MERIT BADGE SERIES

HIKING

BOY SCOUTS OF AMERICA

BOY SCOUTS OF AMERICA
MERIT BADGE SERIES

HIKING

"Enhancing our youths' competitive edge through merit badges"

BOY SCOUTS OF AMERICA®

Requirements

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.
   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.
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.
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:

   One 5-mile hike

   Three 10-mile hikes

   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.*

*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.

35907
ISBN 978-0-8395-3407-8
©2016 Boy Scouts of America
2016 Printing

SUSTAINABLE FORESTRY INITIATIVE
Certified Chain of Custody
Promoting Sustainable Forestry
www.sfiprogram.org
SFI-01042

5. Take a hike of 20 continuous miles in one 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).*
6. After each of the hikes (or during each hike if on one 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.

Hiking Resources

Scouting Literature

Boy Scout Handbook; Fieldbook; Deck of First Aid; Basic Illustrated Wilderness First Aid; Emergency First Aid pocket guide; *Be Prepared First Aid Book; Conservation Handbook; Backpacking, Camping, Cooking, First Aid, Geocaching, Orienteering,* and *Wilderness Survival* merit badge pamphlets

Visit the Boy Scouts of America's official retail website at http://www.scoutstuff.org for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Instruction and Guidebooks

Anderson, Kristi. *Wilderness Basics,* 4th ed. Mountaineers Books, 2013.

Berger, Karen. *More Everyday Wisdom: Trail-Tested Advice From the Experts.* Mountaineers Books, 2002.

———. *Hiking and Backpacking.* DK Publishing, 2008.

———. *Hiking Light Handbook: Carry Less, Enjoy More.* Backpacker Magazine, Mountaineers Books, 2004.

Birkby, Robert. *Lightly on the Land: The SCA Trail Building and Maintenance Manual,* 2nd ed. Mountaineers Books, 2006.

Burns, Bob. *Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter and GPS,* 3rd ed. Mountaineers Books, 2015.

Carline, Jan. *Mountaineering First Aid: A Guide to Accident Response and First Aid Care.* Mountaineers Books, 2004.

Cole, David. *NOLS Soft Paths: Enjoying the Wilderness Without Harming It,* 4th ed. Stackpole Books, 2011.

Fleming, June. *Staying Found: The Complete Map and Compass Handbook,* 3rd ed. Mountaineers Books, 2001.

Fletcher, Colin, and Chip Rawlins. *The Complete Walker IV.* Knopf, 2002.

Forgey, William. *Basic Illustrated: Wilderness First Aid*, 2nd ed. Falcon Guides, 2015.

Graham, John. *Outdoor Leadership: Technique, Common Sense, and Self-Confidence.* Mountaineers Books, 1997.

Grubbs, Bruce. *Exploring With GPS: A Practical Field Guide for Satellite Navigation.* Bright Angel Press, 2014.

Hooks, Christine. *Essential Hiking for Teens*. Children's Press, 2000.

Jacobson, Cliff. *Basic Illustrated: Map and Compass*, 3rd ed. Falcon Guides, 2008.

Jacobson, Cliff, Scottie Barnes, and James Churchill. *The Ultimate Guide to Wilderness Navigation*. Lyons Press (Globe Pequot Press), 2002.

Kals, W.S., and Clyde Soles. *Land Navigation Handbook: The Sierra Club Guide to Map, Compass, and GPS*, 2nd ed. Counterpoint, 2010.

Lanza, Michael. *The Day Hiker's Handbook: Get Started With the Experts.* Mountaineers Books, 2003.

Logue, Victoria. *Hiking and Backpacking: Essential Skills, Equipment, and Safety,* 2nd ed. Menasha Ridge Press, 2013.

———. *Kids Outdoors: Skills and Knowledge for Outdoor Adventures*. Ragged Mountain, 1996.

Marion, Jeffrey. *Leave No Trace in the Outdoors*. Stackpole Books, 2014.

McGivney, Annette. *Leave No Trace: A Guide to the New Wilderness Etiquette,* 2nd rev. ed. Mountaineers Books, 2003.

McKinney, John. *The Joy of Hiking: Hiking the Trailmaster Way.* Wilderness Press, 2005.

McVey, Vicki. *The Sierra Club Wayfinding Book.* Sierra Club Juveniles, 1991.

Musnick, David, and Mark Pierce. *Conditioning for Outdoor Fitness.* Mountaineers Books, 2004.

Robbins, Michael W. *The Hiking Companion.* Storey Books, 2003.

Schimelpfenig, Tod, and Linda Lindsey. *NOLS Wilderness First Aid,* 5th ed. Stackpole Books, 2013.

Tilton, Buck. *Outdoor Safety Handbook.* Stackpole Books, 2006.

Organizations and Websites

American Hiking Society

1422 Fenwick Lane
Silver Spring, MD 20910
Toll-free telephone: 800-972-8608
Website: http://www.americanhiking.org

Leave No Trace Center for Outdoor Ethics

P.O. Box 997
Boulder, CO 80306
Toll-free telephone: 800-332-4100
Website: http://www.LNT.org

Local Hikes

Website: http://www.localhikes.com

Sierra Club

85 Second St., Second Floor
San Francisco, CA 94105-3441
Telephone: 415-977-5500
Website: http://www.sierraclub.org

Student Conservation Association

Toll-free telephone: 888-722-9675
Website: http://www.thesca.org

Magazines

Backpacker Magazine
Website: http://www.backpacker.com

Camping Life Magazine
Website: http://www.campinglife.com

Acknowledgments

The Boy Scouts of America is grateful to the men and women serving on the Merit Badge Maintenance Task Force for the improvements made in updating this pamphlet.

Photo and Illustration Credits

Hansell F. Cross, Georgia State University, Bugwood.org, courtesy—page 56 *(chigger)*

Library of Congress Prints and Photographs Division, courtesy—pages 6 *(1906 photo)* and 7 *(1906, 1912 photos)*

Shutterstock.com, courtesy—cover (*day pack*, ©Yuliyan Velchev; *fanny pack*, ©nito; *knife*, ©Jonas Staub; *sunglasses*, ©Stocksnapper); pages 12 (*traffic light*, ©picsbyst; *trash bin*, ©Bikeworldtravel), 14 (*sunglasses*, ©Stocksnapper), 15 (*snowshoes*, ©marekuliasz), 16 (©robert cicchetti), 17 (*cairns*, ©Zyankarlo), 19 (*lizard*, ©Steve Bower), 26 (©val lawless), 35 (*fanny pack*, ©nito; *day pack*, ©Yuliyan Velchev), 36 (*trekking pole*, ©Rafa Irusta), 40 (*porcupine*, ©A_Lein), 50 (©kavram), 58 (©AndreaTS), and 59 (*striped skunk*, ©Critterbiz)

USDA Agricultural Resource Service/Scott Bauer, courtesy—page 56 *(tick)*

U.S. Fish and Wildlife Service/Ken Hammond, courtesy—page 13 *(moose)*

Wikipedia.org, courtesy—6 (*ladybird beetles*), 23 (*Canada geese*), 27 (*nest*), 28 (*ground squirrel*, *mallard*, *raccoon*, *prairie dog)*, 39, 55, and 59 (*coyote*)

All other photos and illustrations not mentioned above are the property of or are protected by the Boy Scouts of America.

Dan Bryant—page 34 *(gloves)*

Daniel Giles—page 52

Roy Jansen—pages 41–42

John McDearmon—page 49 *(ankle wrapping)*

Brian Payne—cover (*milk snake*); pages 4, 10, 14 (*applying sunscreen*), 15 (*Scouts in snow*), 18, 19 (*dry streambed*), 30 (*track*, *basketball*), 31, 32 (*cleaning shoes*), 36 (*Scout with trekking poles*), 38, 40 (*Scout looking back*), 51, 57, and 60

Randy Piland—page 43