

BACKPACKING - LEADER KEY

SAINTS GLOBAL MEMBER

NAME: _____ BATTALION: _____ TROOP: _____

SKILL BADGE ADVISOR

NAME: _____ EMAIL: _____ PHONE: _____

LEADER KEY

WITH EVALUATION HINTS

**Gold boxes contain leader hints for evaluating each requirement*

STEP 1 | DISCOVER

INITIALS

- a) Explain how common backpacking health risks occur and how to prevent them, including dehydration, hypothermia, heat illness, blisters, insect or tick exposure, and improper sanitation.

♂ LEADER KEY

Ask the Saint to connect each risk to a real backpacking scenario and explain one concrete prevention action.

- b) Describe the purpose of Leave No Trace principles and explain how they reflect stewardship of God's creations.

♂ LEADER KEY

Listen for moral framing beyond rules—care for land, others, and future users.

- c) Identify essential backpacking gear categories and explain how each contributes to safety, mobility, and endurance.

♂ LEADER KEY

Probe for understanding of tradeoffs between weight, safety, and comfort.

STEP 2 | PLAN

INITIALS

- a) Plan a short backpacking route that includes distance, elevation considerations, water sources, and weather risks. _____

♂ LEADER KEY

Review for realism and terrain awareness.

- b) Prepare a personal pack layout showing how gear and food are organized for balance, access, and safety. _____

♂ LEADER KEY

Have the Saint physically explain or demonstrate pack logic.

- c) Explain how a small trek group should be organized and how risk is minimized through planning and roles. _____

♂ LEADER KEY

Ask how decisions change when fatigue or weather worsens.

STEP 3 | ACT

INITIALS

- a) Hike a loaded backpack on a backcountry or trail route long enough to experience sustained physical strain and explain afterward what was most difficult. _____

♂ LEADER KEY

Look for genuine physical fatigue and reflective insight.

- b) Demonstrate navigation skills by using a map and compass or GPS to identify your position in the field at multiple points. _____

♂ LEADER KEY

Confirm the Saint can orient map to ground and explain location.

- c) Treat water using two different field methods and explain when each would be appropriate. _____

♂ LEADER KEY

Ask why untreated water is dangerous even when it looks clean.

- d) Prepare a complete trail meal using backpacking equipment and demonstrate safe stove operation and food sanitation. _____

♂ LEADER KEY

Observe fuel handling, cleanliness, and food storage awareness.

STEP 4 | REFLECT

INITIALS

- a) Explain how carrying responsibility for your own survival changed how you thought, planned, or acted on the trail. _____

♂ LEADER KEY

Listen for humility, growth, and accountability.

- b) Describe how backpacking can build gratitude, discipline, and reliance on God. _____

♂ LEADER KEY

Encourage connection between physical hardship and spiritual growth.

Continue to next page for certification signature

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)