

INSTRUCTOR'S NOTES
HIKING

Use the Buddy System

Have a Plan

1. Who, what, when, where, how?
2. Leave copy of plan with someone, including a map with key points (trailhead, campsite, rally point) indicated.
3. Rally point(s).

What to Carry

1. Map and compass – may also want a GPS receiver.
2. Water and food.
3. First aid kit.
4. Proper clothing – shoes/boots, wool socks, wicking underwear, hat, layered clothing, rain gear.
5. Identification including blood type, known allergies, special medications, other important medical information.

Use A Hiking Stick

1. Stability
2. Shelter support
3. Bush whacking

Hiking Pace

1. 4-miles an hour is a hard route march – 1 mile an hour with a pack is typical for a group of Scouts with packs; 2 miles an hour is a good pace for hiking without a pack.
2. Recovery rate – if it takes more than two or three minutes for your heart rate and breathing to slow to normal after normal hiking (five or six after a hard climb), you are going too fast.
3. Adjust your pace for the terrain so that you maintain normal, rhythmic breathing – you should not be panting.
4. Take a 5-minute break after first ½ hour to check/adjust gear, 5-minutes every hour after that to rest.
5. Lactic acid builds up after 5 minutes – causes stiffness/cramps – if you stop for more than 5 minutes, stop for 20 or 30 to let lactic acid clear your system.
6. Avoid the “slinky” effect.
7. Sometimes it’s a good idea to split a large group into two or three smaller groups.
8. When climbing, stand straight, keep steps small (6” rise), avoid stair steps.

9. Use rest step (rest on one leg with knee locked for 30 seconds) when going up a steep short hill, rather than stopping to rest part way up.
10. Walking down hill is harder on knees than walking uphill – can also jam toes into boots or cause friction blisters, keep knees slightly flexed, boots tightly laced.
11. Repetitive stress injury – when jumping from rock to rock, alternate the starting and landing feet.

Hiking on Highways and Roads

1. Walk on left, facing oncoming traffic.
2. At night, wear a fluorescent vest or light colored clothing, or tie strips of white or reflective material to right arm and leg; use a flashlight.
3. On narrow roads, be especially careful in curves.

Hiking on Trails and Cross-Country

1. If there's a trail, stay on it.
2. If traveling cross-country, try to avoid damaging environment.
3. Use bridges to cross water whenever possible – avoid fording streams.
4. If you must ford streams use your hiking stick for stability, face upstream, loosen pack belt.

Staying Found

1. Plan your route.
2. Track your progress on a map so that you know where you are at all times.
3. Pay attention – direction of travel, landmarks, back trail.
4. If you get lost:
 - S – stop, stay calm
 - T – think, where you've come from, where you're going
 - O – observe, look for key terrain features, listen for trains, highways, etc.
 - P – plan and move carefully.