



Pathfinder's Name

Hiking

1. Explain and demonstrate the main points of good hiking practice:

Pacing _____

Speed _____

Resting _____

Etiquette _____

2. Explain the importance and method of proper foot care with regard to:

Cleanliness _____

Care of nail _____

Socks _____

Shoe selection _____

First aid of tender or blistered feet _____

3. Make a list of proper clothing to be worn on a hike in both hot and cool weather.

Hot

Cold

_____	_____
_____	_____
_____	_____

Hot

Cold

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 4. Make a list of needed gear for a long day hike in the wilderness and a short country hike.

Long day hike _____

Short country hike _____

- 5. List five safety and courtesy rules to be used in wilderness trail hiking and road hiking.

Wilderness

1. _____

2. _____

3. _____

4. _____

5. _____

Trail

1. _____

2. _____

3. _____

4. _____

5. _____

- ❑ 6. Explain the importance of drinking water and list three signs of contaminated water.

Signs of contaminated water

- 1. _____
- 2. _____
- 3. _____

- ❑ 7. Explain the importance of proper eating while hiking.

- ❑ 8. Describe proper clothing and foot gear for cold and hot wet weather hiking.

Clothing

Cold/Wet Weather

Hot/Wet Weather

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Foot Gear

Cold/Wet Weather

Hot/Wet Weather

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- ❑ 9. Submit a written plan for a 10-mile (16.1 km) hike which includes: map route, clothing list, equipment list, and water and/or food.
(Complete Chart #1)
- ❑ 10. Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.
- ❑ 11. Have the following hiking record:
 - a. One five-mile (8 km) rural or town hike
Date _____
Location _____
 - b. One five-mile (8 km) hike on a wilderness trail
Date _____
Location _____
 - c. Two 10-mile (16.1 km) day hikes on different routes
Date _____
Location _____
Date _____
Location _____
 - d. One 15-mile (24.2 km) hike on a wilderness trail
Date _____
Location _____
 - e. Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things you saw.
(Complete Chart #2)

Hiking, Chart #1

Map route	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
Clothing list	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Equipment list	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Water and/or food	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Hiking, Chart #2

Date of Hike _____

Routes covered: _____

Weather:

Things of interest