



LIFE INSPIRED

Get Out There
Go for a Hike



Copyright © 2020

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

www.destination-u.net



ALL FOR YOU

NATURE IS CALLING

Almost anyone and everyone can go for a hike. “Hiking” is a broad term that covers many different types of trails and can be as simple as a 30-minute walk on a dirt path close to your neighborhood to a multi-day backpacking experience that includes bouldering (if this is a new term to you, it is like crawling over big boulders, sometimes with your hands in addition to your feet). If it’s your first time and especially if you’re planning on your own, start smaller and if you like it, you’ll gain confidence and be able to increase the distance quickly. Remember to always hike with a buddy. Bringing your dog (if allowed on a leash on the trail) is not considered the buddy.

Instead, you need another human hiking buddy in case you encounter a problem or have an injury or medical issue.

There are many resources available online to help ensure your first hike (and hopefully first few hikes) are safe and a wonderful experience. I encourage you to visit sites and/or stores like REI or your local mountaineering or outdoors stores for much more detailed information and to answer any questions you have. There are no stupid questions and you have to be prepared for all situations with Mother Nature.

You can also send questions via email to info@destinationuwendy.com.

For Those Of Us Over 45

There are special considerations for those of us over 45 that will make your hiking experience safer and more enjoyable:

- Bring more water & extra food as fuel.
- Bring hiking poles and can rent them inexpensively if you don't have a pair – this makes walking on the uneven surface much safer and much easier on your knees on any downhill section.
- Bring sunglasses
- Wear sweatproof sunscreen & bring it in the backpack to reapply.
- Bring a list of medications and allergies and bring any medications you are taking or that might be needed urgently in a remote location.
- Don't hike tired. Rest up the day before and plan to chill the afternoon or day after as we need a bit more recovery time.

Planning the Week Before

- Ensure your fitness level is appropriate for the hike you're planning. Most active adults will cover 1-3 miles per hour on a relatively flat surface and 1-1.5 miles per hour when walking up a hill. Your fitness level should be such that you can walk at least twice as much as you're planning on your hike. For example, you pick a slightly uphill 3-mile trail. Estimate that you'll need fitness to handle walking for 2 hours uphill and 1 hour downhill.
 - If your selected hike is close to your home and doesn't appear to have any challenging obstacles or significant elevation change, you can expect to mostly go for a nice nature walk.
 - If your selected hike requires you to travel to a community at a higher elevation level, ensure you're able to walk.
- Find a hike – research options online with companies like AllTrails.
- Review the map. Download and print the map and trail information – even if you download to your phone or take a photo of the map, your phone may lose power and you may need a backup printed map.
- Check the weather to ensure conditions are not too windy and that the chance of rain and thunderstorms are very low. If not, consider another trail location or another day with better weather.



PLANNING THE DAY BEFORE

- Hydrate & fuel well.
- Verify you have a printed version of the directions and map.
- Plan the hike route, departure time and parking with your hiking buddy. Never hike alone.
- Prep a paper sign for the car dashboard. Print in ink a statement to leave in your parked car the number of people hiking, where you're going (name of trail) and what time you expect to be back at the car. That way, if you have a problem and need help, the note will alert others and give info that will help expedite getting help to you.
- Prep gear & backpack.

GEAR CHECKLIST

- Backpack – large enough to hold your drinking water, double the amount of food you anticipate needing and clothing for all weather conditions.
- If you're considering purchasing a backpack, go to a mountaineering or camping store to be fitted appropriately. It makes a big, big difference in your comfort and ability to carry what is needed to be safe.
- You want extra gear in your backpack and plan to have what you'd need if you got stuck out on the trail overnight. It is a very remote chance – especially when you're starting on the less intense trails but it's better to be prepared.
- Water – 1 Liter per 2 hours either in a bladder or multiple spill proof bottles.
- Food – bring food that provides energy and fuel like a sandwich, granola bars and fruit. You may also consider packaged fruit cups or leftovers that don't need refrigeration or small packets of baby food.
- Trail walking or running shoes for beginner or easier trails and hiking boots (waterproof especially needed in more forested areas)
- Clothing – moisture wicking and quick drying material that can be layered:
 - Hat or visor
 - Gloves
 - Sunglasses
 - Neck scarf or gaiter
 - Extra socks
 - Rain jacket and possibly rain pants
 - Extra long sleeve shirt
 - Extra pair of pants
 - 1-2 jackets
- Sunscreen – waterproof and at least spf 30.
- Hiking poles.
- Printed map in a plastic baggie.
- Headlamp or flashlight.
- First Aid Kit.
- Napkins or toilet paper in a plastic baggie.
- Portable phone charger.
- Paper sign for the car dashboard.



SPECIAL CONSIDERATIONS

If your hike is over two hours, add the following items in your backpack:

- Compass.
- Waterproof matches.
- Insect repellent.
- Several plastic baggies for phone, identification and money.
- Multi-tool or knife.

Ensure you keep drinking water and fueling with food.

If your hike is in winter or in a colder environment:

- Consider a thermos of hot tea or other hot beverage.
- Having a pair of hand warmers or toe warmers if needed.

If your hike is in summer or a hotter environment:

- Take off early in the morning to complete your hike before the temperatures really heat up.



Get Out There and Play
D E S T I N A T I O N U