

## Hiking Merit Badge:

**Either this Merit Badge or Swimming MB or  
Cycling MB is Required to earn the Eagle  
Scout Rank!**

Your Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Date Starting This Merit Badge: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_

How to Contact Your Counselor: \_\_\_\_\_

### **Note to the Scout and Merit Badge Counselor:**

**This set of worksheets is meant to facilitate earning this merit badge, but under no circumstances is it meant to be used in lieu of the appropriate BSA merit badge book.**

REQUIREMENTS were REVISED as of January 1, 2000.

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

Date shown to counselor: \_\_\_\_\_ Signed off: \_\_\_\_\_

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.

Date explained to counselor: \_\_\_\_\_ Signed off: \_\_\_\_\_



Clothing and equipment list:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Trail lunch items list:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Date shown to counselor: \_\_\_\_\_

Signed off: \_\_\_\_\_

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:

Hike Destination: \_\_\_\_\_

Hike Plan: \_\_\_\_\_

_____
_____
_____
_____

Date hike was done: \_\_\_\_\_

Signed off: \_\_\_\_\_

Hike 2:

Hike Destination: \_\_\_\_\_

Hike Plan: \_\_\_\_\_

_____
_____
_____

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Date hike was done: \_\_\_\_\_ Signed off: \_\_\_\_\_

Hike 3:

Hike Destination: \_\_\_\_\_

Hike Plan: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date hike was done: \_\_\_\_\_ Signed off: \_\_\_\_\_

Hike 4:

Hike Destination: \_\_\_\_\_

Hike Plan: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date hike was done: \_\_\_\_\_ Signed off: \_\_\_\_\_

Hike 5:

Hike Destination: \_\_\_\_\_

Hike Plan: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date hike was done: \_\_\_\_\_ Signed off: \_\_\_\_\_

6. Take a hike of 20 continuous miles in one day following a hike plan you have prepared.\*

Hike Destination: \_\_\_\_\_

Hike Plan: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date hike was done: \_\_\_\_\_ Signed off: \_\_\_\_\_

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.

(Reports attached)

Date completed: \_\_\_\_\_ Signed off: \_\_\_\_\_

**\*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.**

BSA Advancement ID#: 61  
Pamphlet Revision Date: 1997  
Requirements last updated in 2000

**In completing all requirements for this merit badge, I have completely read the appropriate BSA merit badge book, and discussed same with my counselor.**

\_\_\_\_\_  
**signed**

\_\_\_\_\_  
**date**

(Source: Courtesy USSSP Merit Badge Requirements, current as of the MB date on this document)