

AQ Merit Badge Prerequisites

Badge	Prereqs
Athletics	<p>#2a a. Before completing requirements 3 and 5, have your health-care practitioner give you a physical examination, using the Scout Annual Health and Medical Record form.</p> <p>#3. Select an athletic activity that interests you, then do the following:</p> <p>#3a With guidance from your counselor, establish a personal training program suited to the activity you have chosen. Follow this training program for three months.</p> <p>#3b Create a chart to monitor your progress during this time.</p> <p>#3c Explain to your counselor the equipment necessary to participate in this activity and the appropriate clothing for the time of year.</p> <p>#3d At the end of three months, review the chart you created for requirement 3b, and discuss with your counselor what progress you have made during training. Tell how your development has affected you mentally and physically.</p> <p>#5. Complete the activities in FOUR of the following options and show improvement over a three-month period: *see merit badge requirements*</p> <p>#6b With your parent or guardian's and counselor's approval, serve as an official or volunteer at a sports meet to observe officials in action. Tell your counselor about your responsibilities at the meet and discuss what you learned.</p>
Camping	<p>#9. Show experience in camping by doing the following:</p> <p>#9a Camp for at least 20 nights at designated Scouting activities or events. One long-term camping experience of up to six consecutive nights toward this requirement. Two nights may be counted toward the total for each additional long-term camping trip. Each night must be spent either under the sky, in a tent you have pitched yourself (if a tent is provided and already set up, you do not need to pitch your own), in a hammock that is safely strung outdoors, in a lean-to, or other three-sided shelter with an open front. Nights spent in indoor lock-in events, cabin camping, hotel stays, or other covered accommodations do not count toward the 20 nights.</p> <p>#(b) On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision.</p> <p>#9b(1) Hike up a mountain, gaining at least 1,000 vertical feet.</p> <p>#9b(2) Backpack, snowshoe, or cross-country ski for at least 4 miles.</p> <p>#9b(3) Take a bike trip of at least 15 miles or at least four hours.</p> <p>#9b(4) Take a non motorized trip on the water of at least four hours or 5 miles.</p> <p>#9b(5) Plan and carry out an overnight snow camping experience.</p>

	#9b(6) Rappel down a rappel route of 30 feet or more.
Citizenship in Community	<p>#3a Attend an in-person meeting of your city, town, or county council or school board, local court session; OR another state or local governmental meeting approved in advance by your counselor.</p> <p>#4b With your counselor's and a parent or guardian's approval, interview one person from the branch of government you identified in requirement 4a. Ask what is being done about this issue and how young people can help.</p> <p>#7c With your counselor's and your parent or guardian's approval, contact the organization you chose for requirement 7b, and find out what young people can do to help. While working on this merit badge, volunteer at least eight hours of your time for the organization. After your volunteer experience is over, discuss what you have learned with your counselor.</p>
Communication	<p>#5 Attend a public meeting (city council, school board, debate) approved by your counselor where several points of view are given on a single issue. Practice active listening skills and take careful notes of each point of view. Prepare an objective report that includes all points of view that were expressed, and share this with your counselor.</p>
Cooking	<p>#4a. Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menus should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.</p> <p>#4b. Find recipes for each meal. Create a shopping list for your meals showing the amount of food needed to prepare for the number of people you will serve. Determine the cost for each meal.</p> <p>#4d. Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned. The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. Those served need not be the same for all meals.</p> <p>#4e. Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.</p> <p>#4f. After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure a successful meal.</p> <p>#6d. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of</p>

	<p>those meals must be cooked over a fire, or an approved trail stove (with proper supervision).**</p> <p>#6e. After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful trail hiking or backpacking meals.</p>
Emergency Preparedness	<p>#1 First Aid Merit Badge Earn the First Aid merit badge.</p>
Family Life	<p>#4 With the approval of your parent or guardian and your counselor, decide on and carry out an individual project that you would do around the home that would benefit your family. After completion, discuss the objective or goal and the results of the project with your family and then your counselor.</p> <p>#5. Plan and carry out a project that involves the participation of your family. After completing the project, discuss the following with your counselor:</p> <p>#6. Do the following (discussion of each of these subjects may carry over to more than one family meeting):</p>
Fish and Wildlife Management	<p>#6c Start a scrapbook of North American fish and wildlife. Insert markers to divide the book into separate parts for mammals, birds, reptiles, amphibians, and fish. Collect articles on such subjects as life histories, habitat, behavior, and feeding habits on all of the five categories and place them in your notebook accordingly. Articles and pictures may be taken from newspapers or science, nature, and outdoor magazines, or from other sources including the internet (with your parent or guardian's permission). Enter at least five articles on mammals, five on birds, five on reptiles, five on amphibians, and five on fish. Put each animal on a separate sheet in alphabetical order. Include pictures whenever possible.</p> <p>#7. Do ONE of the following:</p> <p>#7a Determine the age of five species of fish from scale samples or identify various age classes of one species in a lake and report the results.</p> <p>#7b Conduct a creel census on a small lake to estimate catch per unit effort and report the results to your counselor.</p> <p>#7c Examine the stomach contents of three fish and record the findings. It is not necessary to catch any fish for this option.</p> <p>#7d Make a freshwater aquarium. Include at least four species of native plants and four species of animal life, such as whirligig beetles, freshwater shrimp, tadpoles, water snails, and golden shiners. After 60 days of observation, discuss with your counselor the life cycles, food chains, and management needs you have recognized. Before completing this requirement, check local laws on releasing these organisms back into the wild, and follow your counselor's direction in disposing of these organisms</p>

	humanly and safely.
Fishing	<p>*Can be done at camp, but difficult*</p> <p>#9 Catch one fish and identify it.</p> <p>#10 If regulations and health concerns permit, clean and cook a fish you have caught. If you are unable to catch a fish for eating, acquire a fish, clean the fish you acquired, and cook the fish you acquired. (It is not required that you eat the fish.)</p>
Forestry	<p>#5a Visit a managed public or private forest area with the manager or a forester who is familiar with it. Write a brief report describing the type of forest, the management objectives, and the forestry techniques used to achieve the objectives.</p> <p>#5b With a knowledgeable individual, visit a logging operation or wood-using manufacturing plant. Write a brief report describing the following: The species and size of trees being harvested or used and the location of the harvest area or manufacturer The origin of the forest or stands of trees being utilized (e.g., planted or natural) The forest's successional stage. What is its future? Where the trees are coming from (land ownership) or where they are going (type of mill or processing plant) The products that are made from the trees How the products are made and used How waste materials from the logging operation or manufacturing plant are disposed of or utilized.</p> <p>#5c Take part in a forest-fire prevention campaign in cooperation with your local fire warden, state wildfire agency, forester, or counselor. Write a brief report describing the campaign, how it will help prevent wildfires, and your part in it.</p>
Geocaching	<p>#7 With your parent or guardian's permission*, go to www.geocaching.com. Type in your city and state to locate public geocaches in your area. Share with your counselor the posted information about three of those geocaches. Then, pick one of the three and find the cache.</p> <p>#8. Do ONE of the following:</p> <p>#8a If a Cache to Eaglecode® series exists in your council, visit at least three of the locations in the series. Describe the projects that each cache you visit highlights, and explain how the Cache to Eaglecode® program helps share our Scouting service with the public.</p> <p>#8b Create a Scouting-related Travel Bug® that promotes one of the values of Scouting. "Release" your Travel Bug into a public geocache and, with your parent or guardian's permission, monitor its progress at www.geocaching.com for 30 days. Keep a log, and share this with your counselor at the end of the 30-day period.</p> <p>#8c Set up and hide a public geocache, following the guidelines in the Geocaching merit badge pamphlet. Before doing so, share with your counselor a three-month maintenance plan for the geocache where you are</p>

	<p>personally responsible for those three months. After setting up the geocache, with your parent or guardian's permission, follow the logs online for 30 days and share them with your counselor. You must archive the geocache when you are no longer maintaining it.</p> <p>#8d Explain what Cache In Trash Out (CITO) means, and describe how you have practiced CITO at public geocaches or at a CITO event. Then, either create CITO containers to leave at public caches, or host a CITO event for your unit or for the public.</p>
<p>Hiking</p>	<p>#4a 10-mile hike #1 #4b 10-mile hike #2 #4c 10-mile hike #3 #4d 10-mile hike #4 #4e 20-mile hike</p> <p>#5 After each of the hikes (or during each hike if on one continuous "trek") in requirement 4, write a short report on your hike. For each hike, give the date and description (or map) of the route covered, the weather, any interesting things you saw, and any challenges you had and how you overcame them. It may include something you learned about yourself, about the outdoors, or about others you were hiking with. Share this with your counselor.*</p>
<p>Home Repairs</p>	<p>Difficult badge to complete in one week of camp, completion of any of the projects as prereqs will make it more likely to receive a completion. In particular the following requirements:</p> <p>#2. Under the supervision of your parent, guardian, or counselor, do FOUR of the following:</p> <p>#2b Weather strip a window or door. #2d Waterproof a basement. #2e Repair a break in a concrete or asphalt surface. #2f Repair the screen in a window or door. #2g Replace a pane of glass.</p> <p>#4. Under the supervision of your parent, guardian, or counselor, do TWO of the following</p> <p>#4b Replace an electrical cord or repair a plug or lamp socket. #4c Install a single-pole light switch. #4d Replace an electrical wall outlet.</p> <p>#6. Under the supervision of your parent, guardian, or counselor, do THREE of the following: (Either a parent or the merit badge counselor may supervise the Scout's work on any Home Repairs requirements.)</p> <p>#6b Repair or replace damaged tile, linoleum, or vinyl flooring. #6c Install drapery or curtain rods and then hang drapes or curtains. #6d Replace window blind cords. #6e Repair or replace a window sash cord. #6f Reinforce a picture frame.</p>

Insect Study	<p>#3b. Raise an insect through complete metamorphosis from its larval stage to its adult stage (e.g., raise a butterfly or moth from a caterpillar). (Some insects are endangered species and are protected by federal or state law. Every species is found only in its own special type of habitat. Be sure to check natural resources authorities in advance to be sure that you will not be collecting any species that is known to be protected or endangered, or in any habitat where collecting is prohibited. In most cases, all specimens should be returned at the location of capture after the requirement has been met. Check with your counselor for those instances where the return of these specimens would not be appropriate.)</p>
Journalism	<p>#2a2. Visit the office of a newspaper, magazine, or internet news site. Ask for a tour of the various divisions (editorial, business, and printing). During your tour, talk to an executive from the business side about management's relations with reporters, editors, and photographers and what makes a "good" newspaper, magazine, or internet news site.</p> <p>OR</p> <p>#2b2. Visit a radio or television station. Ask for a tour of the various departments, concentrating on those related to news broadcasts. During your tour, talk to the station manager or other station management executive about station operations, particularly how management and the news staff work together, and what makes a "good" station. If possible, go with a reporter to cover a news event.</p> <p>#4. Attend a public event and do ONE of the following:</p> <p>#4a. Write two articles about the event, one using the inverted pyramid style and one using the chronological style.</p> <p>#4b Using a radio, television, or podcasting style, write a news story, a feature story, and a critical review of the event.</p> <p>#4c. Take a series of photographs to help tell the story of the event in pictures. Include news photos and feature photos in your presentation. Write a brief synopsis of the event as well as captions for your photos.</p>
Lifesaving	<p>#2a Earn the Swimming merit badge.</p>
Multisport	<p>#5a With guidance from your counselor, establish a four-week training plan that combines your chosen multisport format to develop proper techniques, gain self-confidence, and increase endurance. Each session should last at least 25 minutes and include a proper warmup before the session and stretching afterward.</p> <p>#5b Use a chart or other tracking method to monitor your training and development during this period.</p> <p>#5c Set a personal goal for improvement based on one or more of the following criteria: time, technique, or distance.</p> <p>#8 Do TWO of the following and discuss with your counselor:</p> <p>#8c Demonstrate leadership by starting a training group and educating your peers on the importance of physical activity, nutrition, and the disciplines</p>

	<p>of multisport.</p> <p>#8d Sign up for and participate in a sanctioned multisport event in your area.</p> <p>#8e Volunteer at a local multisport event, running race, biking event, swim meet, or adaptive sporting event.</p>
<p>Orienteering</p>	<p>#7a Take part in three orienteering events. One of these must be a cross-country course.*</p> <p>#7b After each event, write a report with (1) a copy of the master map and control description sheet, (2) a copy of the route you took on the course, (3) a discussion of how you could improve your time between control points, and (4) a list of your major weaknesses on this course . Describe what you could do to improve.</p>
<p>Personal Fitness</p>	<p>#7 Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in this merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parent or guardian.</p> <p>#8 Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. Discuss how well you met your healthy eating goals over these 12 weeks. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.</p>
<p>Reptile and Amphibian Study</p>	<p>#8a Take custody of one or more reptiles or amphibians in a manner approved by your counselor. Maintain one or more reptiles or amphibians for at least a month. Record food accepted, eating methods, changes in coloration, shedding of skins, and general habits; or keep the eggs of a reptile from the time of laying until hatching; or keep the eggs of an amphibian from the time of laying until their transformation into tadpoles (frogs) or larvae (salamanders). Whichever you chose, keep records of and report to your counselor how you cared for your animal/eggs/larvae to include lighting, habitat, temperature and humidity maintenance and any veterinary care requirements. Unless you are the long-term owner, at the conclusion of this study, turn the animal(s) over to another responsible party approved by your counselor.</p> <p>OR</p>

	<p>#8b Choose a reptile or amphibian that you can observe or foster at a local zoo, aquarium, nature center, local rescue, or other such exhibit (such as your classroom or school). Study the specimen weekly for a periods of three months. At each visit, sketch the specimen in its captive habitat and note any changes in its coloration, shedding of skins, and general habits and behavior. Discuss with your counselor how the animal you observed was cared for to include its housing and habitat, how the lighting, temperature, and humidity were maintained, and any veterinary care requirements. Find out, either from information you locate on your own or by talking to the caretaker, what this species eats and what are its native habitat and home range, preferred climate, average life expectancy, and natural predators. Also identify any human-caused threats to its population and any laws that protect the species and its habitat. After the observation period, share what you have learned with your counselor.</p>
<p>Soil and Water Conservation</p>	<p>7. Do TWO of the following: #(a) Make a trip to TWO of the following places. Write a report of more than 500 words about the soil and water and energy conservation practices you saw. *see merit badge requirement* #7b Plant 100 trees, bushes and/or vines for a good purpose. #7c Seed an area of at least one-fifth acre for some worthwhile conservation purposes, using suitable grasses or legumes alone or in a mixture. #7d Study a soil survey report. Describe the things in it. Using tracing paper and pen, trace over any of the soil maps and outline an area with three or more different kinds of soil. List each kind of soil by full name and map symbol. #7e Make a list of places in your neighborhood, camps, school ground, or park that have erosion, sedimentation, or pollution problems. Describe how these could be corrected through individual or group action.</p>
<p>Sports</p>	<p>#5a With guidance from your counselor, establish a suitable personal training program that you will follow throughout your competition season (or for three months). #5b Create a chart or other tracking system, and document your training, practice, and development during this time. #5g Participate in each sport as a competitive individual or as a member of an organized team for one season (or for three months). #5h At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.</p>
<p>Swimming</p>	<p>#2. Before doing the following requirements, successfully complete the BSA swimmer test: Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25</p>

	yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
Textile	#3a Visit a textile plant, textile products manufacturer or textile school or college. Report on what you saw and learned.
Wilderness Survival	#5 Put together a personal survival kit and be able to explain how each item in it could be useful.
Wood Carving	#2a Earn the Totin' Chip recognition.
Woodwork	#1c Earn the Totin' Chip recognition.