



# BACKPACKING/HIKING

Zink High Adventure Base

Tentative Schedule, Gear List, and Prerequisites

## Schedule (Tentative):

### Friday

- 4-5pm Arrival/Check-in (eat dinner prior to arrival)
- 6-6:30pm Program Briefing
- 6:30-7pm Crew Assignments/Teambuilding  
Crew Roles
- 7pm-9pm Class Round-Robins:
  - Meal Planning (40min)
  - Kitchen Gear/Water Filtration Prep (40 min)
 Gear Shakedown (40min)
- 9-9:30pm Cracker Barrel
- 9:30-10pm Map Room/Trek Planning
- 10-10:30pm Taps
- 10:30pm Lights Out

### Saturday

- 6am Wakeup
- 6:30-7:15am Breakfast
- 7:30am Departure on Trail
  - Orienteering
  - First Aid Topic Cards
 Trail Lunch
- Arrival in Camp
  - Campsite Eval
  - Leave no Trace
 Cooking
- 8pm Campfire

### Sunday

- 6am Wakeup
- 7am Departure
- 12pm Base Camp Debrief
- 1pm Departure

## VENTURE ONWARD





### **Gear List:**

**ZBASE will provide stoves and cooking gear. If you want to use your own tent, stove, or cooking gear, you may bring it.**

#### **• Clothes (adjust for the weather and season)**

- T-shirt
- Long-sleeved shirt
- Underwear
- Hiking shorts
- Long pants
- Socks (synthetic blend or wool)
- Hiking shoes or boots (well-fitting and broken in)
- Camp shoes (closed toe)
- Sweater or jacket
- Brimmed hat, stocking hat
- Sunglasses
- Bandana
- Rain gear

#### **• Personal Gear**

- Backpack with rain cover
- Hiking poles (optional)
- Sleeping bag and pad
- Eating gear (mess kit)
- Backpacking Tent (optional)
- Hammock (optional)
- Pocketknife
- Personal First-Aid Kit
- 2-3 Water bottles, 1L each (must have 2 water bottles minimum. Bladder may be the 3<sup>rd</sup>)
- Headlamp
- Sun and Insect Protection
- Compass
- Personal toiletry kit (Kleenex, TP, toothbrush, wash cloth, etc.)
- Misc.: Medications, insect repellent, bug net, paper & pencil, whistle, camera, binoculars, fishing gear, etc.

# **VENTURE ONWARD**





## REQUIREMENTS

- Yellow highlights are pre-requisites needed **BEFORE** arriving.
- Green highlights will be completed over the weekend.
- Scouts will still need 2 additional 15+ mile treks and the 30 miler for Backpacking MB and the hikes for Hiking MB.

## Backpacking Merit Badge

*Requirements for the Backpacking merit badge:*

1. Discuss the prevention of and treatment for the health concerns that could occur while backpacking, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebite, and blisters.
2. Do the following:
  - a. List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary.
  - b. Describe 10 ways you can limit the weight and bulk to be carried in your pack without jeopardizing your health or safety.
3. Do the following:
  - a. Define limits on the number of backpackers appropriate for a trek crew.
  - b. Describe how a trek crew should be organized.
  - c. Tell how you would minimize risk on a backpacking trek.
  - d. Explain the purpose of an emergency response plan.
4. Do the following:
  - a. Describe the importance of using Leave No Trace principles while backpacking, and at least five ways you can lessen the crew's impact on the environment.
  - b. Describe proper methods of handling human and other wastes while on a backpacking trek. Describe the importance of and means to assure personal cleanliness while on a backpacking trek.
  - c. Tell what factors are important in choosing a campsite.
5. Do the following:
  - a. Demonstrate two ways to treat water and tell why water treatment is essential.
  - b. Explain to your counselor the importance of staying well hydrated during a trek.
6. Do the following:
  - a. Demonstrate that you can read topographic maps.
  - b. While on a trek, use a map and compass to establish your position on the ground at three different locations, **OR** use a GPS receiver unit to establish your position on a topographic map and on the ground at three different locations.
  - c. Explain how to stay found, and what to do if you get lost.
7. Tell how to prepare properly for and deal with inclement weather.

# VENTURE ONWARD





8. Do the following:
  - a. Explain the advantages and disadvantages of the different types of backpacking stoves using at least three different types of fuel.
  - b. Demonstrate that you know how to operate a backpacking stove safely and to handle liquid fuel safely.
  - c. Prepare at least three meals using a stove and fuel you can carry in a backpack.
  - d. Demonstrate that you know how to keep cooking and eating gear clean and sanitary, and that you practice proper methods for food storage while on a backpacking trek.
9. Do the following:
  - a. Write a plan that includes a schedule for a patrol/crew backpacking hike of at least 2 miles.
  - b. Conduct a prehike inspection of the patrol and its equipment.
  - c. Show that you know how to properly pack your personal gear and your share of the crew's gear and food.
  - d. Show you can properly shoulder your pack and adjust it for proper wear.
  - e. While using the plan you developed for requirement 9a, carry your fully loaded pack to complete a hike of at least 2 miles.
10. Using Leave No Trace principles, participate in at least three backpacking treks of at least three days each and at least 15 miles each, and using at least two different campsites on each trek. Carry everything you will need throughout the trek. (You will complete one 15-mile hike on this weekend.)
11. Do the following:
  - a. Write a plan for a backpacking trek of at least five days using at least three different campsites and covering at least 30 miles. Your plan must include a description of and route to the trek area, a schedule (including a daily schedule), a list of food and equipment needs, a safety and emergency plan, and a budget.
  - b. Using Leave No Trace principles, take the trek you have planned and, while on the trek, complete at least one service project approved by your merit badge counselor.
  - c. Keep a daily journal during the trek that includes a day-by-day description of your activities, including notes about what worked well and thoughts about improvements that could be made for the next trek.

## VENTURE ONWARD





## Hiking Merit Badge

*Requirements for the Hiking merit badge:*

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:
  - One 5-mile hike
  - Three 10-mile hikes
  - 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. \*
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.

\*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.

# VENTURE ONWARD





## Cooking Merit Badge

*Requirements for the Hiking merit badge:*

6. **Trail and backpacking meals. Do the following:**
  - a. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.
  - b. Create a shopping list for your meals, showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
  - c. Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.
  - d. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked over a fire, or an approved trail stove (with proper supervision).\*\*
  - e. After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how better planning and preparation help ensure successful trail hiking or backpacking meals.
  - f. Discuss how you followed the Outdoor Code and no-trace principles during your outing. Explain to your counselor how you cleaned any equipment, utensils, and the cooking site after each meal. Explain how you properly disposed of any dishwasher and packed out all garbage.

# VENTURE ONWARD

