

Merit Requirements



The following merit requirements must be successfully completed for a boy to be awarded the official Royal Rangers Backpacking merit award. Content relating to each requirement may be found in the next section of this activity guide.

1. Describe backpacking and explain how it differs from other forms of camping.
2. Describe the basic equipment needed for an overnight backpacking trip, explaining the purpose of each item.
3. Describe the preferred types of clothing and footwear needed for backpacking.
4. Explain the unique factors that must be considered when planning meals for backpacking. Then plan a menu for a group of four people for a 3-day backpacking trip.
5. Demonstrate your ability to pack the gear, clothing, and food needed for a (3) day back packing trip with your group or patrol.
6. While on a backpacking trip, prepare at least (3) meals using food and equipment you or a member of your group or patrol has carried.
7. Demonstrate the proper storage of food and other smellable items while backpacking.
8. Explain the importance of practicing the principles of Leave No Trace while backpacking.
9. Demonstrate two methods for treating water and explain why water treatment is important.
10. Demonstrate your ability to read a topographic map by locating your position on a map while hiking or backpacking.
11. Identify the following features on a topographic map:
 - a. Contour lines
 - b. Hilltops

- c. Valleys or ravines
 - d. Bodies of water (rivers, streams, ponds, etc.)
 - e. Trails and roads
 - f. Buildings
12. Explain what to do if you get lost in a remote wilderness area.
13. Explain how to prepare for and respond to inclement weather when backpacking.
14. Explain how to practice good personal hygiene while backpacking.
15. Discuss the prevention and treatment of the following health issues commonly encountered when backpacking.
- a. Blisters
 - b. Snakebite
 - c. Insect bites or stings
 - d. Dehydration
 - e. Hypothermia
16. Create a written trip plan for a backpacking trip of at least 3 days & 2 nights that includes the following information:
- a. Destination
 - b. Dates & times of departure and return
 - c. Route going & returning
 - d. Locations of planned campsites
 - e. Names of all participants
17. Participate in a backpacking trip of at least 3 days & 2 nights, hiking at least 5 miles, using only food and equipment you carry with you. Prepare a written plan for your trip and leave a copy with a responsible adult before you leave.