



# Hiking

## Merit Badge Worksheet

2008 Rev. Created  
by Craig Long 2010

Scouts Name \_\_\_\_\_

Date \_\_\_\_\_

Counselor's Name \_\_\_\_\_

Counselor's Phone # \_\_\_\_\_

Complete

1. Show that you know first aid for injuries or illnesses that could occur while hiking, including:

- hypothermia, \_\_\_\_\_
- heat stroke, \_\_\_\_\_
- heat exhaustion, \_\_\_\_\_
- frostbite, \_\_\_\_\_
- dehydration, \_\_\_\_\_
- sunburn, \_\_\_\_\_
- sprained ankle, \_\_\_\_\_
- insect stings, \_\_\_\_\_
- tick bites, \_\_\_\_\_
- snakebite, \_\_\_\_\_
- blisters, \_\_\_\_\_
- hyperventilation. \_\_\_\_\_
- altitude sickness, \_\_\_\_\_

Complete

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. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Complete

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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

4. Make a written plan for a 10-mile hike, \_\_\_\_\_  
\_\_\_\_\_

include your map routes \_\_\_\_\_  
\_\_\_\_\_

list clothing and gear needed \_\_\_\_\_  
\_\_\_\_\_

make a list of a trail lunch \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Complete

5. Take five hikes, each on a different day, and each of at least ten continuous miles. Prepare a hike plan for each hike.

10 Mile Log	Date	Where did you hike?	Tell a little about the hike.
Hike 1			
Hike 2			
Hike 3			
Hike 4			
Hike 5			

Complete

6. Take a hike of 20 continuous miles in one day following a hike plan you have prepared.

Date Completed \_\_\_\_\_

Complete

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 interesting things you saw. Share this report with your merit badge counselor.

#### 10 Mile Hike 1

Trip Report: Where \_\_\_\_\_  
When \_\_\_\_\_  
Weather \_\_\_\_\_  
Points of interest \_\_\_\_\_  
Description of trip \_\_\_\_\_

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#### 10 Mile Hike 2

Trip Report: Where \_\_\_\_\_  
When \_\_\_\_\_  
Weather \_\_\_\_\_  
Points of interest \_\_\_\_\_  
Description of trip \_\_\_\_\_

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#### 10 Mile Hike 3

Trip Report: Where \_\_\_\_\_  
When \_\_\_\_\_  
Weather \_\_\_\_\_  
Points of interest \_\_\_\_\_  
Description of trip \_\_\_\_\_

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#### 10 Mile Hike 4

Trip Report: Where \_\_\_\_\_  
When \_\_\_\_\_  
Weather \_\_\_\_\_  
Points of interest \_\_\_\_\_  
Description of trip \_\_\_\_\_

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### 10 Mile Hike 5

Trip Report: Where \_\_\_\_\_  
When \_\_\_\_\_  
Weather \_\_\_\_\_  
Points of interest \_\_\_\_\_  
Description of trip \_\_\_\_\_

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### 20 Mile Hike

Trip Report: Where \_\_\_\_\_  
When \_\_\_\_\_  
Weather \_\_\_\_\_  
Points of interest \_\_\_\_\_  
Description of trip \_\_\_\_\_

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### The 10 Essentials

1. Pocketknife or multipurpose tool.
2. First-aid kit.
3. Extra clothing.
4. Flashlight or headlamp with extra batteries.
5. Rain gear.
6. Water
7. Map and compass.
8. Matches and fire starter.
9. Sun protection and sunglasses.
10. Trail food.