



# Hiking

## Merit Badge Workbook

This workbook can help you organize your notes but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Workbooks for all merit badges are at: <http://usscouts.org/mb/wkbks/list.asp>.

Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007, Workbook updated: January 2008.

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,





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.