Camping Merit Badge
Noah Rose

Requirement 1: Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, frostbite, heat reactions, dehydration, altitude sickness, insect stings, tick bites, snakebite, blisters, and hyperventilation.

Plan:

1. **Hypothermia**

A. Symptoms:

- Shivering, though this may stop as body temperature drops
  - Slurred speech or mumbling
  - Slow, shallow breathing
  - Weak pulse
  - Clumsiness or lack of coordination
  - Drowsiness or very low energy
  - Confusion or memory loss
  - Loss of consciousness
  - Bright red, cold skin (in infants)

B. How to Help:

A. Call 911 ASAP
B. Gently move the person out of the cold. If going indoors isn't possible, protect the person from the wind, especially around the neck and head. Insulate the individual from the cold ground.
C. Gently remove wet clothing. Replace wet things with warm, dry coats or blankets.
D. If further warming is needed, do so gradually. For example, apply warm, dry compresses to the center of the body — neck, chest and groin. If you use hot water bottles or a chemical hot pack, first wrap it in a towel before applying.
E. Offer the person warm, sweet, nonalcoholic drinks.
F. Begin CPR if the person shows no signs of life, such as breathing, coughing or movement.

2. Frostbite

When exposed to very cold temperatures, skin and underlying tissues may freeze, resulting in frostbite. The areas most likely to be affected by frostbite are your fingers toes, nose, ears, cheeks and chin. If your skin pales or turns red and is very cold, hard or waxy looking, you may have frostbite. You may also experience a prickling feeling or numbness. With severe or deep frostbite, you may experience blistering and pain. You can only treat very mild frostbite (frostnip) with first-aid measures. All other frostbite requires medical attention. First-aid steps for frostbite are as follows:

- Get the Frostbitten person to the nearest hospital for professional medical attention.
- Check for hypothermia. Get emergency medical help if you suspect hypothermia. Signs and symptoms of hypothermia include intense shivering, slurred speech, drowsiness and loss of coordination.
- Protect your skin from further exposure. If you're outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose or ears by covering the area with dry, gloved hands. Don't rub the affected area and never rub snow on frostbitten skin.
- Get out of the cold. Once you're indoors, remove wet clothes.
- Gently rewarm frostbitten areas. Soak hands or feet in warm water — 99 to 108 F (37 to 42 C) — for 15 to 30 minutes. If a thermometer isn't available, test the water by placing an uninjured hand or elbow in it — it should feel very warm — not hot.
- Don't rewarm frostbitten skin with direct heat, such as a stove, heat lamp, fireplace or heating pad. This can cause burns.
- If there's any chance the affected areas will freeze again, don't thaw them. If they're already thawed, wrap them up so that they don't refreeze.
- Take pain medicine. If you are in pain, take over-the-counter ibuprofen (Advil, Motrin IB, others) to reduce pain and inflammation.
- Don't walk on frostbitten feet or toes if possible. This further damages the tissue.
- Know what to expect as skin thaws. If the skin turns red and you feel tingling and burning as it warms, normal blood flow is returning. But seek emergency medical attention if the numbness or pain remains during warming or if blisters develop.

3. Heat Reactions: Heat Exhaustion and Heat Stroke

A. Heat Stroke (The more serious one)

Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long. Heatstroke can occur without any previous heat-related condition, such as heat exhaustion. Heat stroke signs and symptoms include:

- Fever of 104 F (40 C) or greater
- Changes in mental status or behavior, such as confusion, agitation, slurred speech
- Hot, dry skin or heavy sweating
- Nausea and vomiting
- Flushed skin
- Rapid pulse
- Rapid breathing
- Headache
- Fainting, which may be the first sign in older adults.

If you suspect heat stroke, IMMEDIATELY call 911 or your local emergency number. Then immediately move the person out of the heat and cool him or her by whatever means available, for example:

- Put the person in a cool tub of water or a cool shower.
- Spray with a garden hose.
- Sponge with cool water.
- Fan while misting with cool water.
- Place ice packs or cool wet towels on the neck, armpits and groin.
- Cover with cool damp sheets.

Let the person drink cool water or other nonalcoholic beverage without caffeine, if he or she is able.

Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing or movement.

B. Heat Exhaustion

Heat exhaustion is one of the heat-related syndromes. Symptoms range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Heat exhaustion can begin suddenly, usually after working or playing in the heat, perspiring heavily or being dehydrated.

Heat exhaustion signs and symptoms include:

- Faintness or dizziness
- Nausea or vomiting
- Heavy sweating often accompanied by cold, clammy skin
- Weak, rapid pulse
- Pale or flushed face
- Muscle cramps
- Headache
- Weakness or fatigue

If you suspect heat exhaustion

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition. If you suspect heat exhaustion, take these steps immediately:

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.

Call 911 if you suspect that the person may have heat stroke.

C. Heat Cramps

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. The spasms may be more intense and more prolonged than are typical

nighttime leg cramps. Fluid and electrolyte loss often contribute to heat cramps. Muscles most often affected include those of your calves, arms, abdominal wall and back, although heat cramps may involve any muscle group involved in exercise.

If you suspect heat cramps

- Rest briefly and cool down
- Drink clear juice or an electrolyte-containing sports drink
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group
- Don't resume strenuous activity for several hours or longer after heat cramps go away

D. Dehydration

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Common causes of dehydration include vigorous exercise, especially in hot weather; intense diarrhea; vomiting; fever or excessive sweating. Not drinking enough water during exercise or in hot weather even if you're not exercising also may cause dehydration. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. The safest approach is preventing dehydration in the first place. Keep an eye on how much fluid you lose during hot weather, illness or exercise, and drink enough liquids to replace what you've lost.

4. Altitude (A.K.A., Mountain) Sickness

A. **Mild Altitude Sickness**

Symptoms may include:

- Fatigue

- Headache
- Loss of appetite
- Nausea
- Sleep problems
- Swelling of arms and legs
- Vomiting
- Weakness

B. Severe altitude sickness

Symptoms may also include:

- Shortness of breath at rest, fast heart beat, dry cough
- Severe headache, altered vision, disorientation.

1. Descend to Lower Altitude

- For mild acute mountain sickness, the person may be able to stay at current altitude to see if his or her body adjusts. If symptoms don't get better in 24 to 48 hours or if they get worse, the person should go down to a lower altitude and seek immediate medical care.
- For severe symptoms, the person should immediately be taken down 1,500 to 2,000 feet with as little exertion as possible. Keep going down until symptoms go away. Get medical help right away as waiting could cause serious problems or even death.
- Even if symptoms are mild, the person should not go any higher in altitude until symptoms are completely gone.

2. Treat Symptoms

- Give oxygen, if available.
- Keep the person warm and have him or her rest.
- Give plenty of liquids.
- Give acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) forheadache.

3. See a Health Care Provider

- If mild symptoms persist after descent, call a health care provider.
- For severe symptoms, the person should see a doctor as soon as possible, even if symptoms go away after descent.

5. Insect Bites

Most reactions to insect bites and stings are mild, causing little more than redness, itching, stinging or minor swelling. Rarely, insect bites and stings, such as from a bee, a wasp, a hornet, a fire ant or a scorpion, can result in severe reactions. Some insects also carry disease, such as West Nile virus.

For mild reactions

To take care of an insect bite or sting that causes a mild reaction:

- Move to a safe area to avoid more bites or stings.
- If needed, remove the stinger.
- Wash the area with soap and water.
- Apply a cool compress. Use a cloth dampened with cold water or filled with ice. This helps reduce pain and swelling. If the injury is on an arm or leg, elevate it.
- Apply a cream, gel or lotion to the injured area. Use products containing ingredients such as hydrocortisone, pramoxine or lidocaine to help control pain. Use creams such as calamine lotion or those containing colloidal oatmeal or baking soda to help soothe itchy skin.
- Use over-the-counter medications. Try a pain reliever, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others), or an antihistamine (Benadryl, Chlor-Trimeton, others).

Usually, the signs and symptoms of a bite or sting disappear in a day or two. If you're concerned — even if your reaction is minor — call your doctor.

When to seek emergency care

Call 911 or your local emergency number if the injured person experiences:

- Difficulty breathing
- Swelling of the lips, eyelids or throat
- Dizziness, faintness or confusion
- Rapid heartbeat
- Hives
- Nausea, cramps or vomiting
- A scorpion sting and is a child

Take these actions immediately while waiting for medical help:

- Ask the person if he or she is carrying an epinephrine autoinjector (EpiPen, Auvi-Q, others) to treat an allergic attack.
- If the person says he or she needs to use an autoinjector, ask whether you should help inject the medication. This is usually done by pressing the autoinjector against the person's thigh and holding it in place for several seconds.
- Loosen tight clothing and cover the person with a blanket. Don't give him or her anything to drink.
- Turn the person on a side to prevent choking if he or she is vomiting or bleeding from the mouth.
- Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement.

6. Tick Bites

Most tick bites cause only minor injury. But some ticks may transmit bacteria that cause illnesses, such as Lyme disease or Rocky Mountain spotted fever.

To take care of a tick bite

- Remove the tick promptly and carefully. Use tweezers to grasp the tick near its head or mouth and pull gently to remove the whole tick without crushing it. Other methods — such as applying petroleum jelly, fingernail polish, rubbing alcohol or a hot match — aren't recommended.
- If possible, seal the tick in a container. Put the container in a freezer. Your doctor may want to see the tick if you develop signs or symptoms of illness after a tick bite.

- Wash your hands with soap and water. Also wash the area around the tick bite.

When to seek emergency care

Call 911 or your local emergency number if you develop:

- A severe headache
- Difficulty breathing
- Paralysis
- Heart palpitations

When to contact your doctor

- You aren't able to completely remove the tick. The longer the tick remains attached to your skin, the greater your risk of getting a disease from it.
- The rash gets bigger. A small red bump may appear at the site of the tick bite. This is normal. But if it develops into a larger rash, perhaps with a bull's-eye pattern, it may indicate Lyme disease. Also consult your doctor if signs and symptoms disappear because you may still be at risk of the disease. Your risk of contracting a disease from a tick bite depends on where you live or travel to, how much time you spend outside in woody and grassy areas, and how well you protect yourself.
- You develop flu-like signs and symptoms. Fever, chills, fatigue, body aches and a headache may accompany the rash.
- You think the bite site is infected. Signs and symptoms include redness or oozing.

If possible, bring the tick with you to your doctor's appointment.

7. Snake Bites

Most North American snakes aren't dangerous to humans. Some exceptions include the rattlesnake, coral snake, water moccasin and copperhead. Their bites can be life-threatening.

If you are bitten by a venomous snake, call 911 or your local emergency number immediately, especially if the area changes color, begins to swell or is painful. Many hospitals stock antivenom drugs, which may help you.

If possible, take these steps while waiting for medical help:

- Remain calm and move beyond the snake's striking distance.
- Remove jewelry and tight clothing before you start to swell.
- Position yourself, if possible, so that the bite is at or below the level of your heart.
- Clean the wound, but don't flush it with water. Cover it with a clean, dry dressing.

Caution

- Don't use a tourniquet or apply ice.
- Don't cut the wound or attempt to remove the venom.
- Don't drink caffeine or alcohol, which could speed the rate at which your body absorbs venom.
- Don't try to capture the snake. Try to remember its color and shape so that you can describe it, which will help in your treatment.

8. Blisters

If a blister isn't too painful, try to keep it intact. Unbroken skin over a blister may provide a natural barrier to bacteria and decreases the risk of infection. Cover it with an adhesive bandage. If you're allergic to the adhesive used in some tape, use paper tape.

Seek medical care if the blister is painful or prevents you from walking or using one of your hands. Consider taking the following self-care measures if medical help is not available.

How to drain a blister

To relieve blister-related pain, drain the fluid while leaving the overlying skin intact. Here's how:

- Wash your hands and the blister with soap and warm water.
- Swab the blister with iodine.
- Sterilize a clean, sharp needle by wiping it with rubbing alcohol.
- Use the needle to puncture the blister. Aim for several spots near the blister's edge. Let the fluid drain, but leave the overlying skin in place.
- Apply an ointment (Vaseline, Plastibase, other) to the blister and cover it with a nonstick gauze bandage. If a rash appears, stop using the ointment.

- Change the dressing every day. Apply more ointment and a bandage.

Blister prevention

To prevent friction blisters on your feet, wear shoes that fit well. It also helps to use moisture-wicking socks. Try the various socks, shoes and insoles that are designed specifically to help reduce blistering. You might also try attaching moleskin to the inside of your shoe where it might rub or dusting the inside of your socks with talcum powder. Gloves help prevent blisters on your hands.

9. Hyperventilation

Call 911 if the person has:

- Chest pain, including pain that is crushing, squeezing (feels like a heavy weight on the chest), or is sharp and stabbing, especially if it is worse with deep breaths
- Difficulty breathing
- Racing heartbeat
- Fevers or chills

1. Reassure the Person

- Calm the person to help reduce anxiety.

2. Help the Person Relax Breathing

Go to a hospital emergency room if:

- The person's symptoms don't get better after several minutes.
- Symptoms get worse or the person is in pain.

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

SYLLABUS
Camping

Mon – Thurs 10 – 10:45 & 2pm – 2:45

COURSE GOALS

At the end of this course, you will **KNOW**

- How to effectively plan a personal & group camping trip including meals, equipments & duty rosters.
- How to pack your personal gear and group gear for the appropriate weather conditions.
- How to identify the possible dangers and to administer basic first aid in a minor or major emergency situation.
- How to set up camp in a safe environment.
- "Leave No Trace Principles" and the outdoor code.
- How to prepare and clean up meals as well as proper food storage
- How to break camp and store equipment when you return home.
- How to have fun.

NEEDS AND RESOURCES

Required Background

To successfully complete this course, you must perform the: **EDGE METHOD**

- Explain the appropriate steps needed for a personal and group camping trip.
- Demonstrate basic first aid, filling out duty rosters and meals, backpacking, food storage, breaking camp and leave no trace principles.
- Guide a Scout Patrol or a Webelo Den in preparing for and executing a camping trip.
- Enable yourself and other scouts to complete all requirements for this merit badge.

Required Materials

To successfully complete this course, you will need

- Pencil/Pen
- Notepad
- First Aid Kit
- Bottled Water

Additional Print Resources

- Camping Merit Badge – BSA Merit Badge Series

Online Resources

[Insert bulleted list of helpful Web sites.]

- WWW.Camping.about.com
- WWW.REI.com

COURSE SCHEDULE

		Requirements	
Monday:	Outdoor Hazards	1A	
	First Aid	1B	
	Leave No Trace	2	
	Planning	3	Using **a topical map and compass**
Tuesday:	Duty Rosters	4A	
	Clothing & Layering	5	
	Protecting your feet	5A	
	Proper Clothing Storage	5B	
	Campout Essentials	5C	**Refer to Camping Essential Checklist**
Wednesday:	Four Tent Types & Care	6	**Pitch a tent (Required)**
	Sanitation & Water Treatment	6A	**Tablets/Filtration Kit**
	Pitching a tent and Hazards	6B	
	Backpacks Internal / External	6C	
	Sleeping bags and sleeping	6D	
Thursday:	Camp Stove Safety	8	
	Lightweight Stoves (Pros &Cons)	8A	
	Camp Menu and food prep	8B	
	6 Nights under the stars	9	
	Overview & Discussion	10	

POLICIES AND PROCEDURES

General Rules:
Attendance will be taken daily. If you miss a day or part of the course due to health reasons you will be permitted to see your course instructor for help getting caught up. No excessive talking or disruptive behavior will be tolerated. You will be given a three strike policy and then the course director will remove you from the course. Do not be late for your course. Course instructors have a limited amount of time to cover a lot of course material. You may have requirements to complete when you return home. You will need to make sure to have your course instructor's email and phone number so that the course can be signed off on as completed. Course participation will be required to pass any course. Your participation will include taking notes, using the "edge method" and group activity performance. This is not a graded course but your participation will be required for your instructor to complete your merit badge. Bring all required materials to your course area each day. If you have an issue with your course instructor, you may report the issue to your scoutmaster and the scoutmaster should report it to either the area director of the course or CBH programs director.

ADDITIONAL INFORMATION

In the case of hazardous weather conditions your instructor will lead you to the nearest safe location.

CONTACT INFORMATION

Course Director: _____

Course Directors Phone: _____

Course Directors Email: _____

Instructor: _____

Instructors Phone: _____

Instructors Email: _____

Camping

1. Do the following
    a. Explain to your counselor the most likely hazards you may encounter while participating in camping activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards
    b. Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, frostbite, heat reactions, dehydration, altitude sickness, insect stings, tick bites, snakebite, blisters, and hyperventilation.
2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal and group plan for implementing these principles on your next outing..
3. Make a written plan for an overnight trek and show how to get to your camping spot using a topographical map and compass OR a topographical map and a GPS receiver.
4. Do the following:
    A. Make a duty roster showing how your patrol is organized for an actual overnight campout. List assignments for each member.
    B. Help a Scout patrol or a Webelos Scout unit in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.
5. Do the following:
    . Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term "layering."
    A. Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.
    B. Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
    C. List the outdoor essentials necessary for any campout, and explain why each item is needed.
    D. Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
6. Do the following:
    . Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another Scout, pitch a tent.
    A. Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.
    B. Describe the factors to be considered in deciding where to pitch your tent.
    C. Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.
    D. Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag and how to keep it dry. Make a comfortable ground bed.
7. Prepare for an overnight campout with your patrol by doing the following:
    . Make a checklist of personal and patrol gear that will be needed.
    A. 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.

Camping

8. Do the following:
    . Explain the safety procedures for:
        1. Using a propane or butane/propane stove
        2. Using a liquid fuel stove
        3. Proper storage of extra fuel
    A. Discuss the advantages and disadvantages of different types of lightweight cooking stoves.
    B. Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. 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.
    C. Cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.
9. Show experience in camping by doing the following:
    . Camp a total of at least 20 nights at designated Scouting activities or events. One long-term camping experience of up to six consecutive nights may be applied toward this requirement. Sleep each night under the sky or in a tent you have pitched. If the camp provides a tent that has already been pitched, you need not pitch your own tent.
    A. 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 1,000 vertical feet.
        2. Backpack, snowshoe, or cross-country ski for at least 4 miles.
        3. Take a bike trip of at least 15 miles or at least four hours.
        4. Take a nonmotorized trip on the water of at least four hours or 5 miles.
        5. Plan and carry out an overnight snow camping experience.
        6. Rappel down a rappel route of 30 feet or more.
    B. Perform a conservation project approved by the landowner or land managing agency.
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.