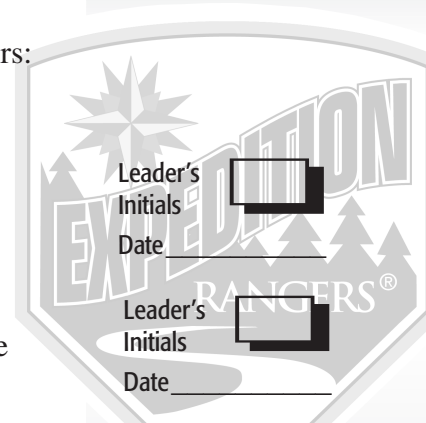




Winter Camping Merit

1. Explain the advantages and disadvantages of the following types of shelters:
 - a. Lean-to
 - b. A-frame
 - c. Snow trench
 - d. Snow cave
2. Construct one of the above shelters and sleep in it for one night during the cold winter months. Adult supervision is required.
3. Explain how to properly prepare an area before you pitch a tent in snow. Pitch a tent outside and sleep in it for one night during the winter.
4. Cook a meal (dinner or breakfast) on an overnight campout. Explain how your winter calorie intake should be different from your summer calorie intake on a campout.
5. Explain how your clothing and the snow make winter camping more difficult than summer camping. Name one other thing to consider when conducting winter outings that is not critical for summer outings.
6. Explain what hypothermia is, what its symptoms are, and the first aid treatment for it.
7. Define *frostbite*. Explain how to treat the different types of frostbite and how to prevent frostbite.
8. Explain what trench foot is and how to prevent it.
9. Explain what snow blindness is, how to treat it, and how to prevent it.
10. Explain how to obtain drinking water in the winter wilderness. Describe why you should not eat snow and how to treat water to make it drinkable.



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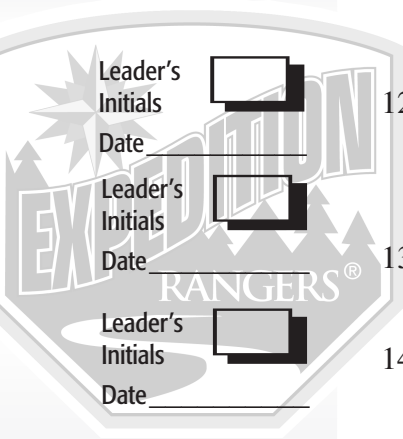
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11. Describe the process of layering winter clothing. List the advantages and disadvantages of each of the following materials as it applies to the cold, wet winter environment.
- a. Wool
 - b. Synthetics
 - c. Vapor barrier systems
 - d. Down
 - e. Cotton

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12. List the characteristics of avalanche-prone areas. Include in your answer the angle, orientation, and other factors.
13. Describe escape tactics to be used if caught in an avalanche.
14. Read a book that deals with the outdoors in the winter. List the book's title and author.

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15. Explain how to safely cross frozen rivers and lakes. Indicate how thick ice should be for an individual, a small group, and a vehicle to cross frozen water.
16. Hike at least two miles using snowshoes or cross-country skis.