

# LET'S ENJOY THE VIEW

Pros of Summit Hiking include a great \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_ workout. Cons include shortness of \_\_\_\_\_ and \_\_\_\_\_  
increase.

When hiking uphill, use the \_\_\_\_\_ and \_\_\_\_\_ to climb.

Pros of long-distance backpacking include a \_\_\_\_\_ burn and \_\_\_\_\_  
\_\_\_\_\_ workout. Cons include leg \_\_\_\_\_, back \_\_\_\_\_, and  
\_\_\_\_\_.

When long-distance backpacking, it is important to keep a \_\_\_\_\_ pace that  
works with your \_\_\_\_\_.

When hiking and backpacking, you want to eat a \_\_\_\_\_ dinner the night  
before that is high in \_\_\_\_\_ carbohydrates. You also want to  
\_\_\_\_\_ plenty of \_\_\_\_\_.

Some good snacks to pack would be \_\_\_\_\_,  
\_\_\_\_\_, or \_\_\_\_\_.

Most importantly, don't forget to \_\_\_\_\_ the \_\_\_\_\_.

Notes:

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# ESSENTIAL HIKING & BACKPACKING TIPS

Hiking is an excellent low-impact workout. Studies show it offers multiple physical and mental benefits. From reducing anxiety to preventing osteoporosis, hiking is an outdoor activity delivering benefits beyond scenic and fun. Unlike walking on a treadmill or paved path, hiking involves more, sometimes unpredictable, variables. Of course, these variables are part of what makes it so enjoyable! Use the following hiking tips to make your first treks successful:

## 1. 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. Next, review the elevation changes and add an hour to your estimated hiking time for every 1000 feet of gain. After you've been out once or twice, you'll have a sense for what distance and elevation changes work well for you.

## 2. 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 online resources available. Find out if the trail is a loop, or if you'll have to backtrack or spot a second car. Take note of any intersecting trails where you could potentially make a wrong turn. Also look for a good lunch spot such as a lake or peak with a view.

## 3. 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. If the weather is forecast to be awful, it will give you the chance to change plans instead of getting surprised on the trail.

## 4. Tell someone where you will be.

It's important that someone not on the hike knows the itinerary and what time to worry and call for help. Note don't say "when you expect to be done." The "worry time" may be several hours later than your planned finish to allow for slow hiking, amazing views, or perhaps a sore ankle causing a delay.

## 5. Wear the right shoes and socks.

Painful feet can ruin a hike. Invest in quality hiking shoes and socks. This doesn't mean heavy leather boots, there are a lot of "light hikers" available that require little break-in. Also, don't skimp on socks and for goodness sake....no cotton! Wool or synthetic socks are the way to go. Also pack blister dressings just in case.

## 6. Pace yourself.

When you first get on the trail, you may feel like powering forward like a hero. However, you'll be a zero by the end of the day if you don't pace yourself. Instead, pick a pace you can maintain all day. It might feel a little awkward at first, but after a few miles, especially uphill, you'll be glad you saved your energy.

