

Outdoor Skills

Eagle Required

Cooking Merit Badge

Meal planning and cooking on a campout, plus basic nutrition and food safety.

Typical time to complete: **6–10 weeks**

GOOD FIT IF YOU LIKE

Outdoors & Nature

Tips for Earning This Badge

- 1 Plan your campout meals before the trip, not during. Bring your plan to your counselor before cooking.
- 2 The nutritional tracking requirement takes more time than scouts expect — start a food journal on day one.
- 3 You will cook across multiple campouts, so coordinate with your Scoutmaster on which trips to document.
- 4 The home cooking requirements (breakfast, lunch, dinner for your family) are separate from the camping requirements — plan both tracks at the same time.
- 5 Counselors look for food safety habits (handwashing, proper storage, cooking temperatures) as much as the meal itself — narrate what you are doing and why.
- 6 A common pitfall: an ambitious menu that falls apart on a cold, wet campout. Simple and well-executed beats elaborate and rushed.

Official Requirements

We keep this page focused on tips and what to expect, not a copy of the requirement text — requirements get revised periodically, and scouts are generally held to whichever version was current when they started the badge (the same reason Scoutbook lets you filter by pamphlet version). For the exact, current wording, check your Scoutbook record for this badge or the official page below.

Cooking on [scouting.org](https://www.scouting.org) 

Finding a Counselor

Ask your Scoutmaster for the council's merit badge counselor list. For popular badges, a parent in your troop may already be registered as a counselor. If your troop doesn't have one, your council's advancement chair can help connect you.