

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 Scouts BSA Requirements (Pub. 33216 – SKU 653801). The requirements were last issued or revised in 2017 • This workhook was undated in June 2020

ut's Name:	Unit:				
ınselor's Name:	e: Phone No.: Email:				
	http://www.USScouts.Org • http://www.MeritBadge.Org				
	se submit errors, omissions, comments or suggestions about this workbook to: Workbooks@USS or suggestions for changes to the requirements for the merit badge should be sent to: Merit.Badge				
1. Do the follo	llowing:				
	Explain to your counselor the most likely hazards you may encounter while hiking, and whanticipate, help prevent, mitigate, and respond to these hazards.	•			

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Hiking Scout's Name: _____

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:

Hiking safety at night, Courtesy to others, Choice of footwear, Proper care of feet and footwear.

Scout's Name: _____

Hiking

3.	Expl	ain how hiking is an ae	erobic activity.	
	Deve hikes		oning yourself for 10-mile hikes, and describe how you will increase your fitness for	r longer
1.	Take	e the five following hike wing order:	es, each on a different day, and each of continuous miles. These hikes MUST be to	aken in the
			Date	
	1.	One 5 mile hike		
	2.	Three 10 mile hikes		
	3.			
	4.			
	5.	One 15 mile hike		

Scout's Name: _____

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. *

Hiking

Hiking			Scou	ıt's Name:	
	Hike 1 (5 miles)_				
ш	Destination(s):				
	Map routes:				
	_				
	Clothing and equi	ipment list,			
	Items for a trail lu	nch.			

Hiking			Scou	ıt's Name:	
	Hike 2 (10 miles)			
ш	Destination(s):	/			
	Bootination(o).				
	_				
	Map routes:				
	map routes.				
	Clothing and equ	ipment list.			
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
	Items for a trail lu	ınch	<u> </u>		
	items for a training	inon.			

Hiking			Scou	ıt's Name:	
	Hike 3 (10 miles)				
ш	Destination(s):				
	Map routes:				
	_				
	Clothing and equi	pment list,	I		
	Items for a trail lu	nch.			

Hiking			Scou	ıt's Name:	
	Hike 4 (10 miles	3)			
Ш	Destination(s):	′)			
	Destination(s).				
	Map routes:				
	·				
	·				
	Clothing and equ	inment list			
	Olouming and oqu	sipmont not,			
	Items for a trail I	unch.		,	

Hiking			Scou	ıt's Name:	
	Hike 5 (15 miles	s)			
ш	Destination(s):				
	Bootination(o).				
	Map routes:				
	Map Toutoo.				
	Clothing and eq	uipment list,			
					-
					-
		_			
	Items for a trail I	unch	<u> </u>		
	TOTAL CALL	arion.			

Hiking		Scout's Name:				
<u> </u>	Take a hike of 20 rest periods as n	O continuous miles in 1 deeded, as well as one n	day following a hike neal, but not for an	plan you have prepa extended period (exa	ared. You may stop for as r ample: overnight). *	nany short
	Destination(s)					
	:					
	Map routes:					
	Clothing and equ	ıipment list,				
		_				
	Items for a trail lu	unch.				

Hiking Scout's Name: _____

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

Hiking Scout's Name: ____

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	

Hiking Scout's Name: _____

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	

* 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.