



# SEASONAL FITNESS CHALLENGE

## SPRING TIP 3

### Hiking Tips and Essentials



BE ACTIVE



Studies have shown that hiking offers multiple physical and mental benefits, which range from reducing anxiety to preventing osteoporosis. No matter what type of trail you find yourself on, hiking is a great whole-body workout – from head to toe and everything in between.

**Start small and choose the right trail for your fitness level:** select a hike a little shorter than the distance you can normally walk on a level or paved surface. To estimate the time required to hike the trail, figure a pace of roughly 2-miles per hour.

**Familiarize yourself with the trail:** once you have selected a trail, obtain a map of the area and review reports and data. There are some excellent sources available online.

**Check the weather:** leading up to your hike, and again a few hours before, check the weather. This will give you valuable information on how to dress and what to pack.

**Tell someone where you will be:** it is important that someone not on the hike knows the itinerary and what time to worry and call for help. The “worry time” may be several hours later than your planned finish to allow for slow and relaxed hiking.

**Pack your essentials:** there are several essentials you should pack when planning a hike, ensuring you are kept safe in the outdoors (below are some essentials that you can pack).

**Wear the right shoes and socks:** painful feet can ruin a hike. Invest in quality hiking shoes and socks. This does not mean heavy leather boots, there are a lot of lighter alternatives that require little break-in compared to other hiking boots.

**Dress for success:** dressing right is key to comfort on your hike. Wear layers that you can easily add or shed as needed, and skip cotton anything, as it stays damp and can cause chafing.

**Pace yourself:** when you first get on the trail, you may feel like powering forward. However, it is best to pick a pace you can maintain all day.

**Keep it light:** once you have packed all your essentials, ensure that you are packing the lightest of each item. For example, pack a travel size tube of sunscreen instead of the full size bottle.

**Leave no trace:** the beautiful trails we love will only stay beautiful if we care for them. Dispose of any waste properly and do not leave any of your belongings on the trail.



# SEASONAL FITNESS CHALLENGE

## 10 Hiking Essentials



Navigation (map & compass)



Sun protection (sunglasses & sunscreen)



Insulation (extra clothing)



Illumination (headlamp or flashlight)



First-aid supplies



Fire (waterproof matches/lighter/candle)



Repair kit and tools



Nutrition (extra food)



Hydration (extra water)



Emergency shelter (tent/plastic tube tent)

