



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Hiking

Make a logbook to show the following:

- I. Go on two overnight hikes with your Unit or Patrol. Decide a purpose for each hike (e.g. bird-watching, plant-observing). You must cover at least 20 km on foot in each hike.
- II. Use a map of HM20C/WGS84 1:20000 and a Silva compass for navigation.
- III. List the group equipment and personal equipment for an overnight hike.
- IV. Pack a backpack for an overnight hike and show the way of water proofing.
- V. Plan your journey, including the route, alternative route, rescue point, food and emergency food. Know how to seek help and what to do when get lost, or when there is a hill fire or bad weather.
- VI. Food and cooking: introduce some food that is suitable for hiking and its advantages. Describe what attention should be paid when cooking during the journey and what safety measures need to be taken.
- VII. Plan the meals of an overnight hike including the quantity, methods of carrying and cooking.
- VIII. Explain the treatment of graze, twist, cramp and heat stroke and the ways of call for help in different situations.

Remarks

An appointed Guider who holds a valid HKAYP Expedition Instructor Certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.