

Hiking Merit Badge

Requirement# 3	Target completion date:	4/16/20		
Explain how hiking is an aerobic activity, Develop a plan for conditioning yourself for a 10-mile hike and describe how you will increase your fitness for longer hikes.				
Requirement # 4				
5 Mile Hike:	Target completion date:	4/16/20		
Your Hike plan (include map routes, clothing, equipment list and list of items for a trail lunch):				
Date:		Start time:		Finish time:
10 Mile Hike:	Target completion date:	4/23/20		
Your Hike plan (include map routes, clothing, equipment list and list of items for a trail lunch):				
Date:		Start time:		Finish time:
10 Mile Hike:	Target completion date:	4/30/20		
Your Hike plan (include map routes, clothing, equipment list and list of items for a trail lunch):				
Date:		Start time:		Finish time:
10 Mile Hike:	Target completion date:	5/7/20		

Your Hike plan (include map routes, clothing, equipment list and list of items for a trail lunch):				
Date:		Start time:		Finish time:
15 Mile Hike:	Target completion date:	5/14/20		
Your Hike plan (include map routes, clothing, equipment list and list of items for a trail lunch):				
Date:		Start time:		Finish time:
Requirement # 5				
20 Mile Hike	Target completion date:	5/21/20		
Your Hike plan (include map routes, clothing, equipment list and list of items for a trail lunch):				
Date:		Start time:		Finish time: