

BACKPACKING

SAINTS GLOBAL MEMBER

NAME:

BATTALION:

TROOP:

SKILL BADGE ADVISOR

NAME:

EMAIL:

PHONE:

STEP 1 | DISCOVER

INITIALS

- a) Explain how common backpacking health risks occur and how to prevent them, including dehydration, hypothermia, heat illness, blisters, insect or tick exposure, and improper sanitation.
- b) Describe the purpose of Leave No Trace principles and explain how they reflect stewardship of God's creations.
- c) Identify essential backpacking gear categories and explain how each contributes to safety, mobility, and endurance.

STEP 2 | PLAN

INITIALS

- a) Plan a short backpacking route that includes distance, elevation considerations, water sources, and weather risks.
- b) Prepare a personal pack layout showing how gear and food are organized for balance, access, and safety.
- c) Explain how a small trek group should be organized and how risk is minimized through planning and roles.

STEP 3 | ACT

INITIALS

- a) Hike a loaded backpack on a backcountry or trail route long enough to experience sustained physical strain and explain afterward what was most difficult.
- b) Demonstrate navigation skills by using a map and compass or GPS to identify your position in the field at multiple points.

- d) Prepare a complete trail meal using backpacking equipment and demonstrate safe stove operation and food sanitation. _____

STEP 4 | REFLECT

INITIALS

- a) Explain how carrying responsibility for your own survival changed how you thought, planned, or acted on the trail. _____
- b) Describe how backpacking can build gratitude, discipline, and reliance on God. _____

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL
REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED
IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE