Hiking

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.
This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
You should use the work space provided for each requirement to keep track of which requirements have been completed,
and to make notes for discussing the item with your counselor, not for providing full and complete answers.
If a requirement says that you must take an action using words such as "discuss", "show",
"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).
The requirements were last issued or revised in 2017 • This workbook was updated in June 2017.

Scout's Name:_____ Unit: _____

Counselor's Name: _____ Counselor's Phone No.: _____

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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1. Do the following:

   a. Explain to your counselor the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

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b. Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite.

Hypothermia:	
Frostbite:	
Dehydration:	
Heat exhaustion:	
Heatstroke	
Sunburn:	
Hyperventilation	
Altitude sickness:	

Sprained ankle:	
Blisters:	
Insect stings	
Tick bites:	
Snakebite:	

2. Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.

Proper outdoor ethics

Hiking safety in the daytime

Scout's Name: _____

Hiking safety at night,

Courtesy to others,

Choice of footwear,

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. Take the five following hikes, each on a different day, and each of continuous miles. These hikes MUST be taken in the following order:

	Date
1. One 5 mile hike	
2. Three 10 mile hikes	
3.	
4.	
5. One 15 mile hike	

You may stop for as many short rest periods as needed, as well as one meal, during each hike, but not for an extended period (example: overnight).

Prepare a written hike plan before each hike and share it with your Scoutmaster or a designee. Include map routes, a clothing and equipment list, and a list of items for a trail lunch. *

☐ Hike 1 (5 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

☐ Hike 2 (10 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

☐ Hike 3 (10 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

☐ Hike 4 (10 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

☐ Hike 5 (15 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

☐ 5. Take a hike of 20 continuous miles in 1 day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but **not** for an extended period (example: overnight). *

Date	
Destination(s):	
Map routes:	

Clothing and equipment list,

Items for a trail lunch.

6. After each of the hikes (or during each hike if on a continuous "trek") in requirements 4 and 5, write a short reflection of your experience. Give dates and descriptions of routes covered, the weather, and any interesting things you saw. It may include something you learned about yourself, about the outdoors, or about others you were hiking with. Share this with your merit badge counselor.

Hike 1 (5 miles)

Date	
Descriptions of routes covered,	
Weather,	
Any interesting things you saw.	
Something you learned about yourself, about the outdoors, or about others you were hiking with	

Hike 2 (10 miles)

Date	
Descriptions of routes covered,	
Weather,	
Any interesting things you saw.	
Something you learned about yourself, about the outdoors, or about others you were hiking with	

Hike 3 (10 miles)

Date	
Descriptions of routes covered,	
Weather,	
Any interesting things you saw.	
Something you learned about yourself, about the outdoors, or about others you were hiking with	

Hike 4 (10 miles)

Date	
Descriptions of routes covered,	
Weather,	
Any interesting things you saw.	
Something you learned about yourself, about the outdoors, or about others you were hiking with	

Hike 5 (15 miles)

Date	
Descriptions of routes covered,	
Weather,	
Any interesting things you saw.	
Something you learned about yourself, about the outdoors, or about others you were hiking with	

Hike 6 (20 miles)

Date	
Descriptions of routes covered,	
Weather,	
Any interesting things you saw.	
Something you learned about yourself, about the outdoors, or about others you were hiking with	

* The required hikes for this badge may be used in fulfilling hiking requirements for rank advancement. However, these hikes cannot be used to fulfill requirements of other merit badges.

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.
You can download a complete copy of the *Guide to Advancement* from http://www.scouting.org/filestore/pdf/33088.pdf.