## St. Mary's Falls Backpacking Shakedown | 06-07 August 2022 | v 1.0 - 28 Jul 22

## Rank and Merit Badge Fulfillments

Instructors John & Lauren Ball jball@BSAtroop3.com | Iball@BSAtroop3.com

\* Items marked with an asterisk count towards a larger requirement

Item Number	Activity/Item	Merit Badge	Scout Rank	Rank or Merit Badge Page	Reference Material	Reference Pages	Section
		С	amping and Outdoo	or Ethics			
1	-Prepare and present yourself ready for an overnight camping trip -Show the right way to pack and carry		Tenderfoot	442	Scouts BSA Handbook	267-273	<b>1</b> a
2	-Spend one night camping with the patrol or troop -Sleep in a tent you pitched		Tenderfoot *Second Class	442 444	Scouts BSA Handbook	260, 276-279	1b 1a
	Sieep in a tene you pitened		*First Class	447			1a
3	-Explain the Leave No Trace principal	*Hiking Merit Badge *Camping Merit Badge	Second Class	<b>444 2,</b> 2	Scouts BSA Handbook Merit Badge Series - Hiking Merit Badge Series - Camping	224-235	1b REQ 2 REQ 2
4	-Explain the principles of Tread Lightly and demonstrate them	*Hiking Merit Badge	First Class	447 6	Scouts BSA Handbook Merit Badge Series - Hiking	233-234	1b REQ 2
5	-Select a location for your patrol site and recommend it to your leadership -Explain why you considered this site and where to pitch a tent	*Camping Merit Badge	Second Class	<b>444</b> 7	Scouts BSA Handbook Merit Badge Series - Camping	265-266	1c REQ 6c
6	-Explain how you practiced the Outdoor Code on a campout	*Camping Merit Badge	Tenderfoot	<b>442</b> 6	Scouts BSA Handbook Merit Badge Series - Camping	223-235	1c REQ 2
7	-Repeat from memory the outdoor code	*Camping Merit Badge	Scout Rank	<b>441</b> 6	Scouts BSA Handbook Merit Badge Series - Camping	223-224	1e REQ 2
			Cooking	Ü	Wiene Budge Series Cumping		MEQZ
8	-Assist in preparing one meal. Explain why meal prep and cleanup is important		Tenderfoot	442	Scouts BSA Handbook	304-305, 310-324	2a
9	-Explain when it is appropriate to use a fire for cooking or other purposes		Second Class	444	Scouts BSA Handbook	303-304, 387	2a
10	-Plan a menu for one breakfast, lunch, and dinner and requires cooking two meals (add a third meal to meet REQ 8d) -Explain how it meets nutritional needs	*Camping Merit Badge	First Class	<b>447</b> 8	Scouts BSA Handbook	290-301, 311-325	2a REQ 8c REQ 8d
11	-While camping, demonstrate meal safety	*Camping Merit Badge	Tenderfoot	<b>442</b> 8	Scouts BSA Handbook	307-308	2b REQ 8a(1 REQ 8a(2 REQ 8a(3
12	-Use a saw, ax, and knife to prepare tinder, kindling, and fuel wood for a fire		Second Class	444	Scouts BSA Handbook	389	2b
13	-Explain the importance of eating together as a patrol		Tenderfoot	442	Scouts BSA Handbook	325	2c
14	-Use tinder and kindling to start a fire then extinguish it		Second Class	444	Scouts BSA Handbook	388-391	2c
15	-Show which pans, utensils, and other gear will be needed to cook and serve the meals		First Class	447	Scouts BSA Handbook	302-304	2c
16	-Explain and demonstrate the use of a lightweight stove and a propane stove	*Camping Merit Badge	Second Class	<b>444</b> 8	Scouts BSA Handbook	303-304, 392-393	2d REQ 8b
17	-Demonstrate procedures to follow for safe handling and storage of fresh meat, dairy, eggs, vegies, and perishables -Show and dispose of camp garbage		First Class	447	Scouts BSA Handbook	306-309	2d
18	-On the campout, plan and cook one hot meal -Explain good nutrition -Transport, store, and prepare the foods	*Camping Merit Badge	Second Class	<b>444</b> 8	Scouts BSA Handbook	290-294, 300- 301, 309, 311- 325	2e REQ 8c
19	-Serve as a cook -Supervise building a cooking fire -Prepare breakfast, lunch, and dinner -Supervise the cleanup	*Camping Merit Badge	First Class	<b>447</b> 8	Scouts BSA Handbook	304-311	2e REQ 8c REQ 8d
			Tools				
20	-Demonstrate proper care, sharpening, and use of a knife, saw, and ax as well as uses		Tenderfoot	442	Scouts BSA Handbook	378-387	3d
		First A	id and Emergency F	reparedness			
21	-Show first aid for various emergencies (refer to list in book)	*Hiking Merit Badge *Camping Merit Badge *Orienteering Merit Badge	Tenderfoot Second Class	442 445 2, 6, 2	Scouts BSA Handbook Merit Badge Series - Hiking Merit Badge Series - Camping Merit Badge Series - Orienteering	120-141 114, 123-141	4a 6a REQ 1 REQ 1

22	-Describe poisonous plants and how to treat them		Tenderfoot	442	Scouts BSA Handbook	127, 191-192	4b
23	-Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and poisoning	*Hiking Merit Badge	Second Class	445 2	Scouts BSA Handbook Merit Badge Series - Hiking	115-122, 124	6b REQ 1
24	-Explain how to prevent or reduce injuries and exposure to 4a and 4b -Explain how to prevent or reduce injuries and exposure to 6a and 6b	*Hiking Merit Badge	Tenderfoot Second Class	442 445 2	Scouts BSA Handbook Merit Badge Series - Hiking	150-151 150-151	4c 6c REQ 1
25	-Assemble a personal first aid kit and how each item is used		Tenderfoot	442	Scouts BSA Handbook	108	4d
26	-Explain what to do for emergency response in the backcountry -Explain what information you will need to provide to a responder	*Hiking Merit Badge	Second Class	445 2	Scouts BSA Handbook Merit Badge Series - Hiking	151-155	6d REQ 1
27	-Explain how to obtain potable water in an emergency	*Camping Merit Badge	First Class	448 7	Scouts BSA Handbook Merit Badge Series - Camping	240	7f REQ 6b
	For letter than bould a control and the control		Hiking				
28	-Explain the buddy system and how it is used -Use the buddy system on a troop or patrol outing		Tenderfoot	442	Scouts BSA Handbook	29, 252	5a
29	-Describe what to do if you become lost on a campout or hike		Tenderfoot	442	Scouts BSA Handbook	254-255	5b
30	-Explain rules of safe hiking		Tenderfoot	443	Scouts BSA Handbook	252-253	5c
			Navigation				
31	-Demonstrate how a compass works and how to orient a map -Use a map to point out and tell the meaning of five map symbols	*Orienteering Merit Badge	Second Class	444 2	Scouts BSA Handbook Merit Badge Series - Orienteering	332-343	3a REQ 3b REQ 4f
32	-Using a compass and map together, take a 5 mile hike	*Camping Merit Badge *Orienteering Merit Badge	Second Class	444 6, 2	Scouts BSA Handbook Merit Badge Series - Camping Merit Badge Series - Orienteering	340-345	3b REQ 3 REQ 3b REQ 4f
33	-Demonstrate how to use a handheld GPS -Find current location, destination, and follow the route	*Camping Merit Badge	First Class	447	Scouts BSA Handbook Merit Badge Series - Camping	345-349	4b REQ 3
34	-Describe some hazards or injuries that you might encounter on your hike and how to prevent them	*Hiking Merit Badge	Second Class	444 2	Scouts BSA Handbook Merit Badge Series - Hiking	252	3c REQ 1
35	-Demonstrate how to find directions during the day and night without a compass or electronic device	*Hiking Merit Badge	Second Class	445 2	Scouts BSA Handbook Merit Badge Series - Hiking	354-357	3d REQ 2
36	-Make a written plan for an overnight trek	*Camping Merit Badge		6, 8	Merit Badge Series - Camping		REQ 3 REQ 7a
37	-Explain how a compass works -Describe the features of an orienteering compass	*Orienteering Merit Badge		2	Merit Badge Series - Orienteering		REQ 2
38	-Explain how a topo map works -Point out five terrain features on a map and in the field	*Orienteering Merit Badge		2	Merit Badge Series - Orienteering		REQ 4a
			Nature				
39	-Identify or show evidence of 10 kinds of wild animals. Tracks, signs, or photographs		Second Class	445	Scouts BSA Handbook	199-212	4
40	-Identify or show evidence of 10 kinds of native plants found at the campsite		First Class	447	Scouts BSA Handbook	188-199	5a
41	-Identify two ways to obtain a weather forecast for the backpack trip -Explain why it is important		First Class	448	Scouts BSA Handbook	212-218	5b
42	-Describe three natural indicators of impending hazardous weather, dangers, and actions to take		First Class	448	Scouts BSA Handbook	212-218	5c
43	-Describe the extreme weather conditions you might encounter in the outdoors -Explain how to determine these ahead of time -Explain how to mitigate these events		First Class	448	Scouts BSA Handbook	212-218	5d
			Citizenship				
44	-Take note of the trash and garbage you produce -Before the next outing, decide how to		First Class	449	Scouts BSA Handbook	55-56	9c
	reduce, reuse, or recycle what you bring		Merit Badges				
45	-Make a duty roster showing how the patrol is organized for an overnight campout -List assignments for each member	*Camping Merit Badge		6	Merit Badge Series - Camping		REQ 4a

46	-Help a patrol or webelos scout prepare for a campout including creating the duty roster, menu planning, equipment, and camp setup	*Camping Merit Badge	6	Merit Badge Series - Camping	REQ 4b
47	-Prepare a list of clothing for overnight campouts in warm and cold weather and explain layering	*Camping Merit Badge	6	Merit Badge Series - Camping	REQ 5a
48	-Discuss footwear for different kinds of weather and how footwear is important for protecting your feet	*Camping Merit Badge	6	Merit Badge Series - Camping	REQ 5b
49	-Explain proper care and storage of camping equipment	*Camping Merit Badge	7	Merit Badge Series - Camping	REQ 5c
50	-List outdoor essentials for any campout and why they are needed	*Camping Merit Badge	7	Merit Badge Series - Camping	REQ 5d
51	-Present yourself to your scoutmaster for inspection and be correctly clothed for an overnight campout	*Camping Merit Badge	7	Merit Badge Series - Camping	REQ 5e
52	-Describe the four types of tents and when and how they are used	*Camping Merit Badge	7	Merit Badge Series - Camping	REQ 6a
53	-Tell the difference between internal and external frame packs and discuss pros and cons	*Camping Merit Badge	7	Merit Badge Series - Camping	REQ 6d
54	-Describe different types of sleeping bags and what would be suitable for different conditions, proper care, and make a ground bed	*Camping Merit Badge	7	Merit Badge Series - Camping	REQ 6e
55	-Pack your own gear and gear check	*Camping Merit Badge	8	Merit Badge Series - Camping	REQ 7b
56	-Camp at least 20 days and 20 nights	*Camping Merit Badge	8	Merit Badge Series - Camping	REQ 9a
57	-Explain what orienteering is	*Orienteering Merit Badge	2	Merit Badge Series - Orienteering	REQ 2
58	-Point out and name 10 symbols on a topo map	*Orienteering Merit Badge	2	Merit Badge Series - Orienteering	REQ 4b
59	-Explain the meaning of declination	*Orienteering Merit Badge	2	Merit Badge Series - Orienteering	REQ 4c
60	-Show a topo map with magnetic north- south lines	*Orienteering Merit Badge	2	Merit Badge Series - Orienteering	REQ 4d
61	-Measure distance on a map using an orienteering compass	*Orienteering Merit Badge	2	Merit Badge Series - Orienteering	REQ 4d

www.BSAtroop3.com | www.BSAtroop1003.com