

## National Camping School: Trek Leader Section

Name \_\_\_\_\_ Unit \_\_\_\_\_ Location \_\_\_\_\_  
Council \_\_\_\_\_

**Instructions:** For multiple-choice questions, indicate an answer for each of the following items by circling the appropriate letter (i.e., a, b, c, or d).

### 1. Outdoor Skills Self-Test: Compass

#### Skill Initials

1.1 Identify the major parts of a compass:

- a. Compass housing
- b. Base plate
- c. Compass needle
- d. Orienteering arrow
- e. Direction-of-travel arrow

1.2 Demonstrate understanding of *declination* and its importance in relation to compass use at various geographic locations throughout the world.

1.3 Show ability to utilize compass headings for cross-country travel by use of

- a. Azimuth
- b. Back azimuth
- c. Triangulation
- d. Offset technique

1.4 Demonstrate knowledge of your step or pace distance and ability to convert this to larger distances (such as 850 feet, for example) on cross-country travel.

1.5 Show knowledge of compass bearings in relation to traditional directions (such as NE=45°, W=270°).

#### References

*Be Expert With Map and Compass*, by Bjorn Kjellstrom; Macmillan General Reference, 1994. Revised and updated edition.

*Boy Scout Handbook*, 11th edition, No. 33105

*Fieldbook*, No. 33200

*Orienteering merit badge pamphlet*, No. 33385

### 2. Outdoor Skills Self-Test: Maps

#### Skill Initials

2.1 Use of a metal yardstick or drafting equipment to draw magnetic north orienteering lines on the map.

2.2 Ability to determine base information from the map, to include

- a. Declination
- b. Bar-scale
- c. Date
- d. Contour interval
- e. Name of quadrangle
- f. Map scale in inches

2.3 Ability to find a point on a map by longitude/latitude via given degrees and minutes.

2.4 Knowledge of color designations of a map:

- a. Black
- b. Red
- c. Brown
- d. Magenta
- e. Blue
- f. Green
- g. White

- 2.5 Knowledge of how to fold a map.
- 2.6 Understanding of basic map symbols, such as
- a. Building
  - b. Church
  - c. Cemetery
  - d. School
  - e. Landmarks
  - f. Highway
  - g. Trail
  - h. Power transmission lines
  - i. Railroad
  - j. Stream; intermittent stream
  - k. Bridge
  - l. Swamp
  - m. Wooded areas
- 2.7 Understanding of contour lines and their affect on cross-country travel.
- 2.8 Ability to “orient” a map using
- a. Prominent terrain features
  - b. Compass
- 2.9 Ability to plot a course from one point to another on a map.
- 2.10 Ability to estimate travel time of a course on the map, based on correlation of distance and terrain features.

### References

*Be Expert With Map and Compass*, by Bjorn Kjellstrom; Macmillan General Reference, 1994. Revised and updated edition.

*Boy Scout Handbook*, 11th edition, No. 33105

*Fieldbook*, No. 33200

*Orienteering merit badge pamphlet*, No. 33385

## 3. Outdoor Skills Self-Test: First Aid and Safety

### Skill Initials

- 3.1 Ability to perform first-aid skills required for the First Aid merit badge.
- 3.2 Knowledge of general safety guidelines useful in backcountry trek:
- a. Preparation (Training, leadership, itinerary planning, clothing and equipment, crew size, where to get help, physical exams, etc.)
  - b. Safety considerations (Free time, games, cooking, campsite location, stream crossings, lightning, wind, etc.)
    - Safety on the water (Safety Afloat training)
    - Safety in the water (Safe Swim Defense training)
    - Safety on the trail
    - Safety for climbing or rappelling (Climb On Safely training)
  - c. Cold-weather safety
  - d. Hot-weather safety
  - e. Wet-weather safety
  - f. Dry-weather safety
  - g. Safety around animals
  - h. Safety around plants
  - i. When to stop or turn back

### References

*Boy Scout Handbook*, 11th edition, No. 33105

*Climb On Safely flier*, No. 3206

*Fieldbook*, No. 33200

*First Aid merit badge pamphlet*, No. 33301A

*Passport to High Adventure*, No. 4310

## 4. Outdoor Skills Self-Test: Canoe

### Skill Initials

- 4.1 Identify the major parts of a canoe: bow, stern, keel, starboard, port, thwart, gunwale, aft.
- 4.2 Identify the major points of a canoe paddle: tip, blade, throat, shaft, grip.
- 4.3 Ability to launch and land a canoe properly.
- 4.4 Ability to paddle a canoe using forward stroke, J-stroke, backstroke, draw stroke, pry stroke, and sculling.
- 4.5 Ability to implement capsize procedure.
- 4.6 Ability to perform a canoe-over-canoe rescue.

### References

*Canoeing* merit badge pamphlet, No. 33305A  
*Fieldbook*, No. 33200

## 5. Outdoor Skills Self-Test: Backpacking

### Skill Initials

- 5.1 Identify the different types of backpacks:
  - a. Softpack
  - b. External frame
  - c. Internal frame
  - d. Dry pack
  - e. Fanny pack
- 5.2 Ability to load a pack properly.
- 5.3 Ability to hoist a pack properly.
- 5.4 Ability to select appropriate footwear (shoes, boots, socks) for backpacking.
- 5.5 Ability to care for feet while backpacking.
- 5.6 Ability to select campsites.

### References

*Backpacking* merit badge pamphlet, No. 33232A  
*Boy Scout Handbook*, 11th edition, No. 33105  
*Camping* merit badge pamphlet, No. 33256A  
*Fieldbook*, No. 33200  
*Passport to High Adventure*, No. 4310

## 6. Outdoor Skills Self-Test: Cooking

### Skill Initials

- 6.1 Ability to start, maintain, and extinguish a cooking fire.
- 6.2 Ability to prepare a camp cooking area.
- 6.3 Ability to prepare and cook (not warm up) dishes of
  - a. Meat (bacon, sausage, fresh fish, etc.)
  - b. Pancakes, drop biscuits, or similar "fried" bread item
  - c. Meat and vegetable soup or stew
  - d. Baked bread item such as twist, biscuits, or bread
  - e. Pasta dish
  - f. Baked dessert such as fruit cobbler
- 6.4 Ability to clean and disinfect cooking and eating items.
- 6.5 Ability to properly dispose of cooking and eating wastes.
- 6.6 Ability to restore the cooking area to Leave No Trace.

### References

*Boy Scout Handbook*, 11th edition, No. 33105  
*Cooking* merit badge pamphlet, No. 33349A  
*Fieldbook*, No. 33200

*NOLS Cookery: Experience the Art of Outdoor Cooking*, edited by Claudia Pearson; Stackpole Books, 1997. Fourth edition.

## **7. Outdoor Skills Self-Test: Knots and Lashings**

### **Skill Initials**

7.1 Identify the parts of a rope and knot.

7.2 Ability to tie the following:

- a. Square knot
- b. Sheet bend
- c. Two half hitches
- d. Taut-line hitch
- e. Clove hitch
- f. Timber hitch
- g. Bowline
- h. Figure 8
- i. Square lashing
- j. Diagonal lashing
- k. Shear lashing

### **Reference**

*Boy Scout Handbook*, 11th edition, No. 33105

## **8. Outdoor Skills Self-Test: Wilderness Use**

### **Skill Initials**

8.1 I have read and agree to live by the BSA Wilderness Use Policy. (See "Leave No Trace" chapter in *Passport to High Adventure*.)

8.2 I have read and agree to honor the Outdoor Code.

### **References**

*Backpacking* merit badge pamphlet, No. 33232A

*Passport to High Adventure*, No. 4310