



# Pathfinder Honour: Requirements & Framework

## Hiking 1

Part of Recreation Category of Honours

Honour Patch



Part of Recreation  
Master Honour



Also Part of Wilderness  
Master Honour



### Snapshot of Honour

Imagine. Adam and Eve hiked in the Garden of Eden, but they didn't earn an honour for it!

When hiking, you see and experience many things you miss as you flash by in a car. The exercise and companionship are added bonuses.

You'll learn hiking essentials such as appropriate clothing, footwear and foot-care, food-to-take, water needs and more. You'll take these into account as you plan your hikes.

Then there's the hikes themselves. Enjoy!

### Honour History:

Original Honour: 1933, Author not known

General Conference: Reviewed 2001

South Pacific Division : Reviewed June 2008.

- Reviewed: Rod Hutton, South Queensland Conference

# Hiking 1 Honour

**Honour Framework:** [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 1
<u>Pre-requisites:</u>	Nil
Preparation Time:	Average (4-8 hrs) Instructors should be familiar with hiking routes.
Physical Requirements:	Moderate
Equipment/Materials Required:	Personal hiking equipment (viz: footwear, clothing, food/water, maps)
Location:	Outdoors. Learning basic skills can be done indoors.
Sabbath Appropriate:	Can be adapted
<u>Safety &amp; Legal Requirements:</u>	Refer to Local/State Requirements. All duty of care must be complied with.
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Practical application ie hikes.
Recommended Assessment:	Workbook & Assessment Sheet which has a checklist of practical requirements and a short test to check knowledge of the honour.
List of Resources:	See Trainer's Notes

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

## Honour Components:

Requirements:	See following page
Trainer's Notes:	Hiking 1 Honour Trainer's Notes
Student's Workbook:	Hiking 1 Honour Workbook
Assessment Method:	Hiking 1 Honour Assessment (On SPD Honour Website but Leader's level access is required)

# Hiking 1 Honour

## Requirements

Source: General Conference of SDA, 20 February 2008.

<http://youth.gc.adventist.org/Docs/Recreation/hiking%20small.doc>

*Note: Any Additional South Pacific Division Requirements are in italics*

~~Strikethroughs~~ show parts not applicable to the SPD.

1. Explain and demonstrate the main points of good hiking practice, such as pacing, speed, resting, and etiquette.
2. Explain the importance and method of proper foot care with regard to cleanliness, care of nails, socks, shoe selection, and first aid of tender or blistered feet.
3. Make a list of ~~proper~~ *appropriate* clothing to be worn on a hike in both hot and cool weather.
4. Make a list of needed gear for a long day hike in the wilderness and a short country hike.
5. List five safety and courtesy rules to be used in wilderness trail hiking and road hiking.
6. Explain the importance of drinking water and list three signs of contaminated water.
7. Explain the importance of proper eating while hiking.
8. ~~Describe proper clothing and foot gear for cold and hot wet weather hiking.~~
9. Submit a written plan for a *15 (fifteen) km* ~~ten-mile~~ hike which includes: map route, clothing list, equipment list, and water and/or food.
10. Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.
11. Have the following hiking record:
  - a. One *8 (eight) km* ~~five-mile~~ rural or town hike
  - b. One *8 (eight) km* ~~five-mile~~ hike on a wilderness trail
  - c. Two *15 (fifteen) km* ~~10-mile~~ day hikes on different routes
  - d. One *25 (twenty five) km* ~~15-mile~~ hike on a wilderness trail
  - e. Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things you saw.

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General Conference Reference No: Hiking YOU5700