discuss the reasons and methods of water purification. Discuss camp sanitation. c. Tell the difference between "internal" and "external" frame packs. Discuss the advantages and disadvantages of each.</p>
<p>Packing 7</p>	<p>9b. Show that you know how to properly pack your personal gear and your share of the crew's gear and food.</p>		<p>7c. Pack your own gear and your share of the patrol 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.</p>

Gear 8	2a. List 10 items that are essential to be carried on any overnight backpacking trek and explain why each item is necessary. 2b. Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety. 5.a. Demonstrate two ways to treat water and tell why water treatment is essential.	2. Explain and, where possible, show the points of good hiking practices including the principles of Leave No Trace, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.	5a. Prepare a list of clothing you would need for overnight campouts in warm weather and in cold weather. 6d. Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag. Make a comfortable ground bed. 7a. Make a checklist of personal and patrol gear that will be needed.
Gear Inspection 9	9c. Show you can properly shoulder your pack and adjust it for proper wear. 9d. Conduct a prehike inspection of the patrol and its equipment.		5e. Present yourself with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
Activities 10	9e. 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.	5. Take five hikes, each on a different day, and each of 10 continuous miles. Prepare a hike plan for each hike.* 6. Take a hike of 20 continuous miles in one day following a hike plan you have prepared.*	9a. Camp a total of at least 20 days and nights. You may use a week of long-term camp toward this requirement. Sleep each night under the sky or in a tent you have pitched (long-term camp excluded). b. On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision: 1. Hike up a mountain, gaining at least 2,000 vertical feet. 2. Backpack for at least four miles. 3. Take a bike trip of at least 15 miles or at least four hours. 4. Plan and carry out a float trip of at least four hours 5. Rappel down a rappel route of 30 feet or more.
Report on Trip(s) 11	11c. Upon your return, write a report about the trek that includes a day-by-day description of what you did or what happened, and what you might do the same and what you might do differently on your next trek.	7. After each of the hikes (or during each hike if on one continuous "trek") in requirements 5 and 6, write a short report of your experience. Give dates and descriptions of routes covered, the weather, and any interesting things you saw. Share this report with your merit badge counselor.	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.
Service Project 12	11b. <del>Using Leave No Trace principles, take the trek planned</del> and, while on the trek, complete at least one service project approved by your merit badge counselor.		9c. On one of your campouts, perform a conservation project approved in advance by the private landowner or public land management agency.