



Hiking

Merit Badge Requirements

- 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 things 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.
- 6) Take a hike of 20 continuous miles in 1 day following a hike plan you have prepared.
- 7) After each hike, write a short report of your experience. Give dates and descriptions of routes covered, weather, and any interesting things you saw.

Scout Name: _____ Unit #: _____ Date: _____

Requirement 1

Describe first aid for the following:

Hypothermia: _____

Heatstroke: _____

Heat Exhaustion: _____

Frostbite: _____

Dehydration: _____

Sunburn: _____

Sprained Ankle: _____

Insect Stings: _____

Tick Bites: _____

Snakebite: _____

Blisters: _____

Hyperventilation: _____

Altitude Sickness: _____

Requirement 2

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

Leave No Trace: _____

Day & Night Hiking Safety: _____

Courtesy to Others: _____

Scout Name: _____ Unit #: _____ Date: _____

Make a list of the equipment and the clothing that you would take with you on a 10-mile hike.

Equipment

Clothing

List the items you would take with you for a trail lunch.

Requirement 5

Take five hikes, each on a different day, and each of at least ten continuous miles. Create a hike plan for each hike and attach them to this worksheet.

Requirement 6

Take a hike of 20 continuous miles in 1 day. Follow a hike plan you have prepared. Attach your hike plan to this worksheet.

Requirement 7

Fill in the spaces below for each of the hikes you took for requirements 5 & 6.

10-Mile Hike #1

Date: _____

Description of Route: _____

Weather Conditions: _____

Short report of what you experienced: _____

Interesting things you saw: _____

Scout Name: _____ Unit #: _____ Date: _____

10-Mile Hike #2

Date: _____

Description of Route: _____

Weather Conditions: _____

Short report of what you experienced: _____

Interesting things you saw: _____

10-Mile Hike #3

Date: _____

Description of Route: _____

Weather Conditions: _____

Short report of what you experienced: _____

Interesting things you saw: _____

Scout Name: _____ Unit #: _____ Date: _____

10-Mile Hike #4

Date: _____

Description of Route: _____

Weather Conditions: _____

Short report of what you experienced: _____

Interesting things you saw: _____

10-Mile Hike #5

Date: _____

Description of Route: _____

Weather Conditions: _____

Short report of what you experienced: _____

Interesting things you saw: _____

