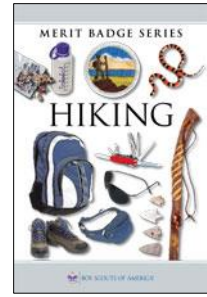




890
DALLAS BSA TEXAS

Hiking Merit Badge



Similar to the Troop 890's CAPS program, Scouts take on the Hiking Merit Badge and 50-Miler starting in December of their second year (after completing the First Year program). The merit badge kicks off with a Holiday Lights hike in Highland Park that starts at the corner of Knox and Travis streets (former site of the Highland Park Soda Fountain), goes to the Starbucks in Highland Park Village, and returns. This is a fun hike and families are encouraged to come along. In January and February there will be hikes each weekend (see schedule). Then, during Spring Break in March, we will go on the "50-Miler" hiking campout in the Ouachita Mountains in Oklahoma. This campout is not required for the merit badge but Troop 890 does require completion before going to a high adventure base. Besides, the 50-Miler campout rocks and is totally awesome! Adult (parent) participation is essential for this campout. The merit badge will culminate in a 20-mile hike around the first of April (see schedule).

Scouts are strongly encouraged to read the Hiking Merit Badge handbook but it is not necessary for each Scout to purchase his own individual copy (i.e. split the cost and share with your buddies). The merit badge requirements are listed on the next page.

- For requirements 1 – 3, Scouts should prepare written answers over the Christmas break that can be turned in. However, we will also verbally go over these items together as a group during a special meeting in early January, showing that each Scout knows these requirements.
- For requirement #4, there will be multiple 10-mile hikes in Dallas, so Scouts can complete this requirement even if they have to miss one or two hikes. Additionally, Scouts can count the four hikes on the 50-Miler. The Holiday Lights hike will count for the 5-mile (or a 10-mile would also count). One of the 50-Miler hikes will count as a 15-mile hike and there may also be a 15-mile hike offered in Dallas, depending on scheduling and need. A form is included for Scouts to use in creating a Hike Plan and a separate form for the hiking reflections in requirements #6. We will discuss these forms and the requirements in greater detail. **It is important that Scouts complete the reflection right after the hike and turn it in at next week's hike.**
- There will only be one opportunity to complete requirement #5. Please keep this date available.

In addition, we will continue the 890 Hiking Merit Badge tradition of working on the Fifth Point in the Scout Law – COURTEOUS. Scouts will respond to adults with "Yes, Sir/Ma'am" or "No, Sir/Ma'am" as appropriate, rather than saying "Yeah" or "Uh-huh." Adults will not acknowledge a Scout who forgets this courtesy until they remember and rephrase.

Starting with their first hike at White Rock Lake, all Scouts will need to carry a foot care kit, in addition to the other essentials. See the list below.

Hiking Merit Badge Requirements

Hiking is a terrific way to keep your body and mind in top shape, both now and for a lifetime. Walking packs power into your legs and makes your heart and lungs healthy and strong. Exploring the outdoors challenges you with discoveries and new ideas. Your senses will improve as you use your eyes and ears to gather information along the way.

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.
 - 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.
2. 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.
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 the five following hikes, each on a different day, and each of continuous miles. These hikes **MUST** be taken in the following order:
 - a. One 5-mile hike
 - b. Three 10-mile hikes
 - c. One 15-mile hike

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 (example: overnight). Prepare a written hike plan before each hike and share it with your Scoutmaster or a designee. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.*

* 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.

5. Take a hike of 20 continuous miles in one day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but **not** for an extended period (example: overnight).*
6. After each of the hikes (or during each hike if on one continuous “trek”) in requirements 4 and 5, write a short reflection of your experience. Give dates and descriptions of routes covered, the weather, and any interesting things you saw. 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.

2020 Hiking Schedule

SUN, DEC 16: 5:00 PM – 8:30 PM Holiday Lights Hike. Eat dinner before (or after) hike. The Troop has arranged for hot chocolate at Starbucks.

NOTE: All 10-mile hikes below are scheduled for 4 hours but may be shorter (hopefully not longer) depending on the pace set by the Scouts. Scouts will call for a ride when we are close to finishing. Be prepared to pick up any time after 3 hours.

SAT, JAN 4: 8:00 AM – 12 NOON White Rock Lake hike (clockwise). Meet at Boy Scout Hill.

MON, JAN 6: 6:00 PM Semi-mandatory meeting to review written requirements BEFORE the regular Troop Meeting.

SAT, JAN 11: 8:00 PM – 12 NOON White Rock Lake hike (counter-clockwise). Meet at Bath House.

SAT, JAN 18: 8:00 AM – 12 NOON White Rock Lake hike (clockwise). Meet at Boy Scout Hill.

JAN 25/26 **War Games campout – NO HIKE**

SAT, FEB 1: 7:00 AM – 1:00 PM Cedar Ridge hike. Meet at LHUMC to carpool/caravan to Cedar Ridge Preserve (near Joe Pool Lake). Bring snack.

SAT, FEB 8: 8:00 AM – 12 NOON White Rock Lake hike (counter-clockwise). Meet at Bath House.

MON, FEB 9: 7:00 PM – 8:00 PM **Mandatory 50-Miler meeting for parents during Troop mtg.**

SAT, FEB 15: 8:00 AM – 12 NOON White Rock Lake hike (clockwise). Meet at Norbuck Park.

SAT, FEB 22: 7:00 AM – 1:00 PM Cedar Ridge hike. Same as above.

SAT, FEB 29 **Fundraiser Delivery Day – NO HIKE on this day**

SUN, MAR 1: 1:30 – 5:30 pm Hike TBD.

MAR 7/8 **Camporee campout – NO HIKE this weekend**

FRI, MAR 13 – WED, MAR 18 50-Miler campout.

SAT, MAR 30: 7:00 AM – 4:00 PM 20-mile hike. Location TBD.

Hiking Gear

Take the Outdoor Essentials with you on every outdoor adventure. These will help you avoid and/or be prepared for emergencies. You will need a pack to carry everything.

The Outdoor Essentials

- Map and compass
- Water bottle (bring 2; ideally each should be 32 oz./ 1 liter)
- Sun protection (sunscreen and hat)
- Rain gear
- First-aid kit (the one that you made)
- Flashlight
- Pocketknife
- Matches and fire starters
- Trail food
- Extra clothing

Additional items you need to have for hiking:

- Watch
- Hiking boots and wool socks
- Foot-care kit
 - Duct tape (about 3-4 feet; I recommend wrapping around a pencil; for pre-blisters)
 - Moleskin (for blisters; comes in a single piece about 3-by-6 inches)
 - Bandanna (for sun protection, cooling, or sprained ankle)
 - Gold Bond (small or medium bottle for chafing)
 - Antiseptic wipes (such as alcohol)
 - Triple Antibiotic Ointment (Neosporin)
 - Adhesive bandages (Band-Aids)
 - Safety pin
 - Non-latex gloves

Optional items usually only used by adults:

- Hiking/trekking poles
- GPS
- Sock liners

Hiking Trip Plan

Scout Name: _____

Destination: _____

Date/ Time of Departure: _____ Estimated Time of Return: _____

Route Going: _____

Route Returning: _____

Distance Going: _____ Distance Returning: _____

Others on Hike (at least one buddy): _____

Purpose of this Hike: _____

Permissions Needed: _____

Source(s) of Drinking Water: _____

Equipment Needed: _____ Clothing Needed: _____

Hike Menu: _____

Hiking Reflection

Scout Name: _____

Hike Location: _____

Day and Date of Hike: _____

Time of Departure: _____ Time of Completion: _____

Distance Hiked: _____ Description or Routes Covered: _____

Others on Hike (at least one buddy – list all): _____

Weather: _____

What interesting things did you see and hear: _____

What did you learn about yourself, the outdoors, or others you were hiking with: _____

What problems did you have: _____

What might you do differently next time: _____

Sunburn:

Sprained ankle:

Insect stings:

Tick bites:

Snakebite:

Blisters:

Hyperventilation:

Altitude sickness:

Explain the principals of Leave No Trace.

Explain how to hike safely in the daytime.

Explain how to hike safely at night.

Explain how to be courteous to others.

Explain how to choose footwear.

Explain the proper care of feet and footwear.

