

2023
"EAGLE REQUIRED"
MERIT BADGE
UNIVERSITY

Camp Tuscarora

Saturday, April 29, 2023

Leaders' Planning Guide

Schedule for the day:

Check-in	8:30 am
Session 1	9:00 am
Lunch *	12:00 Noon
Session 2	1:00 pm
Sessions end	4:00 pm

* Lunch will not be provided except for Counselors and other staff.

Registration details:

Registration fee:

\$ 20.00 each Scout

- Registration will be done on-line with each Scout registered individually. Scout's Troop Number MUST be included.
- Out of Council Scouts must include sufficient information to allow communication via e-mail.
- Registration is scheduled to open on **Monday, March 20** and will be posted on the Council website.
- Payment will need to be made at registration via credit card. **Fees will not be refunded for any reason.** (Why? Fall MBU had many last minute cancellations and no-shows which denied slots in some classes to other Scouts. Therefore, a substitution can be made **but no refunds will be given.**)
- Class limitations will be observed. If a particular MB is not available, that means all slots are filled.
- **If a registration is accepted and paid, then the Scout(s) should begin working on the prerequisites immediately!**
- Once registration closes, it is closed. **No one will be allowed to register after Monday, April 17.**
- A roster for each Troop will be prepared and e-mailed to the Scoutmaster by **Wednesday, April 19.**
- Permission slips are required if Scouts leave Camp T unless signed out by a parent.
- Scoutmasters should check-in at the Headquarters Bldg. but Scouts may go directly to Session 1 class and are expected to report by 9:00 am.
- Scouts are expected to report to Session 2 class by 1:00 pm.
- Any Troop wishing to camp on Friday or Saturday night will need to make those arrangements with Ranger Tim, as usual. Campsites to be used for Merit Badge classes will be closed to camping.

*** Lunch will not be provided except for Counselors and other staff.**

Troops may bring bag lunch, prepare on-site or pick up in Newton Grove.

Prepare for Merit Badge University:

Scoutmasters, Cubmasters and other adults

- Since some Cub Scouts (Webelos and AOL) will have crossed over to Scouts BSA and will be eligible for MBU by April 29, those Scouts may be registered for MBU but **MUST use the correct Troop # - NOT their Pack #!**
- **Share requirements for MB and those to be completed BEFORE MBU. These will NOT be shown on the registration site. Counselors may reject Scouts who do not bring prerequisites to MBU.**
- Assist your Scouts with obtaining MB booklets and worksheets.
- Some MB may have been updated since booklets were printed. These changes normally show in the requirements. Preparation using older booklets for reading is OK but current requirements are posted on the BSA web page and must be followed as indicated. (see <https://www.scouting.org/skills/merit-badges/all/>) This may not work as a link but can be typed into a browser.
- Scoutmasters and others with a uniform should wear it for identification purposes.
- Scoutmasters or leaders should remain on camp throughout MBU – except when taking Scouts to lunch.
- At least one adult for each Troop **MUST** be present at Camp T in case of emergency.
- Move throughout the camp while classes are in session monitoring behavior and activity.
- Assist Counselors with any disciplinary issues by escorting Scout(s) to their Scoutmaster or other responsible adult or to the Headquarters Bldg.
- **Plan your lunch arrangements.** We prefer that lunch be brought in or prepared on-site so Scouts remain at Camp T. Shelters and buildings will be available for lunch. **Troops leaving Camp must provide permission slips and check-out and in at the Headquarters Bldg.**
- **If your Troop wants to camp on Friday or Saturday night, make those arrangements directly with Ranger Tim.**
- Questions or concerns may be addressed to barton.connie@gmail.com or via text message to (919) 971-9948. Phone calls will go to voice mail and I will reply as time permits.

Scouts

- Wear Scout uniform shirt (Class A shirt) and neat pants or shorts and closed toe shoes. (No flip flops or sandals!)
- Come prepared for learning.....pen or pencil, notebook (hard enough to write in/on), MB book and/or worksheet and any prerequisites or MB requirements completed prior to MB University. **These are provided in the Leaders' Guide ONLY.** Be sure to obtain from your Scoutmaster or from the Leaders' Guide on-line.
- **Counselors may reject Scouts who do not come prepared with prerequisites complete and prepared for class.**
- **Read the MB booklet for each MB class.** Preparation using older booklets for reading is OK but current requirements are posted on the BSA web page and must be followed as indicated. (see <https://www.scouting.org/skills/merit-badges/all/>) This may not work as a link but can be typed into a browser.
- **Bring work for any requirements completed prior to MBU and review with Counselor to receive credit.**
- Scouts may wish to bring a camp chair for MB classes held at campsites or shelters.
- You may want to print a worksheet from <http://usscouts.org/mb/worksheets/list.asp> for each Merit Badge for reference and notes
- Turn OFF or mute cell phone when classes begin unless being used as part of class. Most phones don't work at Camp T and it will just drain your battery!
- You should bring a sealing water bottle. Some classes may require the bottle remains closed during class....such as where computers are in use. Bottles can be refilled at Coolers and/or Dining Hall.
- Bring any required items (safety glasses, gloves, etc.) for your classes. Again, this information is provided in the Leaders' Guide only!
- Leave your classroom or class area "better than you found it!"
- Understand that you may not complete all requirements for a Merit Badge at MBU. It will be **YOUR** responsibility to follow-up with Counselors.

MB Classes and details

Merit Badge	Counselor	Notes
Camping	Bryan Lampley	<ul style="list-style-type: none"> • AM and PM Classes • Campsite # 4 • 15 Scouts @ • Bring Compass, pencil and hard notebook, and a camp chair • Read MB booklet and expect to complete Req. 1 – 7 during class <p>1. Do the following:</p> <p>(a) Explain to your counselor the most likely hazards you may encounter while participating in camping activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.</p> <p>(b) Discuss with your counselor why it is important to be aware of weather conditions before and during your camping activities. Tell how you can prepare should the weather turn bad during your campouts.</p> <p>(c) Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, frostbite, heat reactions, dehydration, altitude sickness, insect stings, tick bites, snakebite, blisters, and hyperventilation.</p> <p>2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal and group plan for implementing these principles on your next outing.</p> <p>3. Make a written plan* for an overnight trek and show how to get to your camping spot by using a topographical map and one of the following:</p> <p>(a) A compass</p> <p>(b) A GPS receiver**</p> <p>(c) A smartphone with a GPS app*</p> <p>4. Do the following:</p> <p>(a) Make a duty roster showing how your patrol is organized for an actual overnight campout. List assignments for each member.</p> <p>(b) Help a Scout patrol or a Webelos Scout unit in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.</p> <p>5. Do the following:</p> <p>(a) Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term “layering.”</p> <p>(b) Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.</p> <p>(c) Explain the proper care and storage of camping equipment (clothing, footwear, bedding). (d) List the outdoor essentials necessary for any campout, and explain why each item is needed.</p> <p>(e) Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.</p> <p>6. Do the following:</p> <p>(a) Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another Scout, pitch a tent.</p> <p>(Continued on next page)</p> <p>(b) Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.</p> <p>(c) Describe the factors to be considered in deciding where to pitch your tent.</p>

Merit Badge	Counselor	Notes
		<p>(d) Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.</p> <p>(e) Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag and how to keep it dry. Make a comfortable ground bed.</p> <p>7. Prepare for an overnight campout with your patrol by doing the following:</p> <p>(a) Make a checklist of personal and patrol gear that will be needed.</p> <p>(b) Pack your own gear and your share of the patrol equipment and food for proper carrying. Show that your pack is right for quickly getting what is needed first, and that it has been assembled properly for comfort, weight, balance, size, and neatness.</p> <ul style="list-style-type: none"> • Scouts will have to complete Req. 8, 9 & 10 with Troop <p>8. Do the following:</p> <p>(a) Explain the safety procedures for</p> <ol style="list-style-type: none"> (1) Using a propane or butane/propane stove (2) Using a liquid fuel stove (3) Proper storage of extra fuel <p>(b) Discuss the advantages and disadvantages of different types of lightweight cooking stoves.</p> <p>(c) Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.</p> <p>(d) While camping in the outdoors, cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.</p> <p>9. Show experience in camping by doing the following:</p> <p>(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 may be 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.</p> <p>(b) On any of these camping experiences, you must do TWO of the following,</p> <p>only with proper preparation and under qualified supervision.</p> <ol style="list-style-type: none"> (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. <p>(c) Perform a conservation project approved by the landowner or land managing agency. This can be done alone or with others.</p> <p>10. Discuss how the things you did to earn this badge have taught you about personal health and safety, survival, public health, conservation, and good citizenship. In your discussion, tell how Scout spirit and the Scout Oath and Scout Law apply to camping and outdoor ethics.</p> <ul style="list-style-type: none"> • Bring proof of any requirements completed prior to MBU
Citizenship in the Community	Faith DeLucia	<ul style="list-style-type: none"> • AM Class • Dining Hall • 15 Scouts

Merit Badge	Counselor	Notes
		<ul style="list-style-type: none"> ● Bring Requirements #2a and # 8 to class <p>2. Do the following:</p> <p>a. On a map of your community or using an electronic device, locate and point out the following:</p> <p>(1) Chief government buildings such as your city hall, county courthouse, and public works/services facilities</p> <p>(2) Fire station, police station, and hospital nearest your home</p> <p>(3) Parks, playgrounds, recreation areas, and trails</p> <p>(4) Historical or other points of interest</p> <p>8. Develop a public presentation (such as a video, slide show, speech, digital presentation, or photo exhibit) about important and unique aspects of your community. Include information about the history, cultures, and ethnic groups of your community; its best features and popular places where people gather; and the challenges it faces. Stage your presentation in front of your merit badge counselor or a group, such as your patrol or a class at school.</p> <ul style="list-style-type: none"> ● Bring proof of all requirements completed prior to MBU
Citizenship in the Nation	Faith DeLucia	<ul style="list-style-type: none"> ● PM Class only ● Dining Hall ● Bring Requirements # 5, 6 and 7d to class <p>5. Watch the national evening news for five days in a row or read the main stories in a national media organization (e.g., a newspaper or news website) for five days in a row. Discuss the national issues that you learned about with your counselor. Choose one issue and explain how it affects you, your family, and community.</p> <p>6. With your counselor's approval, choose a speech of national historical importance. Explain:</p> <p>a. Who the author was</p> <p>b. What the historical context was</p> <p>c. What difficulties the nation faced that the author wished to discuss</p> <p>d. What the author said</p> <p>e. Why the speech is important to the nation's history. Choose a sentence or two from the speech that has significant meaning to you, and tell your counselor why.</p> <p>7. Do TWO of the following: (Note: only d is required for MBU!)</p> <p>d. Choose a national monument that interests you. Using books, brochures, the internet (with your parent's permission), and other resources, find out more about the monument. Tell your counselor what you learned, and explain why the monument is important to this country's citizens.</p> <ul style="list-style-type: none"> ● Bring proof of all requirements completed prior to MBU

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Citizenship in Society	Melissa Clites <ul style="list-style-type: none"> ▪ Brian Bullard ▪ John Stone ▪ ? ▪ ? 	<ul style="list-style-type: none"> • AM & PM Class • OA Bldg. • 24 Scouts with 4 adults (subject to change) • Prior to MBU - <u>MUST</u> complete Req. 1 and bring written definitions, descriptions, etc. for discussion: • 1. Before beginning work on other requirements for this merit badge: a. Research the following terms, and then explain to your merit badge counselor how you feel they relate to the Scout Oath and Scout Law: • Identities • Inclusion • Diversity • Discrimination • Equity • Ethical Leadership • Equality • Upstander • Reqs. 2, 7 and 8 may be completed and brought to MBC for credit. This will allow you to complete the entire MB! • 2. Document and discuss with your counselor what leadership means to you. Share what it means to make ethical decisions. (a.) Research and share with your counselor an individual you feel has demonstrated positive leadership while having to make an ethical decision. (It could be someone in history, a family member, a teacher, a coach, a counselor, a clergy member, a Scoutmaster, etc.) (b.) Explain what decision and/or options that leader had, why you believe they chose their final course of action, and the outcome of that action. • 7. Identify and interview an individual in your community, school, and/or Scouting who has had a significant positive impact in promoting diversity, equity, and inclusion. If you feel your community, school, or local Scouting group does not have such an individual, then research a historical figure who meets these criteria, and discuss that person with your counselor. (a.) Discover what inspired the individual, learn about the challenges they faced, and share what you feel attributed to their success. (b.) Discuss with your counselor what you learned and how you can apply it in your life. • 8. With the help of your parent or guardian, study an event that had a positive outcome on how society viewed a group of people and made them feel more welcome. Describe to your counselor the event and what you learned.

Merit Badge	Counselor	Notes
Citizenship in the World	Warren Prosser	<ul style="list-style-type: none"> • One class - All day instruction • Trading Post • 12 Scouts only • Scouts bring MB pamphlet and worksheets • Prepare – Read the MB pamphlet and be prepared to discuss Req. 3a and 3b • Do the following: <ul style="list-style-type: none"> ○ Pick a current world event. In relation to this current event, discuss with your counselor how a country's national interest and its relationship with other countries might affect areas such as" its security, its economy, its values, and the health of its citizens. ○ Select a foreign country and discuss with your counselor how its geography, natural resources, and climate influence its economy and its global partnerships with other countries. • IF you complete Req. 7 and bring details and discuss with Counselor, you may be able to complete the MB. • Req. 7 Do TWO of the following (with your parent's permission) and share with your counselor what you have learned: <ul style="list-style-type: none"> ○ Visit the website of the U.S. State Department. Learn more about an issue you find interesting that is discussed on this website. ○ Visit the website of an international news organization or foreign government, OR examine a foreign newspaper available at your local library, bookstore, or newsstand. Find a news story about a human right realized in the United States that is not recognized in another country. ○ Visit with a student or Scout from another country and discuss the typical values, holidays, ethnic foods, and traditions practiced or enjoyed there. ○ Attend a world Scout jamboree. ○ Participate in or attend an international event in your area, such as an ethnic festival, concert, or play.

Merit Badge	Counselor	Notes
Communications	Greg Bizzell	<ul style="list-style-type: none"> • AM first filled & then PM Class will be offered • Headquarters Bldg. • 10 Scouts per class • Scouts will need the MB booklet and will need to complete all requirements and bring documents/proof to class and be prepared for class discussion. This MB requires advance preparation and in-class discussion and participation. <p>1. Do ONE of the following:</p> <p>(a) For one day, keep a log in which you describe your communication activities. Keep track of the time and different ways you spend communicating, such as talking person-to-person, listening to teachers, listening to the radio or podcasts, watching television, using social media, reading books and other print media, and using any electronic communication device. Discuss with your counselor what your log reveals about the importance of communication in your life. Think of ways to improve your communication skills.</p> <p>(b) For three days, keep a journal of your listening experiences. Identify one example of each of the following, and discuss with your counselor when you have listened to:</p> <ol style="list-style-type: none"> (1) Obtain information (2) Be persuaded (3) Appreciate or enjoy something (4) Understand someone's feelings <p>(c) In a small-group setting, meet with other Scouts or with friends. Have them share personal stories about significant events in their lives that affected them in some way. Take note of how each Scout participates in the group discussion and how effectively each Scout communicates their story. Report what you have learned to your counselor about the differences you observed in effective communication.</p> <p>(d) List as many ways as you can think of to communicate with others (face-to-face, by telephone, letter, email, text messages, social media, and so on).</p> <p>For each type of communication, discuss with your counselor an instance when that method might not be appropriate or effective.</p> <p>2. Do ONE of the following:</p> <p>(a) Think of a creative way to describe yourself using, for example, a collage, short story or autobiography, drawing or series of photographs, or a song or skit. Using the aid you created, make a presentation to your counselor about yourself.</p> <p>(b) Choose a concept, product, or service in which you have great confidence. Build a sales plan based on its good points. Try to persuade the counselor to agree with, use, or buy your concept, product, or service. After your sales talk, discuss with your counselor how persuasive you were.</p> <p>3. Write a five-minute speech. Give it at a meeting of a group.</p> <p>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</p> <p>(Continued on next page)</p>

Merit Badge	Counselor	Notes
		<p>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.</p> <p>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.</p> <p>6. With your counselor's approval, develop a plan to teach a skill or inform someone about something. Prepare teaching aids for your plan. Carry out your plan. With your counselor, determine whether the person has learned what you intended.</p> <p>7. Do ONE of the following:</p> <p>(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.</p> <p>(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. <i>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.</i></p> <p>(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.</p> <p>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.</p> <p>9. Find out about three career opportunities in communication. Pick one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.</p> <ul style="list-style-type: none"> • Scouts may wish to print & bring worksheet from http://usscouts.org/mb/worksheets/list.asp

Merit Badge	Counselor	Notes
Cooking	Anthony DeLucia	<ul style="list-style-type: none"> • AM & PM Classes • Outside Dining Hall with access to kitchen • 15 Scouts @ • Bring pen/pencil & hard notebook • May want a camp chair • Record with SM start date on this MB • Complete #2a, 2c, 4, 4c – photo or video of each meal, 4d, 4e, 5a, 5b, 6a, 6b, 6c, and 7 Bring documentation to class <p>2. Nutrition. Do the following:</p> <p>a. Using the MyPlate food guide or the current USDA nutrition model, give five examples for EACH of the following food groups, the recommended number of daily servings, and the recommended serving size: (1) Fruits (3) Grains (5) Dairy (2) Vegetables (4) Proteins</p> <p>c. Track your daily level of activity and your daily caloric need based on your activity for five days. Then, based on the My Plate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.</p> <p>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 keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals. Then do the following:</p> <p>(a.) Find recipes for each meal. Create a shopping list for your meals showing the amount of food needed to prepare for the number of people you will serve. Determine the cost for each meal.</p> <p>(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.*</p> <p>(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.</p> <p>(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.</p> <p>* 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.</p> <p>(Continued on next page)</p>

Merit Badge	Counselor	Notes
		<p>5. Camp cooking. Do the following:</p> <p>a. Using the MyPlate food guide or the current USDA nutrition model, plan five meals for your patrol (or a similar size group of up to eight youth, including you) for a camping trip. Your menus should include enough food for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. These five meals must include at least one breakfast, one lunch, one dinner, AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.</p> <p>b. Find or create recipes for at least three meals, a dessert and a snack. Adjust menu items in the recipes for the number to be served. Create a shopping list and budget to determine the per-person cost.</p> <p>6. Trail and backpacking meals. Do the following:</p> <p>a. Using the MyPlate food guide or the current USDA nutrition model, plan a meal for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must consider weight, not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals.</p> <p>b. 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.</p> <p>c. Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.</p> <p>7. Food-related careers. Find out about three career opportunities in cooking. Select one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.</p> <ul style="list-style-type: none"> • Meals done prior to start date will not count towards requirements
Environmental Science	Jim Slye	<ul style="list-style-type: none"> • All day class • Ecology area • 15 Scouts • Bring gloves and a water bottle • Prerequisites: requirements 2, 3b2 or 3b3, 3c3, 3f1 or 3f2 (3g1 or 3g2 can be substituted for one of the other requirements in req 3.). • refer to current requirements on BSA Web page https://www.scouting.org/skills/merit-badges/all/ this may not be a working link but can be typed into any browser

Merit Badge	Counselor	Notes
Family Life	Susan Lewis	<ul style="list-style-type: none"> • AM and PM classes • Peacock Shelter • 20 Scouts @ • Req. to be completed during MBU if Scouts are prepared: <p>1. Prepare an outline on what a family is and discuss this with your merit badge counselor. Tell why families are important to individuals and to society. Discuss how the actions of one member can affect other members.</p> <p>2. List several reasons why you are important to your family and discuss this with your parents or guardians and with your merit badge counselor.</p> <p>6. Do the following: a. Discuss with your merit badge counselor how to plan and carry out a family meeting.</p> <p>7. Discuss with your counselor your understanding of what makes an effective parent and why, and your thoughts on the parent's role and responsibilities in the family.</p> <ul style="list-style-type: none"> • Req. to do prior to or after class: • # 3 Perform a list of your regular duties or chores for 90 days & track it • #4 Decide on and carry out a project to benefit your family. Bring written report, photos, etc. to class • # 5 Plan and carry out a project that involves participation of your family. Again, bring a written report, photos, etc. to class • # 6b Plan and carry out family meeting(s) including: <ul style="list-style-type: none"> 1. How living the principles of the Scout Oath & Law contributes to your family life 2. The greatest dangers and addictions facing youth in today's society 3. Understanding the growing-up process and how the body changes, and making responsible decisions dealing with sex 4. Personal and family finances 5. A crisis situation within your family 6. The effect of technology on your family 7. Good etiquette and manners
Hiking (and Backpacking)	Chris Chase	<ul style="list-style-type: none"> • AM & PM classes • Campsite # 5 • 15 Scouts @ • May want to bring a camp chair • Prepare by reading BOTH Merit Badge booklets and completing the following: <p>Hiking</p> <p>1. Do the following: a. Explain to your counselor the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards. b. Show that you know first aid for injuries or illnesses that could occur</p> <p>(Continued on next page)</p>

Merit Badge	Counselor	Notes
		<p>while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite.</p> <p>2. Do the following:</p> <p>a. Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.</p> <p>b. Read aloud or recite the Leave No Trace guidelines, and discuss why each is important while hiking.</p> <p>c. Read aloud or recite the Outdoor Code, and give examples of how to follow it on a hike.</p> <p>3. Explain how hiking is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes, and describe how you will increase your fitness for longer hikes.</p> <p>Backpacking</p> <p>1. Discuss the prevention of and treatment for the health concerns that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.</p> <p>2. Do the following:</p> <p>a. List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.</p> <p>b. Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.</p> <p>3. Do the following:</p> <p>a. Define limits on the number of backpackers appropriate for a trek crew.</p> <p>b. Describe how a trek crew should be organized.</p> <p>c. Tell how you would minimize risk on a backpacking trek.</p> <p>d. Explain the purpose of an emergency response plan.</p> <p>4. Do the following:</p> <p>a. Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew's impact on the environment.</p> <p>b. Describe proper methods of handling human and other wastes while on a backpacking trek.</p> <p>Describe the importance of and means to assure personal cleanliness while on a backpacking trek.</p> <p>c. Tell what factors are important in choosing a campsite.</p> <p>5. Do the following:</p> <p>a. Demonstrate two ways to treat water and tell why water treatment is essential.</p> <p>b. Explain to your counselor the importance of staying well hydrated during a trek.</p> <p>6. Do the following:</p> <p>a. Demonstrate that you can read topographic maps.</p> <p>b. (Complete with your troop)</p> <p>(Continued on next page)</p>

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		<p>c. Explain how to stay found, and what to do if you get lost.</p> <p>7. Tell how to prepare properly for and deal with inclement weather.</p> <p>8. Do the following:</p> <p>a. Explain the advantages and disadvantages of the different types of backpacking stoves using at least three different types of fuel.</p> <p>b. Demonstrate that you know how to operate a backpacking stove safely and to handle liquid fuel safely.</p>
Personal Fitness	M. J. Falls & Jackson Prosser	<ul style="list-style-type: none"> • AM & PM classes • Campsite # 6 • 15 Scouts @ • Bring a mat for ground cover and camp chair • Read the Merit Badge booklet and complete any requirements and bring to class for review and discussion.
Personal Management	Chris Key	<ul style="list-style-type: none"> • AM & PM Classes • Medical Bldg. • 10 Scouts @ • Complete Req. 1 and 10 and bring work to class: <p>1. Do the following: (a) Choose an item that your family might want to purchase that is considered a major expense. (b) Write a plan that tells how your family would save money for the purchase identified in requirement 1a. (1) Discuss the plan with your merit badge counselor. (2) Discuss the plan with your family. (3) Discuss how other family needs must be considered in this plan. (c) Develop a written shopping strategy for the purchase identified in requirement 1a. (1) Determine the quality of the item or service (using consumer publications or ratings systems). (2) Comparison shop for the item. Find out where you can buy the item for the best price. (Provide prices from at least two different price sources.) Call around; study ads. Look for a sale or discount coupon. Consider alternatives. Can you buy the item used? Should you wait for a sale?</p> <p>10. Do the following: (a) Choose a career you might want to enter after high school or college graduation. Discuss with your counselor the needed qualifications, education, skills, and experience. (b) Explain to your counselor what the associated costs might be to pursue this career, such as tuition, school or training supplies, and room and board. Explain how you could prepare for these costs and how you might make up for any shortfall.</p>

Questions or concerns may be addressed to barton.connie@gmail.com or via text message at (919) 971-9948. Phone calls will go to voice mail and calls will be returned as time permits.