



Wilderness Survival

Merit Badge Workbook

This workbook can help you organize your notes but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Workbooks for all merit badges are at: [Online Resources](#).

Worksheet developer: craig@craiglincoln.com. Requirements revised: 2008, Workbook updated: November 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur in backcountry settings, including hypothermia, _____

heat reactions, _____

frostbite, _____

dehydration, _____

blisters, _____

insect stings, _____

tick bites, _____

and snakebite. _____

2. From memory, list the seven priorities for survival in a backcountry or wilderness location. Explain the importance of each one with your counselor. (You might want to write out the priorities to help you memorize them.)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

3. Discuss ways to avoid panic and maintain a high level of morale when lost, and explain why this is important. _____

6. Using three different methods (other than matches), build and light three fires.

- 1. _____
- 2. _____
- 3. _____

7) Do the following:

a. Show five different ways to attract attention when lost.

b. Demonstrate how to use a signal mirror. _____

c. Describe from memory five ground-to-air signals and tell what they mean. (Writing them out may help you remember.)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

8. Improvise a natural shelter. For the purpose of this demonstration, use techniques that have little negative impact on the environment. Spend a night in your shelter. _____

9. Explain how to protect yourself from insects, _____

reptiles, _____

and bears. _____

10. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking.

- 1. _____
- 2. _____
- 3. _____

11. Show that you know the proper clothing to be worn in your area on an overnight in extremely hot weather

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and extremely cold weather.			
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12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

- Boy Scouts of America:** ▶ scouting.org ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)
▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#) ▶ [Safety Afloat](#)
- Boy Scout Merit Badge Workbooks:** usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org
▶ [Leave No Trace](#) ▶ [Outdoor Code](#) ▶ [Wilderness Use Policy](#) ▶ [Youth Protection Training](#)

Requirement Resources

- 1: First Aid:** See http://meritbadge.org/wiki/index.php/First_Aid for these links and more:
[First Aid Videos: Basics - Basics2 Wilderness First Aid CPR Basics Venomous Snake Bite First Aid Kits](#)
Other First Aid Links: [Mayo Clinic First Aid Guide](#) [Class 1 Exam](#) [Class 3](#) [Warning Signs of Cancer](#) - [Heart Disease](#)
6: [Eight non-match methods for firestarting](#)
7b: [How to Use a Signal Mirror](#)
- 2-8: Survival:** See http://meritbadge.org/wiki/index.php/Wilderness_Survival for these links and more:
[Survival Videos: Survival Kit - Build a Shelter - Signaling - Desert - Wet Weather](#)
Other Survival Links: [Orienteering](#) - [Water Treatment](#)
- 6: Fires:** See http://meritbadge.org/wiki/index.php/Wilderness_Survival for these links and more:
[Fire Starting Videos: Build a Fire - Site - Kindling - Wood - Flint & Steel - BlastMatch - Steel Wool - Fire Piston](#)
[Magnifying Glass](#) - [Log Cabin](#) - [Tee Pee](#) - [Dangers](#) - [Safety](#)
Other links: [Firem'n Chit](#) and [Fire Safety](#) merit badges, [Campfire building](#)
- 10-11: Camping Basics:** See <http://meritbadge.org/wiki/index.php/Camping> for these links and more:
[Camping Videos: Packing Layering Wet Weather Campsite Sleeping Bags Pads Tents Water Purification Leave No Trace](#)
Other Camping links: [Camping Checklists](#) [Leave No Trace](#) [Outdoor Code](#) [Cooking](#) [USScouts: Camping](#) [Camps Database](#)
[Types of Tents](#) - [Water Treatment](#) - [Campsite Selection](#) - [Sleeping Bag Types](#) - [Sleeping Bag Selection](#) - [More Checklists](#)

General Resources

- Assn of Outdoor Recreation and Education: <http://www.aore.org> Backpacker Magazine: <http://www.backpacker.com>
Equipped to Survive: <http://www.equipped.org> Guide to Safe Scouting: <http://www.scouting.org/pubs/gss>
National Outdoor Leadership School: <http://www.nols.edu> http://www.outdoors-magazine.com/s_links.php
Outside Magazine: <http://outside.away.com> Tracker Trail: <http://www.trackertrail.com/survival>
Wilderness Education Assn: <http://www.wilderness-survival.net>
Free Topographical Maps: US Geological Survey: <http://store.usgs.gov/> (Download the pdf or buy 22"x27" maps for \$7 each.)
Topographical: Topozone.com: <http://www.topozone.com/> (Choose your map and scale, then click Print Map, free 8.5x11.)
Satellite, Street, and Terrain Maps: <http://maps.google.com/>
Large Satellite Photos: <http://terraserver-usa.com/address.aspx> (Enter Address, choose large size, print, right click, Save as)