Start your hillwalking badge. These are the things that you need to know or do to get the stage 1 hillwalking badge:

* I can pack my rucksack for a day hike.
* I know what to wear and what extras I need to bring on a hike.
* I know what food to bring on a hike.
* I know how to behave safely while hiking.
* I can read a simple map.
* I can point out and name the main features of a map.
* I can be responsible for myself while we are hiking.
* I can recognise the main distress signals.
* I know the buddy system.
* I understand why I should follow directions from an instructor.
* I have attended at least two hikes.