



Wilderness Survival

Merit Badge Workbook

This workbook can help you organize your notes but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Workbooks for all merit badges are at: [Online Resources](#).

Worksheet developer: craig@craiglincoln.com. Requirements revised: 2008, Workbook updated: April 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur in backcountry settings, including hypothermia, _____

heat reactions, _____

frostbite, _____

dehydration, _____

blisters, _____

insect stings, _____

tick bites, _____

and snakebite. _____

2. From memory, list the seven priorities for survival in a backcountry or wilderness location. Explain the importance of each one with your counselor. (You might want to write out the priorities to help you memorize them.)

1. _____

- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

3. Discuss ways to avoid panic and maintain a high level of morale when lost, and explain why this is important. _____

4. Describe the steps you would take to survive in the following conditions:

a. Cold and Snowy _____

b. Wet (forest) _____

c. Hot and Dry (desert) _____

d. Windy (mountains or plains) _____

e. Water (ocean, lake, or river) _____

5. Put together a personal survival kit and explain how each item in it could be useful.

6. Using three different methods (other than matches), build and light three fires.

- 1. _____
- 2. _____
- 3. _____

7) Do the following:

a. Show five different ways to attract attention when lost.

b. Demonstrate how to use a signal mirror. _____

c. Describe from memory five ground-to-air signals and tell what they mean. (Writing them out may help you remember.)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

8. Improvise a natural shelter. For the purpose of this demonstration, use techniques that have little negative impact on the environment. Spend a night in your shelter. _____

9. Explain how to protect yourself from insects, _____

reptiles, _____

and bears. _____

10. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking.

- 1. _____
- 2. _____
- 3. _____

11. Show that you know the proper clothing to be worn in your area on an overnight in extremely hot weather

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and extremely cold weather.

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12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: [▶ scouting.org](http://scouting.org) ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)
 ▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#) ▶ [Safety Afloat](#)
 ▶ [Leave No Trace](#) ▶ [Outdoor Code](#) ▶ [Wilderness Use Policy](#) ▶ [Youth Protection Training](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org Merit Badge Books: www.scoutstuff.org
[ExpertVillage First Aid Videos](#) ▶ [Make a First Aid Kit](#) ▶ [Basics](#) ▶ [Basics2](#) ▶ [CPR Basics](#) ▶ [Venomous Snake Bite Survival Videos](#) ▶ [Survival Kit](#) ▶ [Build a Fire](#) ▶ [Build a Shelter](#) ▶ [Signaling](#) ▶ [Desert](#) ▶ [Leave No Trace Camping Videos](#) ▶ [Packing](#) ▶ [Water Purification](#) ▶ [Layering](#) ▶ [Wet Weather](#) ▶ [Sleeping Bags](#) ▶ [Pads](#) ▶ [Tents Hiking Videos](#) ▶ [Planning](#) ▶ [Footwear](#) ▶ [Avoid Blisters](#) ▶ [Gear](#) ▶ [Cold Weather](#) ▶ [Warm Weather](#) ▶ [Layering Backpacking Videos](#) ▶ [Gear](#) ▶ [Internal vs. External Frame](#) ▶ [Campsite](#) ▶ [Clothing](#) ▶ [Food](#) ▶ [Hydration](#) ▶ [Socks Fire Starting Videos](#) ▶ [Site](#) ▶ [Kindling](#) ▶ [Wood](#) ▶ [Flint & Steel](#) ▶ [BlastMatch](#) ▶ [Steel Wool](#) ▶ [Fire Piston](#)
 ▶ [Magnifying Glass](#) ▶ [Log Cabin](#) ▶ [Tee Pee](#) ▶ [Dangers](#) ▶ [Safety](#)

[Knot Videos](#) ▶ [Basics](#) ▶ [Basics2](#) ▶ [Animated Knots](#)
 USScouts.org: ▶ [Orienteering](#) ▶ [Camps Database](#) ▶ [Cooking](#) ▶ [Camping](#) ▶ [More](#)

Assn of Outdoor Recreation and Education: <http://www.aore.org> Backpacker Magazine: <http://www.backpacker.com>

Equipped to Survive: <http://www.equipped.org> Guide to Safe Scouting: <http://www.scouting.org/pubs/gss>

National Outdoor Leadership School: <http://www.nols.edu> http://www.outdoors-magazine.com/s_links.php

Outside Magazine: <http://outside.away.com> Tracker Trail: <http://www.trackertrail.com/survival>

Wilderness Education Assn: <http://www.wilderness-survival.net>

Free Topographical Maps: US Geological Survey: <http://store.usgs.gov/> (Download the pdf or buy 22"x27" maps for \$7 each.)

Topographical: Topozone.com: <http://www.topozone.com/> (Choose your map and scale, then click Print Map, free 8.5x11.)

Satellite, Street, and Terrain Maps: <http://maps.google.com/>

Large Satellite Photos: <http://terraserver-usa.com/address.aspx> (Enter Address, choose large size, print, right click, Save as)