



Merit Badge Prerequisites

If a scout has previously met a requirement, they must present a blue card with the requirements checked. If that cannot be provided, a note signed by the Scoutmaster can suffice. However, the validity will be determined on a case-by-case basis by the instructor. It is always a good idea to bring along documented proof of the completed requirement (i.e., photo evidence or a journal documenting “over time” requirements.

If you have questions, please contact camp.

To distinguish them from the actual text of the requirements, our comments below are in blue and denoted with this symbol: ”.

Visit this link for the full text of all requirements: [Merit Badge Requirements](#)

Athletics



3. Do the following:

- (a) With guidance from your counselor, establish a personal training program suited to the activity you have chosen. Follow this training program for three months.
- (b) Create a chart to monitor your progress during this time.
- (c) Explain to your counselor the equipment necessary to participate in this activity and the appropriate clothing for the time of year.
- (d) At the end of three months, review the chart you created for requirement 3b, and discuss with your counselor what progress you have made during training. Tell how your development has affected you mentally and physically.

6. Do the following:

- (a) Prepare plans for conducting a sports meet or field day that includes 10 activities, at least five of which must come from the groups mentioned in requirement 5. Outline the duties of each official needed and list the equipment the meet will require.
- (b) With your parent or guardian's and counselor's approval, serve as an official or volunteer at a sports meet to observe officials in action. Tell your counselor about your responsibilities at the meet and discuss what you learned.

Camping



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. (e) Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
- 8. (d) While camping in the outdoors, 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:
 - (a) 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 maybe 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.
 - (b) 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.
 - (c) On any of these camping experiences, perform a conservation project approved by the landowner or land managing agency. This can be done alone or with others.

Chemistry



7. Do ONE of the following activities:

- (a) Visit a laboratory and talk to a chemist. Ask what that chemist does, and what training and education are needed to work as a chemist.
- (b) Using resources found at the library and in periodicals, books, and the Internet (with your parent or guardian's permission), learn about two different kinds of work done by chemists, chemical engineers, chemical technicians, or industrial chemists. For each of the four positions, find out the education and training requirements.
- (c) Visit an industrial plant that makes chemical products or uses chemical processes and describe the processes used. What, if any, by-products are produced and how they are handled.
- (d) Visit a county farm agency or similar governmental agency and learn how chemistry is used to meet the needs of agriculture, in your county.

Communication



- 4. Interview someone you know fairly well, like, or respect because of his or her position, talent, career, or life experiences. Listen actively to learn as much as you can about the person. Then prepare and deliver to your counselor an introduction of the person as though this person were to be a guest speaker, and include reasons why the audience would want to hear this person speak. Show how you would call to invite this person to speak.
- 5. Attend a public meeting (city council, school board, debate) approved by your counselor where several points of view are given on a single issue. Practice active listening skills and take careful notes of each point of view. Prepare an objective report that includes all points of view that were expressed, and share this with your counselor.
- 7. Do ONE of the following:
 - (a) Write to the editor of a magazine or your local newspaper to express your opinion or share information on any subject you choose. Send your message by fax, email, or regular mail.
 - (b) Create a webpage or blog of special interest to you (for instance, your troop or crew, a hobby, or a sport). Include at least three articles or entries and one photograph or illustration, and one link to some other webpage or blog that would be helpful to someone who visits the webpage or blog you have created. It is not necessary to post your webpage or blog to the internet, but if you decide to do so, you must first share it with your parents and counselor and get their permission.
 - (c) Use desktop publishing to produce a newsletter, brochure, flier, or other printed material for your troop or crew, class at school, or other group. Include at least one article and one photograph or illustration.
- 8. Plan a troop or crew court of honor, campfire program, or interfaith worship service. Have the patrol leaders' council approve it, then write the script and prepare the program. Serve as master of ceremonies.

Cooking



Note: The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement or other merit badges. Meals prepared for rank advancement or other merit badges may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.

4. **Cooking at home.** Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menus should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) and how you kept your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals. Then do the following:
 - a. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
 - b. Share and discuss your meal plan and shopping list with your counselor.
 - c. Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.*
 - d. Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.
 - e. After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure a successful meal.
6. Trail and backpacking meals. Do the following:
 - (a) Using the MyPlate food guide or the current USDA nutrition model, plan a meal for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must consider weight, not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals.
 - (b) Create a shopping list for your meals, showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
 - (c) Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.
 - (d) While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked over a fire, or an approved trail stove (with proper supervision).**
 - (e) After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful trail hiking or backpacking meals.

(f) Explain to your counselor how you should divide the food and cooking supplies among the patrol in order to share the load. Discuss how to properly clean the cooking area and store your food to protect it from animals.

* The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, and one dinner to at least one adult; those served need not be the same for all meals.

** Where local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the law. The meals in requirements 5 and 6 may be prepared for different trips and need not be prepared consecutively. Scouts working on this badge in summer camp should take into consideration foods that can be obtained at the camp commissary.

Emergency Preparedness



6. Do the following:

(c) Find out who is your community's emergency management director and learn what this person does to prevent, protect, mitigate, respond to, and recover from emergency situations in your community. Discuss this information with your counselor, utilizing the information you learned from requirement 2b.

7. Do the following:

(a) Take part in an emergency service project, either a real one or a practice drill, with a Scouting unit or a community agency.



*It may be possible to complete these requirements at camp, but that is subject to change if there is a burn ban in place.

Engineering



4. Visit with an engineer (who may be your counselor or parent) and do the following:

- (a) Discuss the work this engineer does and the tools the engineer uses.
- (b) Discuss with the engineer a current project and the engineer's particular role in it.
- (c) Find out how the engineer's work is done and how results are achieved.
- (d) Ask to see the reports that the engineer writes concerning the project.
- (e) Discuss with your counselor what you learned about engineering from this visit.

First Aid



1. Demonstrate to your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.

5. Do the following:


- (a) Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.
- (b) With an adult leader, inspect your troop's first-aid kit. Evaluate it for completeness. Report your findings to your counselor and Scout leader.

Lifesaving



2. Before doing requirements 3 through 15:

- (a) Earn the Swimming merit badge.
- (b) Swim continuously for 400 yards using each of the following strokes in a strong manner, in good form with rhythmic breathing, for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.*

 *Requirement 2b does not need to be done before coming to camp, but the scout must be able to complete this requirement before continuing with the merit badge class at camp.

Nuclear Science



4. Do TWO of the following; then discuss with your counselor:

- (a) Build an electroscope. Show how it works. Place a radiation source inside and explain the effect it causes.
- (b) Make a cloud chamber. Show how it can be used to see the tracks caused by radiation. Explain what is happening.
- (c) Perform an experiment demonstrating half-life. Discuss decay chains.

Scouting Heritage



- 5. Learn about the history of your unit or Scouting in your area. Interview at least two people (one from the past and one from the present) associated with your troop. These individuals could be adult unit leaders, Scouts, troop committee members, or representatives of your troop's chartered organization. Find out when your unit was originally chartered. Create a report of your findings on the history of your troop, and present it to your patrol or troop or at a court of honor, and then add it to the troop's library. This presentation could be in the form of an oral/written report, an exhibit, a scrapbook, or a computer presentation such as a slide show.
- 6. Make a collection of some of your personal patches and other Scouting memorabilia. With their permission, you may include items borrowed from family members or friends who have been in Scouting in the past, or you may include photographs of these items. Show this collection to your counselor, and share what you have learned about items in the collection. (There is no requirement regarding how large or small this collection must be.)

 Bring photographs of your collection to camp to show your counselor; no need to bring the collection itself.