

The Outdoors



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: _____

Name: _____