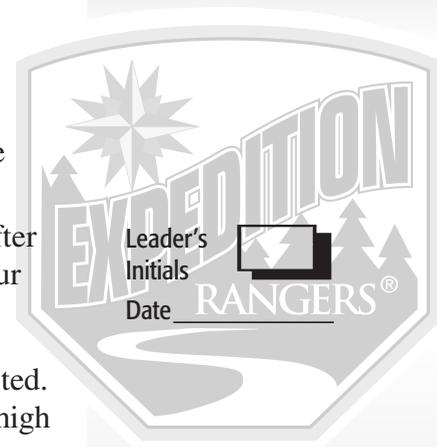




Advanced Backpacking Merit

1. Complete the following:
 - a. Explain the differences between water purifiers and water filters.
 - b. Explain how iodine works in treating water and how it compares to the purifiers.
 - c. Choose a treatment method to use for your hike in Requirement 13. After completing the hike, explain why you were happy or unhappy with your water treatment method.
2. Explain the advantages and disadvantages of the different types of fuel listed. Describe how to safely handle each fuel. Include how each fuel works at a high altitude, in temperatures below freezing, and any safety concerns including when flying to a location for a backpacking trip. List your preference of stove, the type of fuel it uses, and why you prefer this stove.
 - a. Alcohol fuel
 - b. White gas
 - c. Butane
 - d. Propane
 - e. Butane/propane mix
3. Complete the following:
 - a. Describe the differences between a four-season tent and a three-season tent.
 - b. Explain what a freestanding tent is.
 - c. Choose a tent for your hike in Requirement 13. Explain why you selected that tent.
4. Complete the following:
 - a. Use your backpack stove to bake an item of your choice.
 - b. Use your stove to cook at least three different meals while on the trail.
 - c. Explain the special considerations needed for high-altitude cooking.
5. Explain the importance of being familiar with wilderness first aid when backpacking. Describe the first aid required for the conditions listed below.

NOTE: This requirement covers basic first aid information. Use a current first aid manual for more detailed information. The answers here should not be used as a guide for treating an injured person.



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- a. Hypothermia
- b. Heatstroke
- c. Frostbite
- d. Dehydration
- e. Sunburn
- f. Insect stings
- g. Tick bites
- h. Snakebites
- i. Altitude sickness

6. Explain how to safely cross rivers and the best time to cross rivers.
7. Tell how to prepare properly for and deal with inclement weather while backpacking.
8. Complete the following:
 - a. Demonstrate that you can read topographic maps.
 - b. Use a map and compass to establish your position on the terrain at random times and places while on a hike.
 - c. Explain why you need good map skills even when using a GPS (global positioning system) receiver.
 - d. Explain why you need a compass if you have a GPS receiver.
9. List ten items that you feel are essential for an overnight backpacking trek and explain why you chose each item. Describe ways you can limit the weight and bulk in your pack without omitting important items.
10. List environmental issues of importance to backpackers. Describe five ways to lessen your impact on the environment while backpacking. Include the proper methods for disposing of solid and liquid wastes.
11. Read a book about one of the following long-distance trails. List the title and author of the book.
 - a. Appalachian Trail
 - b. Pacific Crest Trail
 - c. Continental Divide Trail
12. Write a report of at least five hundred words on the book you read for Requirement 11. Include the following information:
 - a. How long is the trail and how long does it take to hike each trail?
 - b. Discuss any special preparations needed to prepare to hike the trail.

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- c. What is the history and/or purpose for the building of the trail?
 - d. How is the trail maintained?
 - e. How do hikers resupply on the trail?
 - f. Find someone who has completed a backpack trek of at least fifty miles and invite that person to your meeting to discuss long-distance hiking.
13. Plan and take a five-day backpacking trip of at least fifty miles. Keep a journal of your trip and take photos on your hike. Prepare a trip plan and leave it with someone at home before you leave on the trip. The trip plan should include the following:
- a. A detailed plan of your trip, including the names of the trails you plan to use, where you will get water, the names of the places you plan to sleep, and landmarks.
 - b. Alternate or escape plans in case the trip does not go as intended.
 - c. Mileage and altitude to be covered each day.
 - d. Where help can be found or obtained in an emergency. This should include phones, hospitals, and other places where help can be found.

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