

- 1. Explain and demonstrate the main points of good hiking practice, such as pacing, speed, resting, and etiquette.
- **2.** Explain the importance and method of proper foot care with regard to cleanliness, care of nails, socks, shoe selection, and 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.
- **4.** Make a list of needed gear for a long day hike in the wilderness and a short country hike.
- **5.** List five safety and courtesy rules to be used in wilderness trail hiking and road hiking.
- **6.** Explain the importance of drinking water and list three signs of contaminated water.
- 7. Explain the importance of proper eating while hiking.
- **8.** Describe proper clothing and foot gear for cold and hot wet weather hiking.
- 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.
- **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
 - **b.** One five-mile (8 km) hike on a wilderness trail
 - **c.** Two 10-mile (16.1 km) day hikes on different routes
 - **d.** One 15-mile (24.2 km) hike on a wilderness trail
 - **e.** Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things you saw.

Skill Level 1

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