

# HIKING

SAINTS GLOBAL MEMBER

NAME: \_\_\_\_\_

BATTALION: \_\_\_\_\_

TROOP: \_\_\_\_\_

SKILL BADGE ADVISOR

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

## STEP 1 | DISCOVER

INITIALS

- a) Read Psalm 24:1 and Doctrine and Covenants 59:18–20, then explain why caring for the land and respecting nature matter while hiking. (TLX: 0.8) \_\_\_\_\_
- b) Explain the most common hiking hazards (weather, terrain, wildlife, dehydration, injury) and how to prevent and respond to them. (TLX: 1.0) \_\_\_\_\_

## STEP 2 | PLAN

INITIALS

- a) Explain good hiking practices, including footwear selection, foot care, trail courtesy, daytime and nighttime safety, and Leave No Trace principles. (TLX: 1.2) \_\_\_\_\_
- b) Prepare a written hike plan for a long hike, including route map, distance, elevation, clothing, water, food, and emergency considerations. (TLX: 1.4) \_\_\_\_\_

## STEP 3 | ACT

INITIALS

- a) Complete four separate hikes of at least 10 continuous miles each on different days, maintaining steady pacing and proper trail conduct. (TLX: 2.0) \_\_\_\_\_
- b) Complete one hike of at least 20 continuous miles in one day, demonstrating endurance, hydration management, and safe decision-making. (TLX: 2.0) \_\_\_\_\_
- c) Demonstrate first aid for at least five hiking-related conditions such as blisters, sprains, dehydration, heat illness, cold injury, insect stings, or snakebite. (TLX: 1.8) \_\_\_\_\_

- d) Practice Leave No Trace ethics during all hikes and point out at least three actions you took to reduce impact. (TLX: 1.6) \_\_\_\_\_
- e) Lead or assist in leading a portion of a long hike, helping manage pace, morale, and safety for others. (TLX: 1.9) \_\_\_\_\_

## STEP 4 | REFLECT

INITIALS

- a) Explain what you learned about endurance, preparation, and decision-making from your longest hike, including one challenge you overcame. (TLX: 1.2) \_\_\_\_\_
- b) Describe how hiking builds appreciation for creation and strengthens patience, gratitude, and perseverance. (TLX: 1.2) \_\_\_\_\_

## 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 (YYYY-MM-DD)