



# Outdoor Cooking Trail Badge Worksheet



Trailman Name: \_\_\_\_\_

Troop #: \_\_\_\_\_

	Date Completed	Verification
1. Explain how the low-impact camping method (See The Trailman's Handbook) relates to outdoor cooking and helps fulfill the Trailman Oath to "be a good steward of creation."		
2. Demonstrate the following:		
a. Sanitation practices		
b. Washing dishes		
c. Personal hygiene		
d. Food storage		
e. Protecting your food from animals		
3. Explain the advantages, disadvantages, and safety for using propane/butane camp stoves, liquid fuel stoves, lightweight stoves, wood fires, and charcoal.		
4. Set-up, light, and use a lightweight camp stove.		
5. Cook a one-pot meal over the fire or camp stove.		
6. Cook a foil meal on charcoal.		
7. Plan or help plan a balanced nutritious menu for a weekend camping trip.		
8. Purchase the food items needed for a weekend camping trip within the budget set by your leader.		
9. With a buddy or by yourself, prepare, cook, and clean up the planned meals using any of the following means: Campfire, propane stove, liquid fuel stove, charcoal, Dutch oven, sandwich irons, box oven, or solar cooker oven.		



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Notes: \_\_\_\_\_