

STAR/LIFE HIKING SCOUT CHALLENGE

IF YOU ARE A SCOUT, HERE'S AN OPPORTUNITY TO WORK ON A FEW ADVANCEMENT REQUIREMENTS!

- Participate in a service hike that involves trail clean-up or trash sweep. (star 4 or life 4)
- Explain the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards. (see hiking merit badge 1a)
- 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. (see hiking merit badge 1b)
- 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. (see hiking merit badge #2)
- 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. (see hiking merit badge #3)
- Prepare a written hike plan for a 5 mile hike. Include map routes, a clothing and equipment list, and a list of items for a trail lunch. Then go on the hike (see hiking merit badge #4)
- After your hike, 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. (see hiking merit badge #6)
- Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a plan for implementing these principles on your next hike. (see camping merit badge #2)
- List 10 items that are essential to be carried on any backpacking trek and explain why each item is necessary. (see backpacking merit badge 2a)
- 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. (see backpacking merit badge 4a)