



7. Prepare for an overnight campout with your patrol by doing the following:

- 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.

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8. Do the following:

- 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.

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- 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

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9. Show experience in camping by doing the following:

- 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.


- b. On any of these camping experiences, you must do TWO of the following, only with proper preparation and qualified supervision:

1.  Hike up a mountain where, at some point, you are at least 1,000 feet higher in elevation from where you started.
2.  Backpack, snowshoe, or cross-country ski for at least four 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.

c.  Perform a conservation project approved by the landowner or land managing agency. This can be done alone or with others

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