



# Hiking

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.

The work space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor, not for providing the full and complete answers. Each Scout must do each requirement.

No one may add or subtract from the official requirements found in **Boy Scout Requirements** (Pub. 33216 – SKU 34765).

The requirements were last issued or revised in 2012 • This workbook was updated in March 2012.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Phone No.: \_\_\_\_\_

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about improving this workbook to: [Workbooks@USScouts.org](mailto:Workbooks@USScouts.org)

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.

Hypothermia: \_\_\_\_\_

\_\_\_\_\_

Heatstroke: \_\_\_\_\_

\_\_\_\_\_

Heat exhaustion: \_\_\_\_\_

\_\_\_\_\_

Frostbite: \_\_\_\_\_

\_\_\_\_\_

Dehydration: \_\_\_\_\_

\_\_\_\_\_

Sunburn: \_\_\_\_\_  
\_\_\_\_\_

Sprained ankle: \_\_\_\_\_  
\_\_\_\_\_

Insect stings: \_\_\_\_\_  
\_\_\_\_\_

Tick bites: \_\_\_\_\_  
\_\_\_\_\_

Snakebite: \_\_\_\_\_  
\_\_\_\_\_

Blisters: \_\_\_\_\_  
\_\_\_\_\_

Hyperventilation: \_\_\_\_\_  
\_\_\_\_\_

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.

Leave No Trace, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hiking safety in the daytime \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hiking safety at night, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Courtesy to others, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Choice of footwear, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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, and a list of items for a trail lunch.

Destination(s): \_\_\_\_\_

Map routes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Clothing and equipment list,

- |                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
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Items for a trail lunch.

- |                                |                                |                                |
|--------------------------------|--------------------------------|--------------------------------|
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |





- 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

Dates \_\_\_\_\_

Descriptions of routes covered, \_\_\_\_\_

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Weather, \_\_\_\_\_

Any interesting things you saw. \_\_\_\_\_

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Hike 2

Dates \_\_\_\_\_

Descriptions of routes covered, \_\_\_\_\_

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Weather, \_\_\_\_\_

Any interesting things you saw. \_\_\_\_\_

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Hike 3

Dates \_\_\_\_\_

Descriptions of routes covered, \_\_\_\_\_

\_\_\_\_\_

Weather, \_\_\_\_\_

Any interesting things you saw. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hike 4

Dates \_\_\_\_\_

Descriptions of routes covered, \_\_\_\_\_

\_\_\_\_\_

Weather, \_\_\_\_\_

Any interesting things you saw. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hike 5

Dates \_\_\_\_\_

Descriptions of routes covered, \_\_\_\_\_

\_\_\_\_\_

Weather, \_\_\_\_\_

Any interesting things you saw. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

20 Mile Hike

Dates \_\_\_\_\_

Descriptions of routes covered, \_\_\_\_\_

\_\_\_\_\_

Weather, \_\_\_\_\_

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.

**Requirement resources can be found here:**  
[http://www.meritbadge.org/wiki/index.php/Hiking#Requirement\\_resources](http://www.meritbadge.org/wiki/index.php/Hiking#Requirement_resources)

## Important excerpts from the [‘Guide To Advancement’](#), No. 33088:

Effective January 1, 2012, the ‘Guide to Advancement’ (which replaced the publication ‘Advancement Committee Policies and Procedures’) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[ Inside front cover, and 5.0.1.4 ] — Unauthorized Changes to Advancement Program**  
***No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.***  
(There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs”.)
- **[ Inside front cover, and 7.0.1.1 ] — The [‘Guide to Safe Scouting’](#) Applies**  
Policies and procedures outlined in the ‘Guide to Safe Scouting’, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- **[ 7.0.3.1 ] — The Buddy System and Certifying Completion**  
Youth members must not meet one-on-one with adults. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative —or better yet, another Scout working on the same badge— along with him attending the session. When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult certification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.
- **[ 7.0.3.2 ] — Group Instruction**  
It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways or similar events. Interactive group discussions can support learning. The method can also be attractive to “guest experts” assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.  
  
There must be attention to each individual’s projects and his fulfillment of *all* requirements. We must know that every Scout — actually and *personally*— completed them. If, for example, a requirement uses words like “show,” “demonstrate,” or “discuss,” then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions. Because of the importance of individual attention in the merit badge plan, group instruction should be limited to those scenarios where the benefits are compelling.
- **[ 7.0.3.3 ] — Partial Completions**  
Scouts need not pass all requirements with one counselor. The Application for Merit Badge has a place to record what has been finished — a “partial.” In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, he or she does not retain the counselor’s portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his Scoutmaster to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the 18th birthday.