

Backpacking Honour Booklet



Name: _____

Church: _____

Club: _____

Class _____

Due Date: _____

In order to successfully complete this honour, you must:

1. Satisfactorily complete this Booklet. The pass mark is 75%. The number of marks allocated for each question is given in [] – maximum 172 marks; **and**
2. Pass the Backpacking Honour Written & Practical Exams. The pass mark is 60%.

Booklet Score _____

Written Exam Score _____

Practical Exam Score _____

Honour Granted Yes No

Authorized Signature

1. Explain the meaning of the motto: "Take nothing but pictures and leave nothing but footprints." **[4]**

2. List the essentials of proper clothing, shoes and rain gear to use in backpacking. **[12]**

First Aid: _____

b) Blisters: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

c) Frostbite: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

d) Hypothermia: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

e) Heat Stroke: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

f) Heat Exhaustion: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

g) Snake bite: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

h) Cramps: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

i) Dehydration: [9]

Prevention: _____

Symptoms: _____

First Aid: _____

10. According to your weight, what is the maximum number of pounds you should be allowed to carry? **[1]**

11. Describe three ways to find direction without a compass. **[6]**

NOTES

BACKPACKING HONOUR REQUIREMENTS

Level 2 Year 1986 General Conference

1. Discuss with your instructor the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."
2. Know the essentials of proper clothing, shoes and rain gear to use in backpacking.
3. Know the principles in selecting a good quality backpack. In an emergency, what might be used in place of a backpack?
4. Know the essential items to be taken on a backpack trip.
5. What kind of sleeping bag and pad are best for your camping area? Know at least three kinds of each that are available.
6. Know how to pack a backpack properly.
7. What types of food are best for backpacking? Visit a grocery store and list the foods found there that are suitable for backpacking. With your instructor:
 - a) Prepare a menu for a weekend backpack trip using foods obtained from a grocery store.
 - b) Learn the techniques of measuring, packaging and labeling backpack foods for your trip.
 - c) Make a trail snack.
8. Know the prevention, symptoms and first aid for:

a) Sunburn	b) Blisters
c) Frostbite	d) Hypothermia
e) Heat stroke	f) Heat exhaustion
g) Snake bite	h) Cramps
i) Dehydration	
9. Have a First Aid Kit in your pack and know how to use it.
10. According to your weight, what is the maximum number of pounds you should be allowed to carry?
11. Know three ways to find direction without a compass. Demonstrate at least two.
12. Show the proper way to put on and take off a backpack alone and with a partner.
13. Participate in a weekend backpack trip of at least five miles and cook your own meals.