

## Hiking Badge



CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- \_\_\_\_\_  1. Know how to take care of your feet for everyday walking, through washing, toenail clipping, wearing clean, dry socks and having proper fitting shoes.
- \_\_\_\_\_  2. Know how to treat a blister on the foot, insect bites, hypothermia, overheating and discuss the importance of getting adequate rest while hiking.
- \_\_\_\_\_  3. Discuss some safety rules for hiking, such as:
- a) staying with the group and using a buddy system
  - b) keeping to designated trails
  - c) keeping the group together
  - d) having enough drinking water and food
  - e) carrying a first aid kit, whistle and spare clothes.
- \_\_\_\_\_  4. Describe what to do if lost.
- \_\_\_\_\_  5. Know some rules for protecting nature when hiking.
- \_\_\_\_\_  6. Go on four hikes of one to two hours long, some of which could be in a conservation area or park, around your camp, around your community, or at night.
- \_\_\_\_\_  7. Prepare a nutritional trail mix to eat and share.

**I completed my Hiking Badge requirements on:**

\_\_\_\_\_

**(date)**