

From: Troop 71 Info [info@troop71.info]
Sent: Tuesday, August 25, 2015 6:37 PM
To: troop71bsa-donotreply@yahoo.com
Subject: Fwd: Hiking MB kickoff message
Attachments: 2015_Fall_Hiking_MeritBadge_Invitation.pdf

----- Forwarded message -----

From: "Rich Kutter" <rkutter@gmail.com>
Date: Aug 25, 2015 9:19 AM
Subject: Hiking MB kickoff message
To: "Scoutmaster Troop71" <scoutmaster.troop71@gmail.com>
Cc:

Evan,

Can you please forward to the Troop. Bill & I will be leading Hiking Merit Badge again this fall.

I hope to be able to speak briefly to the Scouts tonight (will be late due to Pack 68 meeting with my Tiger Scout - yikes!). Bill & I will also talk about Hiking MB at Family Camp.

Please see attached announcement.

Yours in Scouting,
Rich

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Rich Kutter
Boy Scout Troop 71 Assistant Scoutmaster & New Scout Coordinator
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HIKING MERIT BADGE

Hiking Merit Badge satisfies an Eagle requirement for completing one of Swimming, Hiking, or Cycling Merit Badge. This is a physically demanding Merit Badge and a Scout must be prepared to complete the five 10-mile and one 20-mile hikes.

If you are interested in Hiking MB, please complete a Blue Card and turn in to a counselor. Prepare and implement a plan to prepare for the 10-mile hikes (as per Requirement 3) and turn in to the counselor with your Blue Card (can use workbook). It is highly recommended that if you are out of shape (parents?!), you begin a conditioning program at home before the 10-mile hikes begin. You should keep a log of your fitness activities related to preparing for the first 10-mile hike.

We will meet at Family Camp and before our first two 10-mile hikes to cover Requirements 1 & 2. We will also schedule our 10-mile hikes based on suggestions from the Scouts. Each Scout should prepare a written plan for a 10-mile hike at a location within ~100 miles or ~2-1/2 hours driving time from Beaver Creek. We will select from the proposed hikes. After each hike, each Scout will be responsible for generating a "Trip Report" documenting anything interesting, challenging, issues, etc for each hike.

We will schedule a series of 10-mile hikes starting in September and running through October. It is highly encouraged that you participate in these scheduled hikes but it is not required. You may elect to do any or all of the 10-mile hikes on your own with advanced approval (i.e., submit a written plan per Requirement 4). No credit will be given for prior hikes – the major objective of the 10-mile hikes is to prepare for the 20-mile hike!

We will schedule a 20-mile hike in late October or early November and you are very highly encouraged to complete this hike with the group unless otherwise approved by the counselor due to extenuating circumstances.

Your Hiking Merit Badge Counselors in Scouting,

Bill Ruck
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937-558-6361

Rich Kutter
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937-343-1386

HIKING MERIT BADGE

Requirements for the Hiking merit badge:

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, 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) *

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 any interesting things you saw. Share this report with your merit badge counselor.