

Requirements For 100 Below Award

1	Must pass the First Class camping requirements. (Scouts only)
	Complete the following while on a Scout or Explorer out-of-doors activity under winter conditions:
	A Lay out an overnight campsite.
	B Make a reflector fire and erect a suitable overnight shelter.
	C Demonstrate care and storage of food, equipment, and personal gear.
	D Demonstrate ability to cook and serve in the open, a substantial meal for two persons.
	E Submit a menu and list of provisions required for two persons for a period of 48 hours.
	F Present himself for inspection correctly dressed and equipped for a period of 48 hours
	With a fellow Scout of Explorer have camped out for at least six nights (not necessarily consecutive) under
	A Dates and weather conditions.
	B Menu.
	C Program and activities.
	D Routes followed or location of camp.
4	Know how to avoid becoming lost.
	Know the procedures to adopt:
	A If lost.
	B If overtaken by a blizzard.
6	Know first aid treatment for frost bite and hypothermia.
7	Have camped out under winter conditions using improvised shelters or tents for enough nights below zero

to add up to 100 degrees below zero.

Requirements For the 40 Below Award

Show to the Scoutmaster the ability to camp in sub-zero conditions. On a Scout or Explorer outing, camp overnight in the out-of-doors (tentage or improvised shelter constructed of native materials is OK) when the official temperature is 40 or more degrees below zero.

