



# Hiking

## Merit Badge Workbook



This workbook can help you, but you still need to read the merit badge pamphlet.  
This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

**Merit Badge Counselors may not require the use of this or any similar workbooks.**

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2023 • This workbook was updated in November 2023.

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

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

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: [Merit.Badge@Scouting.Org](mailto:Merit.Badge@Scouting.Org)

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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.


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- b. 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, and snakebite.

Hypothermia:


Frostbite:


Dehydration:


Heat exhaustion:


Heatstroke


Sunburn:


Hyperventilation


Altitude sickness:


Sprained ankle:	
Blisters:	
Insect stings	
Tick bites:	
Snakebite:	

2. Do the following:

- a. 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


Hiking safety at night,


Courtesy to others,


Choice of footwear,


Proper care of feet and footwear.


- b. Read aloud or recite the Leave No Trace guidelines, and discuss why each is important while hiking.


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


- 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. 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 merit badge 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.\*

	Date
1. Four 10 mile hikes	
2.	
3.	
4.	
5. One 20 mile hike	

Hiking Scout's Name: \_\_\_\_\_

Hike 1 (10 miles)

Destination(s):


Map routes:


Clothing and equipment list,


Items for a trail lunch.


Hiking

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

Hike 2 (10 miles)

Destination(s):


Map routes:


Clothing and equipment list,


Items for a trail lunch.


Hike 3 (10 miles)

Destination(s):


Map routes:


Clothing and equipment list,


Items for a trail lunch.




Hiking

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

- Hike 4 (10 miles)

Destination(s):

Map routes:

Clothing and equipment list,


Items for a trail lunch.


Hiking

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

- Hike 5 (20 miles)

Destination(s):


Map routes:


Clothing and equipment list,


Items for a trail lunch.


Hiking

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

- 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 merit badge counselor.\*

Hike 1 (10 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

Something you learned about yourself, about the outdoors, or about others you were hiking with


Hike 2 (10 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

Something you learned about yourself, about the outdoors, or about others you were hiking with


Hike 3 (10 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

Something you learned about yourself, about the outdoors, or about others you were hiking with


Hike 4 (10 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

Something you learned about yourself, about the outdoors, or about others you were hiking with


Hike 5 (20 miles)

Date

Descriptions of routes covered,

Weather,

Any interesting things you saw.

Challenges you had and how you overcame them

Something you learned about yourself, about the outdoors, or about others you were hiking with


\* The required hikes for this badge may be used in fulfilling hiking requirements for rank advancement. However, these hikes cannot be used to fulfill requirements of other merit badges.

**When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>. You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.**