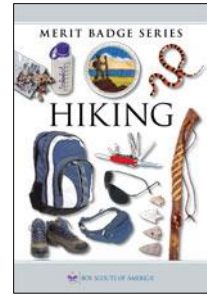




890
DALLAS BSA TEXAS

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 Highland Park Soda Fountain, 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 completion before going to a high adventure base. 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 (NEW) merit badge requirements are listed on the next page.

- For requirements 1 – 3, Scouts should prepare written answers over the Christmas break that can be turned in. However, we will also verbally go over these items together as a group, showing that each Scout knows these requirements.
- For requirement #4, there will be multiple 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 four hikes on the 50-Miler. The 5 and 15 mile hike requirements are new. The Christmas Light hike will count for the 5-mile or a 10-mile would also count. We will make arrangements to offer at least one 15-mile hike.
- There will only be one opportunity to complete requirement #5. Please keep this date available. A form is included for Scouts to use in creating the required Hike Plan for this hike.
- For requirements #6, Scouts can use the included form to write a hiking reflection. **It is important that Scouts complete the reflection right after the hike and turn it in at next week's hike.**

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, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite.
2. Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, 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. Take the five following hikes, each on a different day, and each of continuous miles. These hikes MUST be taken in the following order:
 - a. One 5-mile hike
 - b. Three 10-mile hikes
 - c. One 15-mile hike

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 written hike plan before each hike and share it with your Scoutmaster or a designee. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.*

* The required hikes for this badge may be used in fulfilling hiking requirements for rank advancement. However, these hikes cannot be used to fulfill requirements of other merit badges.

5. 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).*
6. After each of the hikes (or during each hike if on one continuous "trek") in requirements 4 and 5, write a short reflection of your experience. Give dates and descriptions of routes covered, the weather, and any interesting things you saw. It may include something you learned about yourself, about the outdoors, or about others you were hiking with. Share this with your merit badge counselor.

2018 Hiking Schedule

SUN, DEC 9 5:15 PM – 9:00 PM Christmas Light Hike. Eat dinner before (or after) hike. Bring money for hot chocolate or coffee at Starbucks.

SUN, DEC 17 alternate date for Christmas Light Hike.

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 6 8:00 AM – 12:00 NOON White Rock Lake hike (clockwise). Meet at Boy Scout Hill.

SAT, JAN 13 8:00 AM – 12:00 NOON White Rock Lake hike (counter-clockwise). Meet at Bath House.

JAN 20/21 War Games campout.

SAT, JAN 27 8:00 PM – 12:00 NOON Katy Trail hike. Meet at the parking lot/trailhead at Weir's OUTLET store.

SAT, FEB 3 8:00 AM – 12:00 NOON TODD ALLEN leading. White Rock Lake hike (clockwise). Meet at Boy Scout Hill.

SAT, FEB 10 Scouting for Food.

SUN, FEB 11 1:30 PM – 5:30 PM White Rock Lake hike (counter-clockwise). Meet at Bath House.

SAT, FEB 17 7:30 AM – 1:00 PM Cedar Ridge hike. Meet at LHUMC to carpool/caravan to Cedar Ridge Preserve (near Joe Pool Lake). Bring snack.

SAT, FEB 24 Fundraiser Delivery Day.

SUN, FEB 25 1:30 PM – 5:30 PM TBD.

SAT, MAR 3 8:00 AM – 2:00 PM 15-mile hike TBD.

FRI, MAR 9 – WED, MAR 14 50-Miler campout.

MAR 25/26 Camporee campout.

SAT, MAR 31 7:00 AM – 4:00 PM 20-mile hike at Lake Lavon. Meet at LHUMC to carpool/caravan. Leave LHUMC promptly at 7:00 AM.

APR 1 Easter Sunday.

SAT, APR 7 Rain date (alternate date) for 20-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 Reflection

Scout Name: _____

Hike Location: _____

Day and Date of Hike: _____

Time of Departure: _____ Time of Completion: _____

Distance Hiked: _____ Description or Routes Covered: _____

Others on Hike (at least one buddy – list all): _____

Weather: _____

What interesting things did you see and hear: _____

What did you learn about yourself, the outdoors, or others you were hiking with: _____

What problems did you have: _____

What might you do differently next time: _____

Hiking MB Worksheet

Hazzard	How to anticipate, help prevent, mitigate, and respond.

First Aid

Hypothermia:

Heatstroke:

Heat exhaustion:

Frostbite:

Dehydration:

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.

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: _____

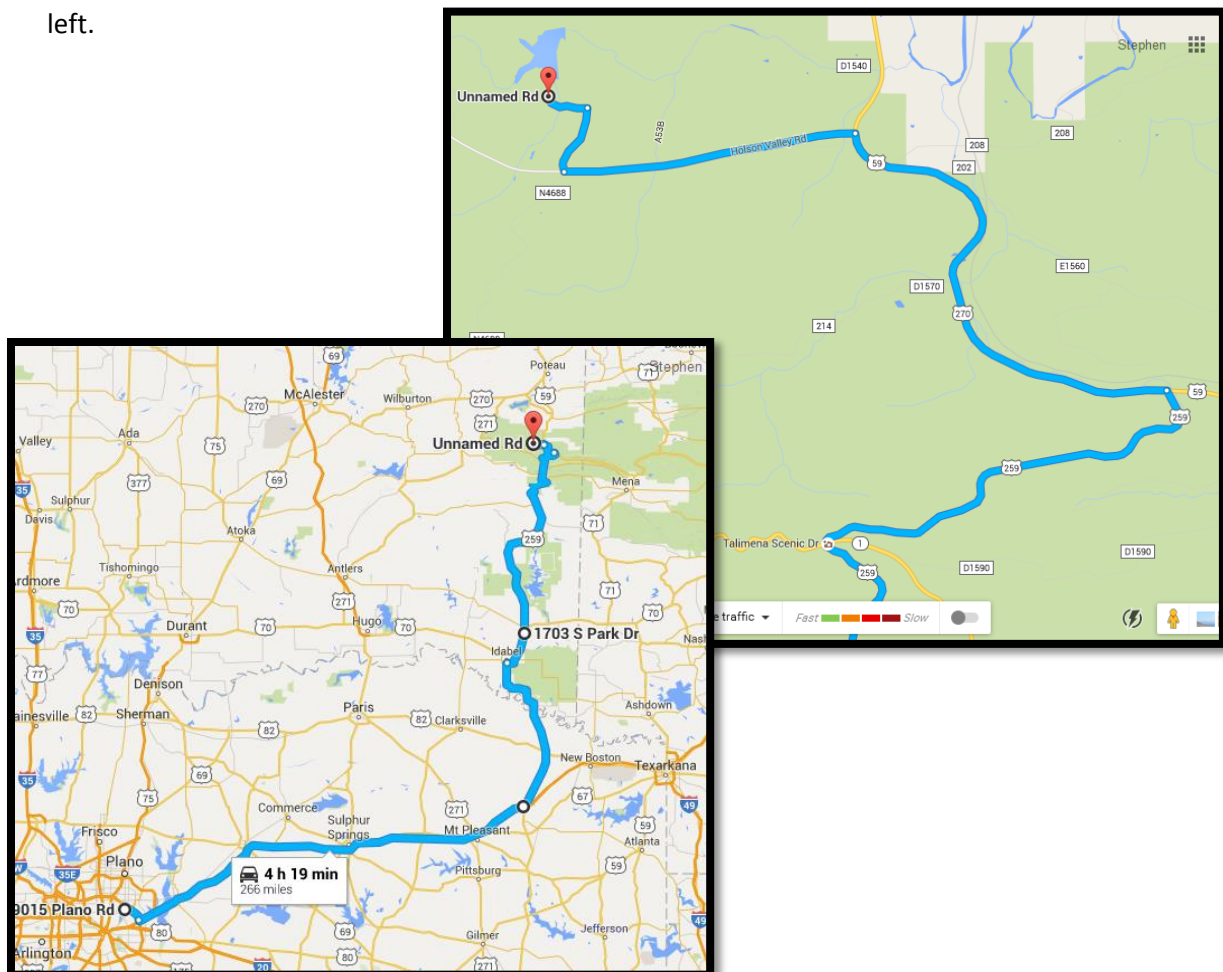
_____ Hike Menu: _____

Directions to 50-Miler

About 4.5 hours – Base Camp GPS coordinates N 34°46.574' W094°41.918'

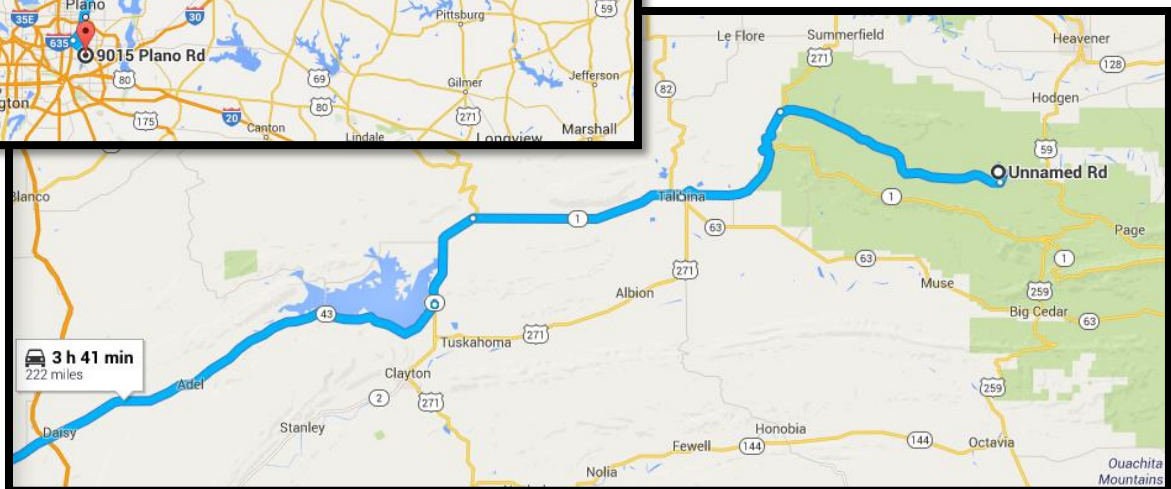
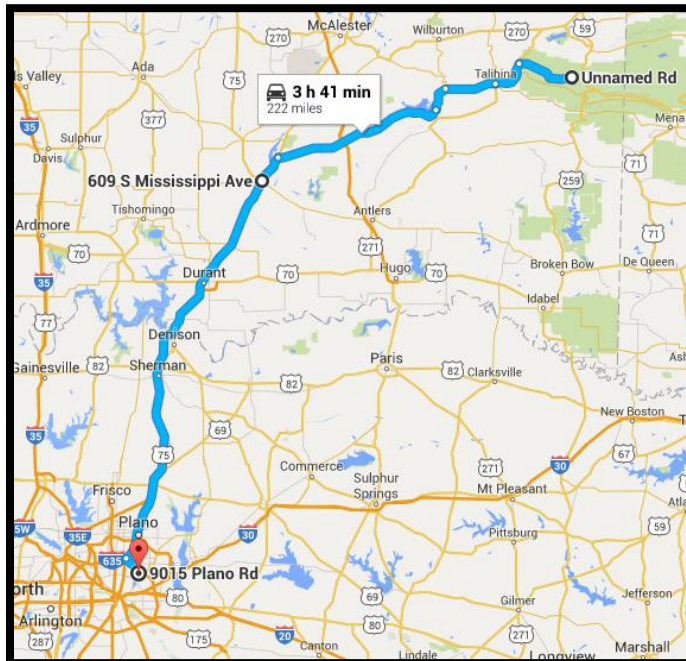
Friday night hike in GPS coordinates N 34°44.347' W094°42.627'

- 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 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, to the point where US-259 N goes under OK-1/Talimena Scenic Dr (about 63.8 miles) . Pull over to the side of the road. If hiking in, turn left onto OK-1 heading west and follow the leader to drop off location.
- To go to camp, continue to T-intersection and turn left onto US-270 W/US-59 N. 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.



Directions to Lake Lavon

About 40 minutes –GPS coordinates N 33°04'28.2" W096°32'59.1"

- Take US-75 heading north, towards Allen. Go about 13 miles.
- Take exit #33 and turn right onto W Bethany Dr heading east.
- Go about 6.3 miles. W Bethany will turn into E Bethany and then into W Lucas Rd.
- As W Lucas curves to right, turn left onto E Lucas Rd.
- Go 0.8 miles and turn right onto Brockdale Park Rd.
- Go 1.1 miles and the trailhead parking lot will be on the right.

