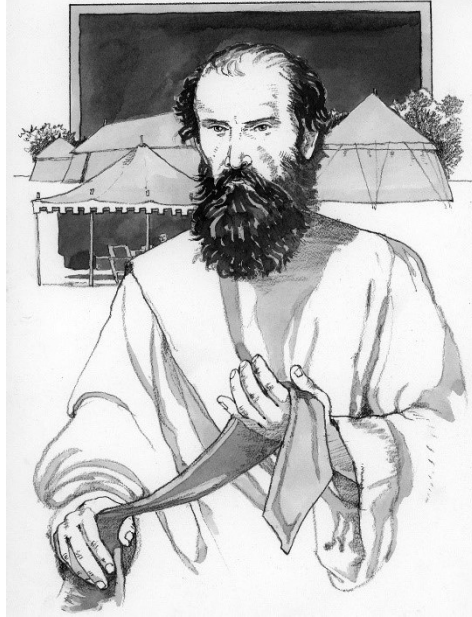


Achievement Course: Camping
Recommended Ages: 12-18 years of age
Approximate Completion Time Frame: 12-18 months



Saint Paul, pray for us!

Saint Paul is the patron saint of tent makers. Acts 18:3 states that Paul went to Corinth and “went to visit them and, because he practiced the same trade, stayed with them and worked, for they were tentmakers by trade.” Camping during biblical time was very commonplace. In Exodus, we find the Israelites following the cloud by day and fire at night. When either one stopped moving they were to set up camp. Also, in Hebrews 11:9, we find Abraham “sojourned in the promised land as in a foreign country, dwelling in tents with Isaac and Jacob.”

Objective: To demonstrate the ability to camp safely and effectively.

Outdoor experiences offer a place to experience God's creation, to test the competencies that have been learned in meetings and study, and to build confidence. Through these activities, all the program elements of the Troops of Saint George come together. The monthly activities at the meetings can focus towards the outdoor activity that the leaders have planned. The patrols can work together to learn and demonstrate competencies, as well as have fun and enjoy exciting experiences or complete service projects. They can also compete with one another to add additional motivation for learning skills. Outdoor activities take Cadets and Officers out of their comfort zone, making them stretch to accomplish what once may have seemed difficult, and thus develop confidence.

1. Requirements

- a. Know the structure, benefits, challenges, and demonstrate setup of each of the following types of shelters
 - i. Frame Tent
 - ii. Dome Tent
 - iii. Lean-to-Shelter
 - iv. Rope and Tarp Shelter
- b. Clothing
 - i. Describe what layered clothing is and discuss the benefits of wearing layers in the outdoors.
 - ii. Describe which materials for clothing are better in the outdoors and why.
 - iii. Explain C.O.L.D. and how it applies to camping.
 1. Clean
 2. do not Overheat
 3. Layers
 4. Dry
 - iv. Describe the basic essential gear that should be carried in a daypack.
 - v. Describe different styles of and materials used in sleeping bags, and discuss the pros and cons of each.
 - vi. Describe making a bed of natural materials when camping.
 - vii. Demonstrate selecting an appropriate location to setup a campsite in an unimproved location. Include placement of the following items and explain good reasons for your choices.
 1. Tents
 2. Campfire
 3. Bear bag or other animal protected food storage location
 4. Latrine
 5. Water source
- c. Safety
 - i. Explain structure, benefits, challenges, and how to implement the buddy system when camping.
 - ii. Discuss the appropriate length of daily activities and guidelines for safety.
 - iii. Discuss typical age-appropriate activities for Troop camping trips.
 - iv. Discuss with your leaders and patrol the principles of being a good steward of God's creation when camping.
 - v. Discuss the function of a police line to clean up a campsite. Lead a police line clean up on a Troop campout.
- d. TSG Camping Culture

- i. Discuss how safe environment rules and the buddy system pertain to camping.
 - ii. Lead the setup of a properly oriented outdoor altar on a Troop campout. (may need to ask Troop leadership)
 - iii. Participate in a flag ceremony on a Troop campout.
 - iv. Discuss how to stay clean when camping. Take a shower on a Troop campout.
 - e. Basic Camping Experience
 - i. Attend camping trips with your Troop for a total of at least 15 nights of camping.
 - ii. Attend one camping trip of at least 4 nights duration.
 - iii. Sleep 3 nights outside of a tent. At least one night should be under protective covering constructed from natural materials, and at least one night should be “under the stars” with no structured covering. These nights may be part of any other camping experiences under requirement 1.e.i. or 1.e.ii.
 - f. Backpacking
 - i. Camp at least one night where you carried all your gear with you in a single trip for at least a mile from where transportation is parked.
 - g. Advanced Camping Knowledge and Experience
 - i. Complete requirements for two of the following sections. Be sure to take appropriate training and safety precautions.
 - 1. Backpacking – On 2-3 different trips, camp a total of six nights while backpacking a minimum of 2 miles. On at least one of the trips camp in at least two different locations.
 - 2. Winter Camping – On two different trips, camp at least two nights where there is snow on the ground and the low temperature (factoring in wind chill also) is below freezing. Precaution must be taken when in cold weather.
 - 3. Desert Camping – Camp 3 nights over at least 2 different trips in a desert climate.
 - 4. Jungle Camping – Camp 3 nights over at least 2 different trips in jungle climate.
 - 5. Water Trek – Camp 3 nights where you arrive at the campsite by canoe, kayak, raft, rowboat, or personal sailboat.
 - 6. High Altitude Camping – Camp above 10,000 feet for 3 nights over 2 different trips.
 - h. Basic Cooking Knowledge
 - i. Make a complete meal plan for your patrol on 3 different campouts. Do not repeat a meal on/across any of the menus. Acquire the food for the patrol according to the patrol budget. (Be aware of food allergies in your Troop and know what foods they may not have. Do NOT cross contaminate allergenic foods.)
 - ii. Make a duty roster for your patrol on a multi-night camping trip.
 - iii. Describe the 4 bucket cleaning method and why it is effective. Setup and take down the cleaning station on a Troop campout.
 - iv. Explain the function, benefits, challenges, and how to setup each of the following types of food preservation methods.

1. Refrigeration (with cooler and ice, lake, and snow)
 2. Smoked
 3. Dried
 4. Freeze dried
 5. Salted
- v. Discuss what can be prepared in advance of the camping trip for each of the meals on the menus in requirement 1.h.i. Discuss the benefits and challenges of advance preparation vs. in-camp preparation.
- vi. Clean and season cast iron.
- vii. Demonstrate the function, benefits, challenges, and how to setup each of the following types of cooking apparatus.
1. Propane Stove
 2. Backpacking Stove
 3. Campfire
 4. Dutch Oven
- viii. List 5 healthy snacks for energy when camping.
- ix. Compare and contrast cooking at home with cooking in camp.
- x. Explain typical food sources, benefits, challenges, storage requirements, and appropriate portion sizes for good nutrition for each of the following.
1. Meat
 2. Fruit
 3. Vegetables
 4. Starches
 5. Legumes
 6. Milk
 7. Eggs
 8. Cheese
 9. Candy
 10. Desserts
 11. Condiments
- xi. Describe how cooking on different materials requires different tools and techniques, including the following.
1. Cast iron
 2. Non-stick pans
 3. Stainless Steel
 4. Charcoal Grill
- i. Basic Cooking Experience
- i. Setup the apparatus and cook at least one breakfast, one lunch, and one dinner meal utilizing any of the following on a Troop camping trip (please note any food allergies and plan accordingly).
 1. Propane Stove
 2. Backpacking Stove
 3. Campfire
 4. Dutch Oven - ii. Prepare and eat a meal that didn't require cooking on a Troop camping trip.
 - iii. The Troops of Saint George faithfully observes Friday as a day of penance. Work with your Captain and/or Chaplain to fast or abstain on Fridays. Also,

in preparation for the Tribune Ordeal, fast for at least eight consecutive waking hours during a camping trip (if medically feasible).

- iv. Cook at least one breakfast, one lunch, and one dinner meal utilizing any of the following cooking methods at home, with both parental permission and supervision.
 1. Stove
 2. Oven
 3. Microwave oven
 4. Gas or charcoal grill or smoker