



SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Hiking merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/hiking/hiking-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/hiking/hiking-cpp.pdf>

THE REQUIRED HIKE FOR THIS BADGE MAY BE USED IN FULFILLING HIKING REQUIREMENTS FOR RANK ADVANCEMENT. HOWEVER, THESE HIKE CANNOT BE USED TO FULFILL REQUIREMENTS OF OTHER MERIT BADGES.

REQUIREMENTS 4a, 4b, 4c, 4d, and 4e REQUIRE COUNSELOR APPROVAL.

REQUIREMENT 1a: 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.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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REQUIREMENT 1b: Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, snakebite.

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

FROSTBITE:

Prevention:

Symptoms:

Treatment:



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DEHYDRATION:

Prevention:

Symptoms:

Treatment:

HEAT EXHAUSTION:

Prevention:

Symptoms:

Treatment:



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HEATSTROKE:

Prevention:

Symptoms:

Treatment:

SUNBURN:

Prevention:

Symptoms:

Treatment:



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HYPERVENTILATION:

Prevention:

Symptoms:

Treatment:

ALTITUDE SICKNESS:

Prevention:

Symptoms:

Treatment:



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SPRAINED ANKLE:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



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INSECT STINGS:

Prevention:

Symptoms:

Treatment:

TICK BITES:

Prevention:

Symptoms:

Treatment:



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SNAKEBITE:

Prevention:

Symptoms:

Treatment:

REQUIREMENT 2a: Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.

Proper Outdoor Ethics:

Hiking Safety in the Daytime:



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Hiking Safety at Night:

Courtesy to Others:

Choice of Footwear:

Proper Care of Feet and Footwear:



REQUIREMENT 2b: Read aloud or recite the Leave No Trace Seven Principles, and discuss why each is important while hiking.

THE 7 PRINCIPLES
of Leave No Trace

1. Plan Ahead & Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Notes:

REQUIREMENT 2c: Read aloud or recite the Outdoor Code, and give examples of how to follow it on a hike.

Outdoor Code

As an American, I will do my best to-

- Be Clean in my outdoor manners,
- Be Careful with fire,
- Be Considerate in the outdoors, and
- Be Conservation-minded

Notes:



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REQUIREMENT 3: Explain how hiking is an aerobic activity.

Notes:

REQUIREMENT 3: Develop a plan for conditioning yourself for 10-mile hikes.

Notes:

REQUIREMENT 3: Describe how you will increase your fitness for longer hikes.

Notes:



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REQUIREMENT 4: Take four 10-mile hikes and one 20-mile hike, each on a different day, and each of continuous miles. Prepare a written hike plan before each hike and share it with your counselor or a designee for approval before starting the hike. Include map routes, a clothing and equipment list, and a list of items for a trail lunch. 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 such as overnight.

TREK SAFELY

- Qualified supervision
- Physical fitness
- Plan ahead
- Gear up
- Communicate clearly and completely
- Monitor conditions
- Discipline

REQUIREMENT 4a: 10-Mile Hike #1

Consider using the [Hiking Merit Badge Pamphlet](#) for preparation assistance
Be sure to bring your written hike plan for approval when meeting with your counselor
This requirement must be reviewed with your merit badge counselor.

COUNSELOR APPROVAL: IS REQUIRED FOR 10-MILE HIKE #1.

Counselor's Name

Phone or Email

Counselor's Signature

Date ☐ approved

REQUIREMENT 4b: 10-Mile Hike #2

Consider using the [Hiking Merit Badge Pamphlet](#) for preparation assistance
Be sure to bring your written hike plan for approval when meeting with your counselor
This requirement must be reviewed with your merit badge counselor.

COUNSELOR APPROVAL: IS REQUIRED FOR 10-MILE HIKE #2.

Counselor's Name

Phone or Email

Counselor's Signature

Date ☐ approved

REQUIREMENT 4c: 10-Mile Hike #3

Consider using the [Hiking Merit Badge Pamphlet](#) for preparation assistance
Be sure to bring your written hike plan for approval when meeting with your counselor
This requirement must be reviewed with your merit badge counselor.



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COUNSELOR APPROVAL: IS REQUIRED FOR 10-MILE HIKE #3.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

REQUIREMENT 4d: 10-Mile Hike #4

Consider using the [Hiking Merit Badge Pamphlet](#) for preparation assistance
Be sure to bring your written hike plan for approval when meeting with your counselor

This requirement must be reviewed with your merit badge counselor.

COUNSELOR APPROVAL: IS REQUIRED FOR 10-MILE HIKE #4.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

REQUIREMENT 4e: 20-Mile Hike

Consider using the [Hiking Merit Badge Pamphlet](#) for preparation assistance
Be sure to bring your written hike plan for approval when meeting with your counselor

This requirement must be reviewed with your merit badge counselor.

COUNSELOR APPROVAL: IS REQUIRED FOR THE 20-MILE HIKE.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

REQUIREMENT 5:

After each of the hikes (or during each hike if on one continuous "trek") in requirement 4, write a short report on your hike. For each hike, give the date and description (or map) of the route covered, the weather, any interesting things you saw, and any challenges you had and how you overcame them. It may include something you learned about yourself, about the outdoors, or about others you were hiking with. Share this with your counselor.