



Hiking

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

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

[illegible]

Hike 2

[illegible]

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.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org Please don't post workbooks on your site. Please instead post links to these:
MeritBadge.org: <http://merithub.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://merithub.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://terraserver-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>