

CONDITIONING PLAN

In preparing for your adventure, proper conditioning is an essential component of developing the skills and capabilities you need to stay safe and have an enjoyable experience.

In developing a conditioning plan, first consider the physical demands that your adventure requires—will you be paddling upstream, carrying weight, hiking or pedaling long distances (uphill or downhill), exerting yourself in ways that you don’t normally (especially for prolonged lengths of time), or encountering extreme conditions (e.g., temperature, humidity, altitude)?

Second, consider the physical condition that your group is in relative to the physical condition needed to complete the adventure, and the time available to prepare.

With an understanding of the “conditioning gap” and the available timeframe, consider using these resources to develop a schedule of conditioning activities that fits your group:

- *Boy Scout Handbook* and *Fieldbook*,
- ScoutStrong website (<http://www.scouting.org/scoutsource/BSAFit.aspx>),
- BSA Outdoor Programs website (<http://www.scouting.org/Home/OutdoorProgram.aspx>),
- The President’s Council on Fitness, Sports, and Nutrition website (<https://www.hhs.gov/fitness/index.html>),
- Wilderness Survival Merit Badge pamphlet (for extreme environments)
- The reference books and websites listed in the table below, and
- Other printed and online resources you deem relevant

And remember, nobody ever complained about being in too good of a shape!

Adventure type	References
WATER	
<ul style="list-style-type: none"> • Canoeing: flat water 	<ul style="list-style-type: none"> • Canoeing Merit Badge pamphlet • http://www.americancanoe.org/ <ul style="list-style-type: none"> • Northern Tier conditioning plan (“recommended physical fitness plan” found in Advisors Planning Guide Part 1): http://www.ntier.org/Resources/CanoeingandCamping.aspx
<ul style="list-style-type: none"> • Canoeing: flowing water 	
<ul style="list-style-type: none"> • Kayaking: flat water 	<ul style="list-style-type: none"> • Kayaking Merit Badge pamphlet • http://www.americancanoe.org/
<ul style="list-style-type: none"> • Kayaking: flowing water 	
<ul style="list-style-type: none"> • Standup Paddleboarding SUP 	<ul style="list-style-type: none"> • http://www.americancanoe.org/
<ul style="list-style-type: none"> • Motorboating: adult operated 	<ul style="list-style-type: none"> • Motorboating Merit Badge pamphlet • <i>Sea Scout Manual</i>
<ul style="list-style-type: none"> • Motorboating: youth operated 	
<ul style="list-style-type: none"> • Rafting: flat water 	<ul style="list-style-type: none"> • Whitewater Merit Badge pamphlet • http://www.americancanoe.org/
<ul style="list-style-type: none"> • Rafting: flowing water 	

CONDITIONING PLAN

<ul style="list-style-type: none"> Rowing: flat water 	<ul style="list-style-type: none"> Rowing Merit Badge pamphlet http://www.americancanoe.org/
<ul style="list-style-type: none"> Rowing: flowing water 	
<ul style="list-style-type: none"> Sailboarding 	<ul style="list-style-type: none"> http://www.uswindsurfing.org http://www.ussailing.org
<ul style="list-style-type: none"> Sailing 	<ul style="list-style-type: none"> Small-boat Sailing Merit Badge pamphlet Sea Scout Manual Florida Sea Base participant guide (http://www.bsaseabase.org/Resources.aspx)
<ul style="list-style-type: none"> Scuba 	<ul style="list-style-type: none"> SCUBA, BSA: http://www.scouting.org/filestore/pdf/19-515.pdf https://www.padi.com/
<ul style="list-style-type: none"> Snorkeling 	<ul style="list-style-type: none"> Snorkeling, BSA: http://www.scouting.org/Home/BoyScouts/AdvancementandAwards/MeritBadges/snork.aspx
<ul style="list-style-type: none"> Surfing 	
<ul style="list-style-type: none"> Swimming: Lake or local municipal swimming pool 	<ul style="list-style-type: none"> Swimming Merit Badge pamphlet
<ul style="list-style-type: none"> Tow sports-waterskiing, wakeboarding, kneeboarding & tubes 	<ul style="list-style-type: none"> Water Sports Merit Badge pamphlet
<ul style="list-style-type: none"> Tubing 	
<ul style="list-style-type: none"> Water parks 	
<ul style="list-style-type: none"> Fishing: fly casting, spinning 	<ul style="list-style-type: none"> Fly Fishing Merit Badge pamphlet Fishing Merit Badge pamphlet http://www.flyfishersinternational.org/ http://www.tu.org/
<ul style="list-style-type: none"> Fishing: pier 	
<ul style="list-style-type: none"> Fishing: deep sea 	
<ul style="list-style-type: none"> Sea Scout Ship Long Cruise 	<ul style="list-style-type: none"> Passport to Adventure Long Cruise
WINTER	
<ul style="list-style-type: none"> Ice skating 	<ul style="list-style-type: none"> Skating Merit Badge pamphlet
<ul style="list-style-type: none"> Ice Fishing 	
<ul style="list-style-type: none"> Skiing and snowboarding 	<ul style="list-style-type: none"> Snow Sports Merit Badge pamphlet
<ul style="list-style-type: none"> Ski touring-multiple days and nights carrying gear 	
<ul style="list-style-type: none"> Sledding / tubing 	

CONDITIONING PLAN

<ul style="list-style-type: none"> • Snow camping 	<ul style="list-style-type: none"> • Okpik Advisor Planning Guide: http://www.ntier.org/TripPlanning/OKPIK%20Winter%20Adventure.aspx • <i>Okpik: Cold Weather Camping</i> (supply item #34040)
<ul style="list-style-type: none"> • Snowmobiles 	
<ul style="list-style-type: none"> • Snowshoeing 	<ul style="list-style-type: none"> • Snow Sports Merit Badge pamphlet
TREKKING	
<ul style="list-style-type: none"> • Day hike 	<ul style="list-style-type: none"> • Hiking Merit Badge pamphlet • http://americanhiking.org
<ul style="list-style-type: none"> • Backpacking 	<ul style="list-style-type: none"> • Backpacking Merit Badge pamphlet • Philmont Shakedown Guide: http://www.philmontscoutranch.org/TrekPreparation/Shakedown.aspx
<ul style="list-style-type: none"> • Horseback rides 	<ul style="list-style-type: none"> • Horsemanship Merit Badge pamphlet • Philmont Cavalcade Guidebook: http://www.philmontscoutranch.org/Camping/Cavalcade.aspx
<ul style="list-style-type: none"> • Horse treks—multiple nights 	
SHOOTING SPORTS	
<ul style="list-style-type: none"> • Air rifle pellet guns 	<ul style="list-style-type: none"> • Rifle Shooting Merit Badge pamphlet
<ul style="list-style-type: none"> • .22 Rifles 	
<ul style="list-style-type: none"> • Archery -target and action archery 	<ul style="list-style-type: none"> • Archery Merit Badge pamphlet
<ul style="list-style-type: none"> • Archery-field 	
<ul style="list-style-type: none"> • BB guns 	
<ul style="list-style-type: none"> • Large bore rifles 	<ul style="list-style-type: none"> • Rifle Shooting Merit Badge pamphlet
<ul style="list-style-type: none"> • Muzzleloaders - Black powder 	
<ul style="list-style-type: none"> • Pistol 	
<ul style="list-style-type: none"> • Shotguns 	<ul style="list-style-type: none"> • Shotgun Shooting Merit Badge pamphlet
CYCLING	
<ul style="list-style-type: none"> • Bike treks: day rides 	<ul style="list-style-type: none"> • Cycling Merit Badge pamphlet • International Mountain Biking Association (http://www.imba.com)
<ul style="list-style-type: none"> • Bike treks: multiple overnights 	
<ul style="list-style-type: none"> • BMX course 	
<ul style="list-style-type: none"> • Mountain biking 	
MAP AND COMPASS / GPS (Global Positioning System)	

CONDITIONING PLAN

<ul style="list-style-type: none"> • Orienteering 	<ul style="list-style-type: none"> • Orienteering Merit Badge pamphlet
<ul style="list-style-type: none"> • Geocaching 	<ul style="list-style-type: none"> • Geocaching Merit Badge pamphlet
CLIMBING/RAPPELLING	
<ul style="list-style-type: none"> • Climbing: commercial or horizontal wall 	<ul style="list-style-type: none"> • Climbing Merit Badge pamphlet
<ul style="list-style-type: none"> • Climbing: vertical wall or towers 	
<ul style="list-style-type: none"> • Climbing: rappelling 	
<ul style="list-style-type: none"> • Climbing: rock 	
<ul style="list-style-type: none"> • Belaying 	
<ul style="list-style-type: none"> • Bouldering 	
<ul style="list-style-type: none"> • Canopy tours 	
<ul style="list-style-type: none"> • Caving <u>BSA Caving Policy</u> 	<ul style="list-style-type: none"> • Exploration Merit Badge pamphlet • National Speleological Society: <u>http://caves.org/youth/bsa_caving.shtml</u>