

Hiking Merit Badge

The Basics

How to get the Merit Badge

The Hiking Merit Badge is one of the easier merit badges to earn in scouting. What is required is a total of 6 hikes and completing five workbook requirements.

Hike 1-2

These are two 10 miles hikes we take on local roads and trails.

Hike 3-5

The final three 10 mile hikes are taken at local state parks or sites recommended by the scouts.

Hike 6

This is a 20 mile hike; we use the C&O Canal to complete this requirement.

Hiking Merit Badge



**Merit Badge
Counselors
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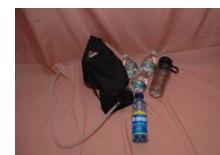
Day pack or book bag



What Should you Carry

Water

Water in water bottles or just bottled water. If your pack can use hydration bags they are nice since you can drink without having to take anything from your pack



Snacks

Simple easy to eat snacks are the best items like snack bars, breakfast bars or GORP (Good old raisans and peanuts)

Other Gear

First Aid Kit

A couple of Band-Aids, moleskin and blister packs, and a little bit of antiseptic is all you need.



Miscellaneous

Including raingear, map, compass, GPS (optional), pocket tool, small flashlight, insect repellent, sunscreen, matches and a hat.



Other Gear

Note on clothing: synthetic or wool clothing wicks moisture away from the body and is generally preferable to cotton

Warm Weather Clothes

T-shirt
Hiking Shorts
Long Pants
Sweater or Jacket
Bandana

Cold Weather

Long-sleeved shirt
Long Pants
Sweater or Fleece
Insulated coat or parka
Stocking Cap (Important)
Mittens

Take clothes you can layer for different temperatures. For instance you may start with a shirt, fleece and pullover. As it warms up you remove the pullover, then replace the fleece with the pullover and finally remove both the fleece and pull over. As the evening cools you reverse the process and re-add the missing layers.

Work Book

1. First aid for 14 common hiking related injuries or ailments
2. Leave no trace, hiking in daylight or evening, courtesy to others and footwear.
3. Explain the aerobic nature of Hiking
4. Prepare a written plan for one of your 10 mile hikes
5. Write a short report on each of your 6 hikes

What do you need?

Foot Gear

Wool or Synthetic socks (cotton holds water and causes blisters). Sturdy tennis shoes for urban hikes, boots can be helpful at the state parks.

