



HIKING

All Levels

Purpose

To help you explore ways to make Hiking exciting. To teach you to plan ahead and enjoy God's creation as you work on this badge.

Exploring

1. Describe

a. The type of footwear that should and should not be used.

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b. How to prevent and treat blisters.

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2. With your Counsellor's help.

a. Draw a **compass** and mark the eight main compass points and their degree readings and memorise them.

b. Go outside, have your Counsellor point out an object, sight it and figure out its direction and degree reading from where you are standing.

Doing

You are to select three of the following eight **hikes** to be completed with at least one other Cadet. (When hiking, you must stay together at all times) Before going on each hike, present the following to your Counsellor:

- An equipment list.
 - Detailed plans of your hike: where you are going, time of departure, time of arrival.
1. **Exploring hike** (to an area you've never been before) 5 to 7.5 km.
 - Draw a map as you go. Show it to your Counsellor.
 - List points of interest along the way. Show your list to your Counsellor.
 2. **Cadet craft hike** (Showing your skills) 5 to 7.5 km
 - Using a map, select your destination and draw your route on the map.
 - Select three of the following **camping skills** to complete when you arrive at your destination.
 - Pitch a tent.
 - Lash together a tripod fire bucket stand.
 - Follow a three point compass course.
 - Build a cooking fire using natural materials only and no more than three matches (observe fire restrictions!).
 - Build a display of four trail signs.
 - Demonstrate these knots: square, bowline, clove hitch and timber hitch.
 3. **Nature hike** (discovering God's creation) 5 to 7.5 km.
 - Using a map, select a destination and draw your route on the map.
 - Make a written report on the things you saw such as:

Animal tracks • trees, flowers, plants • animals, birds, insects etc. • streams, rivers, caves etc. • rock formations, type of clouds, weather etc. • conservation projects • other ideas (your own) • You could submit this report to *Share Magazine*.

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4. **Tracking hike** (you have to be quiet and alert) 5 to 7.5 km.

Have a group (Counsellor or older Cadets) go out and lay a trail with trail signs for you to follow to a final destination that everyone knows. Give them a 15 minutes head-start, then go after them by following the signs. See if you can catch up to them and spot them before they see or hear you, and before they reach the final destination.

5. **Bee-line hike** (don't let anything put you off the trail) 5 to 7.5 km.

Follow a straight line compass course right smack through the country, overcoming all obstacles along the way, streams, rocks, etc. A Counsellor must first check the terrain for safety.

6. **Treasure hunt hike** (find the 'pot of gold') 5 to 7.5 km.

Open the envelope and read your instructions. They will tell you how to find the next point where you will find another envelope... and so on.

7. **Christian service hike** (helping others) Length two hours.

Take a two-hour hike through your neighbourhood. Look for and do as many Christian service projects as you can in the time. List them on a piece of paper and record them below.

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8. **Endurance hike** (for the tough guys!) Length 15 km.

You are to hike a total of 15 km within four hours or less. Pack a lunch.

Record below the type of hikes you did and the date you did them.

(This log can be used for your 100 km Hiking Badge!)

Ask your Counsellor to sign below and arrange for the presentation of your badge.

..... date