

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

Merit Badge Counselors may not require the use of this or any similar workbooks.

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.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2023 • This workbook was updated in December 2022. ______ Unit: _____ Scout's Name: Counselor's Name: _____ Phone No.:____ Email: Please submit errors, omissions, comments or suggestions about this workbook to: Workbooks@USScouts.Org Comments or suggestions for changes to the <u>requirements</u> for the <u>merit badge</u> should be sent to: <u>Merit.Badge@Scouting.Org</u> 1. Do the following: a. Explain to your counselor the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

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Hiking Scout's Name: _____

b.	frostbite, dehydration	w first aid for injuries or illnesses that could occur while hiking, including hypothermia, on, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, gs, tick bites, and snakebite.
	Hypothermia:	
	Frostbite:	
	Dehydration:	
	Heat exhaustion:	
	Heatstroke	
	Sunburn:	
	Hyperventilation	
	Altitude sickness:	

Hiking Scout's Name: _____ 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 Scout's Name: _____ 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 red	ite the Outdoor Code, and give examples of how to follow it on a hike			
3.	Expla	in how hiking is an ae	robic activity.			
	D					
	Deve	lop a plan for conditio	ning yourself for 10-mile hikes, and describe how you will increase your fitness for longer hikes.			
4.			d one 20-mile hike, each on a different day, and each of continuous miles. Prepare a written hike			
	plan l	pefore each hike and	share it with your merit badge counselor or a designee for approval before starting the hike. Includ			
			equipment list, and a list of items for a trail lunch. You may stop for as many short rest periods as			
	need	ed, as well as one me	al, 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				Sco	ut's Name:	
	Hike 1 (10 miles	s)				
Ш	Destination(s):					
	Dodination(o).					
	Map routes:					
	,					
	Clothing and eq	uipment list,				
	Items for a trail lunch.					
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Hiking			Sco	ut's Name:	
	Hike 2 (10 miles	3)			
Ш	Destination(s):	7			
	Bootination(o).				
	Map routes:				
	Clothing and equ	unment list			
	Ciouning and equ	iipinentiist,			
	Items for a trail lu	unch.			

Hiking				Sco	ut's Name:	
	Hike 3 (10 miles	3)				
Ш	Destination(s):	7				
	Bootination(o).					
	Map routes:					
	Clothing and equ	uinment list				
	Olouring and equ	iipinioni list,				
	Items for a trail lu	unch.	T		I	
			1		I	

Hiking			Sco	ut's Name:	
	Hike 4 (10 miles	s)			
Ш	Destination(s):	5)			
	Dootination(o).				
	Map routes:				
	-				
	-				
	Clothing and equ	uipment list,			
	Itama for a trail l	unah			
	Items for a trail I	uncn.			

Hiking			Scou	ut's Name:	
	Hike 5 (20 miles	s)			
Ш	Destination(s):	<i>9</i>			
	•				
	Map routes:				
	•				
	•				
	Clothing and equ	uinmont list			
	Cibiling and equ	лртет път,			
	Items for a trail I	unch.		ı	

Hiking		Scout's Name:				
<u> </u>	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					

Hiking Scout's Name:

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	
Date Descriptions of routes covered,	
Date	
Date Descriptions of routes covered, Weather,	
Date Descriptions of routes covered,	
Date Descriptions of routes covered, Weather, Any interesting things you saw.	
Date Descriptions of routes covered, Weather, Any interesting things you saw. Challenges you had and how	
Date Descriptions of routes covered, Weather, Any interesting things you saw.	
Date Descriptions of routes covered, Weather, Any interesting things you saw. Challenges you had and how	
Date Descriptions of routes covered, Weather, Any interesting things you saw. Challenges you had and how you overcame them	
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	
Date Descriptions of routes covered, Weather, Any interesting things you saw. Challenges you had and how you overcame them Something you learned about	

Hiking	Scout's Name:
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	

* 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.

about others you were hiking

with