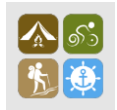




Outdoor Life Trail Badge Worksheet



Trailman Name: _____

Troop #: _____

	Date Completed	Verified By
1. Explain why weather, water, and lay of the land are important when choosing and setting up camp.		
2. Describe and demonstrate methods to secure food from wild animals, bad weather, and spoilage.		



Outdoor Life Trail Badge Worksheet

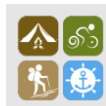


Trailman Name: _____ Troop #: _____

<p>3. Discuss the importance of safe, clean water and learn how to identify safe or unsafe water. Learn and demonstrate at least two methods of water purification.</p>		



Outdoor Life Trail Badge Worksheet

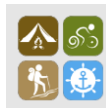


Trailman Name: _____ Troop #: _____

4. Design and pitch a shelter or lean-to using only a tarp and rope. You may fashion your own stakes from wood found at the site. Design your own bedding using natural items and a ground cloth. (Attach work separately)		
5. Plan a campout for your Unit with an individual equipment list, a group equipment list, duty roster, and activity/program plan. (Attach work separately)		
6. Spend at least 40 nights camping in a tent or under the stars. Participate in assigned cooking, clean-up and other camping duties. (Record in troop activities list in your handbook, or attach separate record)		
Do any of the following 30 activities below. They can be from any of the following topics (duplicate credit for work on other Trail Badges is not permitted):		
Adventure Activities		
1. Ascend a mountain to reach the summit requiring at least 10 equivalent miles and gaining at least 1,000 feet in elevation. (for day hiking each 1,000 feet of elevation gain is equivalent to 1.5 additional miles)		
2. Day hike at least 10 equivalent miles. (for day hiking each 1,000 feet of elevation gain is equivalent to 1.5 additional miles)		
3. Backpack (camping at least one night) covering a total of 10 equivalent miles. (for backpacking, each 1,000 feet of elevation gain is equivalent to 2 additional miles)		
4. Snow shoe at least 5 miles		
5. Cross country ski at least 5 miles		
6. Camp overnight in the snow (winter camping)		
7. Take a paddle craft overnighter such as a canoe trip for a total of at least 10 miles.		
8. Go on a paddle craft overnighter such as a canoe trip for a total of at least 10 miles.		
9. Go on a road bike ride of at least 35 miles.		
10. Go on a road bike camping trip of at least 20 total miles and 1 night camping.		



Outdoor Life Trail Badge Worksheet

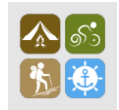


Trailman Name: _____ Troop #: _____

11. Go on a road bike camping trip of at least 20 total miles and 1 night camping		
12. Go on a mountain bike camping trip of at least 5 total miles and 1 night camping		
13. Participate in an approved rock climbing day with at least 4 climbs, one rappel, with one climb being a least a 5.6 on the Yosemite Decimal System (YDS) rating system.		
14. Go camping at least overnight and sleep under the stars (no tent).		
15. Go on a fishing outing where you cook and eat outdoors what you catch.		
16. Go on a half-day fishing outing in a river, lake or ocean where you fish standing in the water, from shore, or from a pier.		
17. Go on a fishing excursion of at least a half day by boat.		
18. Participate in Challenging Outdoor Personal Experience (COPE) course that includes high elements with a duration of at least 4 hours.		
19. Spend at least a half day doing approved trail maintenance with appropriate adult supervision.		
Outdoor Cooking Experiences		
20. Demonstrate to a younger boy or Navigators Unit two things you can cook in either a box oven, Dutch oven or can stove.		
21. Create an Outdoor Meal Cookbook for your troop or add to an existing one, include a minimum of two breakfasts, two dinners, and two desserts. Try out each recipe first.		
22. Cook something in two of the following ways: A paper bag, paper cup, orange peel, or cardboard milk carton.		
23. Using a box oven, prepare and bake a meal and a dessert or bread.		
24. Learn how to use a Dutch oven. Use the Dutch oven to cook a dinner and bake either bread or a dessert.		
25. Plan two-days-worth of meals for a backpacking trip. Keep in mind items that are lightweight and do not require refrigeration or a cooler. Go to the grocery and make a price list for the cost of the items you have planned. Discuss how "repackaging" your ingredients can help use space more efficiently and divide the weight evenly among participants.		



Outdoor Life Trail Badge Worksheet



Trailman Name: _____ Troop #: _____

Outdoor Gear		
26. Research at least three different materials for sleeping bag filling. Explain the advantages and disadvantages of each, including weight, insulation, and performance when wet. Present your findings to a Unit in your Troop.		
27. Research warm and cool weather clothing for outdoor activities. Include information about layering, insulation, wicking materials, rain gear, head coverings, and footwear. Present your findings to a Unit in your Troop.		
28. Research types of options when buying a tent for camping and for backpacking include information about weight price, space, weather, extras, and other considerations. Present your findings to a Unit in your Troop.		
29. Make an item of gear from scratch (e.g. drawstring bag)		
30. Make an item of gear from a kit (e.g. gaiters)		

Notes:
