

HIKING

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

A. Open road. _____

B. Wilderness. _____

Date Completed: _____ Commander's Initials: _____

II. A. Discuss the merits of three different types of packs.

1. _____

2. _____

3. _____

B. State your preference and explain why.

Date Completed: _____ Commander's Initials: _____

III. Assemble a pack for an overnight hike of a distance of at least 5 miles. Include a blanket or a sleeping bag and whatever supplies are needed for personal use.

Date Completed: _____ Commander's Initials: _____

IV. Make a list of clothes and shoes best for hiking during the following:

A. Warm weather. _____

B. Cold Weather. _____

[illegible]

Date Completed: _____ Commander's Initials: _____

V. Explain the proper care of feet during hikes to prevent blisters.

[illegible]

Date Completed: _____ Commander's Initials: _____

VI. A. Explain how to avoid becoming lost in strange territory.

B. List the rules to follow if you become lost.

Date Completed: _____ Commander's Initials: _____

VII. Take two hikes of at least 5 miles each. Keep notes on the thing you observed on these trips.

A. _____

[illegible]

B. _____

[illegible]

Date Completed: _____ Commander's Initials: _____

VIII. Demonstrate your ability to use a compass and map. Using a compass and map, take a cross country hike of at least five miles.

Date Completed: _____ Commander's Initials: _____