

# TROOP 682

## SCOUT

## GUIDE

SCOUT:

PATROL:



## About Troop 682

### Welcome to Troop 682!

Troop 682 is composed of boys mostly from the Poway, Sabre Springs, and Rancho Bernardo areas and we fall within the Black Mountain District of the San Diego Imperial Council. Our Troop's Chartering Organization is St. Bartholomew's Episcopal Church, where most meetings are held. Troop 682 prides itself on striving to be "boy-led", where the Scouts do the majority of planning and conduct meetings and outings, with Adult Leaders present to mentor and provide minimal assistance when needed.



### Meetings

Troop 682 meets every **Monday evening, from 7 p.m. to 8:30 p.m.** at St Bartholomew's Episcopal Church (16275 Pomerado Road), except for most school holidays and Mondays immediately after a regular Troop camping trip (with occasional variations). Mondays after camping trips are usually reserved for the Troop Committee (parents) and Patrol Leaders' Council (Scouts) meetings.

Twice a year (normally early Fall and late Spring), the Troop holds a Court of Honor in lieu of a regular meeting. At the Court of Honor, Scouts are recognized for any rank advancement, merit badges, and other awards earned during the previous six months. Scouts may "rank up" and wear a new rank at any time!



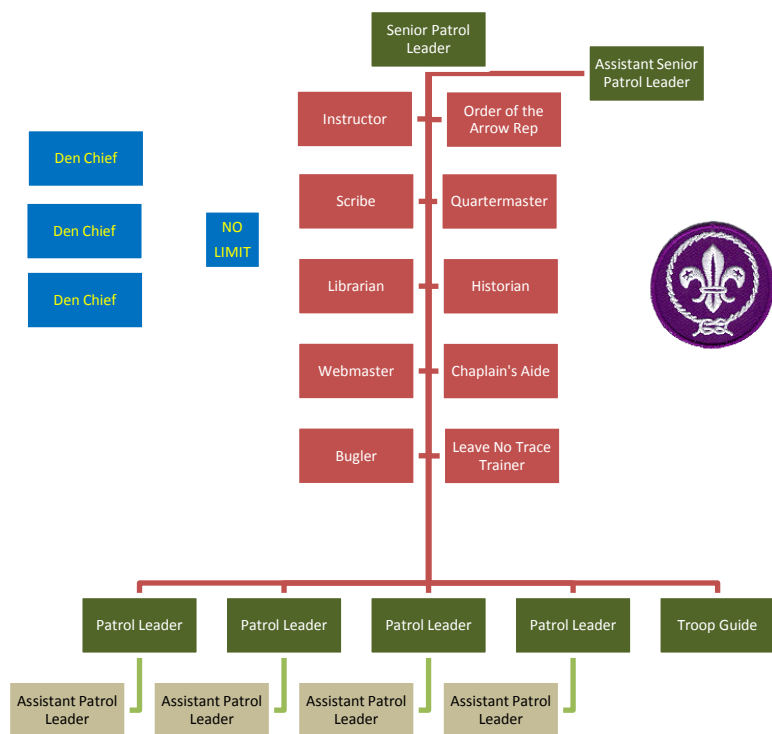
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## Troop Organization / Leadership / Ceremonies

The Troop is led by the Senior Patrol Leader, elected by all Scouts in the Troop. The Troop is then divided into patrols, of which there are currently four. Each patrol is made up of 8-12 Scouts led by a Patrol Leader, with as many age groups as possible represented. Patrols develop an individual identity, with a special Patrol patch, flag, and yell. Patrols sit and work together at Troop meetings, and camp/eat together during campouts. Patrols may also have Patrol meetings separate from Troop meetings.



### Patrol Leader



higher.

The patrol leader is the elected leader of his patrol. He represents his patrol on the patrol leaders' council and appoints the assistant patrol leader. In order to be a Patrol Leader, a Scout must be of 1<sup>st</sup> Class rank or

### Troop Guide



The troop guide works with new Scouts. He helps them feel comfortable and earn their First Class in their first year. He teaches basic Scout skills and works with the patrol leader at patrol leaders' council meetings. Serving as Guide can apply towards **Positions of Responsibility** requirements for Eagle in a Boy Scout Troop.

### Assistant Patrol Leader



The assistant patrol leader is appointed by the patrol leader and leads the patrol in his absence. He represents his patrol at patrol leaders' council meetings when the patrol leader cannot attend. The assistant patrol leader position does not count towards leadership requirements for Star, Life, or Eagle.

### Quartermaster



The quartermaster keeps track of troop equipment and sees that it is in good working order. He keeps records on patrol and troop equipment, makes sure equipment is in good working condition, and issues equipment and makes sure it is returned in good condition. Serving as Quartermaster can apply towards **Positions of Responsibility** requirements for Eagle in a Boy Scout Troop.

### Scribe



The scribe keeps the troop records. He records the activities of the patrol leaders' council and keeps a record of dues, advancement, and Scout attendance at troop meetings.

## Historian



The historian preserves troop photographs, news stories, trophies, flags, scrapbooks, awards, and other memorabilia. Serving as Historian can apply towards **Positions of Responsibility** requirements for Eagle

in a Boy Scout Troop.

## Librarian



The librarian oversees the care and use of troop books, pamphlets, magazines, audiovisuals, and merit badge counselor lists.

## Instructor



The instructor teaches Scouting skills. An instructor is an older troop member proficient both in a Scouting skill and in the ability to teach others. First aid, camping, backpacking, - the subject can encompass any of the areas that Scouts will want to master, especially those required for outdoor activities and rank advancement. Troops may have more than one instructor.

## Chaplain Aide



The chaplain aide works with the troop chaplain to meet the religious needs of Scouts in the troop. He also works to promote the religious emblems program.

## Den Chief



The den chief works with the Cub Scouts, Webelos Scouts, and den leaders in the Cub Scout pack. Helps Cub Scouts advance through Cub Scout ranks and encourages Cub Scouts to join a Boy Scout troop upon graduation. Serving as Den Chief can apply

towards **Positions of Responsibility** requirements for Eagle in a Boy Scout Troop.

## Troop Leadership

All members of the Troop 682 Scout Leadership are elected semi-annually by the Scouts in the troop. New leaders meet after election to help develop goals for the Troop and plan activities for the next year (reviewing the upcoming six months and creating a plan for the following six months). Additionally, each month the Patrol Leaders' Council reviews the prior month's activities and refines the plan for the following month. Members of the Patrol Leaders' Council are the Senior Patrol Leader, Assistant Senior Patrol Leader, all Patrol Leaders, all Troop Guides, and the Scribe.

All Scout leadership positions are described below (leadership titles colored red are members of the Patrol Leaders' Council):

### Senior Patrol Leader



The senior patrol leader (SPL) is elected by the Scouts to represent them as the top youth leader in the troop. He runs all troop meetings, events, activities, the annual program planning conference, and the patrol leaders' council meeting. He appoints other troop youth leaders with the advice and counsel of the Scoutmaster. In order to serve as Senior Patrol Leader, a Scout must have served as a Patrol Leader.

### Assistant Senior Patrol Leader



The assistant senior patrol leader (ASPL) is the second highest-ranking youth leader in the troop. He is appointed by the senior patrol leader with the approval of the Scoutmaster. The assistant senior patrol leader acts as the senior patrol leader in the absence of the senior patrol leader or when called upon. He also provides leadership to other youth leaders in the troop.

### Order of the Arrow Representative



The Order of the Arrow Representative is a youth liaison serving between the local Order of the Arrow (OA) lodge or chapter and his troop. In his unit, he helps meet the needs of the unit and will serve as a communication and programmatic link to and from Arrowmen, adult leaders and Scouts who are not presently members of the Order.

### Webmaster



The troop webmaster is responsible for maintaining the troop's website. He should make sure that information posted on the website is correct and up to date and that members' and leaders' privacy is protected. A member of the troop committee may assist him with his work.

### Leave No Trace Trainer



The Leave No Trace Trainer specializes in teaching Leave No Trace principles and ensures that the troop follows the principles of Leave No Trace on all outings such as camping and other outdoor activities. He can also help Scouts earn the Leave No Trace award. He should have a thorough understanding of and commitment to Leave No Trace. Ideally, he should have completed Leave No Trace training as well as earned both the Camping and Environmental Science merit badges.

### Bugler



The Bugler should be able to make appropriate bugle calls, as requested, at troop activities. Serving as Bugler can apply towards **Positions of Responsibility** requirements for Star and Life but *not* Eagle.

## **The Flag Ceremony**

Troop 682 begins and ends every meeting with an opening and closing Flag Ceremony. All Scouts should remain silent, remove jackets, face the flag, and render a salute when called upon to do so. A proper, solemn, and correct flag ceremony is an important demonstration of the Troop's character and citizenship. Responsibility for the Flag Ceremonies rotates among the patrols. One Scout will be designated as the speaker for the ceremony. A script for both ceremonies follows:

### Opening Ceremony

- "Troop Attention"
- "Color Guard Advance"
  - (U.S. flag is ALWAYS on right when advancing; U.S. flag crosses IN FRONT of the Troop flag before reaching the front of the room)
- "Scout Salute"
- "Please join me in the Pledge of Allegiance"
  - (All Scouts and guests recite Pledge)
- "Color Guard, Post the Colors"
- "Two"
- "Please face the Troop Flag"
- "Scout Sign"
- "Please join me in the Scout Oath"
  - (All Scouts recite Oath)
- "And the Scout Law"
  - (All Scouts recite Law)
- "Color Guard, Dismissed"
- "Troop, At Ease"

### Closing Ceremony

- "Troop, Attention"
- "Color Guard, Advance"
- "Please face the Flag"
- "Scout Salute"
- "Color Guard, Retire the Colors"
- "Troop, Dismissed"

# 3

## Uniforms

Troop 682 uses two Scout uniforms. The Boy Scout uniform has changed over the years, but it remains an easily identifiable trademark of the Scouting movement in the community while providing functionality to Scouts in the field.

Uniform items can be purchased online at <http://www.scoutstuff.org> or <http://bsauniforms.org>

They may also be found at the Council Scout Shop, located at Council Headquarters near Balboa Park:

1207 Upas St.  
San Diego, CA 92103

### Class A Uniform

The official Class "A" uniform is worn at Boy Scout meetings and functions (including breakfast & dinner at summer camp):

- Scout uniform shirt with appropriate patches (see diagrams below)
- Scout belt and buckle
- Scout neckerchief (provided to new Scouts by the Troop) and slide (can be the official slide or an alternative "woggle")
- Dark, plain pants or shorts. Official Boy Scout pants encouraged but not required.
- Scout hat. Recommended but not mandatory – no other hat allowed at meetings.
- Merit badge sash (not needed right away – worn to display merit badges)



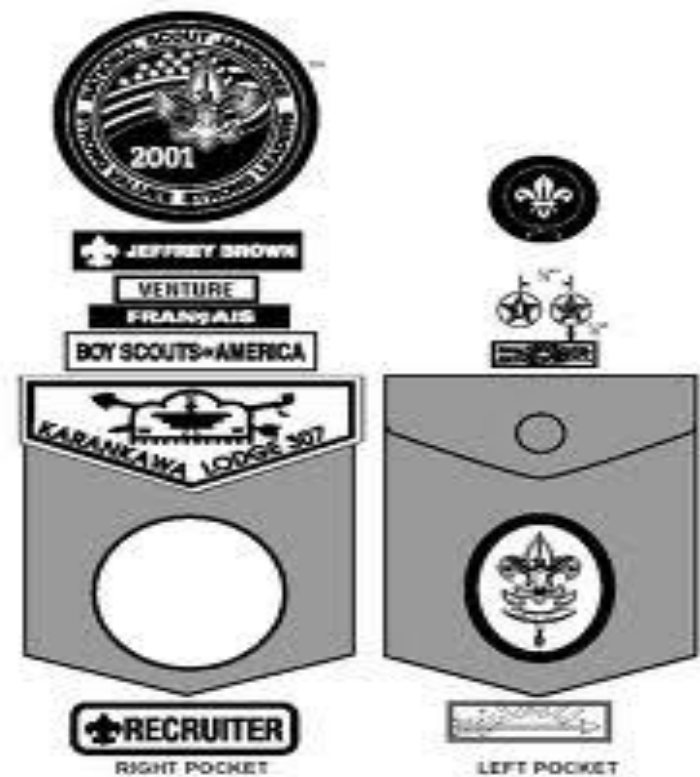
### Class B Uniform

Scouts wear the Class "B" uniform to outings and campouts, during the day at summer camp and to meetings during summer vacation:

- BSA or Troop T-shirt (available at Troop Meetings for a nominal charge; Scouts create a new design every 1-2 years as supplies run out)
- Dark colored pants or shorts
- Scout belt.
- Scout hat. Recommended but not mandatory – BSA hats (not the official hat) are acceptable. For camping, a hat is required.

### Current Troop Logo Design





# 4

## Camping

For most Scouts, overnight camping is the best part of the Scouting experience. You will get to try new things, learn new skills and assume new responsibilities. But mostly, you'll have fun!

There is normally one campout or other activity each month.

Many of the best trips are to new places suggested by Scouts. You can suggest a new place too! If you have a fun idea, tell your Patrol Leader or the Senior Patrol Leader, and have your parents mention it at a Parent Committee Meeting.

### Your Patrol and Tent Buddy

You will sleep and eat with the other boys in your Patrol. Your Patrol is like a team – everyone is expected to help to make every trip fun and successful.

Before each trip you will need to find one or more “tent buddies” in your Patrol to share a tent. (A good time to do this is right after planning grubbing.) One of the buddies will bring the tent: the Troop does not generally provide tents. Scouts with a rank of Star and above may choose to tent alone only if all the other Scouts in the Patrol have tent buddies.



**Saturday:** On Saturday you will have fun. Most trips have specific activities that the Troop has planned. You will also work as part of your Patrol to prepare, cook and clean up your meals. Your duties should be listed on the Patrol duty roster. Ask your Patrol Leader if you don't know what to do to help!

**Sunday morning:** After breakfast, pack up to go home. Again, Troop and Patrol gear must be packed before personal gear! (This is a good reason to keep your tent neat all weekend and put your clothes and other stuff back in your pack as soon as you are done with it!) Also, Troop 682 always leaves a camp site cleaner than we found it. After all the gear is packed, we will “police the area” to find all trash.

**Before leaving:** Before we load up the cars to go home, we stop for a few minutes to be thankful for a fun and safe weekend. We do “Thorns and Roses”: everyone on the trip tells about their favorite part of the trip (the rose), their least favorite part (the thorn), and what they are looking forward to on the next trip (a rose bud).

**Coming home:** Usually we arrive at the drop-off location about noon on Sunday. During the trip the driver will contact your parents so that they know what time to pick you up.

### What to Bring:

You should try to wear a Troop 682 T-Shirts (Class B uniforms) during the entire trip. (See the Scoutmaster to purchase Troop T-Shirts.) Other Boy Scout clothing items may also be used as a Class B uniform.

Troop 682 wears Class A uniforms for travel to and from camps. Certain trips, including Summer Camp and Camporees (where many Troops camp together) will require Class A uniforms for additional activities.

You are expected to have the necessary personal equipment to camp comfortably and safely. You should do your own planning and packing at home. If you don't know what to bring, talk to your Patrol Leader, Troop Guide or an older Scout. A checklist follows to help you, and the Boy Scout Handbook is ALWAYS a good resource.

Note: You don't need expensive gear to go camping – you can use a duffel bag to carry all your stuff, and the Troop has tents you can borrow if you don't have one. The best money you can spend is on a good 30 degree sleeping bag that will keep you warm and dry during the 3 season camping weather we have in Southern California!

## Packing

The list on the following page is a sample for a car camping trip of 2 nights with fair weather. Actual conditions and duration may require an adjustment to sufficiently prepare the Scout for the outing.

**DO NOT BRING  
THESE!!!!**



## Typical Camping Trip Schedule

### Before the trip:

**2 weeks before trip:** Bring the permission slip (signed by your parent) to the regular Troop Meeting.

**1 – 2 weeks before trip:** Bring \$20 cash to the regular Troop Meeting for grubbing (food). Your Patrol will plan a menu and choose a grubber for the trip.

**1 – 2 weeks before trip:** Find a “tent buddy” in your Patrol, and decide which of you will bring the tent.

**1 week before trip:** If you are below First Class rank, bring your packed pack to the regular Troop Meeting, to be inspected and approved by your Patrol Leader or the Senior Patrol Leader

### On the Trip:

**Friday evening:** Meet at the designated location to drive to camp, usually at 5:15 pm. Most trips depart from either St. Bartholomew's, the Park and Ride at Sabre Springs Parkway and Poway Road, or from Twin Peaks Middle School. Details will be on the permission slip. Don't forget to bring your sack dinner!

**Friday night:** As soon as the Troop arrives at the camp site, you will help set up Troop and Patrol equipment. You can set up your personal gear (tents etc.) only **after** the Troop and Patrol gear is completely set up and approved by the Senior Patrol Leader. Lights-out is usually 10:00 pm.

## **Sample Troop 682 Packing List**

### Personal Equipment

- ✓ Sack dinner  
(for Friday night)
- ✓ Duffle bag/backpack
- ✓ Daypack  
(for 10 Essentials)
- ✓ Sleeping bag
- ✓ Sleeping pad
- ✓ Tent /Stakes/  
Ground cloth
- ✓ Scout Handbook
- ✓ Pen & Paper/Notepad
- ✓ Personal Toiletries
- ✓ Plate/Bowl/Mug/  
Silverware
- ✓ 10 Essentials

### Miscellaneous Items

- ✓ Outing-specific items
- ✓ Manners
- ✓ Scout Spirit!!!!

### Clothing

- ✓ Class A Uniform
- ✓ Hiking Boots
- ✓ Socks (2 pair)
- ✓ Underwear (2 pair)
- ✓ Scout shorts/pants
- ✓ T-shirts (2, Class B)
- ✓ Camp shoes (old shoes  
– closed toed!)
- ✓ Rain gear
- ✓ Fleece jacket/vest
- ✓ Fleece cap
- ✓ Sun hat
- ✓ Towel

- Aspirin/ Tylenol or other family approved painkiller
- Allergy medicine if taken
- Scout Medical Information Sheet
  - ✓ Name
  - ✓ Home telephone
  - ✓ Alternate phone
  - ✓ Doctor/Insurance name and phone #
  - ✓ List of Allergic Reactions
  - ✓ Medications Taken Regularly (including allergy)
  - ✓ Parent / Guardian
- Tums or other family Antacid
- Mole Skin ""- 1 sheet
- 1 pair latex gloves
- 6 adhesive bandages (various sizes)
- 2, 3x3-inch sterile gauze pads
- Small roll of adhesive tape
- Small pair scissors)
- Small tube or packets of Neosporin, Betadine or other family approved antibiotic ointment
- \$1.00 in quarters and dimes (for phone)
- Imodium or other family approved anti-diarrhea medication



## **The 10 Essentials (+2)**



THE 10 ESSENTIALS are items every outdoor adventurer should include in his or her pack. The original list was devised in the 1930's by The Mountaineers, a

Seattle-based hiking, climbing, and conservation organization, whose members get out in some truly dreadful weather—including in the rainy North Cascades, along the Olympic Peninsula, and on such snow-covered peaks as Mount Rainier.

## **Grubbing (camp food)**

You will grub (plan, prepare, and eat your meals) with your Patrol. The Troop provides cooking and cleaning equipment for each Patrol, however, you will need to bring your own eating utensils including plates, bowls, silverware and cup or mug. For details of the Grubber's duties, see the Grubbing Section (Chapter 7)!

*Note: Friday night dinner is generally not included in grubbing. You should bring a sack dinner to each trip unless otherwise instructed.*

## Permission Slips

You cannot attend a trip unless your parent has filled in a Permission Slip. Permission slips are generally distributed by e-mail about three weeks prior to a camp-out. Have your parent print it and fill it out so you can bring it to the next Troop Meeting, ideally two weeks prior to the campout.

## Arriving Late / Leaving Early:

You are strongly encouraged to participate in the entire campout, though the Troop understands that *occasionally* other commitments require arriving late or leaving early. Your Patrol is a team and they depend on everyone's help. When you are not there, everyone else has more to do, which is not fair.

## Camping Etiquette

Troop 682 prides itself on being well-behaved and courteous campers to those also enjoying the outdoors near us. Scouts should always remember "The Big 3":

### *Keep it Clean!*

We practice "Leave No Trace" camping – make sure your patrol's campsite is kept neat, orderly, and clean throughout the camping period. Keeping things clean makes it easier at the end to ensure we haven't left any trash behind for future campers when we do a campsite walk-through. The Senior Patrol Leader will periodically inspect campsites over a campout; results contribute to the Troop 682 Patrol Cup.

### *Keep it Down!*

We need to be respectful of nature and our neighbors – loud, boisterous behavior interrupts others' enjoyment of the environment and is not appropriate. While the Troop expects Scouts to be enthusiastic, be mindful of early morning and evening periods when loud play and noises may irritate those camping near us!

The Mountaineers' essentials list was designed to keep climbers safe in case of accident, injury, or misadventure. Over time, like any classic, the list has been used and altered, but the core remains the same. Seventy years later, the list is included in many outdoor guides, including the latest edition of the Boy Scout *Fieldbook*. Troop 682 adds two additional items (the "plus 2") to the ten essentials – whistle and mirror – as they are critical tools in the event an individual is lost in the wilderness.

Here's what you will need:

- |                  |                          |
|------------------|--------------------------|
| ✓ Pocket Knife   | ✓ Map & Compass          |
| ✓ First Aid Kit  | ✓ Matches or firestarter |
| ✓ Extra Clothing | ✓ Sun protection         |
| ✓ Flashlight     | (hat, sunscreen)         |
| ✓ Rain gear      | ✓ Trail food             |
| ✓ Water bottle   | ✓ Whistle                |
| (≥1L is best)    | ✓ Mirror                 |



**Important Note: The 10 Essentials are worthless if you don't have them with you – most Scouts don't have enough pockets to keep everything on hand; bringing a daypack is CRITICAL to keeping the 10 Essentials on hand while hiking at a campout!**

## First Aid Kits

Scout First Aid Kits, as part of their 10 Essentials, can either be store-bought or created by the Scout themselves. If a Scout elects to create their own First Aid Kit, the following items are recommended by the Troop:














*Keep it Fun!*

Most importantly, you should be having fun while camping. You're learning new skills, and getting opportunities to camp in places that many other people can only dream about. Whether it's a hike, a kayak trip, shooting, cooking, launching rockets, mountain biking, rock climbing, or listening to a great campfire story, remember to have a positive attitude and embrace the Scouting experience!

## Sample Campsite Inspection Checklist

 <b>SWEDISH CHEFS</b>				
<b>FRIDAY:</b>	<b>GRADE</b>			
<b>INSPECTION ITEM</b>	<b>E</b>	<b>G</b>	<b>S</b>	<b>NI</b>
DUTY ROSTER				
TENT/GEAR SETUP				
SITE CLEAN				
SITE ORGANIZED				
<b>SATURDAY:</b>				
SITE CLEAN				
SITE ORGANIZED				
<b>SUNDAY:</b>				
GEAR PACKED				
SITE CLEAN				
READY ON TIME				
<b>SPL COMMENTS:</b>				

## Sample Campout Agenda Sheet

<b>682</b>		<b>TROOP 682</b> <b>CAMPING AGENDA/PLANNING WORKSHEET</b>	
<b>CAMPING DATES:</b> <div></div>		<b>LEADERSHIP IN ATTENDANCE</b>	
<b>CAMP NAME:</b> <div></div>		<b>LEADER</b>	
<b>CAMP LOCATION:</b> <div></div>		<b>SPL</b> 	
<b># SCOUTS ATTENDING:</b> <div></div>		<b>ASPL</b> 	
<b>GRUBBING/PACK INSPECTION DATE:</b> <div></div>		<b>PL</b> 	
<b>SPL GOALS:</b>		<b>PL</b> 	
1		<b>PL</b> 	
2		<b>PL</b> 	
3		<b>PL</b> 	
<b>PLANNED ACTIVITIES:</b>		<b>PL</b> 	
1		<b>PL</b> 	
2		<b>PL</b> 	
3		<b>PL</b> 	
4		<b>PL</b> 	
5		<b>QM</b> 	
		<b>PATROL TASK CHECKLIST</b>	
		<b>GRUBBING</b>	
		<b>PACK INSPECT</b>	
<b>WEEKEND AGENDA</b>			
<b>DEPARTURE LOCATION:</b> <div></div>		<b>SATURDAY</b>	
<b>DEPARTURE TIME:</b> <div></div>		<b>SUNDAY</b>	
<b>ALL SCOUTS PRESENT:</b>		<b>ARRIVAL LOCATION:</b>	
<b>COUNT-OFF COMPLETE:</b>		<b>ESTIMATED ARRIVAL TIME:</b>	
<b>FRIDAY</b>		<b>ALL SCOUTS ACCOUNTED FOR:</b>	
4p			
5			
6			
7			
8			
9			
10			

## **Working As A Team**

While camping as a Patrol, each member must contribute throughout the campout. As the saying goes, “many hands make light work.” When your Patrol plans for the campout, your Patrol Leader should put together a Patrol Duty Roster that shows each member of the Patrol their responsibilities over the weekend.

Remember you are part of a team! The first priority is getting the Troop equipment and site prepared, then the Patrol’s, and, only after those are finished, should personal equipment and site preparation be made. Selfishness and taking care of one’s own needs before that of the Patrol and the Troop is not in keeping with the Scout Oath or Law and forces other members of your Patrol or the Troop to perform your responsibility.

If you have nothing to do, and see a Scout in your Patrol working on something, join in – remember that “A Scout is helpful!” Each Patrol will organize the campout responsibilities slightly differently.

# 5

## Backpacking / High Adventure

For many Scouts, their first introduction to Backpacking is with Boy Scouts and Troop 682. Backpacking is more physically requiring than car camping, but you will gain a lot of personal satisfaction from successfully completing a trip. You get closer to nature, and you can learn a lot about yourself. You will find that you are stronger and more self reliant than you ever believed.

During any given year the Troop will plan two to three overnight backpacking trips, usually from early spring through early summer. These trips usually become progressively more challenging to prepare Scouts for either an extended backpacking trip or a summer High Adventure activity such as Philmont. It is the rare Scout who is not able to successfully complete the initial backpacking trip.

When there is sufficient interest, the Troop may also plan an extended backpacking trip of 4-5 nights with at least one at high altitude. The Scouts wishing to participate in the high altitude backpacking will need to prove their readiness through one or more of the other backpacking trips and obtain permission from the Assistant Scoutmaster in charge prior to the extended high altitude trip.

Backpacking trips work a little differently than most of the Troops trips:

- Instead of grubbing by Patrol, you will usually be responsible for your own food and cooking equipment. You will want to bring nutritious but

## STANDARD BACKPACKING LIST

\*\*\* For 2 nights of fair weather in standard conditions \*\*\*

### MUST HAVE ITEMS

- ☐ Ten Essentials
- ☐ Backpack (fits Scout and is good repair)
- ☐ Sleeping bag (either in garbage bag inside stuff sack or in waterproof bag)
- ☐ Sleeping pad
- ☐ Tent

You should split among tentmates:

- ☐ poles
- ☐ stakes
- ☐ ground cloth

### CLOTHING LIST (INCLUDES WORN CLOTHES)

\*\*\* packed clothing should be in ziploc or other waterproof type bags to stay dry \*\*\*

- ☐ hiking boots
- ☐ spare laces for boots
- ☐ socks (3 pairs)
- ☐ underwear (3 pairs)
- ☐ pants (avoid denim/cotton if possible)
- ☐ shirts (2) (as least 1 synthetic long sleeve is preferred for sun and drying)
- ☐ camp shoes (crocs, etc. - closed toe!)
- ☐ bandana - optional
- ☐ rain gear (lightweight)
- ☐ fleece jacket or vest
- ☐ hat (wide brimmed best for sun)
- ☐ towel (small microfiber or hand towel)

### COOKING/EATING

- ☐ gallon ziploc bags (2)
- ☐ eating utensils
- ☐ bowl
- ☐ cup/mug
- ☐ snacks for hike (4 per day)
- ☐ personal spices

### PATROL GEAR (split among patrol)

- ☐ stove
- ☐ fuel
- ☐ cooking pans
- ☐ pot holder
- ☐ dish cleaning items
- ☐ camp suds/biodegradable soap
- ☐ sponge
- ☐ food

### MISCELLANEOUS

- ☐ matches/lighter
- ☐ pen and paper
- ☐ extra batteries
- ☐ sun glasses
- ☐ energy drink mix
- ☐ water
- ☐ toiletry kit
  - ☐ toothbrush/paste
  - ☐ hand sanitizer
  - ☐ comb
  - ☐ toilet paper
- ☐ 30 feet nylon cord

## COLD WEATHER BACKPACKING LIST

\*\*\* For 2 nights of fair weather in standard conditions \*\*\*

### MUST HAVE ITEMS

- ☐ Ten Essentials
- ☐ Backpack (fits Scout and is good repair)
- ☐ Backpack cover
- ☐ Sleeping bag (either in garbage bag inside stuff sack or in waterproof bag)
- ☐ Sleeping pad
- ☐ Tent

You should split among tentmates:

- ☐ poles
- ☐ stakes
- ☐ ground cloth

### CLOTHING LIST

\*\*\* packed clothing should be in ziploc or other waterproof type bags to stay dry - DO NOT bring cotton!!! \*\*\*

#### Wicking Layer

- ☐ long underwear (synthetic/silk)
- ☐ shirts (2) (synthetic/long sleeve)
- ☐ socks (3)
- ☐ underwear (3)

#### Insulation Layer

- ☐ fleece jacket/vest
- ☐ pants (fleece/wool)
- ☐ knit cap (synthetic/wool)
- ☐ - must cover ears!
- ☐ gloves (fleece)

#### Outer Layer

- ☐ pants (snowboard/train pants)
- ☐ snow jacket/shell (waterproof)
- ☐ waterproof gloves
- ☐ sun hat (wide brimmed)
- ☐ hiking boots (must be waterproof)
- ☐ spare laces
- ☐ camp shoes (crocs, etc. - closed toe!)
- ☐ bandana - optional

### COOKING/EATING

- ☐ gallon ziploc bags (2)
- ☐ eating utensils
- ☐ bowl
- ☐ cup/mug
- ☐ snacks for hike (4 per day)
- ☐ personal spices

### PATROL GEAR (split among patrol)

- ☐ stove
- ☐ fuel
- ☐ cooking pans
- ☐ pot holder
- ☐ dish cleaning items
- ☐ camp suds/biodegradable soap
- ☐ sponge
- ☐ food

### MISCELLANEOUS

- ☐ matches/lighter
- ☐ pen and paper
- ☐ extra batteries
- ☐ sun glasses
- ☐ energy drink mix
- ☐ water
- ☐ toiletry kit
  - ☐ toothbrush/paste
  - ☐ hand sanitizer
  - ☐ comb
  - ☐ toilet paper
- ☐ 30 feet nylon cord
- ☐ backpacker snow shovel
- ☐ towel
- ☐ snow shoes (if desired)

lightweight food. Freeze dried meals are available at camping stores like REI and Adventure 16 (both of which offer discounts to Boy Scouts) and even at Walmart. You may want to share a stove with a buddy to save weight.

- Having the right equipment is even more important for a backpacking trip than for a regular camping trip. This includes your boots (sneakers just will not work!), backpack, tent, stove, your socks, and even your clothes.
- The Troop has several good quality backpacks, stoves and tents that can be loaned out for backpacking trips.
- If the Troop gear is not available, you can also rent equipment at Adventure 16 and REI, or you might be able to borrow from another Scout who is not going on the trip.
- You will definitely want to have a tent buddy, so that you can share the weight of the tent.
- Make sure you have enough water!
- Your pack (with water) should weigh about  $\frac{1}{4}$  of your body weight, and never more than  $\frac{1}{3}$  of your weight. Thus if you weigh 100 pounds your pack should be 25 pounds, up to 33 pounds at the absolute most.
- See the suggested packing lists on the following pages. But make sure you ask an older Scout or the trip adult leader if you have any questions about backpacking gear.

*Remember, we can't just walk to the car or drive to town if you forget something important! Everything you pack in, you have to pack out! Finally, there is typically no cell coverage in the wilderness so be prepared and pack correctly.*

## High Adventure



Ready for that next step? Boy Scouting's High Adventure programs are ideal for older Scouts who want to test their physical and mental limits. Rules and requirements vary, but generally High Adventure is aimed for the Scout who is 13 years of age or older.

High adventure activities involve a greater degree of physical development and maturity – they include high altitude backpacking, scuba diving, whitewater rafting, and shotgun shooting. The Boy Scouts of America have 4 “High Adventure Bases” that are located throughout the country:

- **Philmont Scout Ranch**

- Backpacking
- Rock Climbing
- Shooting Sports
- Horseback Riding
- Living History



- **Florida Sea Base**

- Sailing
- Fishing
- Snorkeling
- Kayaking
- Scuba Diving



- **Northern Tier**

- Wilderness
- Canoeing
- Fishing
- Winter Expeditions



- **Summit Bechtel Reserve**

- Rock Climbing
- Shooting Sports
- Zip Lining
- Whitewater Rafting
- Extreme Sports



Troop 682 has been fortunate enough to send its Scouts to Philmont Scout Ranch several times in recent years. The San Diego-Imperial Council frequently solicits Scouts to go on Council contingents to the other High Adventure bases every year.

In addition to the four BSA High Adventure bases, High Adventure activities can be found throughout the United States. Some examples here in California include:

- Camp Whitsett Sierra High Adventure (Sequoia National Park/Forest)
- Log Cabin Wilderness Camp (Yosemite National Park/Sierra Nevada)
- Base Camp Hi-Sierra (Sonora, CA)
- Rugged Adventurers (Catalina Island)

If you're interested in High Adventure activities, talk to your Patrol Leader, the Senior Patrol Leader, or Scoutmaster to start the process!

# 6

## Summer Camp

Summer Camp is usually one of the highlights of the year for Scouts. The Troop will examine and vote as a group in the Fall which camp location they want to attend the following summer. It can be as close as Lost Valley in Warner Springs, or as far away as Idaho!

Most summer camps follow a similar formula – camping Sunday through Saturday. Each camp will offer a unique set of merit badges and opportunities suited for the location and/or history of the camp. You can attend with the Troop contingent, or go on your own a different time as a “Provisional Scout”. Going with the Troop allows you to spend a week with your friends having fun in the outdoors.

Scouts typically eat together in a dining hall, and sleep in BSA canvas tents supplied by the camp. There are programs available all week long in addition to merit badge classes. There is normally free time each day for a Scout to relax or seek out additional opportunities to do things (archery, shooting, etc.) that they aren’t taking as a merit badge.

Going to camp, especially in your first year, is not just a great time, but sets you up for success in advancing through the ranks of Scouting.

Most Scouts who come back from summer camp are very energized and ready to go for the next year!

## What to Bring

See the list below for a typical packing list to Summer Camp. Clothing items are somewhat dependent on the location of the camp – a camp in the Sierra Nevada may have slightly different climate requirements than one at a lower elevation in Southern California.

*Note: You can bring your gear to Summer Camp in a backpack (external or internal frame), duffel bag, or footlocker. A footlocker works well both for storing gear (and keeping it away from “mini-Bears” (chipmunks, mice, etc.)) and for packing in Adult cars for transportation to camp.*

### RECOMMENDED PACKING LIST

#### Clothing

- |                      |                       |
|----------------------|-----------------------|
| ✓ Class A Uniform    | ✓ Sweater             |
| ✓ Rain Jacket        | ✓ Long Pants          |
| ✓ T-shirts (6+)      | ✓ Underwear (6+)      |
| ✓ Tennis Shoes       | ✓ Socks (6+)          |
| ✓ Swimwear           | ✓ Pajamas/sleepwear   |
| ✓ Hat/Visor          | ✓ Handkerchief        |
| ✓ Hiking Boots/socks | ✓ OA Sash (if member) |

**Note: With the exception of the pool area, closed toe shoes are required at ALL TIMES!**

#### Camp Equipment

- |                        |                 |
|------------------------|-----------------|
| ✓ Sleeping Bag         | ✓ 10 Essentials |
| ✓ Flashlight/batteries |                 |

#### Recommended Items

- |              |                          |
|--------------|--------------------------|
| ✓ Sunglasses | ✓ Camera                 |
| ✓ Compass    | ✓ Air Mattress/sleep pad |
| ✓ Canteen    | ✓ Bike/Helmet            |

#### Merit Badge Items

- |                       |                         |
|-----------------------|-------------------------|
| ✓ Scout Handbook      | ✓ Merit Badge Books     |
| ✓ Blue Cards/Partials | ✓ Pencil/Pen & Notebook |



Consider using a small footlocker if you have one – it may be easier to stay organized in your tent as opposed to a gigantic backpack!

**TYPICAL SUMMER CAMP SCHEDULE**

	<b>Tuesday</b>
6:00 AM	Polar Bear
7:15 AM	Flags/ Announcements
7:30-8:30 AM	Breakfast
9:00-10:00 AM	Session 1
10:00-10:30 AM	Passing Period
10:30-11:30 AM	Session 2
11:30-12:00 PM	Free Time
12:00-1:00 PM	Lunch (SM Lunch)
1:00-1:30 PM	Passing Period
1:30-2:30 PM	Session 3
2:30-3:00 PM	Passing Period
3:00-4:00 PM	Session 4
4:15-5:00 PM	Open Program
5:00-5:30 PM	Free Time
5:30 PM	Flags/ Announcements
5:45-6:30 PM	Dinner
7:00-8:00 PM	Evening Session
8:00-9:15 PM	Trading Post Event Night
10:00 PM	Lights Out

# 7

## Grubbing

You will grub (plan, prepare, and eat your meals) with your Patrol. The Troop provides cooking and cleaning equipment for each Patrol, however, you will need to bring your own eating utensils including plates, bowls, silverware and cup or mug.

At a meeting 1 – 2 weeks prior to a trip, your Patrol will plan a menu and choose a grubber for the trip. The grubber collects \$20 from each Scout, and is then responsible for purchasing the food for the Patrol. Details of the grubber's duties plus a lot of menu ideas are in the Grubbing section of this binder. *Friday night dinner is generally not included in grubbing. You should bring a sack dinner to each trip unless otherwise instructed.*

Remember that grubbing for your Patrol will help you fulfil several requirements for Tenderfoot, Second Class, and First Class ranks.

If you are selected as the Grubber for a campout here's what will be expected of you:

- Take notes while your Patrol discusses and decides on a menu for a given trip. Develop a written menu that will be followed for each meal on the campout. Post the menu where it can be seen during the campout
- Collect \$20 from each Scout going on the campout to pay for the food. Please note that if a Scout confirms he is going on a campout and then backs out, he is still required to pay.

## Sample Duty Roster

PATROL DUTY ROSTER	SCOUT						Texas Ranger
	Ricky	Bobby	Cal	Francois	Walker		
CAMP SITE SETUP	X	X					
WATER JUG			X				
SATURDAY BREAKFAST COOK				X			
SATURDAY BREAKFAST CLEAN					X		X
SATURDAY LUNCH COOK	X						
SATURDAY LUNCH CLEAN			X	X			
SATURDAY DINNER COOK					X		
SATURDAY DINNER CLEAN	X	X					
PATROL BOX PACKED		X	X				
PATROL BOX INVENTORY				X			
SUNDAY BREAKFAST					X		
SUNDAY CLEAN							X

# Potential Grubbing Rank Requirements

## Second Class

2.d. Use the tools listed in requirement 2.c. to prepare tinder, kindling, and fuel for a cooking fire.

2.e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.

2.f. Demonstrate how to light a fire and a lightweight stove.

2.g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

## First Class

4.a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner and that requires cooking at least two meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

4.b. Using the menu planned in requirement 4.a., make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

4.c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

4.d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.

4.e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4.a. Lead your patrol in saying grace at the meals and supervise cleanup.

- Develop a shopping list and purchase the food. Write down the price of each item bought. Stay within the budget, and do not change the menu planned by the Patrol. A sample menu/shopping list is at the end of this chapter.

The Patrol is expected to work as a team to prepare and clean up all meals. Assigning specific duties makes this easier. This is also the responsibility of the grubber:

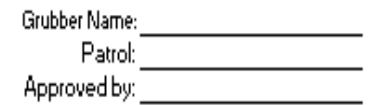
- Develop a duty roster and be responsible for assigning these duties, as equally as possible. Every Scout should have a duty at every meal with the mix of cookers and cleaners being different at every meal.

The following page has a sample duty roster – each Patrol will operate slightly differently.

## **Hints and Suggestions**

- Remember, no more than ONE 12 oz soda per boy, per trip. Highly caffeinated soda and energy drinks (like Mountain Dew, Red Bull, Monster) are NOT ALLOWED
- Be sure you understand the menu – know what you should be buying and how many you're buying for. DO NOT CHANGE THE MENU without prior approval
- Make your shopping list early in the week
- Do your shopping before Friday afternoon just before meeting
- Bring a pen, calculator and clipboard while shopping
- If you have extra money, buy paper towels, sponges, foil, or parchment paper to replenish your Patrol Box
- Look for items easy to pack while shopping
- Perishable items should be in an ice chest; non-perishables work best in a plastic tote with a snap-on lid

## Quick Menu/Shopping List

[illegible][illegible][illegible][illegible]

Three energy drink cans are shown, each with a red prohibition symbol (a circle with a diagonal line) overlaid on it. From left to right, the cans are Mountain Dew (green), Red Bull (blue and silver), and Monster (black with green claw marks).

# Sample Menu/Shopping List/Budget



## TROJAN PATROL GRUBBING WORKSHEET FIESTA ISLAND, 15-17 JULY 2015

### ATTENDANCE

SCOUTS	PAID?
Ricky	✓
Bobby	✓
Cal	✓
Walker	✓
Texa Ranger	✓

### BUDGET

PER SCOUT:	\$13
TOTAL AMOUNT:	\$73
ESTIMATED COST:	73.85
ACTUAL COST:	
+/- FROM BUDGET:	
AMOUNT TO PATROL BOX:	

### NOTES

SATURDAY BREAKFAST		
PANCAKES		
MILK		
INGREDIENTS:	PLANNED COST	ACTUAL COST
PANCAKE MIX (18 PANCAKES)	\$3.50	
BUTTER	\$2.60	
SYRUP	\$2.50	
MILK	\$2.50	

SATURDAY LUNCH		
SANDWICHES		
INGREDIENTS:	PLANNED COST	ACTUAL COST
BREAD (WHITE/WHEAT)	\$4.50	
LETTUCE	\$1.50	
TOMATO	\$2.00	
MUSTARD	\$1.50	
HAM	\$3.00	
TURKEY	\$3.00	
COKE (1/PER)	\$3.00	

SATURDAY DINNER		
PIZZA		
DESSERT PIZZA		
INGREDIENTS:	PLANNED COST	ACTUAL COST
PIZZA CRUST	\$12.00	
CHEESE	\$10.00	
SAUCE	\$0.00	
PEPPERONI	\$5.00	
SAUSAGE	\$2.00	
WHIPPED CREAM	\$1.75	
CHOCOLATE	\$1.50	
MINI MARSHMALLOWS	\$2.00	
SUGAR	\$2.00	

SUNDAY BREAKFAST		
CHOCOLATE MUFFINS		
INGREDIENTS:	PLANNED COST	ACTUAL COST
CHOCOLATE MUFFINS	\$4.00	

TOTALS: \$73.85



## ***Recipes/Cooking Tips***

### **TROOP 682 BREAKFAST FAVORITES**

#### **Pancakes**

Ingredients:

- 2 cups Bisquick baking mix
- 2 Tbs sugar
- 1 egg
- 1 1/3 cups milk

Instructions:

Beat baking mix, sugar, egg, and milk until smooth. Pour batter by spoonfuls onto lightly greased hot skillet. Bake until bubbles appear. Flip and bake the other side until golden brown. Serve with sausage links

#### **Sausage Biscuits**

Ingredients:

- 1 pound sausage
- 10 oz grated sharp cheddar cheese
- 2 cups Bisquick
- ½ cup water

Instructions:

Crumble sausage and cook until brown. Drain. Cool. Mix sausage, cheese, and Bisquick. Add ½ cup water. Form into biscuit shape. Grease Dutch oven. Place biscuits in Dutch oven and cover with a lid. Place over medium hot coals and place additional hot coals on lid of oven. Bake 20 minutes.

#### **Train Wreck**

Ingredients (Serves 6-8):

- 1 Package Bacon
- 1 Package Sausage Links
- 1 Bag Cubed Hash Browns
- 12 Eggs
- Syrup

Instructions:

Cook Bacon and Sausage in skillet.

Put them in the pot and cover with lid to keep warm.

In skillet, cook hash browns until they are crisp on the outside.

Mix in Eggs with done hash browns. Stir until eggs scramble with hash browns and are thoroughly cooked.

Add bacon and sausage and stir. Add syrup as desired.

#### **PECS Breakfast**

Ingredients:

- 1 lb. pork sausage links or patties
- 1 box frozen hash browns
- 12 eggs
- 1/2 lb. cheddar cheese
- salt and pepper

Instructions:

Grate cheese.

Preheat dutch oven to 325 degrees.

Cut or tear the sausage into little pieces and dump into D.O.

Stir until sausage is cooked. (or heated if using precooked sausage)

Add hash browns. Stir and fry until hash browns are browned.

Remove from coals.

Mix eggs and pour over top of potato/sausage base.

Season with salt and pepper.

Cover D.O. and add coals to the lid to cook the eggs from above.

When eggs are cooked, sprinkle cheese, cover and cook for 5 minutes to melt cheese.

## **Breakfast Balls**

Ingredients (Makes about 12):

- 1/4 cup butter
- 1lb. bulk sausage (not links or patties)
- 1 egg
- 6oz. cheddar cheese - grated
- 3cups Bisquick mix
- hot pepper sauce - optional

Instructions:

Coat bottom of dutch oven with butter or put in layer of aluminum foil and coat it with butter.

Mix all ingredients together with your clean hands.

Pull off small pieces and roll into 1 inch balls.

Place a layer of balls in dutch oven and cook 10-15 minutes.

Serve and sprinkle with hot sauce if desired.

## **Breakfast Burritos**

Ingredients (Makes 8 burritos – 2/Scout):

- 1/4 stick butter or non-stick spray
- 8 Soft tortillas
- 8 pre-cooked sausages
- 2 potatoes, peeled
- 4 eggs
- 1/2 cup shredded cheese
- salsa

Notes: If cooking for more people, be careful trying to cook too much food all at once in a skillet that is too small.

Instructions:

Cut the sausage into small pieces.

Slice and dice the potatoes.

Melt the butter in skillet.

Add sausage and potatoes.

When the potatoes are brown, mix in the eggs.

If you have room, warm the tortillas while cooking the eggs.

Put 1/8th of the eggs in a tortilla.

Sprinkle with cheese and salsa as desired.

## **Breakfast Burritos**

Ingredients:

- 1 pound sausage
- 8-10 eggs (hint: egg product in carton is easiest!)
- 1 pkg grated sharp cheddar cheese
- Salt and pepper to taste
- Flour tortillas
- Margarine/butter

Instructions:

Brown tortillas in margarine/butter in skillet. Remove. Add seasonings to eggs. Pour into skillet, cook one side, turn over, sprinkle with grated cheese. When cheese melts, place on tortillas and roll up into burrito.

## **DUTCH OVEN BREAKFASTS**

### **Pancakes**

Ingredients (Makes 12-16 pancakes):

- 2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 1/2 cups milk
- 2 tablespoons melted butter
- vegetable oil

Instructions:

Pour flour, baking powder, and salt into a zip-loc and mix well.

In a separate bowl, mix egg and milk. Pour flour mixture into bowl, stirring only until smooth. Blend in melted butter.

Place dutch oven lid upside down over coals - place two pieces of wood parallel on the coals and rest the lid on them to leave air space under lid.

Pour some vegetable oil on the paper towel and wipe the lid to cover it in a thin film of oil.

Pour about 1/4 cup of batter in the center of the griddle.

Cook until brown and dry around edges with bubbles on top. Flip over and brown the other side.

## **Breakfast Cassarole**

Ingredients (Serves about 8):

- 1/4 cube butter
- 8 slices of bread
- 2 lb pre-cooked pork sausage
- 1 lb cheddar cheese
- 12 eggs
- 1 qt milk
- 1-1/2 tsp dry mustard, 1 tsp salt

Instructions:

Spread butter all over the inside of the dutch oven.

Tear bread into pieces. Break sausage into pieces.

Grate cheese. In a bowl, beat eggs, milk, dry mustard, and salt.

Layer the bread, sausage, and eggs into the D.O.

Cover and cook at 350 degrees for 20-25 minutes.

Pour cheese over top of casserole. Cook another 10-15 minutes until cheese forms a light-brown crust on top of cooked eggs.

## **Paper Bag Breakfast**

Ingredients (Per person):

- 2 strips bacon
- handful of frozen hash browns
- 1 or 2 eggs
- salt and pepper

Instructions:

Lay bacon in bottom of bag, then add potatoes, then eggs.

Close bag by folding top 1/3 down, then fold that in half and in 1/2 again.

Poke through folded portion with the stick to hold it above the fire. Hold 5 inches above coals for 10 minutes - might be better to prop up by sticking the other end of the stick in the dirt rather than hoping every boy keeps his bag out of the coals.

Open a bag to check. If its done, tear the top off the bag or fold it down and eat right out of the bag. But, since the bag is greasy, you'll want to sit it on a plate or something other than the table or pants leg.

## **Breakfast Pizza**

Ingredients (Serves 6-8):

- 1 tube of Crescent Rolls
- 1 cup sharp cheddar cheese
- 1 cup hash browns
- 1 green onion
- 1 lb sausage
- 3 eggs
- 3 Tbsp red bell pepper
- 3 Tbsp yellow bell pepper
- 3 Tbsp milk
- 3 Tbsp parmesan cheese
- 1/2 tsp salt
- 1 tsp pepper

Instructions:

Grate the cheese

Thaw the hash browns if they are frozen

Slice the onion

Brown and drain the sausage

Beat the eggs

Dice the peppers

Unroll the crescent rolls and cover the bottom of a 12 inch Dutch Oven with flattened crescent rolls.

Sprinkle sausage, peppers, hash browns, green onion, and cheddar cheese evenly over the rolls.

Mix eggs, milk, salt and pepper in a bowl.

Pour egg mixture into D.O.

Sprinkle parmesan cheese on top.

Bake for 20 minutes at 350 degrees, about 10 briquettes on bottom and 15 on top.

## **Basic French Toast**

Ingredients (Serves 6-8):

- 2 Tbsp oil
- 8 eggs
- 1.75 cup milk
- 1 Tbsp sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- spray vegetable oil
- 1 loaf sandwich bread
- syrup

Instructions:

Beat eggs in bowl with fork.

Whip in milk, sugar, cinnamon, nutmeg, and oil.

Heat skillet to medium, not too hot.

Spray skillet with oil.

Using fork, quickly dip a slice of bread in eggs, flip, poke and lift to let excess drain off, then lay in skillet. Doing this quickly to just coat the bread without soaking it is key.

Cook one side of bread. When it gets browned, flip and cook second side.

Top with syrup, powdered sugar, peanut butter, jelly, whatever you like.

## **Dutch Oven Breakfast Burritos**

Ingredients (Serves 8):

- 2 lb breakfast sausage
- 2 onions
- 2 green peppers
- 24 eggs
- 2 Tbsp garlic powder
- 2 Tbsp dried onion
- 2 Tbsp chili powder
- 16 soft tortillas
- 3 C shredded cheese (cheddar, colby, jack, whatever)
- 3 C salsa

Instructions:

Chop onions and green peppers.

Fry sausage, pepper, and onion in dutch oven.

Lift from dutch oven into pot with lid, leaving grease behind.

(if there is a lot of grease, you may remove some of it but leave about 1/2 cup)

Mix eggs, garlic, onion, and chili powder.

Fry in dutch oven, scrambling until cooked.

Lift eggs into pot and mix with sausage.

Place about 1/3 cup egg & sausage mixture onto each tortilla.

Add cheese, roll up, and fold over ends.

Lay 5 in dutch oven, then make second layer on top, then third layer.

Put lid on dutch oven and bake 10 to 15 minutes at 350 degrees with most coals on top.

## **TROOP 682 LUNCH/DINNER FAVORITES**

### **Chicken and Rice**

Ingredients:

- (2) 5 oz cans/pkgs of chunk white chicken
- 2 cans chicken broth
- 2 cups uncooked rice
- 2 cups water
- 2 Tbs margarine/butter

Instructions:

Mix together the rice, chicken broth, and water in a large pot. Heat to boiling, cook 5 minutes. Reduce the heat and cook another 15 minutes until water is absorbed. Add the chicken and margarine and heat through.

### **Spaghetti with Meat Sauce**

Ingredients:

- (2) 1 lb boxes of thin spaghetti
- (2) 26 oz cans spaghetti sauce w/ meat

Instructions:

Bring 6-8 quarts of water to a rolling boil. Add salt to taste. Add both boxes of spaghetti, stir gently, return to a boil cooking 6-8 minutes. Heat sauce in pot on low heat until warmed through. Serve with bagged salad and bread.

### **Scout Stew**

Ingredients:

- 1 lb ground beef
- 1 small chopped onion
- 2 cans ABC vegetable soup
- Water

Instructions:

Brown the ground beef and onion. Drain the grease. Add the vegetable soup and enough water to make a stew consistency. Cook until liquid boils. Serve with crusty bread.

### **Hamburger on a Stick**

Ingredients:

- 1 ½ lbs ground beef
- 1 egg
- ¼ cup bread crumbs
- 1 stick

Instructions:

Mix the ground beef, egg, and bread crumbs together. Take a small amount of the mixture and wrap it around the end of a long stick that has been cleaned. This works best if the meat is about the size of a regular hot dog bun. Serve with condiments and chips.

### **Grilled Italian Sausage Subs**

Ingredients:

- 1 lb Italian sausage links
- 1 sliced green bell pepper
- 1 sliced red bell pepper
- 1 sliced large sweet onion
- 1 Tbs olive or vegetable oil
- (8) 4 inch long Italian rolls

Instructions:

Cook the green peppers, red peppers, onions, and sausages in oil in a heavy skillet over a campfire grill rack or propane stove until vegetables are soft and the sausage is brown on all sides. Serve on Italian rolls, with condiments and chips.

### **Foil Dinner Meatballs**

Ingredients:

- 1 pkg frozen meatballs (thawed)
- 2 cans sliced potatoes
- 2 cans Cream of Chicken or Celery soup

Instructions:

Place several meatballs on a square of heavy duty foil. Add several potato slices and soup to cover. Fold and seal foil packet well and place on coals. Cook 10 minutes, turn and cook for additional 10 minutes.

### **Potato Casserole**

Ingredients:

- 1 pkg hash browns or potatoes O'Brien
- 1 can Cream of Celery soup
- 1 can Cream of Potato soup
- 1 small carton sour cream
- Salt and pepper to taste

Instructions:

Mix all ingredients and place in a foil lined Dutch oven. Place 10-12 charcoal briquettes on top of lid. Cook over coals for 1 hour.

### **Chicken Quesadillas on the Grill**

Ingredients:

- 1 pkg flour tortillas
- (2) 5 oz cans/pkgs of chunk white chicken
- (1) 8 oz pkg grated Mexican cheese
- Lettuce, Tomatoes, salsa

Instructions:

Grill one tortilla on foil covered rack until lightly brown around the edges. Remove from heat and save for top of quesadilla. Place an uncooked tortilla on foil square. Add cheese and chicken to cover. Top with precooked tortilla. Return to grill and cook until cheese starts to melt. Serve with lettuce, tomatoes, and salsa.

## **CHILIS, STEWS, SOUPS AND HOT DISHES**

### **Scout Stew**

Ingredients:

- 1 lb. ground beef
- 1 onion
- 2 cans vegetable soup
- Water

Instructions:

Brown ground beef and onion, draining grease  
Add vegetable soup and enough water to make stew consistency.  
Cook until liquid boils.  
Serve with crusty bread

### **Sloppy Joe Biscuit Bake**

Ingredients:

- 1 large onion
- 2 lbs ground beef
- 2 pkgs Sloppy Joe seasoning mix
- (2) 6 oz cans tomato paste
- 2 cups water
- (1) 16 oz pkg refrigerator biscuits

Instructions:

Brown the onion and ground beef in a Dutch oven. Drain grease. Add seasoning mix, tomato paste, and water. Bring to a boil. Place biscuits on top. Serve with applesauce.

### **Personal Pizzas**

Ingredients:

- 1 pkg of 10 refrigerated biscuits
- (1) 8oz can pizza sauce
- (1) 4oz pkg shredded mozzarella cheese
- Toppings of choice
- Plain flour, foil or small pan

Instructions:

Roll out or press each biscuit into a 4 inch circle. Use a little flour if dough is sticky. Put in pan or on individual pieces of foil. Spread 1 ½ Tbs of pizza sauce evenly over each biscuit. Sprinkle each with 1 ½ Tbs of cheese and toppings of choice. Bake in a reflector oven until bottom is brown and cheese melts. If cooking on a grill, cook biscuit rounds 8 minutes on one side, turn over. Add sauce, cheese, and toppings. Cook 12-15 minutes longer until edges are brown.

## **Chili Mac**

Ingredients (Serves about 4):

- 1 lb hamburger
- 1 onion, chopped
- 2 cans of Ro-Tel diced tomatoes with chilies, undrained
- 1 1/2 cup elbow macaroni or other fun shapes
- 1 cup water
- 1/2 cup cheddar cheese, shredded

Instructions:

When dutch oven is pre-heated to 350 degrees, put in hamburger and onion.

Cook uncovered until hamburger is well browned, stirring often.

Stir in tomatoes, water, and pasta. Bring to a boil.

Reduce heat to about 250 degrees, cover, and simmer 20 minutes or until pasta is tender.

Sprinkle cheese on each bowl when it is served.

## **Cowboy Stew**

Ingredients (Serves about 8):

- 1 lb. ground beef
- 1 onion/3 potatoes
- 3 cans green/baked/black beans (1 can each)
- 1 can tomato soup
- 1 can corn/1 can diced tomatoes
- 1 tsp Chili powder/1 tsp cayenne pepper
- 1 bay leaf/Salt and pepper

Instructions:

Cut potatoes into 1 inch cubes. Dice onion.

Preheat dutch oven to 350 degrees with all coals underneath.

Brown ground beef and onion.

Add potatoes and all cans, undrained.

Add spices (more or less if you like bland or spicy)

Cook (coals under) until potatoes are soft (about 45 minutes), stirring every 5 minutes or so.

## **2 Hour Chili**

Ingredients:

- 2 lb. ground beef
- 4 Tbsp water
- 1 Tbsp vegetable oil
- 2 tsp each - Worcestershire sauce, cocoa, ground cumin, oregano, salt, sugar
- 1/2 Tbsp Tabasco sauce
- 1 large onion
- 1-1/2 Tbsp chili powder
- 2 cans kidney beans
- 3 cup canned diced tomatoes

Instructions:

Preheat dutch oven to 325 degrees.

Heat oil.

Brown ground beef.

Add onion and cook until it turns clear.

Add all ingredients except kidney beans.

Lower heat to 250 degrees.

Simmer 1 hour covered.

Add kidney beans.

Cook 1 hour uncovered.

Serves about 6

## **Beef Goulash**

Ingredients:

- 3 lb beef steak
- 1 tsp salt
- 2 Tbsp cooking oil
- 1 can mushroom soup

Instructions:

Cut meat into 1 inch cubes.

Preheat dutch oven to 325 degrees.

Add oil, brown beef in oil.

Add salt and soup, Cover and simmer 1 hour.

Serve over noodles.

Makes about 10 servings.

### **30 Minute Stew**

Required:

- 1 pot with lid

Ingredients:

- 1 lb hamburger
- 2 med potatoes, unpeeled and cut into small pieces
- 2 Tbsp minced onion
- 1 1/4 tsp salt
- 1 tsp instant beef bouillon
- 2 Tbsp worchestershire sauce
- 1 16oz can diced tomatoes and juice
- 1 8oz can cut green beans and juice

Instructions:

Brown hamburger in pot and drain.

Add all other ingredients and stir.

Cover and cook for 30 minutes, stirring occasionally.

Serves about 4

### **5 Alarm Chili**

Required:

- Large pot

Ingredients:

- 2 cans of favorite chili
- 1 can of corn
- 1 can of kidney beans
- 1 can of pinto or other beans
- 1/4 cup BBQ sauce
- 1 Tbsp chili powder
- optional: other spices to make it hot

Instructions:

Dump the cans of chili into the pot.

Drain the corn and beans and dump them in the pot.

Add the BBQ sauce and chili powder.

Stir occasionally while it heats to simmering.

Serves about 6

### **Beef Burgundy**

Ingredients:

- 2 lb round roast
- a bottle of meat tenderizer
- 2 pkgs instant beef gravy (and water as instructions say)
- 1 clove garlic
- 1/4 tsp oregano
- 3 med onions
- 1/2 cup burgundy wine
- 4 Tbsp butter
- 1/2 pint sour cream

Instructions:

Slice onions.

Cut beef into 1 inch cubes. Sprinkle with tenderizer.

Preheat dutch oven to 325 degrees.

Melt butter in D.O.

Saute garlic and onions in butter until onions are clear.

Remove onions. Brown meat in the drippings.

Add beef gravy, wine, salt, pepper and onions to pan.

Cover and simmer 15 min.

Stir in sour cream. Serve over rice or noodles for 6 to 8 people.

### **Baked Beans**

Ingredients:

- 1 2-lb. Can pork and beans
- 1/4 cup mustard
- 4 slices of bacon
- 1/4 cup ketchup
- 1 chopped onion
- 1/8 cup cider vinegar
- 1/2 cup brown sugar

Instructions:

Mix beans thoroughly with onion, brown sugar, mustard, ketchup and vinegar.

Pour into dutch oven and place bacon on top of beans.

Cover and cook at 350 degrees at least 1 hour.

Serves 8 to 10.

## **BRV (Beef, Rice, Vegetable) Soup**

Ingredients:

- olive or vegetable oil
- 3 lb ground beef
- 1 tsp cayenne pepper
- 2 Tbsp garlic powder
- 1 pkg dry onion soup mix
- 2 10oz. cans vegetable soup
- 2 10oz. cans vegetable-beef soup
- 2 onions, diced
- 2 cups rice
- 4 cups water

Instructions:

Mix ground beef, cayenne pepper, garlic powder, and onion soup mix. Form into 1/2 inch balls and fry in D.O. over hot coals with layer of oil in bottom. (could prepare this at home)

Drain grease from D.O.

Pour cans of soup into D.O.

Add onions, rice, and water (use 4 cups or 2 cups, depending on type of rice)

Bring to a boil.

Add meatballs and stir.

Cover and simmer for 20 minutes or until rice is soft and done.

Serves 10-12

## **Chicken and Dumplings**

Ingredients (Serves about 4):

- 2 large envelopes chicken noodle soup mix (not single serving)
- 1 12 oz. can chicken meat
- Buttermilk biscuit mix

Instructions:

Preheat dutch oven to 250 degrees.

Mix soup mix with about half the normal water.

Add chicken and bring to a boil.

Mix biscuit mix and drop by spoonfuls on the chicken soup.

Cover and bake at about 350 degrees for 30 minutes or until dumplings are done. Can also add a can of corn, peas and carrots, or mixed vegetables if that sounds good to you.

## **Baked Salmon**

Ingredients:

- 1 11-inch length of whole salmon body, 6 ears of corn
- 1/2 stick butter, melted/ 3 tablespoons lemon juice
- 1/2 cup sliced onion/ 1/2 lemon, sliced
- seasoned salt, parmesan cheese

Instructions:

Place husked corn in bottom of dutch oven to cover bottom.

Shake seasoned salt inside salmon, Lay alternating slices of onion and lemon inside the salmon.

Pour 1 cup water into the D.O., Lay salmon on corn cobs.

Mix butter and lemon juice and baste top of salmon.

Cook for 15 minutes @ 350 degrees with 2/3 coals(top) and 1/3 (bottom). Sprinkle parmesan cheese on top of salmon.

Cook for 15 minutes, or until salmon flakes and is no longer translucent.

Serve with rice, noodles, or couscous.

## **Au Gratin Ham & Potatoes**

Ingredients:

- 4 Tbsp butter or margarine
- 1 onion
- 3 Tbsp flour
- 2 cups milk
- Seasoned salt and pepper
- 1-1/2 cups cooked ham
- 3 cups potatoes
- 1/2 cup cheese
- 2 Tbsp fine bread crumbs

Instructions:

Mince onion, Dice ham, Dice potatoes, Grate cheese.

Preheat dutch oven to 325 degrees.

Melt butter and saute onion until translucent, Blend in flour.

Gradually add milk, stirring constantly until thickened.

Add pepper and seasoned salt.

Mix in ham and potatoes to coat well.

Sprinkle cheese and bread crumbs on top.

Cover and bake at 400 degrees for 20 minutes. Serves 4

## **Burgers, Beans, and Biscuits Cassarole**

### Ingredients:

- 2lb. lean hamburger
- 2 2lb. cans of baked beans
- 1 cup favorite BBQ sauce
- 1 cup shredded cheddar cheese
- 1/2 cup ketchup
- 1/2 cup mustard
- 1 small onion, chopped fine
- Bisquick mix for one dozen biscuits

### Instructions:

Brown the hamburger in the dutch oven.

Stir in baked beans.

Stir in BBQ sauce.

Stir in ketchup and mustard.

Stir in onion.

Cover and cook on low heat (275) for 10-15 minutes.

While cooking, prepare the Bisquick mix to make a dozen biscuits.

Stir the burgers and beans.

Cover the top of the bean mixture with the biscuits, completely covering the top.

Sprinkle the cheese over the entire top of the biscuits.

Bake covered for 20-30 minutes, until the biscuits are done.

## **Cajun Gumbo**

### Ingredients:

- 1 pkg Lipton Cajun Style Rice & Beans
- 1 can Swanson's white chicken meat
- 1/2 pkg Keilbasa Sausage
- 1 Tbsp powdered butter flavoring
- 2 cups Water
- Tony's Creole Seasoning to taste

### Instructions:

Put all ingredients in the pot and bring to a boil, stirring to prevent scorching.

Reduce heat to simmer for 10 minutes or longer. Makes about 4 servings.

## **Bacon Spuds**

### Ingredients:

- 1 large potato per person (limit to 6)
- 1/3 onion per person
- 2 or 3 slices bacon per person
- salt and pepper

### Instructions:

Pre-heat dutch oven; Slice the bacon into small pieces.

Peel and cut onions into 1/8ths and break them apart.

Peel spuds and slice into 1/4 inch thick slices.

Dump the bacon in the D.O. and stir until about half cooked.

Spread the bacon evenly over the bottom of the D.O.

Spread the onions on the bacon, Pour the spuds on the onions.

Shake quite a bit of salt and pepper on top.

Set over bed of coals, Place the lid on and cover with coals.

Cook for about 45 minutes, turning the D.O. and lid in opposite directions every 10 minutes or so. The bacon grease in the bottom should keep things from burning, The spuds are done when they are tender to a fork.

## **Beef Pot Roast**

### Ingredients:

- 3 lb rump roast or pot roast
- 3 Tbsp vegetable oil
- 4 potatoes, peeled and halved
- 4 carrots, cut into 2' pieces
- 2 onions, halved
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 cup water

### Instructions:

Brown roast in oven on all sides in oil.

Remove meat.

Place half of vegetables in bottom of oven.

Return meat to oven and season with salt and pepper.

Add remaining vegetables and water.

Cover and cook at 300 degrees for 3-5 hours depending on how well done you like it. Serves about 8

## **Camp WonTons**

Ingredients (Serves 4 to 6):

- 1 lb ground beef
- 1 large onion, chopped
- 1/2 cup chopped green pepper
- 1 can refried beans
- 1/2 cup shredded cheddar cheese
- 2 Tbsp ketchup
- 1 Tbsp chili powder/ 1/2 tsp garlic powder
- 4 dozen wonton skins
- cooking oil
- taco sauce or salsa

Instructions:

Brown beef, onion, and green pepper in large skillet.

Lift beef into a bowl and add beans, ketchup, chili powder, and garlic powder.

Wipe grease out of skillet and pour in 1/2 inch of cooking oil to heat. Stir beef mixture well.

Place 1 or 2 tsp of beef mixture in center of wonton skin.

Sprinkle cheese on beef.

Fold bottom corner up, side corners over, and roll tightly.

Moisten the last flap with water and seal it closed.

Drop 6 wontons into the hot oil and fry for 30-40 seconds on each side. Use hot sauce or salsa as desired.

## **Dutch Oven Pizza**

Ingredients (Serves 2-3):

- 1 box Pizza dough mix
- 1 can pizza sauce
- 1/2lb mozzarella cheese
- 1/2lb pepperoni
- 1 aluminum pie tin

Instructions:

Prepare the pizza dough per mix directions.

Spread dough inside pie tin and up the sides.

Top with sauce, cheese, pepperoni.

Place 4 pebbles or wads of aluminum foil in d.o. to raise pie tin off bottom. Set pizza in d.o.

Put d.o. on top of 12 briquettes and cover d.o. with 14 briquettes.

Cook for 15-25 minutes.

## **Chicken Cacciatore**

Ingredients (Serves about 8):

- 3 lb chicken pieces
- 1/4 cup vegetable oil
- 1 sliced onion
- 1 tsp minced garlic
- 1 16oz can diced tomatoes
- 1 8oz can tomato sauce
- 1/3 cup teriyaki sauce
- 1 tsp oregano
- 2 bay leaves

Instructions:

Preheat dutch oven to 375 degrees.

Pour oil into dutch oven and brown chicken pieces.

Remove chicken pieces.

Add onion and garlic to oil and cook until onion turns translucent.

Mix in all remaining ingredients.

Place chicken pieces on sauce, cover, and simmer at 275 degrees for 45 minutes.

During last 15 minutes, prepare spaghetti or noodles.

If there is excessive fat floating in the D.O., skim it off.

Scoop chicken pieces and sauce onto noodles to serve.

## **Chicken Creole**

Ingredients:

- 2 chicken breasts
- 1 can diced tomatoes/ 1 cup uncooked rice
- 1 1/2 cup water/ 1/2 cup honey
- Cajun seasoning mix

Instructions:

Preheat dutch oven to 350 degrees.

Pour in tomatoes and rice. fill tomato can with water and pour in.

Add about another 1/4 to 1/2 can of water.

Shake cajun seasoning over rice - as much as your taste prefers.

Place chicken breasts on top of rice.

Pour honey over the chicken.

Shake more seasoning on top.

Cover and cook for 1 hour.

## **Chicken Enchilada Pie**

Ingredients (Serves 8 to 10):

- 3 12oz. cans of white chicken meat
- 1 onion
- 1 cup water
- 9 11-inch flour tortillas
- 2 tsp Seasoned salt
- 1 10oz. can tomato soup
- 2 10oz. cans of enchilada sauce
- 1 lb shredded cheddar or mozzarella cheese
- 1 lb frozen or canned corn
- 1/2 small can sliced or crumbled black olives
- extras: green onions, tomatoes, olives, sour cream, whatever sounds good

Instructions:

Place chicken and liquid from cans into dutch oven. Break up chicken with a fork.

Add salt, condensed soup, enchilada sauce, corn, olives, onions and water to make a sauce. Simmer and stir over bed of coals for 10 minutes to heat thoroughly.

Remove about 3/4 of the sauce into bowl or pot, leaving a layer in the dutch oven.

Sprinkle a layer of cheese over mixture remaining in dutch oven.

Lay two tortillas on cheese.

Add sauce, cheese and tortillas in three layers : ending with sauce and cheese.

Put lid on dutch oven and cook on low heat for 30 minutes, with about 6 briquettes worth of heat under and 14 on lid.

## **Chicken Gumbo**

Ingredients:

- 4 Tbsp cooking oil
- 3 Tbsp flour
- 2 cloves garlic
- 2 medium onions
- 2 medium bell peppers
- 3 tomatoes
- 2 lb. fresh okra
- 2 stalks of celery
- 2 lb. boneless chicken breasts
- Salt & pepper to taste

Notes: main course

Instructions:

Cut chicken into 1 inch cubes.

Slice okra into 1/4 inch slices.

Chop onions, peppers, celery, and tomatoes.

Mince garlic.

Preheat dutch oven to 325 degrees.

Add oil and flour.

Cook, stirring often, until brown.

Add garlic, onion, and peppers.

Slowly stir in 1 quart of water.

Add salt and pepper.

Add tomatoes, okra, and celery.

Cover and cook 30 minutes or until vegetables are done.

Reduce heat to 250 degrees.

Add chicken and simmer an additional 15 minutes or until chicken is done.

## **Pocket Pizzas**

Required: aluminum foil, campfire coals, long fire tongs

Ingredients:

- 1 pkg pita bread
- 1 can spaghetti sauce
- 1 cup grated cheese
- 1 pkg sliced pepperoni
- optional: sliced black olives, pineapple chunks, diced peppers.

Notes: Use precooked meat since you are just heating it up.  
Mark your own foil with a special fold so you know its yours.

Instructions:

Cut each pita in half and spoon spaghetti sauce into pocket spreading it evenly.

Add cheese, pepperoni, and other toppings.

Wrap in foil and place in coals. Cook for a couple minutes, flip, and cook another two minutes.

## **Taco-in-a-Bag**

Ingredients:

- 1 individual Dorito chips bag
- 1/3 cup hamburger
- 1/3 cup refried beans
- 2 Tbsp shredded cheese
- salsa

Notes:

This is quite a popular meal with the scouts I have around, but it's hard to call it cooking. :-)

Instructions:

Cook the hamburger in a skillet.

Heat the beans.

Cut open the end of a bag of chips.

Spoon in some hamburger and beans, sprinkle on cheese, pour in salsa.

If hamburger is cooked at home, this can be a cold lunch with no mess or clean-up.

You can use a can of chili rather than hamburger and beans.

## **Chinese-to-go**

Ingredients:

- 1.5 cups dry Minute Rice
- 8oz canned chicken
- 1 can Chinese vegetables
- 1 can bean sprouts
- 1 can Chinese noodles
- soy sauce

Instructions:

Boil 1 quart of water.

Put rice in 1/2 gallon freezer zip-loc baggie.

Pour 1.5 cups boiling water into baggie.

Place baggie in water pot and let sit 2 minutes.

Add chicken, vegetables, and sprouts.

Mix well and let sit 4 minutes in pot.

Serve on Chinese noodles for 4 people with no pots to clean and your wash water for dishes already hot. Or, use extra hot water for cocoa or tea.

## **Clam Chowder**

Ingredients:

- 1 package Knor Swiss Leak soup mix
- 2/3 cup instant potatoes
- 2/3 cup powdered milk
- 5 cups water
- 1 6oz can chopped or minced clams including juice
- 1 cup oyster crackers
- 1/2 cup Bacon Bits

Notes: Serves 4

Instructions:

Pour all ingredients into pot.

Bring to a boil, stirring occasionally to prevent scorching.

Simmer 10 minutes.

Sprinkle bacon bits and crackers on top when serving.

## **A&W Chili Dogs**

Ingredients (Serves 6 to 8):

- 8 beef hotdogs
- 8 hotdog buns
- 1 onion
- 1/4 lb. mild cheddar cheese

ChiliDog Sauce:

- 1 pound hamburger
- 1 6oz. can tomato paste
- 1 C water
- 1 Tbsp yellow mustard
- 1 tsp worchestershire sauce
- 1 Tbsp sugar
- 1 Tbsp dried onion
- 2 tsp chili powder
- 1 tsp salt
- 1/2 tsp celery seed
- 1/2 tsp ground cumin
- 1/4 tsp black pepper

Instructions:

Put all the dry chili dog sauce ingredients in a small zip-loc at home to make life easier.

Brown hamburger in a pot. Crumble into small pieces and drain. Add remaining chili dog sauce ingredients. Simmer and stir uncovered for 30 minutes.

While sauce is cooking, put hotdogs in a pot of water and bring to a boil.

Remove from fire and let sit for 5 minutes.

Shred cheese and chop onion.

Put a hotdog on a bun, spoon 1/4 C of sauce on top, then chopped onion, then shredded cheese.

## **Armadillo Eggs**

Ingredients (Serves 6 to 8):

- 1/4 stick butter
- 24 pickled jalapeno peppers
- 2 cup Biscuit mix (dry)
- 12 oz. shredded cheese
- 2 lb. hot pork sausage
- 2 pkg ShakenBake pork seasoning in a ziploc baggie.

Instructions:

Tear the sausage into little bits.

In a bowl, mix sausage, biscuit mix, and 6 oz. of cheese into a dough. (add a little water if it's too dry)

Cut the stem off each pepper, cut a slice down it, and remove the seeds. Stuff the pepper with cheese.

Create a flat patty of the biscuit/sausage mixture.

Place a stuffed pepper on the patty and wrap the dough around the pepper, pinching the dough sealed.

Drop the pepper in the ziploc and shake it to coat well.

Heat dutch oven over coals and rub the butter around the inside.

No need to use the lid - all the heat is under the d.o. this time.

Place a few wrapped peppers in the d.o. and fry until they are very brown all over. Make sure you cook the sausage well.

## **Coca-Cola Chicken**

Ingredients (Serves 6):

- 6 boneless chicken breasts
- 1 can of Coke
- 12-16oz ketchup
- 1 package spaghetti noodles or 2 packages rice

Instructions:

Pour the ketchup into the 1st pot or dutch oven. Stir in the Coke. While heating the ketchup mixture on a bed of coals, cut the chicken breasts into strips.

Add chicken to the ketchup pot, stir, and heat with lid on.

Cook chicken for at least 45 minutes, at about 350 degrees, stirring every 10 minutes.

Heat water in 2nd pot as rice or noodle directions indicate.

After cooking the chicken for 20 minutes, start cooking the rice or spaghetti so it gets done at about the same time.

## **Barbeque Hamburgers**

Ingredients (Serves 8-12):

- 3 lb. hamburger
- 1 large onion, chopped
- 1 pint ketchup
- 1 pint tomato juice
- 3 Tbsp flour
- 1 Tbsp Worcestershire sauce
- 1 tsp curry powder
- salt and pepper
- (optional) cayenne pepper powder or hot sauce for a kick
- 10 hamburger buns

Instructions:

Put dutch oven over hot coals to heat.

Brown hamburger and onion, breaking into small bits and cooking thoroughly. Drain off grease.

Pour in ketchup, tomato juice, and season with salt and pepper (and cayenne pepper or hot sauce if desired).

Bring to a boil while stirring.

Dissolve flour and curry powder in a cup with worcestershire sauce and enough water to thin the mixture. Mix into hamburger. Simmer at about 325 degrees for an hour or so.

Serve on buns with french fries or potato chips made in a second dutch oven. Hamburger buns come in 1/pack - that works nicely.

## **Chicken Foil Dinner**

Ingredients (Serves 1):

- 1 chicken breast
- 1 potato
- 1 carrot
- 1/4 onion, optional
- Seasoning: salt, pepper, ...

Notes: Create a foil wrapper for each person by sandwiching a wet paper towel between two squares of foil. This will help even the heat and prevent burning.

Instructions:

Wash, peel, and dice the vegetables.

Cut the chicken into strips and place on foil wrapper.

Season chicken and add vegetables as desired.

Fold foil into a flat package sealed well.

Place the dinner on coals.

Cook for 15 minutes, then flip and cook 10 more.

Unwrap and check one dinner to see if they are done.

Make sure the chicken is white and firm, completely done, before eating.

## **Burrito Ranchero**

### Ingredients:

- 1 3lb chuck roast
- 2 Tbsp chili powder
- 1 tsp crushed garlic
- 1 tsp oregano
- 1/4 tsp cumin
- 1 green chile, seeded and chopped
- 2 onions, chopped
- 1 large can diced tomatoes, undrained (28 oz)
- 1 large can chili beans, drained (30 oz)
- 2 1/2 Tbsp quick-mix flour
- 3 Tbsp water
- 12 soft flour tortillas
- 1 cup cheddar cheese, shredded
- 1/2 cup sour cream

### Instructions:

Pre-heat dutch oven to high heat (375 degrees).

Brown beef on both sides.

Add chili powder, garlic, oregano, cumin, chile, onion, and tomatoes with juices.

Stir and heat to boiling.

Reduce heat to 250 degrees and cook 2.5 hours until meat nearly falls apart.

Remove meat from D.O., leaving liquids behind.

Mix flour and water in a small bowl and then stir into D.O.

Add chili beans.

Heat to boiling while stirring.

Reduce heat to 250 degrees and simmer 5-10 minutes.

While beans are simmering, shred the meat.

When beans are done, put a spoon of beans and a spoon of meat in each tortilla.

Roll the tortilla, top with cheese, sour cream, taco sauce, or guacamole as desired.

## **Dutch Oven Burrito**

### Ingredients (Serves 8 to 12):

- 1 large onion, diced
- 1 lb lean hamburger
- 1 lb sausage
- 1 bell pepper, diced
- 2 cans black beans, drained
- 1 can whole kernel corn, drained
- 1 14oz can chicken broth
- 1 package taco seasoning mix
- 1 box Minute Rice (to make 3 cups)
- 2 Tbsp cooking oil
- 18 to 24 soft flour tortillas
- 2 cups shredded cheese, mexican blend
- Condiments: salsa, hot sauce, avocado, cilantro, sour cream, olives

### Instructions:

Place dutch oven on a ring of coals to heat.

Pour oil into d.o.

Add onion and cook until soft.

Add hamburger and sausage, stir and crumble until cooked.

Add pepper, beans, corn, broth, taco seasoning

Raise to boil and simmer 5 minutes.

Add rice, stir, cover with lid, and place on 3 or 4 coals.

Let heat for 5 minutes.

The moisture should get absorbed by the rice. If there is no liquid left after 5 minutes and the rice is still hard, stir in some water.

Heat another 5 minutes and check rice for doneness.

When the rice is soft, and the liquid is nearly all absorbed, lay the stack of tortillas on top of the filling and put the lid back on.

Let sit for 5 minutes on top of 2 or 3 coals to soften and warm the tortillas.

Spoon mixture into tortillas and add cheese.

Add additional condiments as desired.

## **Chicken Pot Pie**

Required (Serves about 6):

- 4 Tbsp oil
- 1 to 1.5 lb. chicken breast meat (or 2 12oz. cans)
- 2 tsp minced garlic (or 4 cloves)
- 1 onion
- 4 potatoes
- 3/4 cup milk (or 1/4 cup powdered milk and 3/4 cup water)
- 1/4 cup flour
- 2 cans Campbell's cream of chicken soup
- 2 tsp poultry seasoning (McCormick's)
- 1 lb. mixed vegetables (carrots, corn, peas)
- 1 tube refrigerated crescent rolls

Instructions:

Dice chicken.

Put oil in D.O. and place on hot coals to stew.

Add chicken and garlic.

Cook and stir until chicken is done. If using canned chicken, heat for about 5 minutes.

While cooking chicken, dice potatoes and onion.

Add potatoes and onion to chicken; cook and stir for 10 minutes.

Mix milk and flour in a cup.

Add milk mix and all ingredients except crescent rolls to chicken mix.

If it seems too thick, add more water.

Bring chicken mix to a boil.

Unroll crescent rolls and create a dough layer on top of the chicken mix.

Put lid on D.O. and place it on a ring of coals. Cover with coals to bake at about 350 degrees.

Check at 20 minutes, then every 5 to 10 minutes. Pot Pie is done when rolls are golden brown and flake.

## **Chicken Stir Fry**

Ingredients:

- peanut or cooking oil
- 4 chicken breast halves
- 1/4 teaspoon ground ginger
- 3 green onions
- 2 large carrots
- fresh, raw green beans
- 1/4 cup soy sauce
- rice

Instructions:

Prepare rice in a pot separately.

Slice chicken breasts into thin strips.

Cut green onions and green beans into 1/2 inch sections, on a diagonal. Slice carrots into thin discs.

Cover the bottom of the dutch oven in oil, not too deep.

When oil is hot, dump in chicken and sprinkle ginger on it.

Stir fry until well browned. (cut a few strips open to check the inside). Dump in onions, carrots, and beans.

Stir fry for about 3 minutes. Add soy sauce and stir 1 minute.

## **Coffee Can Stew**

Ingredients (Per person):

- 2 strips bacon
- 1/4lb chicken, hamburger, or stew beef
- 1/2 potato
- 1 carrot
- 1/2 celery
- garlic powder
- salt and pepper

Notes: Great for younger Scouts!

Instructions:

Dice all the vegetables. Cut the bacon into squares. Cut the chicken or beef into small pieces.

Place bacon in the bottom of can - the grease helps stop sticking.

Drop in pieces of vegetable and meat. Add seasoning as desired.

Add 1 or 1.5 cups water. Cover with an aluminum foil lid.

Place directly in campfire coals. Cook for 45-60 minutes.

## **Chili Chicken & Dumplings**

### Ingredients:

- 2 10oz cans cooked chicken breasts
- 1 15oz can tomato sauce
- 2 15oz cans chili beans
- 1 8oz can corn
- 1 1/2 cup Bisquick
- 1/2 cup cornmeal
- 2/3 cup milk
- 1/2 cup cheddar cheese, shredded

### Instructions:

Preheat dutch oven to 350 degrees.

Pour in undrained chicken and tomato sauce.

Heat to boiling, then reduce heat to 275.

Simmer 5-10 minutes, stirring occasionally.

Stir in undrained beans and corn.

Heat to boiling.

While beans and corn are heating up, combine Bisquick, cornmeal, and milk in a mixing bowl.

Stir until it becomes dough.

After chili has reached boiling, reduce heat to 275 degrees.

Drop dough on top of chili by spoonfuls to cover the top.

Cook uncovered for 10 minutes.

Cover and cook 10 minutes.

Sprinkle cheese on top of dumplings.

Cover and cook 5 minutes, until cheese melts.

## **Chili Rellano**

### Ingredients:

- 1/2 Tbsp butter
- 2 lg cans whole green chilis
- Cheddar/Monterey Jack cheese (1 lb each)
- 3 Tbsp flour
- 1 can (13 oz) evaporated milk
- 4 eggs
- salt and pepper

### Instructions:

Preheat large dutch oven to 325 degrees.

Separate the egg whites from yolks, keeping both.

Add flour, milk, egg yolks, and a few dashes of salt and pepper in large bowl. Beat well. Beat egg whites until stiff.

Fold egg whites into yolks.

Use butter to grease a casserole dish that will fit in dutch oven.

Place 1/2 the chilis in the casserole.

Spread cheddar cheese on chilis. Layer the rest of chilis on the cheese. Spread monterey jack cheese on chilis.

Pour eggs on top. Cook 45 minutes or until an inserted knife comes out clean.

## **Chuck Wagon Cassarole**

### Ingredients (Serves 5-8):

- 1 lb ground beef
- 1 15.5oz can chili beans in sauce
- 1 11oz can Mexican style corn
- 3/4 cup BBQ sauce
- 1 8.5oz package corn muffin mix
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 teaspoon salt

### Instructions:

Preheat Dutch Oven. Brown ground beef, onions, and peppers in dutch oven. Add chili beans, BBQ sauce, and salt.

Bring to a boil. Drain corn. Prepare corn muffin mix according to package. Add corn to mix. Pour mix into dutch oven, spreading over meat. Bake for 30 minutes or until inserted knife pulls out clean.

### **Clubhouse Grill Sandwich**

Ingredients (For each sandwich):

- 2 slices of french bread
- 1 Tbsp softened butter or margarine
- 1/2 Tbsp mayonnaise
- 1/3 C shredded cheddar cheese
- 2 thin slices turkey breast
- 2 thin slices ham
- 2 slices tomato (optional)
- 1 Tbsp bbq sauce

Instructions:

Heat a large skillet.

Butter one side of each slice of bread.

Place one slice in skillet, butter-side down, and spread the top with mayonnaise.

Sprinkle half of cheese on mayonnaise.

Place turkey slices in skillet, next to bread, and ham slices on top of turkey.

After 30 seconds, flip the meat.

Lay turkey on the heating bread and cheese.

Put tomato slices on turkey.

Spread bbq sauce on tomato.

Lay ham on top.

Sprinkle on the rest of the cheese.

Place second slice of bread on top, butter-side up.

Flip sandwich over and brown for another 2 to 3 minutes. Both sides of sandwich should be browned and the cheese melting.

With a large enough skillet, you can have three spots - sandwich bottom, meat, sandwich top - through which you rotate the sandwiches, making one every 2 minutes.

### **Banana Coffee Cake**

Ingredients (Serves 6 to 8):

- 1 box yellow butter cake mix
- 2 ripe bananas
- 3/4 cup brown sugar
- 1 teaspoon flour
- 1/2 teaspoon cinnamon
- 1 teaspoon melted butter

Notes: dessert

Instructions:

Prepare cake mix according to the box and pour into dutch oven.

Mash the 2 bananas and pour on top.

Melt the butter and add the cinnamon, flour, and brown sugar and mix together. Sprinkle cinnamon-flour mixture on the mashed bananas.

Cover and Bake for about 25 minutes at 350 degrees (2/3 of coals on top lid).

Insert a butter knife through the center and if it comes back clean it is ready.

## **Bannock**

Ingredients:

- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons oil
- 1 1/2 cup water
- Optional: brown sugar, cinnamon, raisins, honey, ...

Instructions:

Mix ingredients and add water until you have a doughy consistency - don't just dump all the water in.

Knead approximately 10 minutes.

Add sugar, honey, or raisins if you want it sweeter.

Grease and heat a frying pan. Form and press the dough into cakes.

Lay the bannock in the frying pan.

As the bannock cooks, move the cakes around so they don't stick. When the bottom crust has formed and is browned, flip the cakes over.

Cooking takes about 12 minutes.

Sprinkle with honey or brown sugar and eat.

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You can mix all the dry ingredients into one bag at home.

Instead of cooking in a frypan, you form a footlong roll of dough about an inch in diameter and wrap it around a stick. Cook this over an open fire.

Makes 12-16 bannock cakes.

## **BREAD RECIPES**

### **Monkey Bread**

Ingredients (Serves 6 to 8):

- 2 rolls of Pillsbury biscuits
- 1/2 cup sugar
- 1/2 cup brown sugar
- 3 Tbsp cinnamon
- 1 stick butter

Notes: dessert or breakfast

Instructions:

Tear biscuits into quarters.

Mix sugar and cinnamon in plastic bag.

Drop each quarter into bag and shake to coat well.

Place in dutch oven.

Melt butter and pour over biscuits.

Bake at 350 degrees for 35 minutes.

May want to line oven with foil to catch melted sugar.

### **Baking Powder Biscuits**

Ingredients (Makes about 2 dozen small biscuits):

- 2 Cup sifted flour
- 2 tsp baking powder
- 4 Tbsp butter or shortening
- 1/2 tsp salt
- 3/4 cup milk

Instructions:

Heat dutch oven to 400 degrees with 3/4 of coals on top.

Combine flour, baking powder, and salt in bowl.

Cut in small pieces of shortening or butter.

Add milk gradually, stirring until soft dough is formed.

Turn out on slightly floured board and lightly knead for 30 seconds, enough to shape.

Roll 1/2 inch thick and cut with open end of tomato paste can.

Place in single layer in dutch oven.

Bake for 12-15 minutes.

## **Breakfast Cornbread**

Ingredients (Serves about 8):

- 1/4 C sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp salt
- 1/4 tsp nutmeg
- powdered milk for 4 cups
- 1/2 C cornmeal
- 1/2 C raisins
- 2 Tbs oil
- 2 eggs
- 1/2 cup pancake syrup

Instructions:

In a zip-loc bag, combine sugar, cinnamon, ginger, salt, and nutmeg.

Warm 4 cups water in a pot. Pour in powdered milk and heat to steaming.

Pour in cornmeal and reduce heat to simmering.

Stir until thick, about 10 minutes or so.

Remove from heat.

Beat eggs and oil in a cup and stir into cornmeal.

Stir in sugar mixture, raisins, and syrup.

Pour into well-oiled dutch oven.

Cook for about 40 minutes at about 350 degrees - coals covering the lid and about half that many under the oven.

If a toothpick stuck in the center comes out clean, it's ready.

## **Memphis Molly**

Ingredients:

- (1) 15-16oz can tart cherries (NOT pie filling)
- (1) 15-16oz can blueberries (NOT pie filling)
- 1 smaller can crushed pineapple
- 1 small package chopped walnuts
- 2 boxes Jiffy cake mix
- 1/2 stick butter pats

Instructions:

Add ingredients in order, spread fruit and nuts in bottom of Dutch oven. Sprinkle cake mix over all and put butter pats on top. Cook 20-30 minutes or until "cake" is done.

## **DESSERT RECIPES**

### **Pie Iron Pies**

Required: Pie Iron (Coghlin's \$13.00)

Ingredients:

1 can apple pie filling

1 loaf bread

1/4 stick butter

brown sugar

cinnamon

Notes: Have a handful of irons for a group campfire.

Have a choice of apple, cherry, or blueberry filling.

Have whipped cream.

Instructions:

Heat pie iron for a couple minutes.

Open pie iron and rub inside with stick of butter.

Sprinkle sugar in both sides of iron.

Place slice of bread on one side of iron.

Top with spoonful of apple pie filling.

Sprinkle on cinnamon and brown sugar.

Place on second slice of bread and close pie iron.

Hold over campfire for 2 minutes, flip, and hold 2 more minutes.

## **Dessert Burritos**

### Ingredients:

- Tortillas
- pie filling - blueberry, cherry, apple, ...
- chocolate chips
- mini-marshmallows
- peanut butter

### Instructions:

Open the cans and put a spoon in each one.

Tear off squares of aluminum foil. Put a tortilla on the square of foil. Add peanut butter or pie filling.

Sprinkle with chocolate chips and/or marshmallows.

Roll up the tortilla and fold the bottom edge in.

Wrap foil around tortilla and place on grill above fire or on ash around edge of fire. Wait for the ingredients to melt.

### Hints:

Main problem is putting too much stuff in the burrito - try to talk people into taking smaller amounts.

Put all the tortillas in a foil wrap and carefully heat them before so they are more flexible. Putting tortillas directly into the coals will burn them - keep them away and rotate often.

## **Chocolate Chip Cookies**

### Ingredients:

- 2-1/4 cup flour
- 2 eggs
- 1 cup soft butter
- 1 (12oz) bag semi-sweet chocolate chips
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 tsp vanilla extract

### Instructions:

Preheat dutch oven to 350 degrees.

Beat butter, sugar, brown sugar, and vanilla extract in large bowl until smooth. Beat in egg. Gradually mix in flour. Stir in chocolate chips. Drop spoonfuls onto ungreased pie tin. Place on inverted pie tin. Cook for 5 to 8 minutes, depending on your D.O. temperature.

## **TROOP 682 DESSERT FAVORITES**

### **Cherry Crisp**

#### Ingredients:

- 2 cans cherry pie filling
- 2 sticks butter, melted
- 1 white cake mix
- 1 ¾ cups chopped nuts

#### Instructions:

Pour pie filling in bottom of Dutch oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top.

Bake for about 30 minutes at 350 degrees.

### **Dump Cobbler**

#### Ingredients:

- 1 pkg yellow or white cake mix
- 2 cans pie filling or 1 large can fruit cocktail
- Cinnamon
- Butter

#### Instructions:

Pour cans of filling or fruit cocktail in bottom of Dutch oven.

Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. STILL DO NOT STIR – YOU WILL BURN THE COBBLER! Cover and bake until bubbly and top is lightly browned, about 30-45 minutes. Any combination of fruits can be used. Recommend 1 can apple filling and 1 can of fruit cocktail.

### **Dutch Oven Brownies**

#### Ingredients:

- 1 pkg Brownie mix for 8x8 pan
- Eggs (per package directions)

#### Instructions:

Prepare brownie mix per package directions. Place in bottom of Dutch oven(or in round aluminum baking pan in oven). Cover and cook with 8 coals below and 16 on top for 20-30 minutes (do not overbake). Remove from bottom coals after 15 minutes.

## **Dutch Oven Pies**

### Ingredients:

- 1 can apple (or your choice) pie filling
- 1 box Jiffy muffin mix
- 1/4 stick butter
- 1 spray can of whipped cream

### Instructions:

Pour the filling into the pie tin.

Sprinkle the dry muffin mix over the entire surface.

Slice the butter into thin squares and distribute across surface.

Put 4 or 5 equal sized pebbles in the dutch oven.

Carefully, place the pie tin on top of the pebbles. (keeping the tin off the bottom reduces burning.)

Put on the lid and cover with coals.

Cook for 10 to 15 minutes, depending on fire temperature.

Dish a spoonful out and apply whipped cream.

## **Apple Crisp**

### Ingredients (Serves 8):

- 6 apples
- 2 tsp cinnamon
- 2 tsp nutmeg
- 3 cup quick oats
- 1 cup flour
- 2 cup brown sugar
- 1 tsp baking powder
- 1 tsp salt
- 1 cup butter

### Instructions:

Slice apples. Mix apple slices, cinnamon, and nutmeg in a bowl.

Mix oats, flour, sugar, baking powder, salt, and butter to make crust.

Press half the crust mix into the bottom and sides of the dutch oven. Pour the apples onto the crust.

Cover apples with the rest of the crust mix.

Bake covered about 45 minutes at 350 degrees, until top crust is light brown and apples are tender.

## **Banana Boats**

### Ingredients:

- 1 banana per person
- mini-marshmallows
- chocolate chips
- butterscotch chips
- M&Ms
- Reese's Pieces
- brown sugar
- other optional bits

### Notes:

It works better if you can peel back, leaving attached at one end.

### Instructions:

The 1/4 of the peel that is on the inside of the curve needs to be peeled out of the way. Leave the rest on to hold the banana together. Try to leave the top peel attached.

Cut out a groove of banana to make your boat.

Fill the boat with whatever cargo you want - chips, marshmallows, brown sugar, Lay the peel back on top. Wrap it tightly in tin foil.

Cook in campfire coals for 4-5 minutes.

## **Blonde Brownies**

### Ingredients (Serves 6-8):

- 2 C flour, 1 tsp baking powder, 1/4 tsp baking soda, 3/4 tsp salt
- 1 1/4 sticks butter; 2 C brown sugar
- 2 eggs
- 2 tsp vanilla
- 3/4 C chocolate chips, 3/4 C chopped pecans

### Instructions:

Start heating dutch oven to 350 degrees, most coals on top.

Mix flour, baking powder, baking soda, and salt in a zip-loc.

In a pot, melt the butter. Mix the sugar into the butter.

Mix in eggs and vanilla. Slowly add flour mixture, stirring well.

When the batter is smooth but thick, pour into dutch oven.

Sprinkle chocolate chips and pecans on top. Cover and bake, checking at about 20 minutes to see if center is cooked.

## **Apple Fluff**

### Ingredients:

6 eggs  
1.5 cups flour  
1.5 cups milk  
1 tsp salt  
3/4 stick of butter  
2 apples (granny smith)  
3 Tbsp cinnamon / 1/2 cup sugar  
syrup, jelly, powdered sugar, or other topping

### Instructions:

Place dutch oven on coals to warm.  
Whip eggs in bowl.  
Stir milk, flour, and salt into eggs.  
Put sugar and cinnamon in baggie.  
Melt butter in low-heated dutch oven. Swirl butter around to coat the dutch oven.  
Put each apple slice in baggie and shake to coat with cinnamon and sugar.  
Cover bottom of dutch oven with coated apple slices.  
Pour batter over apple slices.  
Bake at 375 degrees for 20 minutes, rotating oven and lid every 5 minutes or so.  
Cut into center of Apple Fluff with a knife to check for doneness.  
Bake until the batter is cooked through.  
When served, top with syrup, jelly, peanut butter, or powdered sugar.  
Serves 6 to 8.

## **Black Forrest Cobbler**

### Ingredients:

- 1 Chocolate cake mix
- 1 can Cherry pie filling
- 1 can soda pop - cherry or lemon lime
- 1 Hershey chocolate bar
- chopped walnuts (optional)

### Instructions:

Dump pie filling into pie tin.  
Sprinkle about 3/4 of cake mix on top in even layer.  
Pour half can of soda around on top of cake mix.  
Stir soda into cake mix, leaving the pie filling alone as much as possible.  
Break chocolate into small pieces and place on top with walnuts  
Place pie tin in dutch oven, setting it on top of four small pebbles for air circulation. Cover with dutch oven lid and set on a small ring of coals. Cover the lid with coals. Cook at about 350 degrees for 30-40 minutes, or until the cake looks done when cut or poked.

### Another way to mix the mix:

Sprinkle about 1/3 of the cake mix over the pie filling. Then, pour soda right into the cake mix bag and knead the bag with your hands on the outside to mix. Once mixed, pour into the dutch oven.

About 8 servings.

## **Candied Apples**

### Ingredients (per serving):

- 1 apple
- 1 oz. raisins
- 1 Tbsp brown sugar
- 1 cherry
- 1 pineapple ring

### Instructions:

Core the apples and fill the bottom of oven with apples standing stem side up. Pack brown sugar and raisins into the core holes. Place a pineapple ring on top of each apple.  
Place a cherry in center of each ring.  
Pour pineapple juice from the can of pineapple over the apples.  
Cover and let cook for 30 minutes.

## **Chocolate Chip Cookies**

Ingredients:

- 2-1/4 cup flour
- 2 eggs
- 1 cup soft butter
- 1 (12oz) bag semi-sweet chocolate chips
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 tsp vanilla extract

Instructions:

Preheat dutch oven to 350 degrees.

Beat butter, sugar, brown sugar, and vanilla extract in large bowl until smooth. Beat in egg.

Gradually mix in flour. Stir in chocolate chips.

Drop spoonfuls onto ungreased pie tin.

Place on inverted pie tin. Cook for 5 to 8 minutes, depending on your D.O. temperature.

## **Cooked Apples**

Ingredients:

- 8 apples
- 1/2 cup brown sugar
- 2 Tbsp cornstarch
- 1/2 tsp salt
- 4 Tbsp butter
- 1/2 tsp cinnamon

Instructions:

Preheat dutch oven to 300 degrees.

Core apples and cut into quarters.

Dump all ingredients into dutch oven and stir until butter is melted and all is mixed.

Cover and cook 30 minutes or until apples are soft and sauce is clear and thick.

## **Cooking Hints for Scouts**

from BSA Troop 886

- When using a propane or gas stove you have a variety of heat settings, wide open is not the best way to cook.
- Just because what you are cooking is black on the outside it does not mean that it is cooked all the way through. Check the insides before serving.
- If you continually have burnt on the outside and raw on the inside food. Lower the cooking temperature so the food will cook more evenly.
- Get copies of your favorite recipes at home and suggest them for camping trips.
- Follow the recipe and box directions to prepare food.
- Many camping books have recipes. Check them out from the library and copy the ones that sound good.
- Do as much preparation as possible at home. Dice your onions, green peppers, etc. at home and store them in plastic bags. Place in the cooler before leaving.
- Vegetables such as celery carrots, radishes, cabbage, and lettuce will keep fresh longer if wrapped in foil and several layers of brown paper bag.
- Scrambled eggs go further if bread crumbs and a little milk are added.
- A little dab of butter in oatmeal while its cooking will make pot easier to clean.
- Pancakes are less likely to stick if you add a tablespoon of melted fat to each 1.5 cups of batter.
- Bullion cubes can be substituted for meat stocks when making camp soup, stews, and gravies.
- Drop a small pat of butter or one tablespoon of oil in your spaghetti water to prevent it from boiling over.
- Stir pancake batter instead of beating it, don't worry about the lumps. they will disappear.

- On a cold day. butter may be too hard to spread easily. Invert a heated bowl or pan over the butter dish for a few minutes. This will soften the butter but not melt it.
- Sprinkle a few drops of water on sliced bacon to keep it from shriveling in the pan.
- To keep salt shaker from spilling while traveling, Screw a piece of plastic wrap under the lid.
- Place bread in a shoe box to keep it from being smashed.
- Rice in the salt shaker will absorb moisture and keep salt from lumping.
- By using lids whenever possible, you will greatly reduce the cooking time required for many foods,
- Lightly grease a cast-iron fiddle before making first pancakes. Then rub a raw peeled potato between batches. This will produce golden brown flapjacks that will not stick.
- A little lemon juice added to the boiling water will make rice whiter and keep the grains from sticking.
- At or near sea level foods cook quickly, care must be taken to prevent burning.
- A can or bottle can be used as a rolling pin.
- Form hamburgers, biscuits or cookies with a clean tin can, glass or cup.
- Use fingernail polish to mark foil dinners. It won't burn off in the coals.
- Do not spray non-stick coatings for pans on a hot skillet / pan or near coals or flames. The spray can ignite causing the can to explode.
- A small soft drink bottle can be used as a potato masher.
- Mix instant drinks in a screw top plastic bottle.
- A pinch of flour sprinkled on fat while frying will stop the spattering.
- Removing a single strip of bacon from a package is difficult. Roll the packaged tightly. The slices will come off easily.

## **Chocolate Upside Down Cake**

### Ingredients:

- 3 Tbsp butter (or margarine) or oil
- 1 cup flour
- 3/4 cup sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 5 tsp dry cocoa powder
- 1/2 cup milk
- 1 tsp vanilla
- 1 cup chopped pecans or walnuts
- 1 cup water
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/4 cup dry cocoa powder

### Instructions:

Melt 3 Tbsp butter in dutch oven and swirl around to cover sides. In zip-loc, mix the flour, sugar, baking powder, salt, and cocoa.

(Could do this beforehand)

In a bowl, combine flour mix with milk and vanilla. Pour in melted butter from dutch oven. (Just take what pours out, leaving the oven well-coated.)

Add nuts and stir well.

Pour batter into dutch oven.

Mix sugar, brown sugar, and cocoa in a zip-loc. (Could prepare beforehand)

Sprinkle sugar over top of batter.

Pour 1 cup of water over batter.

Bake at 350 degrees for 30 minutes with more heat on top than under. Check for doneness by inserting toothpick or similar into center of cake - if it comes out clean, it is done.

When done, remove from heat and remove lid for about 5-10 minutes to cool. Then, put lid on and turn cake over onto lid. If all goes well, it will fall onto lid, but you may loosen the cake with a knife before flipping.

Serves 6

- Don't salt meats while (or before) they are broiled. Salt starts the juices running and you'll lose flavor.
- If vegetables or cereal scorch, plunge the pan and all into cold water for a few minutes. Much of the burned taste will be dissipated.
- Test spaghetti for doneness by throwing one noodle up against a tree. If it sticks it is done. (Remove from tree after test!)
- To check if an egg is fresh place it in water, if it sinks it is fresh if it floats it is bad.
- Lining your cooking equipment with foil will save cleanup.
- Wipe dishes and pans with a paper towel, to get the grease off before cleaning.
- Deepen a shallow pan with heavy duty aluminum foil.
- Use plastic bags for mixing foods.
- To separate egg yolks from the whites, crack egg into a saucer. Turn an egg cup upside-down over the yolk. Tip off white into a basin.
- Take the backache out of washing messy pans by always filling used pans with cold water straight away.
- If you carry along eggs, avoid cracks (and worse) by packing them in your flour or sugar.
- To test the griddle temperature before cooking, let a drop of water fall onto the surface. If the water simply lies there and bubbles, the griddle is too cool. If the drop pops and jumps, it's time to cook. If it splatters and disappears, the griddle is too hot and should be raised a bit from the heat source.
- You need even heat for griddle cooking, so use the griddle only over coals or on a stove. It won't work successfully over a campfire.
- Avoid "burnt offerings" from a Dutch oven by placing the baking pan 4 to 5 cm above the bottom of the oven.
- If you burn the inside of a cook pot, shake cream of tartar into the pot, fill with water and bring to a boil. Boil for a few minutes, pour out water, and wipe clean.

## The Hand Thermometer Technique

The Hand Thermometer enables you to try on your campfire, recipes which specify a cooking temperature. Of course, the secret of any campfire cooking is to try and maintain steadily glowing coals, but once you have your fire in this state, you can gauge its approximate temperature by using your hand.

Hold your bare hand over the coals and count off seconds ("1 and 2 and 3..."). Your temperature guide is the number of seconds you can hold your hand over the fire.

-If you have to remove your hand between four and five seconds, you have a low heat (about 300 degrees F)

-If you have to remove your hand between three and four seconds, you have a medium heat (about 350 degrees F)

-If you have to remove your hand before you can count to three seconds, you have a high heat (about 400 degrees F)

To find the temperature you want, raise or lower your hand and you will know where to set your cooking utensils. No matter what you are cooking, the results will be more consistent if you maintain an even or near-even heat. And, by using your hand thermometer, you will assure that your meal cooks at the rate which will produce the tastiest results every time.

## Measuring without Utensils – A Scout's Guide

Use the chart below if you're short measuring tools and need to add items to a recipe!

### Measurements without utensils

In Camp, we don't always have measuring spoons and cups, so here are some ways to use what's available to approximate for dry ingredients (**remember, a Scout is clean**):

- ½ Cup ..... 1 open fistful
- ½ Cup ..... 1 stick of butter or margarine
- 1 Tablespoon (tbsp.) ..... Five finger pinch
- 1 Tablespoon (tbsp.) ..... 1 finger "gob" of shortening (what sticks to 1 finger)
- 1 Tablespoon (tbsp.) ..... Palm of hand (center)
- 1 Teaspoon (tsp.) ..... Four finger pinch
- 1/8 Teaspoon (also called a "pinch") ..... Two finger pinch

Fluid standard measurement equivalents (and a few approximations):

- 3 Teaspoons = 1 Tablespoon = ½ ounce (oz.) Palm of hand (center)
- 16 Tablespoons = 1 cup = 8 oz. 1 typical small camp cup
- 2 Cups = 1 pint = 16 oz.
- 2 Pints = 1 quart = 32 oz.
- 4 quarts = 1 gallon = 128 oz. = 1 typical large milk jug

- The day is hot and breezy and you want to keep your drinking water cold. Wrap the water container in a wet cloth and hang it in the open from a branch of a tree. It's good as putting it in a regular refrigerator
- When you've finished cooking, set your cook pot off to one side. Perhaps if you give them their own plate, the bees, wasps, flies and other pests will stay away from yours.
- Cover the ice in a picnic cooler with foil to help it last longer. Keep the water in your canteen cooler by wrapping the canteen in foil.
- Toast sandwiches by wrapping them in a foil envelope and placing them on the embers or a hot plate for a few seconds.
- Because foil-wrapped foods tend to scorch where they are in direct contact with the coals, use a double wrapping of heavy duty foil and turn food frequently during cooking.
- Save clean-up time by lining casserole, baking and frying pan with heavy duty foil before cooking in them.
- When it is time for washing up, a crumpled ball of foil makes an excellent scouring pad for pots and pans.

## The Wonderful World of the Dutch Oven

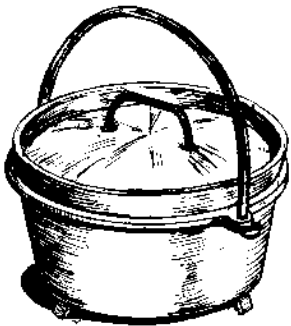
The Troop has several Dutch Ovens that are kept in the trailer. The Dutch Oven may be one of the most versatile instruments for cooking that you will use as a Scout. Whether it's pizza, stew, or a breakfast casserole, the Dutch Oven can handle it – it can even be used to deep fry your own donuts! The following pages give some guidance, hints, and suggestions on how to cook with the Dutch Oven and make you the most popular grubber in your Patrol!

*Excerpts from "Campfire Dutch Oven Cooking"*  
*By Bruce Campbell*

The Dutch Oven is a baking tool. Coals are applied to the Dutch Oven to heat the air inside. The heated air then cooks the food. Yes, some use their Dutch Oven as a pot to boil food in. But if you cook beans or stew, why not top them with biscuit dough or corn bread batter and make use of the baking qualities of your Dutch Oven?

Coals placed on the lid of the Dutch Oven radiate heat down into the air and food below. Considerably more heat is needed on top of the oven than is needed under the oven.

Cakes and light pastries require especial care not to burn on the bottom. The simple ready-made biscuits and sweet rolls you can buy in the dairy section of the grocery store are excellent practice items.



Once you learn heat control for the Dutch Oven there is almost no limit to what you can cook. I usually plan meals on the ingredients I am willing to carry for a particular trip. Canoe trips have different requirements than car camping, snow machining, or river boating. Alas, the Dutch Oven is not for backpacking, but your campfire baking skills can be applied to aluminum foil wrapped meals & foil reflector ovens.

Just remember - heat on top cooks, too much heat on the bottom burns. Have fun!

To use your oven for frying or boiling water, use all your coals underneath. For simmering or stewing use an even amount of charcoal top and bottom, but two thirds of the way into cooking the recipe, eliminate the the bottom charcoals, replacing them on top, if necessary to maintain a steady heat source.

For baking, we recommend a ring of 1/3 of your coals on the bottom, and a ring of the remainder on the top, both rings along the edges of your oven. Remove baked items such as cakes, pies, and breads from your heat source and remove the lid as soon as they begin to firm up.

Note: Never place a empty cast iron utensil on a heat source or pour a cold liquid into it, it may crack.

## Serving Sizes based on the Dutch Oven

Servings Per Dutch Oven- These are approximate as some people can eat more than others but they do serve as an aid:

Oven Size	Persons Served
8"	1-2
10"	4-7
12"	12-14
12"deep	16-20
14"	16-20
14"deep	22-28

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect following temperatures; Slow-250° to 350°; Moderate-350° to 400°; Hot-400° to 450°; Very Hot-450° to 500°.

## Baking Temperature Chart for Dutch Oven Cooking by Lodge Cast Iron

Oven top/bottom	325°	350°	375°	400°	425°	450°
<b>8"</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
*****	10/5	11/5	11/6	12/6	13/6	14/6
<b>10"</b>	<b>19</b>	<b>21</b>	<b>23</b>	<b>25</b>	<b>27</b>	<b>29</b>
*****	13/6	14/7	16/7	17/8	18/9	19/10
<b>12"</b>	<b>23</b>	<b>25</b>	<b>27</b>	<b>29</b>	<b>31</b>	<b>33</b>
*****	16/7	17/8	18/9	19/10	21/10	22/11
<b>14"</b>	<b>30</b>	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>
*****	20/10	21/11	22/12	24/12	25/13	26/14

### Dutch Oven Cooking Temperature Control

*Copyright © 2008 William Bruce Bonnett*

The mysteries of controlling Dutch oven cooking temperature can be understood with a couple of easy to follow guidelines. This article discusses guidelines for temperature control when using charcoal as the heat source in the type of Dutch oven that has three legs on the bottom and a flanged lid for placing coals on top.

You may have seen some very detailed charts of tabulated data that show the number of coals to be place on the top and bottom of an oven for various oven sizes at different desired temperature. Carrying this chart is inconvenient and it always seems to be misplaced at the most inconvenient time. It could be memorized, but 6 different oven sizes and 8 different temperatures is 48 different combinations. If you're like me, you'd rather save room in your brain for things like

## Charcoal Cooking

A few tools are necessary including one or more camp style Dutch ovens, heavy duty leather gloves, and long metal tongs to lift hot coals. A lid lifter and lid stand make handling your oven that much safer. We also like to use a "chimney" charcoal starter, after five minutes fueled by one sheet of newspaper, you'll have at least 25 pieces of even burning charcoal ember. It is also a good idea to use aluminum foil, or a metal sheet, to put on top of your cooking surface underneath the briquettes. (Note: Do not use near flammable surfaces.) The lid of a 55 gallon drum or a metal trash can top turned upside down make good burning surfaces, as will your charcoal grill stand. Aluminum foil makes cleanup easy.

To calculate the number of charcoal briquets you'll need to prepare your outdoor masterpiece, as a rule of thumb, for average menus and environmental conditions, use an equal number of briquettes as the diameter of your oven, on top and on bottom, plus or minus three favoring the top over the bottom.

Here's your start up equation: Charcoals on top = Diameter + 3, Charcoals on Bottom = Diameter - 3 for a 325° F oven. Each charcoal briquette contributes 10-15 degrees of cooking heat for about 50 minutes to one hour. (To cook at 350° F you'll need to add one coal on the top and one coal on the bottom, for example.)

Now allow for wind conditions, altitude, humidity, and ambient temperature. (Here's where the finesse begins.) To avoid hot spots, get in the habit of rotating your oven 1/4 turn and then rotate the lid 1/4 turn in the opposite direction. Rotate every 10-15 minutes.

the ingredients of what you're cooking. Fortunately there are guidelines and techniques that eliminate the need to carry charts or memorize a bunch of data points.

### RING METHOD

One method that is effective for any size oven is the *Ring Method*. Under this method, charcoal is placed under the oven a ring pattern. Figures 1 and 2 below show two basic ring patterns. The ring pattern in Figure 1 is called the *Solid Ring*. The Solid Ring is constructed by arranging the hot charcoal in a ring the same diameter of the bottom of the oven such that each coal is just touching the coal on either side of it. The *Spaced Ring* shown in Figure 2 is constructed the same way as the solid ring with the exception that every other coal is removed leaving a space the size of a charcoal in between each charcoal.



Figure 1: The Solid Ring

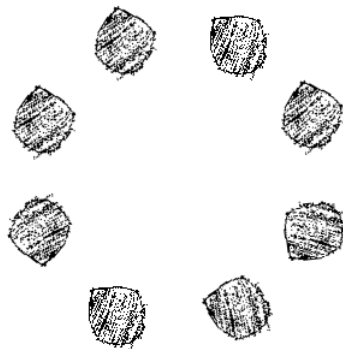


Figure 2: Spaced Ring for a typical 12" Dutch Oven

Most oven recipes call for an oven temperature of 350 degrees. To achieve 350 degrees for any size oven, a spaced ring is constructed under the oven. To determine the number of coals placed on the top of the oven, count the number of coals in the spaced ring under the oven and double that number. This result is the number of coals that are placed on top. Spread the top coals uniformly. The result

about every 15 or 20 minutes. Also a wind break can be used.

### ELIMINATING HOT SPOTS

A hot spot in the bottom center occurs when coals are spread evenly under the oven. This is because those coals on the edge radiate toward the middle adding the heat of those coals located in the center. This results in you cobbler being either done in the middle and raw on the edges, or burnt in the middle and done on the edges. Neither is a desired result. But, by placing coals in a ring then this center hot spot is eliminated and the bottom cooks uniformly. When baking something such as a pie, cobbler or biscuits another method that produces more even heating can be employed. This trick is to rotate the oven and lid every few minutes. Rotate the entire pot one direction 1/3 turn and the lid the other direction 1/3 turn relative to the pot every 15 minutes. This will make for very even cooking.

### BOILING OR FRYING TEMPERATURES

When a sustained moderate boil or faster simmer is required, the solid ring can be used on the bottom. For a roaring boil, crowd hot coals under the oven as closely as possible.

Deep frying requires a very hot bed of coals underneath. To achieve this, crowd hot coals under the oven as closely as possible. In this situation, counter to the explanation of the center hot spot, the coals in the center will cool quicker because they receive less air than those on the edge. To counter this, every 10 minutes or so, layout another spread of hot coals and move the pot onto that spread and alternate between the two beds of coals.

## More Dutch Oven / Scout Cooking Resources

The following sites and suggested readings are just a sample of the material out there to make cooking at camp fun, healthy, and tasty! Don't restrict yourself to the below – there's many more books, articles, and websites out there that can help you out.

### “Helpful Articles – The Dutch Oven”

<http://www.appliancepartspros.com/the-dutch-oven.aspx>

*This website has links to just about EVERY site that refers to Dutch Ovens. Instructions, recipes, you name it!*

### “Scouting Magazine: Scout Cooking”

<http://scoutingmagazine.org/category/outdoors/cooking/>

*Scouting magazine is a GREAT source of information for all things related to Boy Scouts.*

### “Tips for the Patrol Cook”

<http://www.stanford.edu/~reh/PatrolCookTips.html>

*ASM Robin Holbrook of Troop 5, Palo Alto, CA put together this list of tips – includes menus!*

### “Cooking Merit Badge Pamphlet”

*The Cooking Merit Badge has all you need to become a great cook!*

### “Girl Scout Cooking”

<http://pinterest.com/hjgottas/girl-scout-cooking/>

*Ever wondered if you could make your own Thin Mint? Here's where you can find the recipe...*

### “U.S. Scouting Service Project: Cooking”

<http://usscouts.org/cooking.asp>

*Another great reference site with a lot of links to cooking, Dutch Oven, and camp eating sites.*

is 2/3 of the total number of coals will be on the top and 1/3 will be on the bottom.

Using this method, you don't have to memorize the number of coals. The correct number of coals is easy to determine. Larger ovens with larger diameters require more coals to complete the spaced ring. The smaller diameter ovens require less. If your recipe calls for a higher temperature, to increase the oven temperature, add one coal on the top for every 25 degrees desired. To decrease the oven temperature, remove 1 coal from the top for every 25 degrees required.

A typical charcoal lasts about 30 minutes, and you may want to replace it every 20 minutes.

### +3 UP/-3 DOWN METHOD

Another method is the +3 *UP* /-3 *DOWN* method. This method works well, but only for a limited range of pot sizes. It is effective on 8, 10 and 12 inch diameter ovens, but is less effective for the larger ovens.

To achieve a 350 degree oven using this method is a simple matter of addition and subtraction. The number of coals placed on top of the oven is the pot diameter plus three, while the number of coals on the bottom of the oven is the pot diameter minus three. For example a 10 in oven would have 7 coals under the oven while 13 coals are placed on top. The coals under the oven are still arranged in the ring pattern with no coals in the center of the ring and the coals on top are spread uniformly across the top.

### WEATHER COMPENSATION

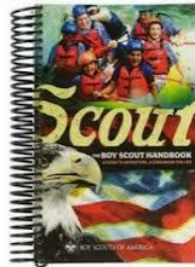
Some compensation for weather conditions may be required. On cold days, add a couple of more coals on the top and on a hot day remove a coal or two. Direct sun can also increase the temperature 50 degrees. If it is a windy day, the windy side of the pot will be cooler than the side away from the wind. To compensate for this, just rotate the pot 180 degrees

# 9

## Advancements

The Boy Scout Handbook includes the requirements for Rank advancements. However, advancements in Boy Scouts are different than in Cub Scouts. The responsibility for advancements is now **yours**, not your parent's or your adult leader's.

To earn a rank, you need to get each requirement signed in your Boy Scout Handbook. Your Patrol Leader, the Senior Patrol Leader or Assistant Senior Patrol Leader, or the Scoutmaster or an Assistant Scoutmaster can sign a requirement for you.



Since many of the requirements involve activities that the Troop does at meetings and camping trips, you should bring your Scout Handbook to every meeting so that each requirement can be signed off as you complete it.

When you have completed all of the requirements for a rank, you must schedule a Scoutmaster conference with the Scoutmaster, and a Board of Review by contacting the Troop Advancements Chairperson.

The Troop does offer a lot of help for advancements:

- At the March introductory camping trip, the older boys will help the younger boys with most of the requirements for the Tenderfoot rank.
- Many of the Troop parents are Merit Badge Counselors.

## Blue Cards

Before starting a Merit Badge, you must contact the Scoutmaster to get a "blue card". When you have completed the Merit Badge, the counselor will

sign the blue card. Return the card to the Scoutmaster or the Troop Advancements Chairperson.

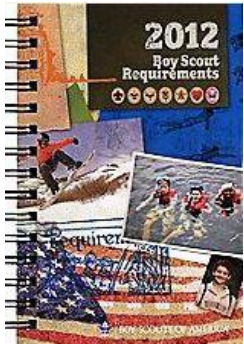
You will be awarded the Merit Badge at the next Court of Honor. A portion of the blue card will be returned too. **You must save the blue card – it will be required as proof of the merit badge to earn the Eagle rank.** Do not keep the blue cards in this Scout binder. There is a card protector in your parent's guide which may be a good place to store them. We suggest you put the blue cards in the plastic protector that we have included in your parents notebook. Keep these organized in safe place in your home.

Blue cards will be the ONLY accepted proof that you earned the badges needed for the Eagle rank! \*\*

Note: you need 21 merit badges total in order to become an Eagle Scout. There are mandatory Eagle Scout-required merit badges which make up 12 of the 21 total merit badges. Some are harder than others – many Scouts make the mistake of waiting until late in their Scouting careers to start working on the merit badges and find they have run out of time!

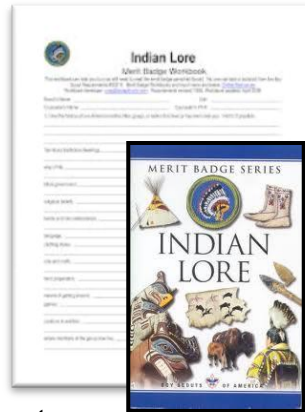
## Helpful Tools

Before starting a Merit Badge, it's a good idea to review the requirements – these can either be found in the Boy Scout Requirements book (available at the Scout Store or check



with the Troop Librarian) or online at [www.meritbadge.org](http://www.meritbadge.org). Once the requirements have been reviewed, you should look through the BSA Merit Badge book for the badge in question and print out a copy

of the workbook for the merit badge. Workbooks can also be found at [www.meritbadge.org](http://www.meritbadge.org). In many cases, work can be accomplished on the merit badge prior to meeting with the merit badge counselor. It's best to check before the first meeting to confirm their desires!



## Other BSA Awards

There are many other BSA Awards that a Scout can earn while a member of Troop 682. A comprehensive list of the “special opportunities” that exist can be found on the BSA website:

<http://www.scouting.org/scoutsources/BoyScouts/AdvancementandAwards.aspx>

- The Scout Skills requirements for Tenderfoot, Second Class and First Class are often covered during Troop Meetings and events
- Summer Camp!
- The Troop Advancement Chairperson does track each boy's progress and may issue reminders in advance of each Court of Honor.

## Merit Badges

Merit Badges serve two purposes – they are important for advancement in Boy Scouting, but more importantly they will expose you to a variety of occupations, hobbies, and topics that may interest you and last a lifetime! Historically there are between 100-130 merit badges offered by the Boy Scouts at any time.

Merit Badges can be earned several ways:

- You can earn between 3 and 5 Merit Badges during the week when you attend Summer Camp.
- Periodically during the year the Troop may sponsor a Merit Badge class. Recent examples have been First Aid, Communications, and Personal Fitness.
- Several times a year the Troop will have a speaker at a Troop Meeting to introduce a Merit Badge. If you are interested in completing that Merit Badge, talk to the speaker after the meeting.
- Finally, and perhaps most importantly, you can take the initiative to contact a Merit Badge counselor who is qualified for a Badge you are interested in. Besides the Troop parents who are Counselors, a list of Counselors is available on the Council website [www.sdicbsa.org](http://www.sdicbsa.org)

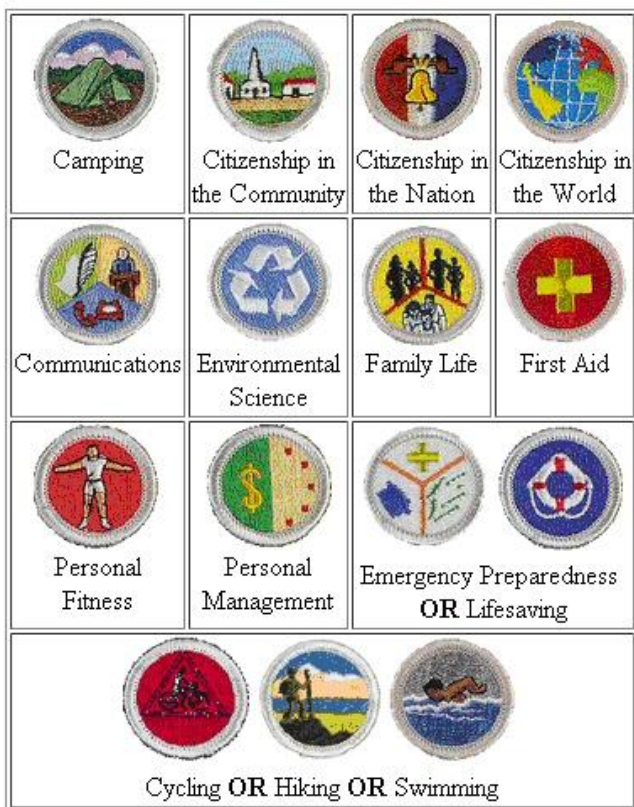


# 10

## Path to Eagle

The only person who can stop you from becoming an Eagle Scout is YOU! In order to earn this prestigious honor, you'll need to be an active Scout, by recommended by adults in the community, serve in a leadership position within the Troop as a Life Scout, plan, organize, and see to completion an Eagle Scout Service Project, complete an Eagle Board of Review, and earn 21 total merit badges, including the following 12 mandatory Eagle Scout merit badges:

### Eagle Required Merit Badges



### Page-2:

Requirement-4: Date of Life Scout BOR same as Page-1 Requirement-1?

Is Position and date information complete and accurate and covers 6 months total as a minimum?

Requirement-5: Does project finish date match the completion date in the Workbook?

Requirement-6: Verify conference date. Is personal statement in the Eagle package notebook?

Personal Statement: Highlight scouting experiences, leadership, accomplishments both in and out of scouting, your life goals and ambitions. (this should be place right after the application in the package.

Certification: Scout's signature.

Scoutmaster Approval: Sign after reviewing the entire package and after conducting SM Conference.

Unit Approval: "The 12 Steps from Life to Eagle" describes a process for the unit leader and the committee to sign of the Eagle Application. It also describes how an application can be submitted without these signatures.

*Step #4 calls for the Scoutmaster and unit committee to review and approve the Scout's record, and the requirements of the Eagle candidate before the application is signed. Troops should check all Eagle requirements and the Eagle Package (Application, Personal Statement, and Project Workbook) for completeness and accuracy as part of this review and before signing approval.*

### REVIEW OF EAGLE PROJECT WORKBOOK

#### Project Proposal Section

The Proposal Section should have already been reviewed and approved by all signatories. Ensure the Proposal Section is in the book and the signature page has all five required signatures

and dates (Scout, SM, Unit Committee, Beneficiary, Eagle Project Counselor).

Contact Information  
Description and Benefits  
Leadership  
Materials, Supplies, and Tools  
Permits and Permissions  
Preliminary Cost Estimate  
Project Phases  
Logistics and Safety  
Signatures (5)

### **Final Plan Section**

The Final Plan may or may not have been seen by the Eagle Project Counselor. Therefore, review everything to see that all questions and boxes have been filled in.

**Start and Completion Dates** - Information must be present. The start date may be prior to actual approval date as this is when the scout started the planning of the project.

**Comments from the Proposal Review** - Something should be here from the proposal section.

**Updated Project Description and Benefits** - Could simply restate what was in the Proposal, or it should reflect changes from original Proposal.

**Present Condition or Situation** - A descriptive statement perhaps including a picture of what things looked like before starting the project.

**Project Phases** - Revised from Proposal showing much greater detail than in the proposal on how the scout will carry out the project. First phase is likely finish the planning.

**Work Processes** - This section should be a detailed step-by-step description on how the project will be carried out. Detail should be sufficient for you to pick up the book and be able to execute the project as written.

You will need to present your Eagle Package at your Eagle Board of Review. This package is an overview of your Scouting experience and your readiness to be an Eagle Scout. Your package is a reflection of you, your Troop, and your Adult Leadership. Before submitting your package, make sure to review the following guidance on how to put together your package.

## **Black Mountain District Eagle Package Review**

*By Eagle Board Chairman, Mike Boyd and Advancement Chair, Angel Deguzman*

### **Before Signing – Review the Following**

**Eagle Package** contains: Eagle Application, Personal Statement, Project Workbook, and Letters of Recommendation. *It is the scout's responsibility to take the book to council. It is the unit's responsibility to take the letters of recommendation to council.* Both should arrive within a couple of days of each other.

*Note: The scout should never see or handle the letters.*

**Eagle Application** Verify the application information is complete and accurate. Check to ensure all appropriate areas are filled in, especially dates.

Page-1: Check "Date of Birth" in upper right.

Requirement-1: Verify date of Life Scout Board of Review (BOR). This must match the same date on Page-2

Requirement-4: Is requirement for 6 months as a Life Scout satisfied?

Requirement-2: Is reference section complete?

Requirement-3: Is Merit Badge (MB) information complete and accurate? Follow instructions in footnote at bottom of page.

**Permits and Permissions - Tour Plans are required for all Eagle Projects.** The response should be yes and there should be copies of the Tour Plan(s) in the book. Include description of other permits as required.

**Materials, Supplies, and Tools** - These lists are self-explanatory. These should be filled in with all items needed for the project. Items should be described in detail (i.e. not just paint but include color and type, nails or screws including sizes) and quantities should be identified. In some cases, needed items may be provided by the organization, the scout, donations or by volunteers at no (zero) cost but they should still be identified in the lists.

**Expenses and Revenue** - Estimated cost should be total from the three previous blocks. description of how the scout will get the money should be filled in.

**Giving Leadership** - This section is really a subset of the detailed Work Process section and can easily be filled in by the scout from that section. The section on briefing should be filled in and will likely say the scout will brief the workforce prior to start each day or session.

**Logistics and Safety** - This section is self-explanatory though in some cases the scout may say he will carry material to the site. This is fine however, ensure it does not say he will carry workers as given his age, this is against BSA policy. First Aid kit should always be available. There are safety issues with most projects, not the least of which are a group of boys that potentially are not have focused on the project at hand. Describe how scout will handle hazards. A safety brief should be a part and be conducted prior to the start of the project and each session.

**Contingency Plans** - This section could likely cover a few things including weather, access, or availability of workers. Bad weather may force a change as will having too few or too many workers. Other issues might also be discussed.

**Comments from Councilor** - Something should be here.

non-BSA Youth, and adults). Provide sign-in log records.

**Funding** - (funds collected and spent) - How were excess expenses and revenue handled?

There should be detailed documentation on where the funds came from (likely in a separate ledger in the book). *The amount reported here should equal to what was reported in the ledger. The amount spent should be what was actually spent on items for the project.* Most scouts will have receipts (not required). There should be a ledger showing details of how much was spent and on what. This may be in the material/supplies/tools sections and using that total.

If the scout spent more than what was raised, he needs to explain how the difference was made up (i.e. perhaps either he or his parents made up the difference). If the scout collected more than what was required, he needs to explain what he did with the excess. The right answer is the excess went to the beneficiary. How were donors thanked, include a copy (sample) of letters in the book.

**Photos and Other Documentation-** (Before, During, and After). Include project photos from inception to completion. Tell a story of the project with a reasonable amount of pictures (not too many). Recommend each picture have a brief caption (this is not required but helpful). Note: Review pictures to make sure there is no violation of the Guide for Safe Scouting (common issue would be power tool use...some are ok, others are not for use by boys). Other documents include maps, sketches, diagrams, etc., whatever the scout feels is needed for a complete book.

**Candidates Promise** - Scout signed and dated?

**Completion Approvals** - Signed and Dated (Benefiting Organization, Scoutmaster)? Your signature stating the project meets ALL requirements, and the beneficiary signature stating they are satisfied with the project meeting project requirements.

**Additional Suggestions and Recommendations though not required:**

- 1) Most scouts will and are encouraged to provide copies of each merit badge card or blue card that they have listed on the application and have used to fulfill all requirements for Eagle. This is helpful in case the scout's official record is not current.
- 2) If your troop uses Troop Master, include an up to date copy of the scout's record.
- 3) Scouts may include any other "brag" items in the book that they chose to put in it. Typical things include awards, school sport letters, citations from groups, etc...

**Any questions: Please contact your District Eagle Chairman or Advancement Chairman before you sign the book.**



**Project Fund Raising Section**

*Note there is no requirement for project fundraising though typically this will happen.* In the funding section the scout needs to state how he raised funds and from who (could simply be that parents wrote a check for the amount). Total funds raised should be filled in as well as contributions from the beneficiary. All blanks should be filled in. The fundraising request/approval form should be filled out as appropriate.

**Project Report Section** - Describe changes and adjustments from the original Plan.

**Summary** - This section should summarize how things went, both good and/or challenging.

**Changes** - This section is really a subset of the detailed Work Process section and can easily be filled in by the scout from that section. The section on briefing should be filled in and will likely say the scout will brief the workforce prior to start each day or session.

**Leadership** - This section is similar to the detailed Work Process section with a description of the scout's role in instructing, directing and managing all aspects of the step-by-step progress of the project.

**Materials, Supplies, and Tools -**

These lists should be filled in with all items actually used for the project. Items should be described in detail (i.e. not just paint, nails or screws), where colors, sizes, and quantities should be identified. In some cases, needed items may be provided by the organization, the scout, donations or by volunteers at no (zero) cost but they should still be identified in the lists.

**Expenses** - This should be a total from the three previous blocks.

**Service Project Dates and Hours** - Should show hours scout spent on planning, preparing, organizing and conducting the project. Show hours of volunteers (BSA,

**11**

***Camping/Service  
Records***

**12**

***Troop Roster/  
Contact Information***



# 13

## ***Troop Calendar***

# 14

## ***Scout Resources***

There's always somewhere, be it in a book, a movie, or a website, for the resourceful Scout to get an answer to a question (assuming you already asked your Patrol Leader!) or enjoy a moment of Scouting entertainment. Here's an admittedly incomplete list, but it will get you started if you have any questions about Scouting or are looking for some Scout-themed entertainment.

### **Literature**

#### *Scouting*

Boy Scout Handbook, 12<sup>th</sup> Edition

2013 Boy Scout Requirements Book

BSA Fieldbook, 4<sup>th</sup> Edition

The Best of Boys' Life

Handbook for Boys (1911)

Guide to Awards and Insignia

Boy Scouts of America: A Centennial History

Four Percent: The Story of Uncommon Youth in a Century of American Life

#### *Scoutcraft*

American Boy's Handy Book

Be Prepared Series (First Aid, Hiking, Fishing)

BSA Wilderness First Aid Manual

The Field and Forest Handy Book

Knots and How to Tie Them

The Book of Camp-Lore and Woodcraft

The Ultimate Hiker's Gear Guide

Afoot and Afield in San Diego

Trail and Campfire Stories

The Boys' Life Book of Outdoor Skills

### *Leadership*

The Senior Patrol Leader Handbook  
The Patrol Leader Handbook  
Principles of Leadership Pocket Guide  
AMC Guide to Outdoor Leadership

### *Cooking*

The Scout's Outdoor Cookbook  
The Scout's Backpacking Cookbook  
The Scout's Dutch Oven Cookbook  
The Scout's Large Groups Cookbook  
Camp Cookery (for Small Groups)  
101 Things to Do With a Dutch Oven  
Campfire Cooking  
Camp Cooking: 100 Years  
World Championship Dutch Oven Cookbook  
The Camping Cookbook

### **Movies**

Scout Camp  
Follow Me Boys!  
Scouts to the Rescue (1939 serial)  
The Young Eagles (1937 serial)

### **Websites**

BSA Website: <http://www.scouting.org>  
Scouting Magazine: <http://scoutingmagazine.org>  
U.S. Scouting Service Project: <http://usscouts.org>  
MacScouter: <http://www.macscouter.com>  
Merit Badges: <http://www.meritbadge.org>

**15**

***Paper/Extras***