

HIKING

1. Do the following:

a. Explain to your advisor the most likely hazards you may encounter while hiking, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

- Waterborne Parasites
 - Only drink properly-treated water.
- Trouble with Wildlife
 - Store food out of their reach.
 - Eliminate odors from sleeping areas.
 - Keep campsites spotless.
- General Mishaps
 - Prepare a Trip Plan
 - Where are you going?
 - When will you return?
 - Who is hiking with you?
 - Why are you going?
 - What are you taking?
 - Watch where you step.
 - Pay attention to what you are doing
 - Take care of gear.
- Difficulties with Physical Demands
 - Stay in good shape.
 - Drink plenty of water.
 - Adjust clothing layers to match changing weather conditions

b. Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite. [Health and Safety Resource Material](#)

- Sunburn
 - Preventive Measures
 - Limiting exposure to the sun
 - Wearing long sleeves and broad-brimmed hat.
 - Use sunscreen with a protective factor (SPF) of at least 15 and apply it often.
 - Treatment
 - Get person under shade. (If no shade available, cover exposed skin with sun-protective clothing.)
 - Apply cool wet cloths to sunburnt areas.
- Altitude Sickness AMS (Acute Mountain Sickness)
 - Preventive Measures
 - Drink plenty of fluids.
 - Ascend gradually.
 - Symptoms
 - Headache
 - Nausea
 - Tiredness

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- Loss of motivation
- Treatment
 - Descend to a lower elevation
 - Rest, fluid, and food.
- Sprained Ankle
 - Prevention Measures
 - Watch your step, especially over loose rocks, gravel, other debris and along a steep incline.
 - Stay within the boundaries of the trail and behind any protective railing.
 - Treatment on the trail
 - Leave the boot on.
 - Wrap the ankle, boot and all with an ankle bandage.

2. Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.

- Outdoor Ethics and Hiking
 - Adhere to the Principles of Leave No Trace
 - Plan ahead and prepare.
 - Travel on durable surfaces.
 - Dispose of waste properly.
 - Leave what you find.
 - Minimize campfire impacts.
 - Respect wildlife.
 - Be considerate of other visitors.
- Hiking Safety in the Daytime
 - Walk single file on the left side of the road facing traffic.
 - Heed all traffic signals.
 - When crossing a country thoroughfare, the whole crew should line up along the road and all cross at the same time.
 - Don't carelessly hurdle over large logs obstructing a path.
 - Don't poke a hiking stick in holes along a path.
- Hiking Safety at Night (Same as daytime)
 - On roadways, wear light-colored clothing or tie a light-colored bandana around your right arm.
 - Take extra care to keep members of the group together.
- Courtesy to Others
 - Greet people along the way.
 - Lend a hand whenever you can.
 - On a mountain trail, give an oncoming crew on the downward side of a mountain the right of way.
- Choice of Footwear
 - Avoid heavy boots.
 - Short walks on easy terrain: most any kind of shoes

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- Hiking in good weather: lightweight boots with uppers made of nylon or other tough fabric
 - For added feet and ankle support and resistance against rain and snow: leather boots
 - Care of Footwear
 - Clean footwear after a hike.
 - Do not put footwear too close to a heat source.
 - Treat leather boots with protective ingredients that keep them flexible and water repellent.
 - Care of Feet
 - Gradually break in boots before hiking.
 - Wash feet regularly during a long trek.
 - Treat for blisters at the first sign of a hotspot.
 - Wear socks made for hiking.
 - Wear a smooth, liner sock under a thick outer sock to reduce friction and wick moisture away from the feet.
 - Cut toenails straight across.
3. Explain how hiking is an aerobic activity. Develop a plan for conditioning yourself for 10-mile hikes, and describe how you will increase your fitness for longer hikes.
- Hiking is an aerobic activity because it increases your rate of breathing and your heartbeat.
 - For conditioning, engage in aerobic activities like bicycling, jogging, and sports that require constant motion.
 - Increase your fitness by pushing yourself each time to achieve a little more.
4. Take 10-mile hike. You may stop for as many short rest periods as needed. Before the hike, prepare a written hike plan and share it with your advisor. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.