

# HIKING — 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) Read Psalm 24:1 and Doctrine and Covenants 59:18–20, then explain why caring for the land and respecting nature matter while hiking. \_\_\_\_\_
- b) Explain the most common hiking hazards (weather, terrain, wildlife, dehydration, injury) and how to prevent and respond to them. \_\_\_\_\_

## STEP 2 | PLAN

INITIALS

- a) Explain good hiking practices, including footwear selection, foot care, trail courtesy, daytime and nighttime safety, and Leave No Trace principles. \_\_\_\_\_
- b) Prepare a written hike plan for a long hike, including route map, distance, elevation, clothing, water, food, and emergency considerations. \_\_\_\_\_

## STEP 3 | ACT

INITIALS

- a) Complete four separate hikes of at least 10 continuous miles each on different days, maintaining steady pacing and proper trail conduct. \_\_\_\_\_



## LEADER KEY

Hikes must be continuous mileage on separate days; verify pacing and completion.

- b) Complete one hike of at least 20 continuous miles in one day, demonstrating endurance, hydration management, and safe decision-making. \_\_\_\_\_



## LEADER KEY

Ensure hydration, nutrition, and safety planning were followed throughout the hike.

- c) Demonstrate first aid for at least five hiking-related conditions such as blisters, sprains, dehydration, heat illness, cold injury, insect stings, or snakebite. \_\_\_\_\_
- d) Practice Leave No Trace ethics during all hikes and point out at least three actions you took to reduce impact. \_\_\_\_\_
- e) Lead or assist in leading a portion of a long hike, helping manage pace, morale, and safety for others. \_\_\_\_\_



## LEADER KEY

Saint must actively help lead or manage group movement, not simply hike along.

## STEP 4 | REFLECT

INITIALS

- a) Explain what you learned about endurance, preparation, and decision-making from your longest hike, including one challenge you overcame. \_\_\_\_\_
- b) Describe how hiking builds appreciation for creation and strengthens patience, gratitude, and perseverance. \_\_\_\_\_

## 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)