



HIKING MERIT (Gold)

Adapted from National Royal Rangers Gold merit and localised to Malaysia.

Note: This merit, the Advanced Swimming Merit, or the Cycling Merit is required to earn the Gold Medal of Achievement.

1. Explain the safety rules for hiking on the open road and in the wilderness.
2. Explain the safety rules for night hiking.
3. Describe the basics of hiking courtesy toward others on the trail.
4. Explain the meaning and actions required for “leave no trace” hiking.
5. Discuss the merits of two different types of backpacks that can be used for hiking. State your preference and explain why.
6. Make separate lists of the clothes and shoes that are best for hiking during warm weather, cold weather, and wet weather.
7. Explain proper foot care to prevent blisters during hikes.
8. Explain how to avoid becoming lost in unfamiliar territory. List the rules to follow if you become lost.
9. Write a plan for a 10 kilometres hike. The plan should include a map of the trails or routes taken, clothing and equipment needed, and items needed for lunch on the trail.
10. Write a short report for each of the following hikes. Give information on the things you observed, dates, trail descriptions, and weather.
 - a) Take three hikes of at least 5 kilometres each.
 - b) Take two hikes of at least 10 kilometres each.
 - c) Take one hike of at least 20 kilometres.

Note: At least one of the hikes must include a night time hiking trip.

Estimates of hiking distances for mountains/hills in Malaysia:

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| Gunung Nuang, Selangor (base camp – peak – base camp): | 20km |
| Gunung Tahan, Pahang (Merapoh – Gunung Tahan – Merapoh): | 64km |
| Gunung Tahan, Pahang (Merapoh – Gunung Tahan – Kuala Tahan): | 95km |
| Gunung Kinabalu, Sabah (Timpohon Trail, to peak and return): | 20km |
| Broga Hill, S'gor-NS border (base camp – peak – base camp): | 3.5km |
| Gunung Ledang, Johor (base camp – peak – base camp): | 11.6km |

Updated: March 2011. (1.0)