



Outdoor Life Trail Badge Worksheet



Trailman Name: _____

Troop #: _____

Part A – Do all of the following requirements (1-3)

	Date Completed	Verified By
1. Consider what we can learn about God and his creation from working, playing, and doing activities outdoors as opposed to doing the same activities indoors. Do one of the following:		
a. Participate in a discussion about this topic with your patrol, Troop family, or another group.		
b. Write a paper or present a presentation about what you learned from your research and thinking about the above issue.		
2. For your selected Trail, explain or write out your plans for the following: (attach any written work)		
a. Inclement and severe weather		
b. Sleeping and shelter		
c. Transporting equipment (individual and group)		
d. Sanitation: Safe drinking water, washing (self, dishes, etc.), and human waste disposal		
e. Food supply, preparation, and protection from wild animals, bad weather, and spoilage		
3. Construct a shelter or lean-to using only a tarp, rope, and any natural items at the location such as rocks, logs, or sticks or equipment associated with your selected Trail. Construct (if permitted) or describe how to make your own bedding using natural items and a ground cloth.		



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Part B - Select a Trail and do all of the requirements listed for that Trail.

	Date Completed	Verified By
A. Backpacking Trail		
4. On a patrol or Troop backpack trip, serve as the trip quartermaster and do the following:		
a. Plan the menu for the trip and purchase the food.		
b. Check the weather report and update your individual and group equipment lists.		
c. Demonstrate correctly packing your backpack for the group.		
d. Lead a shake-down session to eliminate unnecessary weight, and do the following:		
i. Check the packs of your group for compliance with the individual equipment list for the trip.		
ii. Distribute the group equipment and food to each participant in a way that balances group needs with individual weight-carrying capacity.		
iii. Verify that each backpacker has an acceptable pack weight (no more than ¼ body weight).		
5. On a patrol or Troop backpack trip, serve as the trip planner and do the following:		
a. Present a trail safety orientation to the group and explain why going downhill is where most injuries occur and why we do not short-cut switchbacks.		
b. Using a map of the area where you will be hiking, plan your route and camp site(s) using one of the backpacking metrics to balance the difficulties of each of the days. See the Backpacking Metrics section in the Backpacking Elective Trail Badge for the metric definitions.		
c. Give a copy of your route, camp site(s), departure time, and return time to your leaders and parents who are not hiking with you.		
d. Check the weather report and update your trip plan as needed.		
e. Review the navigation skills from the Trail Skills Trail Badge. Lead the hiking and perform all trail navigation, including demonstrating orienting a map, correcting for magnetic declination, and finding your location on the map using bearings to landmarks.		



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6. Participate in backpack trips as an Adventurer that include the following:		
a. At least 10 nights backcountry camping as an Adventurer on backpack trips in addition to the 15 nights camping required for Camping Trail Badge. Includes nights in tent, improvised shelter, permanent trail shelter open on one side, or under the stars while in the backcountry on a backpack trip.		
b. At least 7 days of backpacking with a BTM (See The Trailman’s Handbook) of at least 4 hours per day (8 miles per day on level ground)		
c. A total BTM (See The Trailman’s Handbook) experience total of at least 40 hours (80 miles on level ground)		
7. In addition to the above requirements, do any one (1) Outdoor Life Optional Activity (found in Part C at the end of this Badge).		



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B. Camping Trail		
4. Plan a campout for your patrol or Troop with an individual equipment list, a group equipment list, duty roster, and activity/program plan.		
5. Spend at least 40 nights camping in a tent, in an improvised shelter, in a permanent trail shelter open on one side, or under the stars, and participate in assigned cooking, clean-up and other camping related duties. This includes all nights camping while a Navigator or Adventurer whether with your Troop or another group and includes the nights camping for Camping Trail Badge. (Log your camping trips in The Trailman's Handbook)		
6. In addition to the above requirements, do any five (5) Outdoor Life Optional Activities. (found in Part C at the end of this badge)		



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C. Cycling Trail		
4. On a patrol or Troop bicycle trip, serve as the trip quartermaster and do the following:		
a. Plan the menu for the trip and purchase the food.		
b. Check the weather report and update your individual and group equipment lists.		
c. Demonstrate correctly packing your gear for the group.		
d. Lead a shake-down session to eliminate unnecessary weight and do the following:		
e. Check the bike packs of your group for compliance with the individual equipment list for the trip.		
f. Distribute the group equipment and food to each participant in a way that balances group needs with weight-carrying capacity.		
5. On a patrol or Troop bicycle trip, serve as the trip planner and do the following:		
a. Present a trip safety orientation to the group covering bicycle safety and traffic laws.		
b. Using a map of the area where you will be bicycling, plan your route and camp site(s).		
c. Give a copy of your route, camp site(s), departure time, and return time to your leaders and parents who are not travelling with you.		
d. Check the weather report and update your trip plan as needed.		
e. Review the navigation skills needed for bicycle touring. Lead the trip and perform all navigation.		
6. Participate in bicycle trips as an Adventurer that include the following:		
a. At least 10 nights camping as an Adventurer on bicycle trips in addition to the 15 nights camping required for Camping Trail Badge. Includes nights in tent, improvised shelter, permanent trail shelter open on one side, or under the stars while on a bicycle trip. (Log your camping trips in The Trailman's Handbook)		
b. At least 7 days of bicycling at least 40 miles per day (Log your cycling trips in The Trailman's Handbook)		
c. A total bicycling mileage of at least 400 miles (Log your cycling mileage in The Trailman's Handbook)		
7. In addition to the above requirements, do any one (1) Outdoor Life Optional Activity. (found in Part C at the end of this badge)		



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D. Paddle Craft Trail		
4. On a patrol or Troop wilderness paddle craft trip, serve as the trip quartermaster and do the following:		
a. Plan the menu for the trip and purchase the food.		
b. Check the weather report and update your individual and group equipment lists.		
c. Demonstrate correctly packing your gear for the group.		
d. Lead a shake-down session to eliminate unnecessary weight and do the following:		
i. Check the packs of your group for compliance with the individual equipment list for the trip.		
ii. Distribute the group equipment and food to each participant in a way that balances group needs with boat and individual portaging weight-carrying capacity (if any portaging is part of the trip).		
5. On a patrol or Troop wilderness paddle craft trip, serve as the trip planner and do the following:		
a. Present a trip safety orientation to the group covering water safety and portaging safety (if any portaging is part of the trip).		
b. Using a map of the area where you will be paddling, plan your route and camp site(s).		
c. Give a copy of your route, camp site(s), departure time, and return time to your leaders and parents who are not travelling with you.		
d. Check the weather report and update your trip plan as needed.		
e. Review the navigation skills from Trail Skills Trail Badge. Lead the trip and perform all on-water and portaging navigation including demonstrating orienting a map, correcting for magnetic declination, and finding your location on the map using bearings to landmarks		
6. Participate in wilderness paddle craft trips as an Adventurer that include the following:		
a. At least 10 nights backcountry camping as an Adventurer on paddle craft trips in addition to the 15 nights camping required for Camping Trail Badge. Includes nights in tent, improvised shelter, permanent trail shelter open on one side, or under the stars while in the backcountry on a paddle craft trip.		
b. At least 7 days of paddling with at least 10 miles per day (flat water)		
c. A total paddling mileage of at least 100 miles (flat water)		
7. In addition to the above requirements, do any one (1) Outdoor Life Optional Activity. (found in Part C at the end of this badge)		



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E. Sailing Trail		
4. On a patrol or Troop ocean or great lakes sailing trip, serve as the trip quartermaster and do the following:		
a. Plan the menu for the trip and purchase the food.		
b. Check the weather report and update your individual and group equipment lists.		
c. Demonstrate correctly packing your gear for the group.		
d. Lead a shake-down session to eliminate unnecessary weight: Check the packs of your group for compliance with the individual equipment list for the trip.		
5. On a patrol or Troop ocean or great lakes sailing trip, serve as the trip planner and do the following:		
a. Present a trip safety orientation to the group covering water safety and boat safety.		
b. Using a map of the area where you will be sailing, plan your route and camp site(s).		
c. Give a copy of your route, camp site(s) or mooring locations, departure time, and return time to your leaders and parents who are not travelling with you.		
d. Check the weather report and update your trip plan as needed.		
e. Review the navigation skills for sailing. Perform on-water navigation and man the helm.		
6. Participate in sailing trips as an Adventurer that include the following:		
a. At least 10 nights camping or sleeping aboard as an Adventurer on sailing trips in addition to the 15 nights camping required for Camping Trail Badge. Includes nights in tent, improvised shelter, permanent trail shelter open on one side, under the stars or on-board the sailboat while on a sailing trip.		
b. At least 10 full days of sailing		
7. In addition to the above requirements, do any three (3) Outdoor Life Optional Activities. (found in Part C at the end of this badge)		



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Outdoor Life Optional Activities

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. Backpack at least overnight covering a total of 10 equivalent miles (for backpacking each 1,000 feet of elevation gain is equivalent to 2 additional miles).		
3. Snow shoe or cross country ski at least 5 miles.		
4. Take a paddle craft day trip of at least 5 hours paddling and requiring the packing of one meal to eat en-route.		
5. Go on a road bike camping trip of at least 20 total miles and 1 night camping.		
6. Go on a mountain bike camping trip of at least 5 total miles and 1 night camping.		
7. Camp overnight in the snow (winter camping).		
8. Participate in a rock climbing day with at least 4 climbs, one rappel, with one climb of at least 5.6 on the Yosemite Decimal System (YDS) rating system.		
9. Go camping at least overnight and sleep under the stars (no tent).		
10. Lead a younger patrol on a backpacking trip.		
Service Activities		
1. Participate in a trail conservation or service project with your Troop, patrol, or family.		



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Outdoor Cooking Activities		
1. Demonstrate to a younger boy or patrol two things you can cook in either a box oven, Dutch oven or can stove.		
2. 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.		
3. Cook something in two of the following ways: A paper bag, paper cup, orange peel, or cardboard milk carton.		
4. Using a box oven, prepare and bake a meal and a dessert or bread.		
5. Learn how to use a Dutch oven. Use the Dutch oven to cook a dinner and bake either bread or a dessert.		
6. 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 Information Activities		
1. Make a presentation to your patrol or Troop about one of the following:		
a. A scenic or historic trail (for examples, see National Park Service National Trails System)		
b. National, State, or other parks with camping areas and adventure activities		
c. National or state bike paths or routes		
d. Wilderness paddle craft areas (Boundary Waters, Channel Islands, etc.)		
e. An ocean or Great Lakes area for sailing adventures		
2. Have an experienced adult speak to your Troop or patrol about nearby wilderness destinations and safety. Speakers may be found at local outdoor clubs, local outdoor stores, the Department of Natural Resources, or other outdoor related agencies and companies.		
3. Attend a free seminar at an outdoor equipment store on a topic related to backpacking, camping, cycling, paddle craft, or sailing.		
4. Invite an experienced backpacker, camper, paddler, or sailor to give your Troop or patrol a talk about his travels.		



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Outdoor Gear		
1. 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 patrol in your Troop.		
2. 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 patrol in your Troop.		
3. Research types and 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 patrol in your Troop.		
4. Make an item of gear from scratch (e.g. small drawstring bag)		
5. Make an item of gear from a kit (e.g. gaiters)		
6. Explain the advantages and disadvantages of internal and external frame backpacks. Visit a store and try out both. Find one that fits your back. Show the key elements for sizing the pack correctly for an individual, and demonstrate how to use the adjustment features on your backpack.		

Notes:
