



# Hiking

## Merit Badge Requirements

- 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, and a list of things for a trail lunch.
- 5) Take five hikes, each on a different day, and each of at least ten continuous miles. Prepare a hike plan for each hike.
- 6) Take a hike of 20 continuous miles in 1 day following a hike plan you have prepared.
- 7) After each hike, write a short report of your experience. Give dates and descriptions of routes covered, weather, and any interesting things you saw.

## Requirement 1

Describe first aid for the following:

Hypothermia: \_\_\_\_\_  
\_\_\_\_\_

Heatstroke: \_\_\_\_\_  
\_\_\_\_\_

Heat Exhaustion: \_\_\_\_\_  
\_\_\_\_\_

Frostbite: \_\_\_\_\_  
\_\_\_\_\_

Dehydration: \_\_\_\_\_  
\_\_\_\_\_

Sunburn: \_\_\_\_\_  
\_\_\_\_\_

Sprained Ankle: \_\_\_\_\_  
\_\_\_\_\_

Insect Stings: \_\_\_\_\_  
\_\_\_\_\_

Tick Bites: \_\_\_\_\_  
\_\_\_\_\_

Snakebite: \_\_\_\_\_  
\_\_\_\_\_

Blisters: \_\_\_\_\_  
\_\_\_\_\_

Hyperventilation: \_\_\_\_\_  
\_\_\_\_\_

Altitude Sickness: \_\_\_\_\_  
\_\_\_\_\_

## Requirement 2

Explain and show, where possible, the main points of good hiking practices.

Leave No Trace: \_\_\_\_\_

Day & Night Hiking Safety: \_\_\_\_\_

Courtesy to Others: \_\_\_\_\_

Choice of Footwear: \_\_\_\_\_

Proper Care of Feet: \_\_\_\_\_

Proper Care of Footwear: \_\_\_\_\_

Other: \_\_\_\_\_



## Requirement 5

Take five hikes, each on a different day, and each of at least ten continuous miles. Create a hike plan for each hike and attach them to this worksheet.

## Requirement 6

Take a hike of 20 continuous miles in 1 day. Follow a hike plan you have prepared. Attach your hike plan to this worksheet.

## Requirement 7

Fill in the spaces below for each of the hikes you took for requirements 5 & 6.

### 10 Mile Hike #1

Date: \_\_\_\_\_

Description of Route: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Short report of what you experienced: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Interesting things you saw: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 10 Mile Hike #2

Date: \_\_\_\_\_

Description of Route: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Short report of what you experienced: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Interesting things you saw: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10 Mile Hike #3

Date: \_\_\_\_\_

Description of Route: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Short report of what you experienced: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Interesting things you saw: \_\_\_\_\_  
\_\_\_\_\_

10 Mile Hike #4

Date: \_\_\_\_\_

Description of Route: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Short report of what you experienced: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Interesting things you saw: \_\_\_\_\_  
\_\_\_\_\_

10 Mile Hike #5

Date: \_\_\_\_\_

Description of Route: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Short report of what you experienced: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Interesting things you saw: \_\_\_\_\_  
\_\_\_\_\_

