



Pathfinder Honour: Workbook

Hiking 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

Date:

To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

Hiking 1 Honour

Requirement 1 Explain and demonstrate the main points of good hiking practice such as:

Pacing	
Speed	
Resting	
Etiquette	

Requirement 2 Explain the importance and method of proper foot care with regard to:

Cleanliness	
Care of nails	
Socks	
Shoe selection	
First aid of tender or blistered feet	

Requirement 3 Make a list of appropriate clothing to be worn on a hike in both hot and cool weather:

Hot Weather		

Cool Weather		

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Requirement 4 Make a list of needed gear for a long day hike in the wilderness and a short country hike.

Requirement 5 List five safety and courtesy rules to be used in wilderness trail hiking and road hiking

1.	
2.	
3.	
4.	
5.	

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Requirement 6 Explain the importance of drinking water and list three signs of contaminated water

The importance of drinking water and what to consider.

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Signs of contaminated water.

1.	
2.	
3.	

Requirement 7 Explain the importance of proper eating while hiking.

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Requirement 8 Describe proper clothing and foot gear for cold and hot wet weather hiking. *Not required as it is already covered in Requirement 3.*

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Requirement 9 Submit a written plan for a 15 (fifteen) km hike which includes: map route, clothing list, equipment list, and water and/or food.

Requirement 10 Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.

Requirement 11 Have the following hiking record for the hikes listed below. Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things (ie observations) you saw.

	Hike	Date/s	Route	Weather	Observations
a.	One <u>8 km</u> rural or town hike				
b.	One <u>8 km</u> hike on a wilderness trail				
c.	Two <u>15 km</u> day hikes on different routes				
d.	One <u>25 km</u> hike on a wilderness trail				