



Hiking

Merit Badge Workbook

Read "the merit badge pamphlet on the subject...meet the requirements as they are stated." - [Boy Scout Requirements pp. 22-23](#)

Each "Scout must be reviewed individually by the counselor." - [Advancement Policies p. 26](#) See the [Online Resources](#).

Workbook developer: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: April 2009.

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, _____

a clothing and equipment list,

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

and a list of items for a trail lunch.

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

5. Take five hikes, each on a different day, and each of at least ten continuous miles. Prepare a hike plan for each hike. *

Hike 1

Hike 2

Hike 3

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, the weather, and 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.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

- ▶ scouting.org ▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#)
- ▶ [Merit Badge Requirements](#) ▶ [Advancement Policies](#) ▶ [Guide to Safe Scouting](#)

Merit Badge Books: www.scoutstuff.org

Please don't post workbooks on your site. Please instead post these links:

MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: <http://meritbadge.org/wiki/index.php/Hiking>

1. First aid:

First Aid Lesson Videos: [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)

Other First Aid Links: [First Aid Merit Badge](#) - [First Aid Kit](#) - [Annual Health & Medical Record](#) - [Mayo Clinic Guide](#) - [Bleeding Video](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)

2-7. Hiking Lesson Videos: [Planning](#) - [Footwear](#) - [Blisters](#) - [Gear](#) - [Cold Weather](#) - [Warm Weather](#) [Layering](#) - [Clothing](#) - [Food](#) - [Hydration](#) - [Socks](#)

Hiking Links: [Leave No Trace](#) - [Essentials](#) - **Amer. Hiking Soc.:** [Safety](#) - [Food](#) - [Cold](#) - [Myths](#) - [Footwear](#)

REI: [Compass](#) - [Day Hike](#) - [Food](#) - [Hydration](#) - [Insects](#) - [Layering](#) - [Lightweight](#) - [Navigation](#) - [Rain](#) - [Socks](#) - [Sun](#) - [Hot/Cold](#)

3. A blank conditioning plan is in the [Hiking Worksheet](#).

4-5. Blank 10-mile Hike Plans are in the [Hiking Worksheet](#).

6. A blank 20-mile Hike Plan is in the [Hiking Worksheet](#).

7. A blank report is in the [Hiking Worksheet](#).

General Resources

American Hiking Society: <http://www.americanhiking.org>

Camping Life Magazine: <http://www.campinglife.com>

Local Hikes: <http://www.localhikes.com>

Northern Tier High Adventure Base: <http://www.ntier.org>

Sierra Club: <http://www.sierraclub.org>

U.S. Bureau of Land Management: <http://www.blm.gov>

USDA Forest Service: <http://www.fs.fed.us>

Free Topographical Maps: US Geological Survey: <http://store.usgs.gov/> (Download the pdf or buy 22"x27" maps for \$7 each.)

Topographical: Topozone.com: <http://www.topozone.com/> (Choose your map and scale, then click Print Map, free 8.5x11.)

Satellite, Street, and Terrain Maps: <http://maps.google.com/>

Large Satellite Photos: <http://teraserver-usa.com/address.aspx> (Enter Address, choose large size, print, right click, Save as)

Backpacker Magazine: <http://www.backpacker.com>

Leave No Trace Inc.: <http://www.LNT.org>

National Park Service: <http://www.nps.gov>

Philmont Scout Ranch: <http://www.scouting.org/philmont>

Student Conservation Association: <http://www.thesca.org>

U.S. Fish and Wildlife Service: <http://www.fws.gov>

U.S. Geological Survey: <http://www.usgs.gov>