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Hiking merit badge worksheet answers

brainplu.sigs.com Free Printable Worksheet © Free Printable Worksheet 2020 | Copyright | Privacy Policy | Contact | January, 2016 Do the following: Explain to your counselor the most likely dangers you can encounter while walking, and what you should do to expect, help prevent, soften, and respond to these dangers. Show that you know first aid for injuries or diseases that can occur while walking, including hypothermia, frozen, dehydration, heat exhaustion, heat stroke, sunburn, hyperventilation, height disease, scattered ankle, blisters, insects, tick bites and snake bite. Explain and, wherever possible, show the points of good walking practices, including proper outdoor ethics, hiking safety in the day and at night, courtesy of others, choice of shoes, and proper care of feet and shoes. Explain how step is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes, and describe how you will increase your fitness for longer hikes. Take the five next hiking trails, each on another day, and each of continuous miles. These hiking trails Must be taken in the following order: One 5-mile hiking trail Three 10-mile hiking trails One 15-mile hiking trail You can stop for as many short rest periods as needed, as well as one meal, during each hike, but not for a long period (for example: overnight). Prepare a written hike before each hike and share it with your Explorer or design. Includes card routes, a clothing and equipment list and a list of items for a route lunch. * Take a hike of 20 continuous miles in one day after a walking plan you prepared. You can stop for as many short rest periods as required, as well as one meal, but not for a long period of time (for example: overnight). * After each of the hikes (or during each hike if on one continuous trek) in requirements 4 and 5, write a brief reflection of your experience. Give dates and descriptions of routes covered, the weather and any interesting things you've seen. This can include something you've learned from yourself, about the outdoors, or about others you walk with. Share it with your merit arms counselor. * The required hiking trails for this weapon can be used in fulfilling step requirements for rank promotion. However, these hikes cannot be used to meet the requirements of other merit signs. Step-work page step plan Comments: Nov 12, 2015 - AnnMarieDo the hiking trails in Req 5 & 6 must happen to the troop or can be done on their own. If the scouts are father a leader, would he be able to supervise the hikes? Thank you! Nov 12, 2015 - Scout Paul@AnnMarie - There is no limit to who should be on the hike. An explorer and his parent, 3 scouts, an explorer and his best friend, ... any of them would be ok - as long as the merit arms counselor is aware of the scout's plan and approvals of the step plan first. For all merit weapons, the explorer must counselor looks at what the scouting plans to do meet the expectations of the advisor before planned activity. Contest - Ask a Question - Add ContentThis website is not officially associated with the Boy Scouts of America Follow Me, Scouts Strong step skills are the barrier separating inexperienced Tendervoots from considered true scouts. If you are ready to act within your troop and prove yourself, this guide will help you master wilderness, answer the merit weapon page and earn your walking merit weapon! If you are like most scouts, hiking, swimming or cycling will probably be one of the first Eagle-required merit signs you'll earn. Walking was one of my first badges and was completely different from any other Exploration activity I've done before. Before we start, if you earn other Eagle-required merit badge, I would recommend looking at my Troubled Position Guide to Every Eagle-required Badge. There you will also find the links to my other merit arms guides, as well as a description and summary of each badge's requirements. I'm sure this resource will be useful for scouts heading to Eagle! Also remember that ScoutSmarts should only serve as your starting point for merit badge research. In school we are taught not to plagiarise, and the same is true for Scouting Worksheets. Answer these questions in your own words, do further research, and I promise that you will get much more from every merit badge you deserve! The Step Merit badge is not for fainting heart, but if you commit to earning step, you will show that you really become the determination it takes to become an Eagle Scout. To earn your hiking merit badge, you must complete the dreaded 20-miler, plus 4 other hiking trails longer than 10 miles each. Even for most adults who will be srapes! Earning your step merit badge won't be easy, but once you're done, I can promise you that it will be one of the most rewarding experiences of your Exploration career. If you're ready to take the leap, read on! This badge will take at least a month to complete, so take the time now to thoroughly review the weapons requirements so that you can plan accordingly. What is the hiking merit badge requirements? Explain to your counselor the most likely dangers you can encounter while walking, and what you should do to expect, help prevent, mipise, and respond to these dangers. Show that you know first aid for injuries or diseases that can occur while walking, including hypothermia, frozen, dehydration, heat exhaustion, heat stroke, sunburn, hyperventilation, height disease, scattered ankle, blisters, insects, tick bites and snake bite. Explain and, wherever possible, show the points of good walking practices, including proper outdoor ethics, hiking safety in the day and at night, courtesy of others, choice of shoes, and proper care of feet and shoes. Explain how step is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes, and how you will increase your fitness for longer hikes. Take the five next each one on another day, and each of continuous miles. These hiking trails MUST be taken in the next sequence One 5-mile hike three-year-old 10-mile hikes One 15-mile hike you can stop for as many short rest periods as needed, as well as one meal, during each hike, but not for a long period of time (for example: overnight). Prepare a written hike before each hike and share it with your Explorer or design. Includes card routes, a clothing and equipment list and a list of items for a route lunch. * Take a hike of 20 continuous miles in one day after a walking plan you prepared. You can stop for as many short rest periods as needed, as well as one meal, but not for a long period of time (for example: overnight). * After each of the hiking trails (or during each hike if on one continuous trek) in requirements 4 and 5, write a brief reflection of your experience. Give dates and descriptions of routes covered, the weather and any interesting things you've seen. This can include something you've learned from yourself, about the outdoors, or about others you walk with. Sharing it with your merit arms counselor.* The required hiking trails for this badge can be used in fulfilling step requirements for ranking promotion. However, these hikes cannot be used to meet the requirements of other merit signs. In summary, requirements 1-4 test your knowledge of walking and route safety, while requirements are 5-8 based on the actual hikes you need to complete. In this article, I will provide you with detailed responses to each of the knowledge requirements so that you can complete and safely complete your stepmerie sign when completing 5-8. Now that you understand how best to use this guide, let's jump right into answering the knowledge requirements, so you can start earning your step merit badge!1) Explain to your counselor the most likely dangers you can encounter while walking, and what you should do to expect, help prevent, soften, and respond to these dangers. There are many different types of dangers that can occur while walking. As an explorer, you are trained to be inventive and thinking of your feet; you should be able to handle most unexpected dangers on the fly! However, there are four main types of dangers that are dangerous, common, and should be prepared for any draws. These dangers are: Dangerous terrain Navigation Unexpected ConditionsInjury From Wild Animals / InsectsDangerous TerrainYou risk encountering dangerous terrain on any hiking trail. In these dangerous parts of your draw, you will have a higher risk of injury of slips, scratches, and a long fall. To avoid accidents, make sure you can identify potential hazards, and be sure to act cautiously in those areas. Navigation safely dangerous terrain, balance and stability is key. To ensure a safer trek, you may want to invest in tools such as specialized walking boots and poles. You a walking backpack that is lightweight, reliable and easy to handle. The right gear can mean the difference between a safe, enjoyable hike and a wilderness emergency. Put some time in choosing the right equipment. I would recommend choosing your gear SOAP, especially before you enter into any of your hikes. Remember, shoes, backpacks and other hiking tools take time to break in and can be prisons, but should keep you through your entire Scouting career. Problems Surfing Sometimes, routes can be poorly maintained and difficult to follow. In these cases, you may have trouble navigation and may even get lost. If you ever find yourself off-trail in the wilderness, these are the three things you need to keep in mind: Don't panic: While your first instinct may be to freak out if you ever lose yourself in the wilderness, try to stay calm. Keep track of all your possessions and take a moment to raise yourself. Stay Sitting: Your initial urge will probably be to look for a way out. However, many hikers found themselves disoriented, lost even further in the desert: by blindly looking for the route. Your best chance of being found stay sitting. Create Shelter: Staying warm and protecting yourself from the environment will be your best way to survive and be found. While you stay sitting, create a shelter for yourself and calmly evaluate the situation. To avoid getting lost on a hike, always prepare a draw plan in advance. Bring a route map and compass so that you can find your relationships confidently. Be sure to tell your family where you walk. Taking these precautions will help you walk safely and significantly reduce your risk of struggling to navigate in the desert. Unexpected conditions include unexpected conditions in heavy winds, rain, snow or any other forms of dangerous weather that you may be unprepared. These situations are particularly dangerous if you haven't prepared the right clothes in advance. To deal with unexpected environmental conditions, you should always carry a rain burden and check the local weather forecasts ahead of time. Also limit sun exposure. To mipise the dangers of unexpected conditions remains constantly aware of changes in the weather during any hike. Injury of Wild Animals/Insectsinsects and wild animals is a common reality in step. In rare cases, certain types of stings may lead to allergic reactions (for example bees). If you or any hikers in your group know allergies, make sure you have an EpiPen and some antihistamine medication available. While insect stings or bites are not life-threatening for most individuals, they can still cause swelling and irritation. To avoid possible injuries, always apply fault repellent in advance, and again likes to communicate with any wild animals you might overcome. By respecting the game, you will not only avoid danger, but also have a nicer hike. For more about the treatment of common angels/bites, proceed to requirement 2.2) 2.2) that you know first aid for injuries or diseases that can occur while walking, including hypothermia, frozen, dehydration, heat exhaustion, heat stroke, sunburn, hyperventilation, height disease, scattered ankle, blisters, insects, tick bites and snake bites. Hypothermia Hypothermia is caused by one's core body temperature falls below 95°F. While symptoms of mild hypothermia include shivering and confusion, in more dangerous cases the victim will not combat enough energy to continue and can fall unconscious. If you notice someone experiencing hypothermia, immediately warm them using extra clothes, fire, or through body heat. Don't suddenly rewarm the victim by putting them in a hot shower as it can lead to the conservation of shock. FrostbiteFrostbite occurs when limbs, such as fingers and toes, begin to freeze. Skin in the affected areas will become blue, then white. If you see frost setting in, evacuate to a hot area. Try not to turn the affected area into anything since it can cause some of the tissues to be killed. A better way to warm the frozen area is by managing it under cooling water, then slowly increases the temperature than the injury undoes. Dehydration Dehydration occurs when the body does not consume enough water. Some symptoms of dehydration include a coil face, lack of sweating, or sense of weakness. This is a potentially fatal condition that can lead to reduced blood pressure, dizziness, and fainting. To treat dehydration, encourage the victim to rest and supplement their body with water and electrolytes. Slowly hydrate the victim, avoiding drastic rehydration. When you walk, you will probably lose water by pursuing and more frequent breathing. Experts recommend drinking at least 1 litre of water every 2 hours to avoid dehydration. This means constant, easy hydration is key! Heat Exhaustion There are two main types of heat exhaustion: Marked by thirst, headaches, a sense of weakness, and loss of consciousness. Sodium exhaustion: characterized by vomiting, muscle cramps, and dizziness. Heat depletion can progress in heat stroke, and should not be taken lightly. If you suspect someone suffers from heat exhaustion, immediately get them in a cool area to rest. Have them drink lots of liquids and take a cool shower. They can be sensitive to high temperatures for a few days after that. Heat stroke Heat stroke is caused when one's body temperature exceeds 104°F. If not treated, heat stroke can lead to seizures, confusion, loss of consciousness and even a coma. Common symptoms of a heat stroke are beating headaches, dizziness, lack of sweating despite warm weather, or a sense of weakness. If you suspect someone of a heat stroke, call immediately 911. Put them in a cool, shady area, and try their body temperature Lower. To prevent heat exhaustion and heat stroke, stay hydrated, carry sun protection and withhold strict activity during the hottest hottest of the day. SunburnSunburns are caused by prolonged sun exposure. The affected areas will become sensitive to touching, appearing red and blistering. To avoid sunburn farmers, always apply sunscreen SPF 30 or higher when outdoors, and try to prevent it from being in direct sunlight for extended periods. When swimming, make sure your sunblock is water resistant and try to grant it again every hour. To treat a sunburn, you can cool the skin with a damp towel or apply a lashing aloe vera lotion. Remember to keep the victim hydrated, and keep them from picking at the fire if it later began to peel. Sunbrandburns should not take longer than 2 weeks to heal. Hyperventilation Hyperventilation is caused by breathing too quickly that depletes one's body of carbon dioxide. Also called over-breathing, hyperventilation can lead to feelings of lightheadedness, a tingling sensation in one's limbs, and can even cause the victim to faint. If you notice someone hyperventilating while walking, they have slower and take deep breaths. Have your entire group take a snack break and drink a little water. The best thing to do is wait until the person has repaired hyperventilation before continuing. Hyperventilation can arise from a variety of situations such as anxiety, severe pain, heavy physical exertion, panic attacks, or infections in the lungs. To treat hyperventilation, the victim breathed slowly, whether through purified lips or in a paper bag. Attacks of hyperventilation should last no longer than 30 minutes, so seek medical attention if the victim has not yet recovered by this time. Height DiseaseAltitude disease occurs when a person moves to a higher altitude too fast. At heights of more than 8000 feet above sea level, the air will contain significantly less oxygen, which risks you for height disease. To treat height disease drops to a lower altitude immediately (ideally below 4000 feet). Common symptoms of height disease include nausea, headaches, dizziness, a loss of appetite, and feelings of weakness. To avoid height disease, climb to higher altitudes slowly (called acclimatization). Sleeping at the lowest height possible also reduces your risk of height disease. Scattered SingleA sprain is caused by movement that tears the tissue around a joint tear. When treating a waste or tear, a cold compress should be applied as soon as possible to reduce swelling. However, never apply ice directly to the skin, and instead, turn it into a cloth. If you can't apply ice immediately, don't apply it later. Immobilize the injury and stay off it until the area can carry your weight painlessly. When walking, it is not always possible to receive immediate medical attention. If you've been injured on the route, you must first have the seriously injury. Minor vertults can usually carry some body weight, so by using your friends carries your gear and by using an arm, you should be able to safely return to the from the video below to see the basic technique used to turn a waste. In the case of serious injuries, the victim must remain in place and elevate the wound. Meanwhile, a group of Scouts and a Scoutmaster must be sent to the track to contact emergency services. Blisters While walking, blisters typically come from friction of material rub against the skin, which can be caused by poor fitting shoes or other clothes. Walking with wet socks can also cause blisters. Blisters appear as bubbles under the upper layer of the skin. They can be filled with puss, water, or even blood, and can be very painful. If you find that you are developing a blister, or seeing an area that rubs awkwardly, adjust a moleskin on the irritated patch of the skin. Blisters are naturally absorbed by the body, so by preventing rubbing the blister will heal and go away on its own. Avoid popping blisters unless they're so big you can't get any different. You can punk a blister with a sterile needle. Popped blisters risk infection, so thoroughly disinfected and associated the area immediately afterwards. Remove the connection at night to dry the popped blister. Insect StingsIn most cases, insect stings are not dangerous and only lead to minor swelling enchants. If stopped, remove any singers in the area. Treating a sting wash with soap and water, then apply a cold compression. Taking an antihistamine can also reduce later itching. In individuals with allergies, certain insects that can lead to a fatal reaction called anaphraxis. Anaphylactic reactions cause immediate and severe swelling in the neck and face, as well as difficulty breathing, and can prove deadly if not treated. Most people with severe allergies carry an EpiPen. When used by removing the safety cap and pressing the needle into the victim's hip, an EpiPen can counteract an anathalytic reaction. However, the effect of an EpiPen is temporary and the person still needs to receive medical attention quickly. Tick bite Sticks are small parasites that burst into your skin. If you find a tick on your body, remove it immediately. Use some finely typed tweezers, grasp the tick so close to the surface of your skin. Then, gently pull out the tick straight. Make sure you don't turn the tweezers to prevent parts of the tick breakdown under your skin. Wash the affected area gently with hot water and soap and apply alcohol to the wound to prevent infection. Store the tick in a container of alcohol rub. A few weeks after removal, if you develop a rash or fever, immediately visit a doctor and show them the tick you saved. Snake biteLuckyly, just about 20% of snakes are poison. However, if you are bitten by a snake, you should call 911 immediately and describe the situation and snake. If there is burning pain on the site of the wound, call an ambulance SOAP. Most emergency rooms and ambulances have who can prove life-saving. Keep the bite below the level of your and try to stay calm. If possible, try to identify the shape of the snake's head. Poison snakes usually have triangular heads and snouting-like eyes. To avoid being bitten by a snake first and foremost, look at your step in long brush and never attract wildlife.3) Explain and, where possible, show the points of good walking practices including proper outdoor ethics, hiking safety in the day and at night, courtesy of others, choice of shoes, and proper care of feet and shoes. Making a habit of using good step practices is the best way to ensure safe and fun treks. By learning these points now, you will be able to prove yourself as a leader and stand-up outdoor citizen in your troop without even thinking about it! Let's break each of the points individually: Proper Outdoor EthicsProper out-of-ethics goes hand-in-hand with leaving no track and following the Outdoor Code. As a renovation, the Outdoor Code simply states: As an American, I will do my best to-Clean in my outlams. Be careful with fire. Be considerate outdoors. Be conservation attitude. Basically you should treat the outdoors in the same way you would treat your church or home. By keeping the outdoors free of litter and doing your best to cause as little damage to the roads as possible, you act ethically in nature. This helps you do your part to create a great experience for your co-scouts and the other hikers who use the route. Walking safety in the day and at night time walking during the night is often more dangerous than day walking, there are some important guidelines you should follow in both cases. To ensure a safe hike always keep the following points in mind: When you walk, someone always lets you know about your plans. Prepare thoroughly, acquire route maps and know your route in advance. Never walk alone and always keep a pace that is comfortable for the slowest member. Make sure you stay hydrated and bring more than enough water and equipment. Stay on the route. Pack as gently as possible. Always check the weather forecast before you leave. You should always bring a cell phone in case of emergencies. In addition, when you walk at night, there are other important safety points that you need to keep in mind: Bring a headlamp as well as other backup lights. Pack warmer clothes than you normally would. Walk a route that you are familiar with so you don't get lost. Try to plan your hike around a full moon, the time of the month when the natural light is brightest. Know your gear, as well as its location in your backpack. Night walking helps you avoid the heat and allows you to see some beautiful constellations that you otherwise want to miss when you walk during the day. By following all the above points, you will be able to enjoy the excitement of walking, day or night safely! Courtesy of AnderA exploration is courteous and friendly in all places, with the hiking trail no exception. As you walk, it is important to remember that you share the space with other people. If Often encounter other hikers, you should be aware of proper step label in order to draw safely and respectfully. Here are the main points to remember for perfect step label: Step still: If there may be other hikers in your

area, avoid blasting music or talking too hard. Unwanted noise pollution can ruin the hikes of those around you. Give correct: When other hikers encounter, the group with the least people usually has the right of way. This group will typically pass on the left. Stay on the route: Take shortcuts will damage the care of the route and cause erosion. Avoid step off-trail. If you decide to rest, move off the route so that others are free to succeed. Leave no trace: Avoid junk and leave markers on track. A good rule of ation is to unpack everything you pack. Basically, just follow the Outdoor Code.Be friendly: Greet any hikers you encounter and give them space when passing. Make sure you don't take up more than half of the route. During a hike, you can also encounter people on bicycles and horses. The general rule is to move to the side and let people pass on horses. On the other hand, motorcyclists will generally move around you, past your door on your left. By following proper step label, you will reduce misunderstandings and ensure that you do your part to keep the roads safe. While you can't remember each of these points during your first hike, you're just trying to be courteous and friendly. Over time you will learn each of these points and become a big hiker, yourself. Choice of shoes When you walk, your shoes are the only thing that separates your feet from miles and miles from solid ground. Therefore, it is essential to take the time to choose the best shoes for your exploration activities. When choosing the right shoes for long outdoors, you should consider the following points: Support: With proper support means choosing a shoe that provides pillow, shock absorption and ankle protection. With good support is critical because it will prevent you from getting ankle and leg injuries during long and challenging hikes. Alone: There are three different parts of the only but basically your shoe's sole will impact the durability, adetaability, and stiffness of your shoes. Make sure to choose a boot whose sole solid traction has, since hiking trails can often be slippery. Fitting: Have the right size of shoes will appear rub and make for a much more comfortable hike. The right pace step shoes will snug, but not too tight, as your feet will expand during the move. Obviously there are many other things to consider when choosing the right shoe for your outdoor scouting activities. When I was an explorer, I tried to figure out for years what shoes would offer the most protection and stability for new members, just at the troop. During that time I learned a lot proper shoes. Today I shortened everything I've learned in one. guide on how to choose the best shoes based on your own Exploration activities. I would really recommend you mark my complete guide to step shoes if you seriously think about earning your step merit badge. You can click here to see the full folder. Proper care of feet and shoes If you buy the right shoes, they should be able to keep track of your Exploration Journey for years, if properly taken care of. By taking a few minutes after each hike to clean your shoes and dry, they will be as good as new the next time you're ready to use it! Watch this quick video on how to correctly take care of your walking shoes: Note: If you were the inside of your boots, allow them to dry fully before they use it to step up. Taking care of your feet while on a hike: 4) Explain how step is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes, and describe how you will increase your fitness for longer hikes. Walking is an aerobic activity. Aerobic means 'with oxygen', and refers to any activity where you are able to breathe, but endurance is needed. When walking, oxygen blood is pumped by your heart to deliver oxygen to your muscles. Regular aerobic activity such as walking will improve your cardiorespiratory fitness and heart health. To be able to walk for 10+ miles, you need to be in great shape. By conditioning yourself with other types of aerobic activity, you will increase your fitness and complete longer hikes. The best way to condition yourself for long trek is to go on multiple hikes while performing your backpack. It must be between 50%-80% of your goal walk's length. You'll probably be hurt after that, so make sure you give yourself a few days to recover. Watch this quick video for more information on how you can build endurance and improve your conditioning for upcoming hiking trails: 5) Take the five next hiking trails, each on another day, and each of continuous miles. These hikes should be taken in the next sequence One 5-mile hike Three times 10-mile hikesOne 15-mile hikeSNarchNarch that you have learned the possible dangers you can encounter on a hiking trail, first aid methods to use, proper outdoor ethics, and how to condition yourself for a challenging trek, you are ready to start This requirement will be challenging , so be prepared. Once you complete these 5 hiking trails, you are in the final stretch of earning the step merit badge.6) You can stop for so much short as necessary, as well as one meal, during each hike, but not for a long period (for example: overnight). Prepare a written hike before each hike and share it with your Explorer or design. Includes card routes, clothes and list, and a list of items for a route lunch. *For your written step plan, you must be able to find a rail card online. You can locate most cards and further information about your route on the website, stapproject.com.Apart from the route map, the rest of your plan should stay more or less the same from hike to hike. Just an attempt to understand the overall problems of the hike, then pack your water and supplies accordingly.7) Take a hike of 20 continuous miles in one day after a walking plan you prepared. You can stop for as many short rest periods as needed, as well as one meal, but not for a long period of time (for example: overnight). *This is the big one. However, if you have already completed a requirement 5 and have done your 5 other hiking trails, I have no doubt that you will also be able to smash your 20-mile! Make sure you are well hydrated the night before you start on this long hike. Not only will drinking water pre-give you more energy, you will also hurt less during the hike. You have it.8) After each of the hiking trails (or during each hike as on one continuous trek) in requirements 4 and 5, write a brief reflection of your experience. Give dates and descriptions of routes covered, the weather and any interesting things you've seen. This can include something you've learned from yourself, about the outdoors, or about others you walk with. Share it with your merit arms counsellor. My reflections were short passages that were anywhere from 200-250 words. I typically included photos of the hike, as well as from the other highlights of the route. Basically, just batch for 10 minutes on your mind of the move. ConclusionsHiking is a challenging but rewarding lifelong pursuit. By understanding each of the requirements for the Walking Merit Badge, you will have all the tools you need to safely complete any wilderness. If you are still interested in hikes after earning your merit badge, there are useful tools and accessories that will give you more safety and stability on the route. Now that you're ready to earn your step merit badge, if you have other Eagle-required merit signs to earn, I'll recommend checking my Problems position guide for every eagle-required Badge. There you will also find the links to my other merit arms guides, as well as a description and summary of each badge's requirements. I'm sure this resource will be useful for scouts heading to Eagle! Congratulations, you made it. The Walking Merit Badge is not easy, but rather Exploration. By adopting difficult challenges, you prove yourself as an explorer who can overcome anything. Keep the great work, and until the next time, the best of happiness on your Exploration journey. Travel.

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