

Hiking

Merit Badge Workbook

Read "the merit badge pamphlet on the subject...meet the requirements as they are stated." - Boy Scout Requirements pp. 22-23
Each "*Scout must be reviewed individually by the counselor.*" - Advancement Policies p. 26 See the Online Resources.
Workbook developer: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: April 2009.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Show that you know first aid for injuries or illnesses that could occur while hiking, including

hypothermia, _____

_____

heatstroke, _____

_____

heat exhaustion, _____

_____

frostbite, _____

_____

dehydration, _____

_____

sunburn, _____

_____

sprained ankle, _____

_____

insect stings, _____

_____

tick bites, _____

_____

snakebite, _____

_____

blisters, _____

_____

hyperventilation _____

_____

and altitude sickness. _____

_____

2. Explain and, where possible, show the main points of good hiking practices including the principles of

Leave No Trace, _____

hiking safety in the daytime _____

and at night, _____

courtesy to others, _____

choice of footwear, _____

and proper care of feet and footwear. _____

3. Explain how hiking is an aerobic activity. _____

Develop a plan for conditioning yourself for 10-mile hikes, _____

and describe how you will increase your fitness for longer hikes. _____

4. Make a written plan for a 10-mile hike, Including map routes, _____

a clothing and equipment list,

☐ _____ ☐ _____ ☐ _____ ☐ _____
☐ _____ ☐ _____ ☐ _____ ☐ _____
☐ _____ ☐ _____ ☐ _____ ☐ _____
☐ _____ ☐ _____ ☐ _____ ☐ _____

and a list of items for a trail lunch.

☐ _____ ☐ _____ ☐ _____ ☐ _____
☐ _____ ☐ _____ ☐ _____ ☐ _____

5. Take five hikes, each on a different day, and each of at least ten continuous miles. Prepare a hike plan for each hike. *

Hike 1

Hike 2

Hike 3

Hike 4

Hike 5

6. Take a hike of 20 continuous miles in 1 day following a hike plan you have prepared. *

7. After each of the hikes (or during each hike if on a continuous "trek") in requirements 5 and 6, write a short report of your experience. Give dates and descriptions of routes covered, the weather, and interesting things you saw. Share this report with your merit badge counselor.

Hike 1 Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 2 Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 3 Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 4 Give dates _____

and descriptions of routes covered, _____

_____

_____

_____

weather, _____

_____

and any interesting things you saw. _____

_____

_____

Hike 5 Give dates _____

and descriptions of routes covered, _____

_____

_____

_____

weather, _____

_____

and any interesting things you saw. _____

_____

_____

20 Mile Hike Give dates _____

and descriptions of routes covered, _____

_____

_____

_____

_____

_____

_____

_____

weather, _____

_____

and any interesting things you saw. _____

_____

_____

* The hikes in requirements 5 and 6 can be used in fulfilling Second Class (2a) and First Class (3) rank requirements, but only if Hiking merit badge requirements 1, 2, 3, and 4 have been completed to the satisfaction of your counselor. The hikes of requirements 5 and 6 cannot be used to fulfill requirements of other merit badges.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

► scouting.org ► Scout ► Tenderfoot ► Second Class ► First Class Rank Videos
► Merit Badge Requirements ► Advancement Policies ► Guide to Safe Scouting

Merit Badge Books: www.scoutstuff.org *Please don't post workbooks on your site. Please instead post these links:*
MeritBadge.org: http://meritbadge.org/wiki/index.php/MBW -or- usscouts.org: http://www.usscouts.org/mb/worksheets/list.asp

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/Hiking

1. First aid:

First Aid Lesson Videos: Basics - Basics2 - Wilderness First Aid - CPR Basics - Venomous Snake Bite - First Aid Kits

Other First Aid Links: First Aid Merit Badge - First Aid Kit - Annual Health & Medical Record - Mayo Clinic Guide - Bleeding Video - Warning Signs of Cancer - Heart Disease

2-7. Hiking Lesson Videos: Planning - Footwear - Blisters - Gear - Cold Weather - Warm Weather Layering - Clothing - Food - Hydration - Socks

Hiking Links: Leave No Trace - Essentials - **Amer. Hiking Soc.**: Safety - Food - Cold - Myths - Footwear

REI: Compass - Day Hike - Food - Hydration - Insects - Layering - Lightweight - Navigation - Rain - Socks - Sun - Hot/Cold

3. A blank conditioning plan is in the Hiking Worksheet.
4-5. Blank 10-mile Hike Plans are in the Hiking Worksheet.
6. A blank 20-mile Hike Plan is in the Hiking Worksheet.
7. A blank report is in the Hiking Worksheet.

General Resources

American Hiking Society: http://www.americanhiking.org
Backpacker Magazine: http://www.backpacker.com
Camping Life Magazine: http://www.campinglife.com
Leave No Trace Inc.: http://www.LNT.org
Local Hikes: http://www.localhikes.com
National Park Service: http://www.nps.gov
Northern Tier High Adventure Base: http://www.ntier.org
Philmont Scout Ranch: http://www.scouting.org/philmont
Sierra Club: http://www.sierraclub.org
Student Conservation Association: http://www.thesca.org
U.S. Bureau of Land Management: http://www.blm.gov
U.S. Fish and Wildlife Service: http://www.fws.gov
USDA Forest Service: http://www.fs.fed.us
U.S. Geological Survey: http://www.usgs.gov

Free Topographical Maps: US Geological Survey: http://store.usgs.gov/ (Download the pdf or buy 22"x27" maps for $7 each.)
Topographical: Topozone.com: http://www.topozone.com/ (Choose your map and scale, then click Print Map, free 8.5x11.)
Satellite, Street, and Terrain Maps: http://maps.google.com/
Large Satellite Photos: http://terraserver-usa.com/address.aspx (Enter Address, choose large size, print, right click, Save as)