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	
Author	ized Signature	,	

pictures and leave nothing but footprints." [4]
List the essentials of proper clothing, shoes and rain g
to use in backpacking. [12]

In a	an	eme	erge	ency	, v	vhat	mi	ght	be	use	d	in	place	of
bacl								•					•	
Daci	νþα	ick :	[12	J										

4. List the essential items to be taken on a backpack trip. [20]

a)	b)
c)	d)
e)	f)
g)	h)
i)	j)
k)	l)
m)	n)
o)	p)
q)	r)
s)	t)

5. Describe three kinds of sleeping bags and sleeping pads.

[12]			

What type	of food is bes	t for backpa	cking? Why?	[2]

tha	t can be obtained from a supermarket. [6]
Giv	ve the prevention and symptoms of, and the first aid for:
	to the prevention and symptome of, and the mot ald for.
a)	Sunburn: [9]
a)	
a)	Sunburn: [9]
a)	Sunburn: [9] Prevention:
a)	Sunburn: [9] Prevention:
a)	Sunburn: [9] Prevention:

	First Aid:
b)	Blisters: [9]
	Prevention:
	Symptoms:
	First Aid:

c) Frostbite: [9] Prevention: Symptoms: First Aid: d) Hypothermia: [9] Prevention:

	Symptoms:
	-
	First Aid:
)	Heat Stroke: [9]
	Prevention:
	Prevention: Symptoms:

First Aid:	
Heat Exhaustion: [9]	
Prevention:	
Symptoms:	
Cympionio.	
First Aid:	

g) Snake bite: [9] Prevention: _____ Symptoms: _____ First Aid: _____ h) Cramps: [9] Prevention: _____

First Aid:	 	 	
Dehydration: Dehydration: Dehydration: Description: Descr			
Prevention:			

	First Aid:
_	ounds you should be allowed to carry? [1]
11. D [6	escribe three ways to find direction without a compass
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2. Keep a log of your backpa	cking trip. Describe the meals
you cooked, the route trav	velled and things you saw on
your way. The officer who	accompanied you on your trip
should write his/her nar	me and sign below. This
requirement will not be o	considered fulfilled without an
appropriate name & signatu	ıre. [10]
	

Signature of Officer

Name & Position of Officer

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
 - c) Frostbite
 - e) Heat stroke
 - g) Snake bite
 - Dehydration

- b) Blisters
- d) Hypothermia
- f) Heat exhaustion
- h) Cramps
- 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.