THE TEN MILE RIVER
HISTORICAL TRAILS AWARD

THE TEN MILE RIVER SCOUT MUSEUM
TMR has 12,000 acres & 60 miles of named trails:

- Black Ash Swamp Trail (Blue) – 0.8 mi.
- Conklin Lookout Trail (Blue) – 2.0 mi.
- Crystal Lake Trail (Blue) – 1.5 mi.
- Davis Lake Hayden Loop Trail (Blue) – 2.8 mi.
- Fox Lake Trail (Unmarked) – 2.2 mi.
- Icy Pine Trail (Unmarked) – 3.2 mi.
- Pisces Pond Trail (Unmarked) – 0.7 mi.
- Ranachqua Lookout Trail (Unmarked) – 2.1 mi.
- Rim Trail (Blue-Partial) – 5.7 mi.
- Roosevelt Hill Trail (Unmarked) – 1.3 mi.
- Settlement Trail (Unmarked) – 1.2 mi.
- Spruce Creek Trail (Unmarked) – 0.4 mi.
- Ten Mile River Trail (Red) – 32.3 mi.
- Turnpike Lake Trail (Blue) – 0.3 mi.
- Tusten Mountain Trail (Yellow) – 1.9 mi.
TMR has 17 Trailside Lean-to & Tent Sites!

**Lean-to Sites**
- Arch Bridge
- Beaver Pond
- Conklin Farm
- Frontier Village
- Headquarters
- Lakeside

**Tent Sites**
- Lenape
- Old Spring
- Ranger
- Split Rock
- Ten Mile River
- Trout Pond
- Conklin Farm
- Lakeside
- Ranger
- River Sites
- The Pines
The Ten Mile River Historical Trails is approved by the National Council, Boy Scouts of America and is managed by the Ten Mile River Scout Museum.

All inquiries regarding the operation of the The Ten Mile River Historical Trails should be directed to the Historical Trails Committee, Ten Mile River Scout Museum.
GET INFORMATION

• Registration info kits, including maps, are available from the www.tmrsmuseum.org and www.tenmileriver.org/hike websites. Paper copies can be requested through the www.tmrsmuseum.org website, or picked up at the Ten Mile River Scout Museum or the G.N.Y.C. office.

• Send inquiries to the Museum’s website: www.tmrsmuseum.org
TRAIL AWARD REQUIREMENTS

To Earn the Basic Trail Medal

- Hike the TMR Trail system for at least ten miles.
- Visit the TMR Scout Museum.
- Take the Ten Mile River Historical Trails Quiz.
- Write an essay of at least 100 words about what you learned about history from this hiking experience.
To Earn the 14-miler Device

- Camp in the vicinity of the TMR Trail in an established campsite at TMR for at least two days and one night.

- Hike 14 miles on the TMR Trail System during the two-day period, not exceeding ten miles per day.

- Visit the TMR Scout Museum.

- Take the Ten Mile River Historical Trails Quiz.

- Write an essay of at least 100 words about what you learned about history from this hiking experience.
To Earn the 30-miler Device

- Camp in the vicinity of the TMR Trail in an established campsite at TMR for at least three days and two nights.

- Hike the complete TMR Trail or any other series of trails within the TMR Reservation totaling 30 miles, not exceeding ten miles per day.

- Visit the TMR Scout Museum.

- Take the Ten Mile River Historical Trails Quiz.

- Write an essay of at least 100 words about what you learned about history from this hiking experience.
OR

- Camp in the vicinity of the TMR Trail for at least one day and one night.

- Hike 10 miles on the TMR Trail System.

- Camp in the vicinity of the Delaware River for at least two days and one night.

- Canoe 20 miles on the Delaware River during the two-day period.

- Visit the TMR Scout Museum.

- Take the Ten Mile River Historical Trails Quiz.

- Write an essay of at least 100 words about what you learned about history from this hiking experience.
To earn the 50-miler Device

- Hike the complete TMR Trail and a Delaware River canoe trip.
- The total hike afoot/afloat must be 50 miles and must be taken within a continuous period of no more than seven days with foot trail hiking not to exceed ten miles per day.
- Visit the TMR Scout Museum.
- Take the Ten Mile River Historical Trails Quiz.
- Write an essay of at least 100 words about what you learned about history from this hiking experience.
Notes

- Units can complete the hiking/canoeing requirement and the Museum visit on different days and in any order. Both must be completed within eight months of each other. This means that Units can:
  
  - Visit the Museum during summer camp and complete the hike/canoe requirement in the Fall.
  
  - Complete the hike/canoe requirement during the Spring and visit the Museum during summer camp.

- Earning a device also earns the trail medal and the option of purchasing the lesser devices. For example, if you earn the 50-miler pin, you can also purchase the 30-miler and 14-miler pins.
• You must complete the entire hiking/canoeing requirement on one trip. You cannot, for example, complete the requirements for the 14-miler pin on one trip, and then hike an additional 16 miles on a subsequent trip to earn the 30-miler pin. You must complete the hiking requirement for the 30-miler pin on one trip.

• No backtracking. You can’t hike 5 miles out and 5 miles back to complete the 10-mile hike requirement.
EARN THE TRAIL AWARD AT SUMMER CAMP

Get Ready!

• Before camp, discuss the different trail award options with your Junior Leaders. Earning the medal requires a minimum 10-mile day hike, usually with a stop at the Museum at Headquarters Camp.

• You can earn the medal plus a 14-miler pin by hiking a minimum of 14 miles over two days and camp overnight along the trail at a recognized TMR campsite. This might be best for your older Scouts with previous hiking and camping experience.

• Earning the medal plus 30-miler or 50-miler pins will take up most or all of your week at TMR. We recommend that Units desiring to earn these pins during summer camp participate in the TMR Trek program, which provides all necessary food, patrol camping equipment and staff support.
While any trails at TMR can be used to satisfy the hiking requirement, the Museum recommends certain routes in the RECOMMENDED HIKE ROUTES BOOK. Each of these routes is designed to satisfy one of the trail award options (medal, 14-, 30-, 50-miler pins). Review the various hike routes and decide which one is best for you or design your own.
Register for the Trail

- At Sunday TMR check-in, meet with your camp’s Program Director and schedule the trail award as part of your week’s program. If transportation is required, you should plan to provide your own. You can also request it from your Program Director, but TMR cannot guarantee transportation.

- For a Day Hike (10-miler), your Unit should request a bag lunch or cookable “BBQ” meal. The “BBQ” meal can be cooked on charcoal stoves in the Museum’s picnic area.

- For an Overnight Hike (14-miler), your Unit should coordinate acquisition of food with your camp’s Program Director.

- Your Unit should bring your own packs, tents, patrol cook kits and camp stoves.
• If you require an overnight campsite, contact the Reservation Program Director at Headquarters Camp and reserve one.

• Contact the Ten Mile Scout Museum with a proposed hike route and schedule a date and time to visit:
  – 845-252-2063 (T.M.R. internal phone system)
  – 845-252-3775 (Public phone number)

• Note: Not all hike routes might be viable due to trail conditions.

Complete the Trail Award Requirements

• Complete the hiking/canoeing requirement.

• Before, during or after your hike, visit the Museum at the scheduled date and time.

• While at the Museum, your Scouts answer the quiz questions.

• Your Scouts write the 100+ word essays.
Purchase the Trail Awards

• After your Unit completed all trail award requirements, call the Museum and arrange a date and time to submit all required paperwork (answers to quiz questions & essays) and purchase the awards.

• At the Museum, submit the paperwork and an application to order trail awards. Pay for and receive your trail awards.
Note

- The Unit can complete the hiking/canoeing requirement during the Winter or Spring and visit the Museum during summer camp.

- In this case, after visiting the Museum, the Unit submits the required paperwork (answers to quiz questions and essays), pays for and receives the trail awards.
EARN THE TRAIL AWARD OUTSIDE OF SUMMER CAMP

Reserve Your Camp Facilities

- **Open Season:** The Ten Mile River Historical Trails is open to hikers whenever TMR is open for Boy Scout camping. (Note: TMR is closed during the NYS Hunting Season, from mid-November to mid-December each year.)

- Units can visit the [www.tenmileriver.org](http://www.tenmileriver.org) website to determine when TMR is open for Boy Scout camping.

- For a **Day Hike** (10-miler), the Unit informs GNYC Camping Services (212-651-3077, Hedwig.Debonet@scouting.org) that it wants to satisfy the Ten Mile River Historical Trails award requirements.
• For a Multi-Day Hike (14-, 30-, 50-miler), the Unit reserves TMR lean-to and/or tent sites via the www.tenmileriver.org website or by contacting GNYC Camping Services (212-651-3077, Hedwig.Debonet@scouting.org).

• Units can arrange a Delaware River canoe trip by calling 845-252-2011 (TMR Main Office).
Register for the Trail Award

- The Unit registers for the Ten Mile River Historical Trails through the Museum’s www.tenmileriver.org website, at least three weeks before their earliest hike date.

- The Ten Mile River Historical Trails Committee replies to the Unit, confirming their hike date and route, and schedules a date and time to visit the Museum, if open that date.
At TMR

• Upon arrival in camp, Day Units pay the $1 per person day-use fee.

• The Unit completes the hiking/canoeing requirement.

If the Museum is Open

• Before, during, or after the hike, the Unit visits the Museum, answers the quiz questions and completes the essays.

• Once all trail award requirements have been completed, the Unit submits the application form to order trail awards, pays for and receives the trail awards.
If the Museum is Closed

- The Unit has eight months to visit the Museum, answer the quiz questions, write the essays and purchase the trail awards.

If the Unit Previously Visited the Museum

- The Unit mails the quiz answers, essays, application to order trail awards, and payment for trail awards (check made out to “Greater New York Councils, BSA”) to:

  Greater New York Councils, B.S.A.
  350 5th Ave. Suite #7820
  New York, NY 10018
  Attn: Ten Mile River Historical Trails

- The Museum mails the trail awards to the Unit.
Trail Awards Order Form

Greater New York Councils, B.S.A.  
Ten Mile River Scout Museum

TEN MILE RIVER HISTORICAL TRAILS
TRAIL AWARDS ORDER FORM

Unit ________  B.S.A. Council or Non-Scouting Organization___________________________
N.Y.C. Borough or Community ____________________________
Unit Leader Name _______________________________________
Street __________________________________________________
City ____________________ State ________ Zip Code _____________
Telephone _____________________ Cell Phone: ______________________
E-Mail Address ________________________________

HIKE REPORT

The above Unit completed the following requirements for the Ten Mile River Historical Trails Award:

MUSEUM VISIT
___ Youths and ___ Adults (18+) from the Unit visited the TMR Scout Museum on ___________

QUIZZES & ESSAYS

The Unit Leader must confirm that:

The Ten Mile River Historical Trails quizzes are answered correctly.  Unit Leader Initials ______
The essays are adequate.  Unit Leader Initials ______

HIKING/CANOEING
___ Youths and ___ Adults (18+) from the Unit completed the hiking/canoeing requirement for the following trail award (check one):

[ ] BASIC TRAIL MEDAL
Hike the TMR Trail system for at least ten miles.

[ ] 14-MILER DEVICE
Camp in the vicinity of the TMR Trail in an established TMR campsite for at least two days and one night. Hike 14 miles on the TMR Trail system during the two days.

[ ] 30-MILER DEVICE
Camp in the vicinity of the TMR Trail in an established TMR campsite for at least three days and two nights. Hike the complete TMR Trail or any other series of trails within TMR totaling 30 miles.

(Over)

[ ] 50-MILER DEVICE
Camp in the vicinity of the TMR Trail in an established TMR campsite for at least one day and one night. Hike 10 miles on the TMR Trail System.
Camp in the vicinity of the Delaware River for at least two days and one night. Canoe 20 miles on the Delaware River during the two-day period.

[ ] 50-MILER DEVICE
Hike the complete TMR Trail and a Delaware River canoe trip totaling 50 miles. Must be taken within a continuous period of no more than 7 days.

ITINERARY (Fill in days as needed)

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>From/To</th>
<th>Mileage</th>
<th>Campsite (if used)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To the best of my knowledge the above information is correct:

Unit Leader Signature ___________________________ Date ____________

Note: Earning a device gives you the option of purchasing the trail medal and the lesser devices. For example, if you earn the 50-miler pin, you can also purchase the 50-miler and 14-miler pins. If you earn the 50-miler pin, you can also purchase the 14-miler pin.

TRAIL AWARDS ORDER

Trail Medals @ $8.00 ea. .................................................. $
14-miler devices @ $3.00 ea. .............................................. $
50-miler devices @ $3.00 ea. .............................................. $
Total ........................................................................... $

Mail check or money order made out to “Greater New York Councils, BSA” and mail to:

Greater New York Councils, B.S.A.
565 6th Ave. Suite 47820
New York, NY 10018
Attn: Ten Mile River Historical Trails

Include the quiz answer forms and the signed essays with payment.
Ten Mile River Scout Museum

- Exhibits on TMR and local history, including historic sites you visited while hiking around TMR.
The Ten Mile River Scout Museum Website
www.tmrmuseum.org/tmr-historic-trails-info

Ten Mile River Scout Museum
Ten Mile River Scout Camps, Narrowsburg, N.Y.
Greater New York Councils, B.S.A.

Ten Mile River Historical Trails Award

The 12,000-acre Ten Mile River Scout Camps in Sullivan County, New York has over 60 miles of hiking trails, including the famous 33-mile Ten Mile River Trail. The Ten Mile River Scout Museum sponsors the Ten Mile River Historical Trails Award for registered Troops, Packs, Venture Crews and qualified non-scouting groups hiking these trails. Hikers satisfying trail requirements can earn a beautiful medal with pins for miles hiked.

The Museum is definitely worth a visit. We have extensive exhibits on local history, archaeology, wildlife and the lumbering/bluestone mining era.

PDF
TEN MILE RIVER HISTORICAL TRAILS PRESENTATION - Overview on award requirements, maps, resource materials, how to register to earn the award during TMR summer camp and the rest of the year. START HERE.

TRAIL AWARD REQUIREMENTS  ADDITIONAL INFORMATION  EARN THE TRAIL AWARD AT TMR SUMMER CAMP
QUESTION ON THE T.M.R. HISTORIC TRAILS  TMR TRAIL MAPS, HIKE ROUTES, HIKING & HISTORICAL INFORMATION
Trail Award Requirements

**Ten Mile River Scout Museum**

Ten Mile River Scout Camps, Narrowsburg, N.Y.
Greater New York Councils, B.S.A.

**TEN MILE RIVER HISTORIC TRAILS REQUIREMENTS (DRAFT)**

To earn the Basic Trail Medal:
- Hike the TRM Trail system for at least ten miles.
- Visit the TRM Scout Museum.
- Take the Ten Mile River Historical Trails Quiz.
- Write an essay of at least 100 words about what you learned about history from this hiking experience.

To earn the 14-miler device:
- Camp in the vicinity of the TRM Trail in an established campsite at TRM for at least two days and one night.
- Hike 14 miles on the TRM Trail System during the two-day period, not exceeding ten miles per day.
- Visit the TRM Scout Museum.
- Take the Ten Mile River Historical Trails Quiz.
- Write an essay of at least 100 words about what you learned about history from this hiking experience.

To earn the 30-miler device:
- Camp in the vicinity of the TRM Trail in an established campsite at TRM for at least three days and two nights.
- Hike the complete TRM Trail or any other series of trails within the TRM Reservation totaling 30 miles, not exceeding ten miles per day.
- Visit the TRM Scout Museum.
- Take the Ten Mile River Historical Trails Quiz.
- Write an essay of at least 100 words about what you learned about history from this hiking experience.

To earn the 50-miler device:
- Hike the complete TRM Trail and a Delaware River canoe trip.
- The total hike and/or/plus must be 50 miles and must be taken within a continuous period of no more than seven days, with foot trail hiking not to exceed ten miles per day.
- Visit the TRM Scout Museum.
- Take the Ten Mile River Historical Trails Quiz.
- Write an essay of at least 100 words about what you learned about history from this hiking experience.

**Notes:**
1. The Unit can complete the hiking/training requirement and the TRM Scout Museum visit on different dates and in any order. Each must be completed within eight months of each other.
2. Earning a device also earns the trail medal and the option of purchasing the lesser device. For example, if you earn the 30- and 14-miler devices, you can also purchase the 30- and 14-miler medals.
3. You must choose the medal and/or devices you wish to earn and complete the entire hiking/training requirement on one trip. You cannot, for example, complete the requirements for the 14-miler device on one trip and then, in an additional 14 miles on a subsequent trip, earn the 30-miler device. You must complete the hiking requirement for the 30-miler device on one trip.
4. The Museum recommends specific hike routes to complete the 10-mi., 14-mi., and 30-mi. hike requirements. See the TRMNT literature.
How to Earn the Trails Award at TMR Summer Camp

The Ten Mile River Scout Museum is introducing the Ten Mile River Historical Trails award, a National B.S.A. approved historical trail. The easiest way for your Scouts to earn this new award is this summer at TMR. Here is how to do it:

Obtain Trail Award Information

Registration info kits, including maps, are available from the www.tmmuseum.org and www.tenmilleriver.org/hike websites. Paper copies can be requested through the www.tmmuseum.org website, or picked up at the Ten Mile River Scout Museum or the G.N.Y.C. office.

Discuss the different trail award options with your Junior Leaders before camp. Earning the medal requires a minimum 10-mile day hike, usually with a stop at the Museum at Headquarters Camp.

You can earn the medal plus a 14-mile pin by hiking a minimum of 14 miles over two days and camp overnight along the TMR trail at a recognized TMR campsite. This might be best for your older Scouts with previous hiking and camping experience.

Earning the medal plus 30- or 50-mile pins will take up most or all of your week at TMR. We recommend that Units desiring to earn these pins during summer camp participate in the TMR Trek program, which provides all necessary food, patrol camping equipment and staff support.

While any trails at TMR can be used to satisfy the hiking requirement, the Museum recommends certain routes, which are in our trail literature and on our website. Each of these routes is designed to satisfy one of the trail award options (medal, 14-, 30-, 50-mile pins). Review the various hike routes and decide which one is best for your Unit.

Register for the Trail Awards

At Sunday TMR check-in, meet with your camp’s Program Director and schedule the trail award as part of your week’s program. If transportation is required, you should plan to provide your own. You can also request it from your Program Director, but TMR cannot guarantee transportation.

For a day hike (10-mile), your Unit should request a bag lunch or cookable “BBQ” meal. The “BBQ” meal can be cooked on charcoal stoves in the Museum’s picnic area.

For a two-day hike (14-mile), your Unit should coordinate acquisition of food with your camp’s Program Director.

Your Unit should bring your own packs, tents, patrol cook kits and camp stoves.

If you require an overnight campsite, you should contact the Reservation Program Director at Headquarters Camp and reserve one.

Contact the Ten Mile River Scout Museum with a proposed hike route and schedule a date and time to visit.

Complete the Trail Award requirements

Complete the hiking requirement. Visit the Museum at the scheduled date and time. Your Scouts receive and answer the quiz questions.

Receive the Trail Awards

After your Unit completes all trail award requirements, call the Museum and arrange a date and time to submit all required paperwork (answers to quiz questions & essays) and receive your award.

At the Museum, submit the paperwork and an application to order trail awards. Pay for and receive your trail awards.

For additional information or to ask questions, visit: www.tmmuseum.org/tmr-historical-trails-info.
Inquiry Form

TEN MILE RIVER HISTORICAL TRAILS INQUIRY

Ask a question about the Ten Mile River Historical Trails. You will receive a response from the Museum.

T.M.R. Historical Trails Inquiry Form

Name *

Email *

Subject (optional)

Phone (optional)

Address (optional)

Your Question or Message

Send
Additional Information

Summer Camp at Ten Mile River, from mid-June through August, units attending camp can satisfy all TMR Historic Trail Medal award requirements on a day hike from their camp to the TMR Museum.

Scouting Units not attending summer camp at TMR can still satisfy all award requirements throughout the year. For further information and to reserve a time for your visit, please call or email us. Awards can also be purchased at the Museum.

Non-Scouting Groups can also complete requirements for the award but will require a letter of agreement and certificate of insurance to hike on Ten Mile River property. Contact G.N.Y.C. Camping Department (212) 651-3077 for further information.

Hiking groups can select any hiking route on T.M.R. property to satisfy the award requirements. To simplify this process, we recommend specific hike routes and these can be found at www.tenmileriver.org/hike.

Note: Earning the 14-miler, 30-miler and 50-miler pins will require one or more nights camping along the hike route.

While hiking the T.M.R. Trails, you can visit a variety of historic sites, structures and markers documented in our literature:

- Bluestone Mines
- Camp Central
- Camp Kunath
- Camp Manhattan
- Camp Renachqua Unit C
- Camp Rondack
- C.C.C. Plaque
- Eagle Rock Rock Shelter
- Indian Caves
- Landship Amos Hill
- Mt. Hope & Cumberland Turnpike
- Picture Window
- Roosevelt Amphitheater
- Ten Mile River Colony
- Ten Mile River Village
- Tuscon Railroad Station

Brooklyn Camps Gateway
Camp Hayden
Camp Kunath
Camp Lakeside
Camp Nanquaqe Office
Camp Nanquaqe Unit C
Camp Nanquaqe United E
Camp Kenochan
Camp Kenochan Monument Half-Moon Lake Hotel
Camp Kenochan Blockhouse
Landship Jonas Bronc
Old Camp Aquahotiga
Old Camp Aquahotiga
Profesional Chapel
Profesional Chapel
Profesional Chapel
Profesional Chapel
Profesional Chapel
Profesional Chapel

To obtain detailed information please visit the Ten Mile River Scout Museum website at: www.tmmuseum.org.

Ten Mile River Historic Trails
Office Greater New York Councils, B.S.A.
350 Fifth Avenue, Suite 7820
New York, NY 10118

Or call:
• (212) 651-3077 (year-round)
• (845) 252-3775 (during summer camp only)
Trail Maps, Recommended Hike Routes, History & Hiking Info
Additional Resource Materials

Ten Mile River Historical Trails Map Book

- Detailed trail maps of the Ten Mile River Scout Camps with historic sites.
- Short histories of all historic sites on TMR property.
Recommended Hike Routes Map Book

Turn-by-turn Hiking Instructions for the Recommended Hike Routes Map Book

- Recommended hike routes that satisfy the hiking requirements for the Ten Mile River Historical Trails award.
- One book has detailed trail maps and the other has turn-by-turn hiking instructions for the same hike routes.
Georeferenced TMR Trails Map for cellphones/tablets

- Utilizes free Avenza Maps cellphone App.
- Georeferenced TMR Map shows all TMR Trails and your location within 20 ft.
- Sold by TMR Scout Museum.
- Free TMR Road Map also available.
- www.avenzamaps.com/vendor.969/ten-mile-river-scout-museum
The History of the Upper Delaware Region and the Ten Mile River Scout Camps

- Illustrated history of TMR and the Upper Delaware Region.
- History of all known historic sites on TMR property.
B.S.A. Historic Trails Award

To earn the award, members of your unit must plan and participate in a historic activity. A unit historic activity requires members to:

1. Locate a historic trail or site and study information relating to it. (The information may be obtained from an adult historic society, public library, or people living near the trail or site.)

2. Hike or camp two days and one night along the trail or in the vicinity of the site.

3. Cooperate with an adult group such as a historic society to restore and mark all or part of this trail or site. (This may be done during the hike or overnight camp.) Or cooperate with such a group to plan and stage a historic pageant, ceremony, or other public event related to this trail or site – such event should be large enough to merit coverage by the local press.

4. Your unit leader must then file the Historic Trails Award application with your council service center.
B.S.A. 50-Miler Award

The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip. In order to qualify for the award the group of which the individual is a member must fulfill all of the following requirements.

1. Make complete and satisfactory plans for the trip, including the possibilities of advancement.

2. Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)

3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area. (There should be no unauthorized cutting of brush or timber.)

4. Unit or tour leader must then file a 50-Miler Award application with the local council service center. This application gives additional details about planning the trip.
Ten things to have on every hike
(American Hiking Society)

1. **Appropriate footwear.** For a short day hike that doesn’t involve a heavy pack or technical terrain, trail shoes are great. For longer hikes, carrying heavier loads, or more technical terrain, hiking boots offer more support.

2. **Map and compass/GPS.** A map and compass not only tell you where you are and how far you have to go, it can help you find campsites, water, and an emergency exit route in case of an accident. While GPS units are very useful, always carry a map and compass as a backup.

3. **Extra water and a way to purify it.** Without enough water, your body's muscles and organs simply can't perform as well. Consuming too little water will not only make you thirsty, but susceptible to hypothermia and altitude sickness.
4. **Extra food.** Many things could keep you out longer than expected: getting lost, an injury, or difficult terrain. Extra food will help keep up energy and morale.

5. **Rain gear and extra clothing.** Because the weatherman is not always right. Dressing in layers allows you to adjust to changing weather and activity levels. Two rules: avoid cotton (it keeps moisture close to your skin) and always carry a hat.

6. **Safety items: fire, light, and a whistle.** The warmth of a fire and a hot drink can help prevent hypothermia. Fires are also a great way to signal for help if you get lost. If lost, you’ll also want the whistle as it is more effective than using your voice to call for help (use 3 short bursts)
7. **First aid kit.** Prepackaged first aid kits for hikers are available at any outfitter. Double your effectiveness with knowledge: take a first aid class with the American Red Cross or a Wilderness First Aid class.

8. **Knife or multi-purpose tool.** These enable you to cut strips of cloth into bandages, remove splinters, fix broken eyeglasses, and perform a whole host of repairs on malfunctioning gear.

9. **Sun screen and sun glasses.** Especially above treeline when there is a skin-scorching combination of sun and snow, you'll need sunglasses to prevent snow blindness and sunscreen to prevent sunburn.

10. **Daypack/backpack.** You’ll want something you can carry comfortably and has the features designed to keep you hiking smartly. Don’t forget the rain cover; some packs come with one built-in. Keep the other Essentials in the pack and you’ll always be ready to hit the trail safely.
Any Questions?