HIKING

“Enhancing our youths' competitive edge through merit badges”
Requirements

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.
   b. Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite.

2. 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.

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. Take the five following hikes, each on a different day, and each of continuous miles. These hikes MUST be taken in the following order:
   - One 5-mile hike
   - Three 10-mile hikes
   - One 15-mile hike

   You may stop for as many short rest periods as needed, as well as one meal, during each hike, but not for an extended period (example: overnight). Prepare a written hike plan before each hike and share it with your Scoutmaster or a designee. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.*

*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.
5. Take a hike of 20 continuous miles in one day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but **not** for an extended period (example: overnight).*

6. After each of the hikes (or during each hike if on one continuous “trek”) in requirements 4 and 5, write a short reflection of your experience. Give dates and descriptions of routes covered, the weather, and any interesting things you saw. 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.
Hiking Resources

Scouting Literature
Boy Scout Handbook; Fieldbook; Deck of First Aid; Basic Illustrated Wilderness First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book; Conservation Handbook; Backpacking, Camping, Cooking, First Aid, Geocaching, Orienteering, and Wilderness Survival merit badge pamphlets.

Visit the Boy Scouts of America’s official retail website at http://www.scoutstuff.org for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Instruction and Guidebooks


Hiking Resources


Organizations and Websites

**American Hiking Society**
1422 Fenwick Lane
Silver Spring, MD 20910
Toll-free telephone: 800-972-8608
Website: http://www.americanhiking.org

**Leave No Trace Center for Outdoor Ethics**
P.O. Box 997
Boulder, CO 80306
Toll-free telephone: 800-332-4100
Website: http://www.LNT.org

**Local Hikes**
Website: http://www.localhikes.com

**Sierra Club**
85 Second St., Second Floor
San Francisco, CA 94105-3441
Telephone: 415-977-5500
Website: http://www.sierraclub.org

**Student Conservation Association**
Toll-free telephone: 888-722-9675
Website: http://www.thesca.org
Magazines
Backpacker Magazine
Website: http://www.backpacker.com
Camping Life Magazine
Website: http://www.campinglife.com

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