



1. Explain the safety rules for hiking on the open road and in the wilderness. Leader's Initials _____
Date _____

2. Explain the safety rules for night hiking. Leader's Initials _____
Date _____

3. Describe the basics of hiking courtesy toward others on the trail. Leader's Initials _____
Date _____

4. Explain the meaning and actions required for "leave no trace" hiking. Leader's Initials _____
Date _____

5. Discuss the merits of two different types of backpacks that can be used for hiking. State your preference and explain why. Leader's Initials _____
Date _____

6. Make separate lists of the clothes and shoes that are best for hiking during warm weather, cold weather, and wet weather. Leader's Initials _____
Date _____

7. Explain proper foot care to prevent blisters during hikes. Leader's Initials _____
Date _____

- | | |
|---|--|
| <p>8. Explain how to avoid becoming lost in unfamiliar territory. List the rules to follow if you become lost.</p> | <p>Leader's Initials _____</p> <p>Date _____</p> |
| <p>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.</p> | <p>Leader's Initials _____</p> <p>Date _____</p> |
| <p>10. Write a short report for each of the following hikes. Give information on the things you observed, dates, trail descriptions, and weather.</p> <p>a. Take three hikes of at least 5 kilometres each.</p> <p>b. Take two hikes of at least 10 kilometres each.</p> <p>c. Take one hike of at least 20 kilometres.</p> | <p>Leader's Initials _____</p> <p>Date _____</p> |

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

Estimates of hiking distances for mountains/hills in Malaysia:

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