



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

- Holders of this badge are qualified for corresponding theoretical part in the Adventurous Journey Section at the Bronze Level of the HKAYP.
- Candidates who have completed the Adventurous Journey Section at the Silver Level or above of the HKAYP in the "Hiking" are qualified for this badge.