

- 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. Do the following:

- a. 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

Hiking safety at night,

Courtesy to others,

Choice of footwear,

Proper care of feet and footwear.

- b. Read aloud or recite the Leave No Trace guidelines, and discuss why each is important while hiking.

- c. Read aloud or recite the Outdoor Code, and give examples of how to follow it on a hike

- 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 four 10-mile hikes and one 20-mile hike, each on a different day, and each of continuous miles. Prepare a written hike plan before each hike and share it with your merit badge counselor or a designee for approval before starting the hike. Include map routes, a clothing and equipment list, and a list of items for a trail lunch. 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 such as overnight.*

	Date
1. Four 10 mile hikes	
2.	
3.	
4.	
5. One 20 mile hike	

Hiking

Scout's Name: _____

Hike 1 (10 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.

Hiking

Scout's Name: _____

Hike 3 (10 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

Hiking

Scout's Name: _____

- Hike 4 (10 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

Hiking

Scout's Name: _____

- Hike 5 (20 miles)

Destination(s):

Map routes:

Clothing and equipment list,

Items for a trail lunch.

Hiking

Scout's Name: _____

- 5. After each of the hikes (or during each hike if on one continuous "trek") in requirement 4, write a short report on your hike. For each hike, give the date and description (or map) of the route covered, the weather, any interesting things you saw, and any challenges you had and how you overcame them. 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 (10 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

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.

Challenges you had and how you overcame them

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.

Challenges you had and how you overcame them

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.

Challenges you had and how you overcame them

Something you learned about yourself, about the outdoors, or about others you were hiking with

Hike 5 (20 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

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>.