



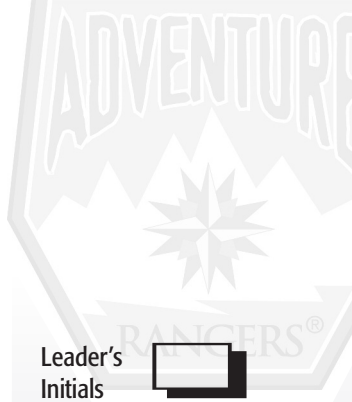
Hiking Merit

1. Explain the safety rules for hiking on the open road and in the wilderness.

2. Explain the safety rules for night hiking.

3. Describe the basics of hiking courtesy toward others on the trail.

4. Explain the meaning and actions required for “leave no trace” hiking.



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5. Discuss the merits of two different types of backpacks that can be used for hiking. State your preference and explain why.

External Frame:

Advantages: _____

Disadvantages: _____

Internal Frame:

Advantages: _____

Disadvantages: _____

The frame I prefer is _____

Because _____

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6. Make separate lists of the clothes and shoes that are best for hiking during warm weather, cold weather, and wet weather.

Warm-weather clothes:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Warm-weather boots: _____

Cold-weather clothes:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Cold-weather boots: _____

Wet-weather clothes:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Wet-weather boots: _____

7. Explain proper foot care to prevent blisters during hikes.

8. Explain how to avoid becoming lost in unfamiliar territory. List the rules to follow if you become lost.



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9. Write a plan for a 10-mile hike. The plan should include a map of the trails or routes taken, clothing and equipment needed, and items needed for lunch on the trail.

Use MWS 3 "10-Mile Hike Planner" for this.

10. Write a short report for each of the following hikes. Give information on the things you observed, dates, trail descriptions, and weather.

- a. Take four hikes of at least 5 miles each.
- b. Take three hikes of at least 10 miles each.
- c. Take one hike of at least 15 miles.

Note: At least one of the above hikes must include a nighttime hiking trip. Use MWS 4 "Hiking Report" as a guide for these reports.

