



Royal Rangers

Merit Requirements: Silver-Bordered Merit

ADVANCED BACKPACKING

- 1) Water Treatment:
 - a) Explain the difference 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) Stoves
 - a) Explain the advantages and disadvantages of the different types of fuel and how to safely handle the fuel. Are there any special concerns when flying to a backpacking location? Include how each fuel works at high altitude, in temperatures below freezing and any safety concerns.
 - i) Alcohol Fuel
 - ii) White Gas
 - iii) Butane
 - iv) Propane
 - v) Butane/Propane Mix
 - b) What type of stove do you prefer to use and why? What type of fuel does it use?
- 3) Shelters
 - a) What's the difference between a four season tent and a three season tent?
 - b) Explain what a free standing tent is.
 - c) Choose a tent for your hike in Requirement 13. Explain why you chose that tent.
- 4) Cooking
 - a) Using your backpack stove to bake an item of your choosing.
 - b) Use your stove to cook at least three different meals while on the trail.
 - c) Explain any special considerations needed for high altitude cooking.
- 5) First Aid
 - a) Explain the importance of being familiar with wilderness first aid when backpacking. Describe the first aid required for injuries or illnesses listed below:
 - i) hypothermia
 - ii) heat stroke and exhaustion
 - iii) frostbite
 - iv) dehydration
 - v) sunburn
 - vi) insect stings
 - vii) tick bites
 - viii) snakebite
 - ix) different degrees of high 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 on a backpacking trek.
- 8) Map and Compass
 - a) Demonstrate that you can read topographic maps.
 - b) While on a hike, use a map and compass to establish your position on the terrain at random times and places.
 - c) Explain why you still need good map skills even when using a GPS.
 - d) Why do you still need a compass if you have a GPS.



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- 9) Equipment:
 - a) List 10 items which you feel are essential for an overnight backpacking trek and explain why you chose each item.
 - b) Describe ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health and safety.
- 10) List the environmental issues that are of importance to backpackers. Describe five ways to lessen your impact on the environment. Describe proper methods for disposing of solid and liquid wastes.
- 11) Read a book about one of the following long distant trails.
 - a) Appalachian Trail
 - b) Pacific Crest Trail
 - c) Continental Divide Trail
- 12) Write a report of at least 500 words on the book you read for Requirement 11. Include the following information:
 - a) How long is the trail?
 - b) How long does it take to hike the trail?
 - c) ~~Why do you think it is important to hike the trail?~~
 - d) Discuss any special preparations needed to prepare to hike the trail.
 - e) How is the trail maintained?
 - f) How do the hikers re-supply?
- 13) Find someone who has completed a long distance backpack trek of at least 50 miles and invite them to your outpost meeting or meet with them personally and discuss long distance hiking.
- 14) Plan and take a 5-day backpacking trip of at least 50 miles. Keep a journal of your trip and take pictures on your hike. Before leaving prepare a trip plan and leave it with someone at home. 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 case of an emergency. This should include phones, hospitals, and other places where help can be found.