

- 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	

