



# Hiking

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007, Workbook updated: April 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, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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a clothing and equipment list,

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

and a list of items for a trail lunch.

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

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

**Hike 1**

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**Hike 2**

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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, \_\_\_\_\_

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weather, \_\_\_\_\_

and any interesting things you saw. \_\_\_\_\_

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**Hike 2** Give dates \_\_\_\_\_

and descriptions of routes covered, \_\_\_\_\_

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weather, \_\_\_\_\_

and any interesting things you saw. \_\_\_\_\_

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**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.

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

**Boy Scouts of America:** ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)  
 ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use Policy](#) ► [Youth Protection Training](#)

**Boy Scout Merit Badge Workbooks:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)  
[ExpertVillage First Aid Videos](#) ► [Make a First Aid Kit](#) ► [Basics](#) ► [Basics2](#) ► [CPR Basics](#) ► [Venomous Snake Bite](#)

More Online Videos: <http://www.expertvillage.com/>

[Hiking Videos](#) ► [Planning](#) ► [Footwear](#) ► [Blisters](#) ► [Gear](#) ► [Cold Weather](#) ► [Warm Weather](#) ► [Layering](#)  
[Camping Videos](#) ► [Packing](#) ► [Water Purification](#) ► [Layering](#) ► [Wet Weather](#) ► [Sleeping Bags](#) ► [Pads](#) ► [Tents](#)  
[Backpacking Videos](#) ► [Gear](#) ► [Internal vs. External Frame](#) ► [Campsite](#) ► [Clothing](#) ► [Food](#) ► [Hydration](#) ► [Socks](#)  
[USScouts.org:](#) ► [Orienteering](#) ► [Camps Database](#) ► [Cooking](#) ► [Camping](#) ► [More](#)

American Hiking Society: <http://www.americanhiking.org>

Backpacker Magazine: <http://www.backpacker.com>

Camping Life Magazine: <http://www.campinglife.com>

Leave No Trace Inc.: <http://www.LNT.org>

Local Hikes: <http://www.localhikes.com>

National Park Service: <http://www.nps.gov>

Northern Tier High Adventure Base: <http://www.ntier.org>

Philmont Scout Ranch: <http://www.scouting.org/philmont>

Sierra Club: <http://www.sierraclub.org>

Student Conservation Association: <http://www.thesca.org>

U.S. Bureau of Land Management: <http://www.blm.gov>

U.S. Fish and Wildlife Service: <http://www.fws.gov>

USDA Forest Service: <http://www.fs.fed.us>

U.S. Geological Survey: <http://www.usgs.gov>

Free Topographical Maps: US Geological Survey: <http://store.usgs.gov/> (Download the pdf or buy 22"x27" maps for \$7 each.)

Topographical: Topozone.com: <http://www.topozone.com/> (Choose your map and scale, then click Print Map, free 8.5x11.)

Satellite, Street, and Terrain Maps: <http://maps.google.com/>

Large Satellite Photos: <http://teraserver-usa.com/address.aspx> (Enter Address, choose large size, print, right click, Save as)