

TROOP 318 HIKING



Important Hiking Information

- Always remember to check emails the night before to see if the hike is cancelled
- Before the Hike:
 - Print out a copy of the map
 - Review the Boy Scout Handbook so you know what requirements you are working on
 - Review the Hiking Merit Badge pamphlet and/or worksheet for all pre- and post- hike requirements if you are working on this merit badge

What You Need

- A GOOD ATTITUDE!
- Activity Uniform (Class B shirt)
- A Daypack with WATER, an orienteering COMPASS, a FIRST AID KIT, your BOY SCOUT HANDBOOK, RAINGEAR and appropriate clothing.
 - FIRST AID KIT: You can buy one, but it is very easy to make your own. Dedicate one of the pockets in your daypack to first-aid and you will always know it is there. You could also re-use a small bag you may have at home if you are making your own kit. Band-aids, anti-bacterial cream (Neosporin plus is nice because it also has a pain reliever for burns), gauze, tape, scissors, alcohol wipes, tweezers, etc.
 - RAINGEAR: A lightweight, portable raincoat or poncho, but one that actually works, since we have been rained on more than a few times. Rain does not stop us from hiking, unless it is hazardous weather.
- Snack for 5-mile hike; plus a light lunch for all others. Good choices are: nuts, fruit, dried fruit, crackers, sandwich, granola, trail mix, sandwich, etc. Candy is not recommended.
- Proper fitting hiking boots (broken in) **Gym shoes are not recommended (unless your hiking boots are not broken in) or the hiking coordinators inform you otherwise dependent upon the hiking location and trail conditions.
- Hiking socks
- Dress appropriately for the weather

What You Should Consider Having

Sunscreen	Insect Repellent	Bactine
Lip Balm	Garbage Bag (to cover your backpack in the rain)	Extra Socks
Hand Sanitizer	Hat	Sunglasses
Whistle	Pencil	Paper

What You Need to Know—BE PREPARED

There will be a backpack inspection before we begin the hike.

Rank advancement sign-off: You will need to demonstrate your newly learned map and compass skills while on the hike in order to have the requirement signed off. Be aware of your surroundings. You may be asked where we are on the map at any time!

Come with a good attitude and an adventurous spirit!