



Royal Rangers

Merit Requirements: **Gold-Bordered Merit**

ADVANCED SWIMMING

Note: This merit, the Cycling Merit, or the Hiking Merit is required to earn the Gold Medal of Achievement.

Become certified by the American Red Cross as a Swimmer or Level V swimmer or qualify for an equivalent certification, OR complete the following requirements:

1. Demonstrate each of the following strokes:
 - a. 50-yard sidestroke, each side
 - b. 50-yard back crawl
 - c. 50-yard breaststroke
 - d. Endurance swim-crawl stroke for 200 yards
2. Demonstrate each of the following entries and dives:
 - a. Springboard dives: pike and tuck
 - b. Feet-first surface dive
 - c. Long shallow dive
 - d. One-meter board-jumping entry, standing dive
 - e. Stride jump
3. Do a survival float for five minutes.
4. Tread water for five minutes.
5. Swim underwater for 25 feet.
6. Do open turns: front, side, and back.
7. Demonstrate the following safety skills:
 - a. Artificial respiration
 - b. The release of a cramp while you're in the water
 - c. The proper use of personal flotation devices
 - d. Out-of-water reaching assists
 - e. Stride jump fully clothed: Remove shoes and clothing, then use shirt as a personal flotation device for three minutes.
 - f. Stride jump fully clothed: Remove shoes and clothing, then use pants as a personal flotation device for three minutes.
 - g. In-water rescue techniques, including those using rescue equipment



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BACHELOR

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1. Prepare and cook three complete meals for your family.
2. Wash and clean the kitchen dishes for five different meals.
3. Clean and sanitize the kitchen oven, stove, refrigerator, and wastepaper basket.
4. Under adult supervision, wash and fold the family laundry on four separate occasions.
5. Vacuum, dust the furniture, and make your bed for four weeks. Vacuum the entire house, apartment, etc. Dust the wood or laminate furniture. Make your bed completely.
6. Under adult supervision, iron a shirt, a pair of pants, and one other article of clothing.
7. Under adult supervision, demonstrate your ability to plan a complete weekly menu, prepare a shopping list, and purchase ingredients.
8. Under adult supervision, sew on a button by hand.
9. Keep your room, dresser, and clothes closet clean for your parents' or guardians' inspection for a month.
10. Clean the bathroom facilities and floor on two separate occasions.
11. Do the following:
 - a. Prepare a personal budget for two months. It must include a savings plan. Keep track of everything you buy. At the end of each month balance all income earnings with your expenses and savings.
 - b. Review your two-month budget with your commander. Explain how much money you saved, how you've spent your money, and if you were able to live within your budget.
12. Do the following:
 - a. Select a personal goal you want to achieve. (This may be a short-term goal such as buying clothes, or it may be a long-term goal such as saving for college.)
 - b. Write a plan to achieve it. Determine the following:
 - i) How much will it cost?
 - ii) How much time do you have to achieve your goal?
 - iii) How will you earn the money to pay for your goal?
 - iv) What adjustments could you make to your plan if you cannot reach your goal in time?



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BIBLE

Note: This merit or completion of 48 Bible merits is required to earn the Gold Medal of Achievement.

1. Read the New Testament, Genesis, Exodus, Numbers, Deuteronomy, Joshua, Judges, 1 and 2 Samuel, 1 and 2 Kings, 1 and 2 Chronicles, Psalms, and Proverbs.
2. Quote from memory ten favorite Bible verses.
3. Memorize the names of the books of the Bible in order.
4. Using two Scripture references, explain how the Bible was written.
5. List four Scripture references for each of the following Bible doctrines:
 - a. Salvation
 - b. Baptism in the Holy Spirit
 - c. Divine Healing
 - d. Rapture
6. List and utilize five methods of studying the Bible.
7. List at least ten facts and summarize the biblical record of the following people:
 - a. Joseph
 - b. Caleb
 - c. Elizabeth
 - d. Stephen
 - e. Barnabas
8. Explain the main teaching of the following passages:
 - a. Jesus Teaches on Prayer (Luke 11:1-13)
 - b. Spies—The Story of Caleb (Numbers 13:1-33)
 - c. The Good Samaritan (Luke 10:25-37)
 - d. The Suffering Savior (Isaiah 53:4-6)
 - e. The Prodigal Son (Luke 15:11-32)



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CAMPING

Note: This merit is required to earn the Gold Medal of Achievement.

1. Show that you know first aid for the following: hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, insect stings, tick bites, snakebites, and blisters.
2. Explain the meaning of “low-impact” camping. Write five examples of how you would practice “low-impact” principles in your next outing.
3. Do ONE of the following:
 - a. Make a written checklist for an overnight camp-out and explain how to get to your campsite using a highway or topographic map.
 - b. Make a written checklist and a daily plan for a missions trip. Explain preparations on how to get to the site using an airport, highway, or topographic map.
4. Do ONE of the following:
 - a. Lay out a campsite for your group or patrol, indicating where to place the tents, fires, cooking areas, latrines, etc.
 - b. Lay out a complete missions trip schedule from home departure to return. List the information that each participant would need for the event to be successful.
5. Demonstrate your understanding of selecting and packing the clothing and equipment needed for an overnight camp-out or missions trip by completing the following:
 - a. Make two different clothing lists, one for a warm-weather outing or trip and the other for a cold-weather outing or trip.
 - b. Do ONE of the following:
 - i) Make two different equipment lists, one for a stationary camp and the other for a backpacking trip with multiple destinations. Give a copy of each list to your patrol members.
 - ii) Make two different equipment lists, one for a missions trip with only one location and the other for a missions trip where multiple sites will be visited. Give a copy of each list to your team members.
 - c. Describe the types of sleeping bags that would be required for warm-weather trips and cold-weather trips.
 - d. Plan a menu for your patrol or team that includes three meals (breakfast, lunch, and dinner). Make a food list. Prepare the cooking directions and give copies of the recipes to members of your patrol or team.
 - e. Do ONE of the following:
 - i) Prepare your backpack and have it inspected by your group leader. The pack must contain your clothing and gear and your share of the patrol equipment and food. Show that it is packed neatly and can be carried comfortably.
 - ii) Prepare your travel luggage and have it inspected by your group leader. The luggage must contain your clothing and gear and your share of the team equipment and food. Show that it is packed neatly and can be carried comfortably.



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6. Do ONE of the following:
 - a. Working with another patrol member, demonstrate the proper pitching of a trail, pup, or other type of tent to be used for your shelter. Then repack that shelter.
 - b. Assist in the setting up or taking down of facilities necessary for the missions event you are helping with.
7. Demonstrate your rope craft skills by tying THREE of the following knots:
 - a. Square knot
 - b. Sheet bend
 - c. Bowline
 - d. Clove hitch
 - e. Taut-line hitch
8. Demonstrate any THREE of the following fire craft skills:
 - a. Explain the open-fire safety rules for your locale.
 - b. Explain the safety rules for use of a propane stove.
 - c. Explain the safety rules for a liquid fuel stove and the handling precautions for liquid fuel.
 - d. Show that you can build TWO types of fires, such as crisscross, tepee, trench, or hunter's. Also, explain when each should be used.
 - e. Demonstrate how to properly start and use a camp stove or a backpack stove.
 - f. Demonstrate your ability to start a charcoal fire and cook on it.
9. Cook a complete main meal on a campfire, camp stove, backpack stove, or by using the cooking facilities at a missions site. Use at least two types of cooking, such as boiling, baking, broiling, or frying.
10. Do the following:
 - a. Demonstrate the appropriate care and handling of food and the disposal of garbage.
 - b. Demonstrate proper dishwashing techniques.
11. Do ONE of the following to demonstrate the safe use of tools:
 - a. On a camp-out demonstrate the proper use of a pocketknife, bow saw, and hand ax.
 - b. On a missions trip demonstrate the proper use of construction tools, equipment, sound equipment, or audiovisuals.
12. Demonstrate your ability to properly use a compass or GPS instrument.
13. Do the following:
 - a. Assemble a first aid kit and explain why each item is needed.
 - b. Make an inventory list of all the items and place it in the first aid kit.
14. Do the following:
 - a. Describe in writing the "Seven S's" for a successful campfire service, or plan the program for an outdoor missions service.
 - b. Plan and participate in an outdoor service.
15. Do one of the following or any combination of "a" and "b":
 - a. Camp out a total of at least ten days and nights.
 - b. Complete a total of at least ten days and nights on missions trips or ministry outings.



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16. Write a brief report describing how the earning of this merit has taught you about personal health and safety, public health, conservation, ministry to others, and good citizenship.

Notes:

- ✓ Outings and camp-outs may include: Mountain biking, rock climbing, cave exploring, snowmobiling, cross-country skiing, camping trip, hiking, backpacking, etc.
- ✓ Missions trips may include: World Missions, Home Missions, construction projects, youth missions, Convoy of Hope, etc.



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CAMP SAFETY

Note: This merit, the Home Safety Merit, the Emergency Preparedness Merit, or the Lifesaving Merit is required to earn the Gold Medal of Achievement.

1. Make a list of the safety precautions that should be considered when selecting a campsite.
2. Describe the safety plans that would be implemented if the following weather conditions occurred while camping:
 - a. Lightning
 - b. Tornado
 - c. Hail
 - d. Heavy rain
3. Demonstrate the proper method of washing dishes to avoid illness while on a camp-out.
4. Demonstrate the proper method of disposing of garbage and dishwasher.
5. Explain the proper procedure for disposing of solid and liquid waste.
6. With the assistance of another patrol member, construct a latrine during a Royal Ranger outing.
7. Explain the following types of infection caused by improper food handling and describe what safety precautions can be used to avoid infection:
 - a. E. coli
 - b. Salmonella
 - c. Hepatitis A
8. Define "botulism."
9. Explain the importance of properly storing food while camping.
10. Explain how food spoils and what can be done to prevent food spoilage.
11. Demonstrate how to properly store fresh vegetables and fruits while on a camp-out.
12. Demonstrate how to properly store fresh meat and meat products, milk, cheese, eggs, and mayonnaise while on a camp-out.
13. Explain the purpose of a cut and chop area. With the assistance of another patrol member, properly construct a cut and chop area.
14. Explain the safety rules for a propane stove and lantern.
15. Demonstrate how to replace a lantern mantle.
16. Explain the safety rules for a liquid fuel stove and the handling precautions for liquid fuel.
17. Demonstrate how to properly start and use a liquid or propane fuel stove.



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CHRISTIAN MISSIONS

Note: This merit, the International Service Merit, or the Light for the Lost Merit is required to earn the Gold Medal of Achievement.

1. Write a 300-word report based on an interview with a pastor or missions coordinator that will explain each of the following:
 - a. The definition of “missions”—home and world
 - b. The number of missionaries your church supports monthly
 - c. The number of countries represented by missionaries your church supports
 - d. The types or areas of home missionaries supported by your church
 - e. Three Bible references relating to missions
2. Research the following Assemblies of God ministries (or the equivalent ministries of your denomination). Write to the national office of each of the ministries listed below to ask for information. Then organize the returned information into a folder.
 - a. Light for the Lost—provides literature for worldwide evangelism.
 - b. Teen Challenge—provides help for troubled youth.
 - c. Speed the Light—provides communication and transportation equipment for missionaries worldwide.
 - d. Boys and Girls Missionary Crusade—equips children to know about, pray for, and give to missionaries worldwide.
 - e. Missions Abroad Placement Service—provides opportunities for service at world missions sites.
 - f. Mission America Placement Service—provides opportunities for service at home missions sites.
 - g. Ambassadors in Mission—youth world missions program.
 - h. Convoy of Hope—aid for poor families and disaster victims.
3. Choose a home missionary and a world missionary from your district, and write them to learn of their current activities and job descriptions. Also, ask them to describe the country or area in which they minister.
4. Either interview a visiting missionary or write a missionary from your district. Ask the missionary how he or she received the call to missions.
5. If possible, visit a home missions work or a pioneer church in your district.
6. Write a letter to, or go to the web site of, Assemblies of God World Missions or the world missions department of your denomination. Request a brochure about becoming a missionary. Read the brochure, then—without looking at the brochure—explain to your group leader all the steps a missionary goes through to get to the mission field. Address: Assemblies of God World Missions, 1445 N. Boonville Avenue, Springfield, MO 65802-1894. Web site: www.ag.org.
7. Make a Faith Promise to your church’s missions program and, with God’s help, work to fulfill it.



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8. Read two Mission America editions and two World Missions editions of Today's Pentecostal Evangel, or read two newsletters each from your denomination's home and world missions departments. Choose one article you have read and share it with your group. Have the group pray with you for the missionary or the work discussed in that article. Select a missionary, and pray for him for one month.
9. Select and read TWO of the following books about missions:
 - a. Any selection from the Heroes of the Faith series (contact Assemblies of God World Missions to order)
 - b. From Jerusalem to Irian Jaya, by Ruth A. Tucker
 - c. Any other missions book approved by your commander



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CHRISTIAN SERVICE

Note: This merit or the God and Church award is required to earn the Gold Medal of Achievement.

1. Explain the meaning of the following terms, and list at least one Scripture reference for each: grace, repentance, faith, new birth, sanctification.
2. Explain in detail the steps in becoming a Christian and a person's responsibilities after becoming a Christian. Include such things as conduct, faithfulness, stewardship, and witnessing.
3. Learn one method of leading a person to Christ.
4. Personally lead a person to Christ. Continue to encourage the person by praying for and with him, by reading the Bible with him, and by discussing problems with him.
5. Discuss with a pastor or deacon ways in which you can be of service to God and your church. Then spend at least fifteen hours engaged in Christian service. These Christian service hours cannot be applied to the Bronze and Silver Medal Christian Service hour requirements.
6. Make a list of opportunities in the field of full-time Christian service. Interview two individuals engaged in full-time Christian service, such as a pastor, an evangelist, a missionary, or a chaplain. After the interview submit a 300-word report, including answers to the following questions:
 - a. What training and education are needed?
 - b. What opportunities are available?
 - c. Is full-time Christian service satisfying and rewarding?
 - d. What sacrifices are necessary?
 - e. How did they receive their calling?
7. Interview a layman who is active in Christian service, and discuss with him how a person can serve Christ and the church.



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CITIZENSHIP

Note: This merit or the God and Life award is required to earn the Gold Medal of Achievement.

1. Write a 500-word report on the history of your community, listing information such as the American Indian tribes who lived there, the first known settlers, and important historical events and people.
2. Using a map, point out important places in your community, such as fire stations, police stations, city hall, hospitals, schools, and churches.
3. Explain in detail how to report an emergency such as a fire, auto accident, or call for an ambulance.
4. Explain in detail how to obtain the following:
 - a. Vehicle registration
 - b. Bike license
 - c. Dog license
 - d. Building permit
 - e. Driver's license
5. Visit one department of your local, state, or federal government and report on its services to your community.
6. Participate in a community service project of two hours or more in length. This activity cannot be applied to your Christian Service requirement for your advancement medals.
7. Explain and demonstrate how to respect and properly display the U.S. flag.
8. Read the Declaration of Independence, the Bill of Rights, and the Constitution of the United States of America. Explain the purpose of each one and how it benefits us as U.S. citizens.
9. List the names and addresses of your governor, state senator, and state representatives.
10. List the names and addresses of the U.S. representative in Congress and the U.S. senators from your district and state.
11. Name the three main branches of the federal government. List their main functions. Explain the checks and balances of each branch of government.
12. Write a letter to one of your elected officials and express your point of view on a state or national issue. Show a copy of the letter to your commander.
13. List and explain five ways a Royal Ranger can be a good citizen.
14. List two Scripture references stating our responsibilities to our government and officials.



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COMMUNICATIONS

Note: This merit or the Public Speaking Merit is required to earn the Gold Medal of Achievement.

1. Do ONE of the following:
 - a. Develop a plan to teach a lesson to the Ranger Kids or Discovery Rangers group and have your commander and the Ranger Kids or Discovery Rangers commander approve it. Make teaching aids to assist you in teaching the lesson. Teach the lesson. With the help of the Ranger Kids or Discovery Rangers commander check to see if the boys were attentive throughout the lesson or can repeat or summarize the information taught.
 - b. Develop a plan to teach a skill to your patrol and have your commander approve the plan. Make teaching aids. Teach the skill to your patrol. With the help of your group leader, check to see if the patrol has learned the skill you taught.
 - c. Develop a sales presentation for a product your outpost is selling as a fund-raiser. Build a sales presentation based on its good points. Review your sales presentation with your commander. Use the sales presentation as you sell the product. Report any changes you made in your presentation to your commander.
2. Do ONE of the following:
 - a. Write to the editor of a magazine or your local newspaper to express your opinion or share information (on any subject you choose).
 - b. Create a web site for yourself or to give information about your Royal Rangers outpost, church, school, or other organization. Include at least one article and one photograph or illustration.
 - c. Make a PowerPoint presentation to be used to promote an activity in your outpost.
 - d. Use desktop publishing to produce a newsletter, brochure, flier, or other printed material for your Royal Rangers group, school, chartered organization, or other group. Include at least one article and one photograph or illustration.
3. Do ALL of the following:
 - a. Demonstrate how you would make a telephone call inviting an expert in the field of your choice to give a demonstration to your outpost on that person's area of expertise.
 - b. Demonstrate how to create an effective recorded message and how to leave a voice mail message.
 - c. Demonstrate how to introduce your parents to a new friend, a new friend to an old friend, and a guest speaker to a group.
4. Prepare a personal résumé that you would use in applying for a job.
5. Check careers in the field of communications. Choose one career, then in writing discuss the qualifications and preparation needed for this career.
6. Attend a town or school board meeting where two or three points of view are given. Listen and take notes. Make a one-page report from your notes. Arrange a time to share with your patrol what you learned.



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CYCLING

Note: This merit, the Advanced Swimming Merit, or the Hiking Merit is required to earn the Gold Medal of Achievement.

All cyclists must wear a properly fitted helmet when completing the riding requirements of this merit.

1. Prepare your bike for inspection by completing the following:
 - a. Perform necessary maintenance.
 - b. Demonstrate how to adjust brakes and the derailleur.
 - c. Prepare a safety checklist and use it to inspect your bike.
 - d. Properly clean your bike.
2. Have your bike inspected by your group leader. Complete the following items as part of your inspection:
 - a. List and label the parts of a bike.
 - b. Describe the components of your bike that require routine checks to insure the bike is safe to ride.
 - c. Describe the components of your bike that require regular oiling.
 - d. Describe how to adjust the seat and handlebars to fit your body.
 - e. Describe what repairs or tune-up you performed on your bike in preparation for the inspection.
3. Demonstrate how to repair a flat.
4. Demonstrate your knowledge of the bike safety rules of the road by completing the following:
 - a. Show how to brake safely.
 - b. Show how to make safe left and right turns at intersections and non-intersections of a street.
 - c. Demonstrate how to safely ride next to a row of parked cars.
 - d. Show how to safely ride along a curb or along the edge of an uncurbed road.
 - e. Explain the traffic laws for bikes and how they differ from laws for automobiles.
5. Complete the following bike trips. Write a report for each of the trips. The reports should include information listing the dates, the routes traveled, and what you observed along the way.
 - a. Two 10-mile trips
 - b. Two 15-mile trips
 - c. Two 25-mile trips
 - d. One 50-mile trip completed in one day



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EMERGENCY PREPAREDNESS

Note: This merit, the Lifesaving Merit, the Home Safety Merit, or the Camp Safety Merit is required to earn the Gold Medal of Achievement.

1. Describe what you would do to prevent injury and possible loss of life to yourself and others at home or around town in each of the following emergencies:
 - a. Fire or explosion at home or in a public building
 - b. Food poisoning
 - c. Gas leak
 - d. Hazardous materials accident
2. Explain and demonstrate how you could safely save a person from the following:
 - a. Touching a live electric wire
 - b. A room with toxic levels of carbon monoxide, other fumes, or smoke
 - c. Clothes on fire
3. Assemble a kit (suitcase, box, zippered bag) for use by your family in case an emergency evacuation is needed.
4. Describe what you would do to prevent injury and possible loss of life to yourself and others in each of the following emergencies while traveling:
 - a. Car stalled in a blizzard
 - b. Car stalled in a desert
 - c. Motor vehicle accident
 - d. Capsized boat
 - e. Person falls out of a boat
 - f. Boat hits sandbar or rock
 - g. Water rescue in warm weather using nonswimming rescues
 - h. Water rescue after breaking through ice
5. Show three ways of attracting and communicating with rescue planes.
6. Describe what you would do to prevent injury and possible loss of life to yourself and others in the case of each of the following natural emergencies:
 - a. Earthquake
 - b. Flood
 - c. Tornado
 - d. Hurricane
 - e. Avalanche, rockslide, or mudslide
7. Describe the things a group of Royal Rangers should be prepared to do, the training required, and the safety precautions to be taken for the following emergency services:
 - a. Crowd and traffic control
 - b. Messenger service and communication
 - c. Collection and distribution services
 - d. Group feeding, shelter, and sanitation
 - e. How to interact with professionally trained emergency personnel



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8. Prepare a written plan for mobilizing your group when needed to do emergency service. If there is already a plan, explain it. Tell your part in making it work.
9. Assemble a personal emergency pack you would use during an emergency mobilization.
10. Take part in an emergency service project, either real or a practice drill.



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ENVIRONMENTAL SCIENCE

Note: This merit or the Nature Study Merit is required to earn the Gold Medal of Achievement.

1. Conduct an experiment to determine the rate of decomposition of at least ten common materials. The experiment should last for at least one month. Answer the following questions:
 - a. Which materials biodegraded rapidly?
 - b. Why do you think this happened?
 - c. Which materials were not affected at all? Why?
 - d. Does biodegradation happen more rapidly in dry or in wet environments?
2. Write a plan to reduce nonbiodegradable waste in the home.
3. Explain why ecologists use quadrats to study the environment. Explain how to lay out a quadrat.
4. Lay out a 3' x 3' quadrat. Estimate the fraction of the space covered by each kind of plant in the quadrat. Identify the different kinds of insects found. Describe the physical and biological characteristics of the study area.
5. Describe one biogeochemical cycle. Choose one of the following: nitrogen, carbon, or water.
6. Study the population growth rate of a plant or animal. Discuss the factors that may limit population growth. Describe the factors that contribute to population growth.
7. Define these terms: endangered, threatened, extirpated, and extinct.
8. Develop a plan to reduce water usage in your home.
9. Obtain a list and pictures or drawings of at least five animals in your state. Write a 300-word report on one of those animals.
10. Take part in a local cleanup or restoration effort. This can be done by yourself or with a group of Royal Rangers.
11. Obtain a fact sheet from a local agency on their efforts to reduce pollutants.



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FIRST AID—CPR

Note: This merit is required to earn the Gold Medal of Achievement.

1. Successfully complete a training course that includes first aid and CPR instruction through a certified training agency.



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HIKING

Note: This merit, the Advanced Swimming Merit, or the Cycling Merit is required to earn the Gold Medal of Achievement.

1. Explain the safety rules for hiking on the open road and in the wilderness.
2. Explain the safety rules for night hiking.
3. Describe the basics of hiking courtesy toward others on the trail.
4. Explain the meaning and actions required for “leave no trace” hiking.
5. Discuss the merits of two different types of backpacks that can be used for hiking. State your preference and explain why.
6. Make separate lists of the clothes and shoes that are best for hiking during warm weather, cold weather, and wet weather.
7. Explain proper foot care to prevent blisters during hikes.
8. Explain how to avoid becoming lost in unfamiliar territory. List the rules to follow if you become lost.
9. Write a plan for a 10-mile hike. The plan should include a map of the trails or routes taken, clothing and equipment needed, and items needed for lunch on the trail.
10. Write a short report for each of the following hikes. Give information on the things you observed, dates, trail descriptions, and weather.
 - a. Take four hikes of at least 5 miles each.
 - b. Take three hikes of at least 10 miles each.
 - c. Take one hike of at least 15 miles.

Note: At least one of the hikes must include a nighttime hiking trip.



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HOME SAFETY

Note: This merit, the Camp Safety Merit, the Emergency Preparedness Merit, or the Lifesaving Merit is required to earn the Gold Medal of Achievement.

1. Outline a home fire plan; explain and discuss it with your family.
2. Conduct a home fire drill.
3. Survey your home and make a list of any fire hazards that are found. Develop a plan to eliminate them. Draw a diagram of your home indicating where the problems are.
4. Locate and learn how to safely turn off the following:
 - a. The main electrical fuse or circuit breaker box
 - b. The main natural gas, propane gas, or outside heating-oil tank valve
 - c. The main water shutoff valve
5. Survey your home and make a list of any electrical hazards that are found.
6. Survey your home and make a list of any hazardous chemicals and poisons that are found. With the cooperation of a parent or guardian, develop a plan for their proper storage or disposal.
7. Survey your home and make a list of any dangerous areas and conditions, such as unsafe stairways and sidewalks, broken glass, slip hazards, and trip hazards, that are found. With the cooperation of a parent or guardian, develop a plan to eliminate these unsafe conditions.
8. List at least three power tools used at your home, such as a lawn mower, electric hedge trimmer, lawn edger, and power saw, and outline the safe operating procedures for each.
9. Make a list of family procedures that can be used in case of a power failure.
10. Demonstrate first aid for bleeding and for breathing difficulties. Describe first aid for poisoning.
11. Make a list of equipment and supplies, such as a first aid kit, tools such as a shovel, bottled water, and nonperishable canned goods, that will be useful during home emergencies.
12. Assemble a home first aid kit.
13. Prepare a list of emergency telephone numbers, including the local police, fire department, ambulance service, family doctor, electric utility company, gas company, and family members' business telephone. Write the numbers in a phone book and/or post them near a telephone.
14. Write a 300-word report about the common types of accidents occurring in the home and their causes. Include facts that you have obtained concerning the frequency of various types of accidents in the home.



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INTERNATIONAL SERVICE

Note: This merit, the Christian Missions Merit, or the Light for the Lost Merit is required to earn the Gold Medal of Achievement.

1. Explain the purpose of both passports and visas for international travel, and describe the steps to obtain each.
2. Select a country from each of the following continents—Africa, Asia, Central/South America, and Europe, and describe the following for each country.
 - a. System of government
 - b. Monetary currency and its exchange rate to the U.S. dollar
 - c. How its geography, climate, and natural resources affect trade relations with other countries
 - d. Major social/humanitarian needs that exist in that country
3. Select TWO global issues and explain in writing (150-200 words each) how they are affected by international agreements. Describe current activities involving both issues.
 - a. Environmentalism
 - b. Trade and economics
 - c. Energy
 - d. International sports
 - e. Communications
 - f. Terrorism
 - g. Military
 - h. Famine relief
 - i. Transportation
 - j. Disease control
 - k. International law
 - l. Oceanic resources
4. Explain in writing (75-100 words each) the purpose, membership, and international impact of EACH the following:
 - a. United Nations
 - b. NATO
 - c. World Health Organization
 - d. World Trade Organization
 - e. Amnesty International
5. Research and make a brief report on EACH of the following organizations. Include information such as when and how the organization started; its purpose; current size of volunteer work force; major service projects in its history; current international activities; and ways people can be involved as volunteers.
 - a. International Committee of the Red Cross
 - b. Peace Corps
 - c. CARE
 - d. Mercy Ships



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6. Using either the public library or the Internet, research “international volunteer organizations.” Find at least ONE organization in EACH of the following major areas and describe what they are doing, where they are doing it, and how individuals can be involved as volunteers.
 - a. Orphan children
 - b. Hunger/feeding
 - c. Environment
 - d. Education
 - e. Medical aid
 - f. Domestic development/construction
7. Using clippings from newspaper, magazines, or Internet printouts, make a scrapbook of three different projects occurring somewhere in the world that involve international volunteers. The projects should be three different types of those listed in Requirement 6.
8. Do ONE of the following:
 - a. Go on an international volunteer project. Work with a team or organization that travels to another country to perform a service project and keep a log/scrapbook of your experience.
 - b. Interview or write to a person who has gone on a project to another country as a volunteer working in one of the areas listed in Requirement 6 and prepare a report on your interview. Questions should include:
 - i) Why they volunteered
 - ii) What preparation steps had to be done before going
 - iii) What they did while there
 - iv) How they were affected by being part of the project
9. Read the following Bible verses and explain what each has to say about the concept of giving help to suffering people:
 - a. Matthew 25:35-40
 - b. Luke 10:29-37
 - c. Acts 20:35
 - d. Hebrews 13:16
 - e. 1 Peter 2:12
10. Explain how helping people with their needs can help in spreading the gospel.



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LIFESAVING

Note: This merit, the Emergency Preparedness Merit, the Home Safety Merit, or the Camp Safety Merit is required to earn the Gold Medal of Achievement.

1. Earn the Lifeguard Training Certificate.



Royal Rangers

Merit Requirements: **Gold-Bordered Merit**

NATURE STUDY

Note: This merit or the Environmental Science Merit is required to earn the Gold Medal of Achievement.

1. Select for study one typical wildlife community (a forest, prairie, marsh, desert, mountaintop, etc.) near your home. Take a hike, making notes about the trees, plants, animals, birds, insects, etc. that you see. Explain how to identify each of these.
2. Do ONE of the following:
 - a. Make an indoor desert garden.
 - b. Make a woodland terrarium using at least five plants.
 - c. Make an aquarium and keep three species of fish in it.
3. Do any EIGHT of the following:
 - a. Collect and identify leaves from ten kinds of desert trees or plants, such as cactus, yucca, etc.
 - b. Collect and identify a sample of the seed, leaves, or fruit of ten kinds of trees.
 - c. Collect and identify a sample of six kinds of wood.
 - d. Catch and identify three kinds of fish.
 - e. Be able to name and identify five types of frogs or five kinds of reptiles, using live specimens or pictures.
 - f. Go on a bird watching field trip. Count the number of birds you see and hear and the nests you see. Make a list of each.
 - g. Recognize, in the field, five signs of wild animals, such as tracks, scat, dens, and sightings. Make a list of each.
 - h. Collect twenty bird pictures and be able to identify each bird.
 - i. Collect ten kinds of insects. Identify and mount them.
 - j. Collect at least four varieties of flies and identify them.
 - k. Collect seven kinds of seashells and identify them.
 - l. Collect ten kinds of flowers and identify them.
 - m. Describe how to recognize three kinds of poisonous plants, such as poison oak and poison ivy.
4. Recite the Conservation Pledge.
5. Explain what you and others can do to help with the conservation of nature.
6. List three Bible verses showing God's concern for the things of nature.



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Merit Requirements: **Gold-Bordered Merit**

PHYSICAL FITNESS

Note: This merit is required to earn the Gold Medal of Achievement.

To help you fulfill the requirements of this merit, exercises and aerobics in a physical education class can be counted. Aerobic exercise can consist of: running, jogging, bike riding, swimming, or any physical activity that uses the larger muscles in the body and that raises the heart rate to an aerobic level of exercise.

1. Demonstrate five exercises suitable for all-around physical development.
 - a. Do each of the exercises listed below three times a week for not less than ten weeks.
 - b. Use an exercise log to keep track of your exercises.
 - c. After ten weeks, write an evaluation of the improvements to your physical health.
 - d. List the muscle groups affected in the following exercises:
 - i) Push-ups
 - ii) The dip
 - iii) Partial sit-ups
 - iv) Leg lifts
 - v) The lunge
 - vi) Calf-raises
2. Demonstrate three stretching exercises.
 - a. Do each stretching exercise three times a week for not less than ten weeks.
 - b. Keep a log of your daily stretching.
 - c. After ten weeks write an evaluation of the improvements to your physical health.
3. Demonstrate an aerobic exercise.
 - a. Do an aerobic exercise three times a week for not less than ten weeks.
 - b. Use an exercise log to keep track of your exercises.
 - c. After ten weeks write an evaluation of the improvements to your physical health.
4. Indicate the location of the following muscles:
 - a. Trapezius (traps)
 - b. Deltoideus (deltoids)
 - c. Latissimus dorsi (lats)
 - d. Obliquus externus abdominis (obliques)
 - e. Pectoralis major and minor (pecs)
 - f. Biceps brachii (biceps)
 - g. Tricipitis brachii (triceps)
 - h. Ulnaris (two) and digitorum (forearm)
 - i. Rectus abdominis (abs)
 - j. Gluteus maximus (glutes)
 - k. Semitendinosus, semimembranosus, biceps femoris (hamstrings)
 - l. Rectus femoris, vastus lateralis, vastus medialis, vastus intermedius (quads)
 - m. Gastrocnemius caput mediale and laterale (calves)



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Merit Requirements: Gold-Bordered Merit

5. Explain in a 250-word report your understanding of physical health.
 - a. List four reasons why physical fitness is important.
 - b. List the benefits of being involved in a regular exercise routine.
 - c. Give the definition of a nutritious diet. List the basic food groups.
 - d. Explain the importance of a routine physical, eye exam, and dental exam.
6. Write a 250-word report on your long-term plans to keep yourself physically fit.
 - a. If you need to lose weight, figure out how much you need to lose and how long it should take.
 - b. Develop a daily schedule to include an exercise program.
 - c. Explain why proper weight is important.
 - d. List two things that you can do to maintain a proper body weight.
7. List three harmful effects for each of the following. Then write a pledge not to smoke, drink, or take drugs.
 - a. Alcohol
 - b. Tobacco
 - c. Drugs



Royal Rangers

Merit Requirements: **Gold-Bordered Merit**

PUBLIC SPEAKING

Note: This merit or the Communications Merit is required to earn the Gold Medal of Achievement.

This merit may be completed by earning at least a B for one semester of junior high or high school speech class, OR by joining a public speaking or debate team in your school and earning a certificate of participation, OR by completing the following requirements:

1. Read one Bible Study approved by your commander to a group of Royal Rangers. You may choose the Bible Study from a Royal Rangers Leaders Guide, or you may develop your own Bible study.
2. Give a two-minute impromptu talk to your Royal Rangers group on a topic selected by your commander.
3. List the five steps for speaking in public.
4. List the five parts of a presentation.
5. State ways to deal with the "butterflies."
6. List the five important aspects of public speaking.
7. List the basic elements of a good presentation.
8. State seven different types of media that can be used while speaking in public.
9. Present a devotion (five to ten minutes long) to your Royal Rangers group. It must NOT be read. You may choose a devotion from the Royal Rangers curriculum or you may develop your own devotion.
10. Plan and conduct a demonstration (Program Feature) ten to twenty minutes long to your group on any topic related to Royal Rangers. Obtain approval on the topic of your demonstration from your commander before starting on your demonstration plan.