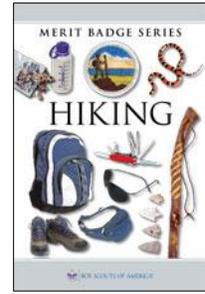




890  
DALLAS BSA TEXAS

## Hiking Merit Badge



Scouts in Troop 890 traditionally work on the Hiking Merit Badge outside of troop meetings starting in December of their second year (after completing the first year program). The merit badge kicks off with a Christmas Light hike in Highland Park that starts at the Knox/Henderson Chili's, goes to the Starbucks in Highland Park Village, and returns. This is a fun hike and families are encouraged to come along. In January and February there will be a 10-mile hike each weekend (see schedule). Then, during Spring Break in March, we will go on the "50-Miler" hiking campout in the Ouachita Mountains in Oklahoma. This campout is not required for the merit badge but Troop 890 does require attendance if going to Philmont that summer. Besides, the 50-Miler campout rocks and is totally awesome! Adult (parent) participation is essential for this campout. The merit badge will culminate in a 20-mile hike at Lake Lavon in April.

Scouts are strongly encouraged to read the Hiking Merit Badge handbook but it is not necessary for each Scout to purchase his own individual copy (i.e. split the cost and share with your buddies). The merit badge requirements are listed below.

- For requirements 1 – 3, Scouts should prepare written answers over the Christmas break that can be turned in. However, we will also go over these items during the hikes, showing that the Scout knows these requirements.
- For requirement #4, each Scout should create their own hike (preferably a different route from the ones we do together) and turn in a written plan as described. While not required, Scouts are encouraged to complete the hike with a parent and can then count it as one of the hikes for requirement #5.
- For requirements 5 – 7, Scouts can use the included form to write a hike plan beforehand, which they should show before the hike, and then complete the report afterwards and turn it in.
- For requirement #5, there will be more than the five scheduled hikes in Dallas, so Scouts can complete this requirement even if they have to miss one or two hikes. Additionally, Scouts can count the hike from #4 if they complete it with a parent and/or the four hikes on the 50-Miler.
- There will only be one opportunity to complete requirement #6. Please keep this date available.

In addition, we will continue the 890 hiking merit badge tradition of working on the Fifth Point in the Scout Law – COURTEOUS. Scouts will respond to adults with "Yes, Sir/Ma'am" or "No, Sir/Ma'am" as appropriate, rather than saying "Yeah" or "Uh-huh." Adults will not acknowledge a Scout who forgets this courtesy until they remember and rephrase.

Starting with their first (Christmas) hike, all Scouts will need to carry a foot care kit, in addition to the other essentials. See the list below. For the Christmas hike equipment can be in a school backpack but for all other hikes it should be in a camping backpack.

# Hiking Merit Badge Requirements

*Hiking is a terrific way to keep your body and mind in top shape, both now and for a lifetime. Walking packs power into your legs and makes your heart and lungs healthy and strong. Exploring the outdoors challenges you with discoveries and new ideas. Your senses will improve as you use your eyes and ears to gather information along the way.*

1. Do the following:
  - a. Explain to your counselor the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
  - b. Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, sprained ankle, insect stings, tick bites, snakebite, blisters, hyperventilation, and altitude sickness.
2. Explain and, where possible, show the points of good hiking practices including the principles of Leave No Trace, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.
3. Explain how hiking 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.
4. Make a written plan for a 10-mile hike. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.
5. Take five hikes, each on a different day, and each of 10 continuous miles. You may stop for as many short rest periods as needed, as well as one meal, during each hike, but not for an extended period (example: overnight). Prepare a hike plan for each hike.\*
6. Take a hike of 20 continuous miles in one day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but not for an extended period (example: overnight).\*
7. After each of the hikes (or during each hike if on one continuous "trek") in requirements 5 and 6, write a short report of your experience. Give dates and descriptions of routes covered, the weather, and interesting things you saw. Share this report with your merit badge counselor.

# 2016 Hiking Schedule

DATE TBD 5:15 PM – 8:30 PM Christmas Light Hike (either SAT 12/5/15, SAT 12/12, SUN 12/13, or SAT 12/19). Eat dinner before or after hike. Bring money for hot chocolate at Starbucks.

**NOTE: All 10-mile hikes below are scheduled for 4 hours but may be shorter (hopefully not longer) depending on the pace set by the Scouts. Scouts will call for a ride when we are close to finishing. Be prepared to pick up any time after 3 hours.**

SAT, JAN 9 1:30 PM – 5:30 PM White Rock Lake hike (clockwise). Meet at Boy Scout Hill.

SAT, JAN 16 8:00 AM – 12:00 NOON Katy Trail hike. Meet at the parking lot/trailhead at Weir's OUTLET store.

**JAN 23/24 War Games campout.**

SAT, JAN 30 8:00 AM – 12:00 NOON White Rock Lake hike (counter-clockwise). Meet at Bath House.

SAT, FEB 6 7:30 AM – 12:30 PM Cedar Ridge hike. Meet at LHUMC to carpool/caravan to Cedar Ridge Preserve (near Joe Pool Lake).

SUN, FEB 14 1:30 PM – 5:30 PM White Rock Lake hike (clockwise). Meet at Boy Scout Hill.

SUN, FEB 21 1:30 PM – 5:30 PM White Rock Lake hike (counter-clockwise). Meet at Bath House.

FRI, MAR 4 – WED, MAR 9 50-Miler campout.

**MAR 19/20 Camporee campout.**

**MAR 26/27 Easter weekend.**

SAT, APR 2 20-mile hike at Lake Lavon. Meet at LHUMC to carpool/caravan.

SAT, APR 9 Rain date (alternate date) for 20-mile hike or make-up 10-mile hike.

# Hiking Gear

Take the Outdoor Essentials with you on every outdoor adventure. These will help you avoid and/or be prepared for emergencies. You will need a pack to carry everything.

## The Outdoor Essentials

- Map and compass
- Water bottle (bring 2; ideally each should be 32 oz./ 1 liter)
- Sun protection (sunscreen and hat)
- Rain gear
- First-aid kit (the one that you made)
- Flashlight
- Pocketknife
- Matches and fire starters
- Trail food
- Extra clothing

Additional items you need to have for hiking:

- Watch
- Hiking boots and wool socks
- Foot-care kit
  - Duct tape (about 3-4 feet; I recommend wrapping around a pencil; for pre-blisters)
  - Moleskin (for blisters; comes in a single piece about 3-by-6 inches)
  - Bandanna (for sun protection, cooling, or sprained ankle)
  - Gold Bond (small or medium bottle for chafing)
  - Antiseptic wipes (such as alcohol)
  - Triple Antibiotic Ointment (Neosporin)
  - Adhesive bandages (Band-Aids)
  - Safety pin
  - Non-latex gloves

Optional items usually only used by adults:

- Hiking/trekking poles
- GPS
- Sock liners

# Hiking Trip Plan

Scout Name: \_\_\_\_\_

Destination: \_\_\_\_\_

Date/ Time of Departure: \_\_\_\_\_ Estimated Time of Return: \_\_\_\_\_

Route Going: \_\_\_\_\_

Route Returning: \_\_\_\_\_

Distance Going: \_\_\_\_\_ Distance Returning: \_\_\_\_\_

Others on Hike (at least one buddy): \_\_\_\_\_

Purpose of this Hike: \_\_\_\_\_

Permissions Needed: \_\_\_\_\_

Source(s) of Drinking Water: \_\_\_\_\_

Equipment Needed: \_\_\_\_\_ Clothing Needed: \_\_\_\_\_

Hike Menu: \_\_\_\_\_

## Report (use back for additional details)

Actual Departure Time: \_\_\_\_\_ Actual Return Time: \_\_\_\_\_

Weather: \_\_\_\_\_

What did you do: \_\_\_\_\_

What did you see and hear: \_\_\_\_\_

What might you do differently next time: \_\_\_\_\_



Sunburn:


Sprained ankle:


Insect stings:


Tick bites:


Snakebite:


Blisters:


Hyperventilation:


Altitude sickness:


Explain the principals of Leave No Trace.


Explain how to hike safely in the daytime.


Explain how to hike safely at night.


Explain how to be courteous to others.


Explain how to choose footwear.


Explain the proper care of feet and footwear.

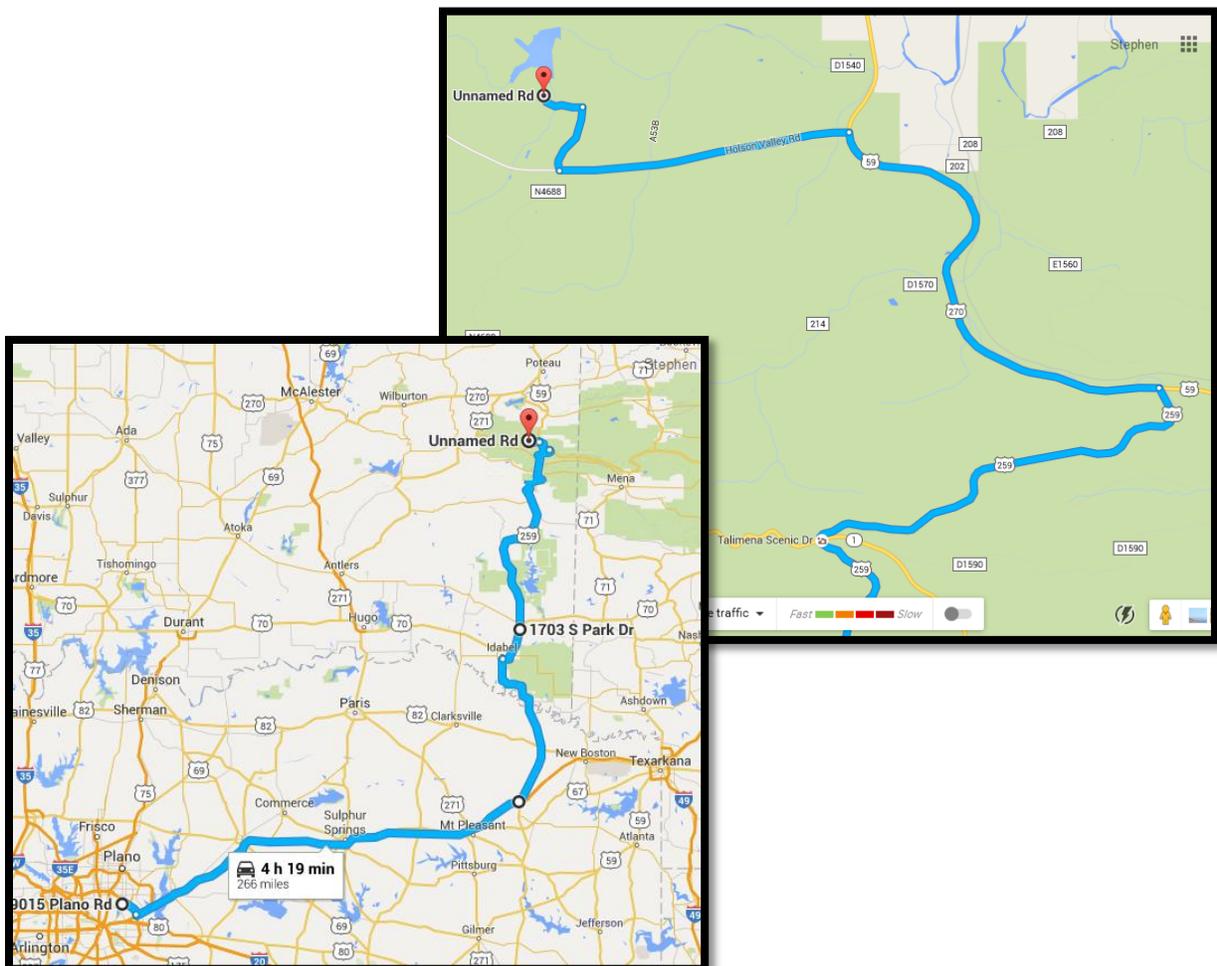





# Directions to 50-Miler

About 4.5 hours – GPS coordinates N 34°46.344' W094°52.544'

- Take I-635 E to I-30 E and head east on I-30 towards Texarkana. Go about 128 miles.
- Past Mt. Pleasant, take exit #178 onto US-259 N, heading north (left turn).
- Take US-259 N into Broken Bow (about 60 miles). This includes a weird right turn jog around Idabel, OK. Stop at the Subway on the right in Broken Bow for dinner (1703 S Park Dr, Broken Bow, OK 74728).
- Continue north on US-259 N into Talimena State Park, go under OK-1/Talimena Scenic Dr, and come to the T-intersection with US-270 W/US-59 N (about 68 miles).
- Turn left onto US-270 W/US-59 N and go about 5 miles.
- Turn left onto Holson Valley Rd and go about 2.8 miles.
- Turn right onto Cedar Lake Rd and go about 0.7 miles to the four-way intersection.
- Turn left at the four-way intersection, cross the bridge, go past the dump station on the left, go up the hill, and take the left turn (rather than staying straight) into the campgrounds. We will camp in the first two campsites on the left.



## Directions back from 50-Miler

- Leave the campgrounds and turn right on Holson Valley Rd.
- Go about 17 miles to the T-intersection with US-271 S and turn left onto US-271.
- In downtown Talihina turn right onto OK-1/Dallas St and head out of town. Go about 14 miles.
- At the T-intersection with OK-2, turn left onto OK-2.
- Go about 6 miles on OK-2 and watch carefully for the right turn onto OK-43 W. This is a weird intersection and may necessitate an immediate left turn to get onto OK-43 W.
- Go across the bridge/dam and at the T-intersection on the other side, turn right to stay on OK-43 W.
- Go about 50 miles on OK-43 W. There are no gas stations along OK-43; fill up before (in Talihina). This will dead end into US-69 S (at Stringtown).
- Turn left onto US-69 S heading south and go about 6 miles to Atoka, OK and stop at the Taco Mayo/ Subway/ Mazzios pizza on the right for lunch. (609 S Mississippi Ave, Atoka, OK 74525)
- After lunch, turn right back onto US-69 S, which is now US-75 S, heading south. Stay on US-75 across the Red River and all the way back to Dallas.

