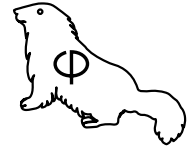


# Camp Parsons


*Where the Mountains Meet the Sea*



## Merit Badge Prerequisites

Often if a scout has previously met a requirement, all that is needed is a note attesting to it. 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](#)

## BSA Lifeguard

### Prerequisites

Before doing requirements 6 through 26, complete the following:

1. Submit proof of age. You must be at least 15 years old to participate.
2. Submit written evidence of fitness for swimming activities (signed health history).
3. Swim continuously for 550 yards in good form using the front crawl or breaststroke or a combination of either, but swimming on the back or side is not allowed.
4. Immediately following the above swim, tread water for two minutes with the legs only and the hands under the armpits.
5. Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim on your back with the object 20 yards back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.



### Requirements that must be completed outside of camp

6. Show evidence of current training in American Red Cross First Aid and American Red Cross CPR/AED for the Professional Rescuer or equivalent.
7. Show evidence of current training in the BSA online module for Safe Swim Defense.

## Bugling

6. Serve as bugler in your troop for three months.



# Camping



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) Perform a conservation project approved by the landowner or land managing agency. This can be done alone or with others.

# 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.

\* 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.

## Energy



4. Conduct an energy audit of your home. Keep a 14-day log that records what you and your family did to reduce energy use. Include the following in your report and, after the 14-day period, discuss what you have learned with your counselor.
  - (a) List the types of energy used in your home such as electricity, wood, oil, liquid petroleum, and natural gas, and tell how each is delivered and measured, and the current cost; OR record the transportation fuel used, miles driven, miles per gallon, and trips using your family car or another vehicle.
  - (b) Describe ways you and your family can use energy resources more wisely. In preparing your discussion, consider the energy required for the things you do and use on a daily basis (cooking, showering, using lights, driving, watching TV, using the computer). Explain what is meant by sustainable energy sources. Explain how you can change your energy use through reuse and recycling.

## Fire Safety



6. Conduct a home safety survey with the help of an adult. Then do the following:
  - (a) Draw a home fire-escape plan, create a home fire-drill schedule, and conduct a home fire drill.
  - (b) Test a smoke alarm and demonstrate regular maintenance of a smoke alarm.
7. Do the following:
  - (b) Demonstrate the safe way to start a charcoal fire.\*
10. Do the following:
  - (b) Demonstrate setting up and putting out a cooking fire.\*
  - (c) Demonstrate using a camp stove and lantern.\*
11. Visit a fire station. Identify the types of fire trucks. Find out about the fire prevention activities in your community.
12. Determine if smoke detectors are required in all dwellings within your municipality. If so, explain which specific types are required. Tell your counselor what type of smoke detectors your house has or needs.

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

## 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.

## Fishing



9. Catch at least one fish and identify it.
10. If regulations and health concerns permit, clean and cook a fish you have caught. If you are unable to catch a fish for eating, acquire a fish, clean the fish you acquired, and cook the fish you acquired. (It is not required that you eat the fish.)

## Lifesaving



1. Before doing requirements 2 through 17:
  - (a) Complete Second Class rank requirements 5a through 5d and First Class rank requirements 6a, 6b, and 6e.  
Second Class rank requirements 5a through 5d:
    - (5a) Tell what precautions must be taken for a safe swim.
    - (5b) Demonstrate your ability to pass the BSA beginner test: Jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
    - (5c) Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.
    - (5d) Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.First Class rank requirements 6a, 6b, and 6e:
    - (6a) Successfully complete the BSA swimmer test.
    - (6b) Tell what precautions must be taken for a safe trip afloat.
    - (6e) With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)
  - (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 1b 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.

## Search and Rescue



6. Identify four types of search and rescue teams and discuss their use or role with your counselor. Then do the following:
  - a. Interview a member of one of the teams you have identified above, and learn how this team contributes to a search and rescue operation. Discuss what you learned with your counselor.