



## Trail Skills

*Outdoor Skills Frontier*

Name \_\_\_\_\_

### Do all of the following requirements (1-9)

- \_\_\_\_1. Discuss and describe how our name "Trail Life" has both natural and spiritual meanings.
- \_\_\_\_2. Explain what these scriptures teach us about the "spiritual trail" of Christian life.
  - \_\_\_\_a. Matthew 7:13
  - \_\_\_\_b. Psalms 119:105
  - \_\_\_\_c. Psalms 16:11
  - \_\_\_\_d. Proverbs 3:6
  - \_\_\_\_e. John 16:4
- \_\_\_\_3. Trail ethics
  - \_\_\_\_a. Explain how the low-impact camping method (see *The Trailman's Handbook*) relates to Trail Skills and helps fulfill the Trailman Oath to "be a good steward of creation."
  - \_\_\_\_b. Participate in a Hikers Code (see *The Trailman's Handbook*) orientation and learn the buddy system.
- \_\_\_\_4. Trail safety
  - \_\_\_\_a. Describe how to identify poisonous plants in your area, such as poison ivy, poison oak, poison sumac, stinging nettle, and Flowering Poodle Dog Brush (Sticky Nama).
  - \_\_\_\_b. Describe how to identify venomous snakes in your area such as rattlesnakes, coral snakes, or water moccasins.
  - \_\_\_\_c. Describe natural hazards you might encounter on a hike, including river crossings and what to do if you are faced with them.
  - \_\_\_\_d. Describe the importance of safe, clean water, and explain how to identify safe or unsafe water. Demonstrate at least two methods of water purification.
- \_\_\_\_5. Equipment
  - \_\_\_\_a. Describe the clothing necessary for hiking, including proper footwear and socks.
  - \_\_\_\_b. Explain the limit on how much weight you should carry and how much water you should take.
  - \_\_\_\_c. Demonstrate proper packing and necessary items for a day pack for a day hike.
- \_\_\_\_6. Navigation

- \_\_\_\_\_a. Explain how an orienteering compass works.
- \_\_\_\_\_b. Explain what a topographic map is and what the contour lines and map symbols mean.
- \_\_\_\_\_c. Demonstrate how to hold an orienteering compass and take a reading.
- \_\_\_\_\_d. With an orienteering compass, orient a map to North.
- \_\_\_\_\_e. With an orienteering compass and a topographical map, demonstrate one method of adjusting for magnetic declination.
- \_\_\_\_\_f. With an orienteering compass and a topographical map, demonstrate finding your location using bearings to landmarks.
- \_\_\_\_\_7. Measurements
  - \_\_\_\_\_a. Measure the average length of your pace.
  - \_\_\_\_\_b. Using pacing and the felling method, measure the height of a building, tree, flagpole, or other feature.
  - \_\_\_\_\_c. Demonstrate course direction finding in daylight or moonlight without a compass or GPS receiver.
- \_\_\_\_\_8. Do one of the following options:
  - \_\_\_\_\_a. Complete an orienteering course of at least 1 mile and 5 stations.
  - \_\_\_\_\_b. Complete a compass course of at least one mile and 8 bearings.
- \_\_\_\_\_9. Using a map and compass together, take a five-mile hike with your patrol or Troop.

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**Trail Badge Mentor Signature**

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**Date**

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