



Hiking

Merit Badge Workbook

This workbook can help you organize your notes but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Workbooks for all merit badges are at: <http://usscouts.org/mb/wkbks/list.asp>.

Send comments to: craig@craiglincoln.com. Requirements revised: 2000, Workbook updated: January 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

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,

Hike 4

Hike 5

6. Take a hike of 20 continuous miles in 1 day following a hike plan you have prepared. *

7. After each of the hikes (or during each hike if on a continuous "trek") in requirements 5 and 6, write a short report of your experience. Give dates and descriptions of routes covered, weather, and any interesting things you saw. Share this report with your merit badge counselor.

Hike 1 Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 2 Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 3 Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 4

Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

Hike 5

Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

20 Mile Hike

Give dates _____

and descriptions of routes covered, _____

weather, _____

and any interesting things you saw. _____

* The hikes in requirements 5 and 6 can be used in fulfilling Second Class (2a) and First Class (3) rank requirements, but only if Hiking merit badge requirements 1, 2, 3, and 4 have been completed to the satisfaction of your counselor. The hikes of requirements 5 and 6 cannot be used to fulfill requirements of other merit badges.