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, 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 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. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.

5. Take five hikes, each on a different day, and each of 10 continuous miles. 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 hike plan for each hike.*

6. 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).*

7. After each of the hikes (or during each hike if on one continuous “trek”) in requirements 5 and 6, write a short report of your experience. Give dates and descriptions of routes covered, the weather, and any interesting things you saw. Share this report with your merit badge counselor.

*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.
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


**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**  
P.O. Box 550  
Charlestown, NH 03603  
Telephone: 603-543-1700  
Website: http://www.thesca.org
**Hiking Resources**

**Magazines**

*Backpacker* Magazine  
Website: http://www.backpacker.com

*Camping Life Magazine*  
Website: http://www.campinglife.com

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