

PACKING



AND



HIKING



- explain techniques of safe hiking and its benefits for enjoying nature, physical fitness, and nurturing self-reliance

- explain the who, what, when, where, why and how of planning a safe hike



- tell how to select the right footwear, clothing and gear
- explain the importance of setting a pace and resting when hiking
- demonstrate the ability to pack items for accessibility on the trail



- pack a neat, well-balanced and systematically organized backpack or daypack that is comfortable to wear and efficient to use while hiking

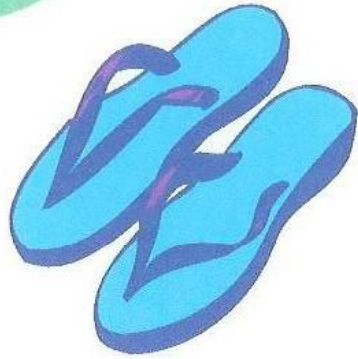


HIKING BEGINS WITH SAFETY
- devise a trip plan that covers the
FIVE W's

WHO WHAT WHERE
 WHEN WHY



**PRACTICE LEAVE-NO-TRACE
PRINCIPLES**



FOOTWEAR



CONSIDERATIONS

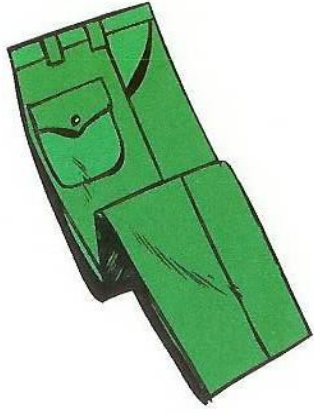
- if your feet are happy on a hike, you will be too
- light-weight boots are for short hikes on easy terrain in good weather
- heavier boots for rougher terrain and less-than-ideal weather
- break-in boots and apply weather-proofing as needed

FOOTWEAR



CONSIDERATIONS

- consider hiking socks (thicker)
- sock liners help with moisture and friction
 - change socks frequently
- take a break as needed – inspect for hot-spots
 - carry blister care kits with you
even on short hikes
- avoid puddles/wet areas as possible
(water-proofing is NOT a guarantee)



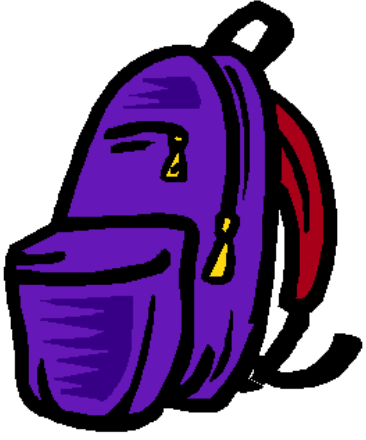
CLOTHES FOR THE SITUATION



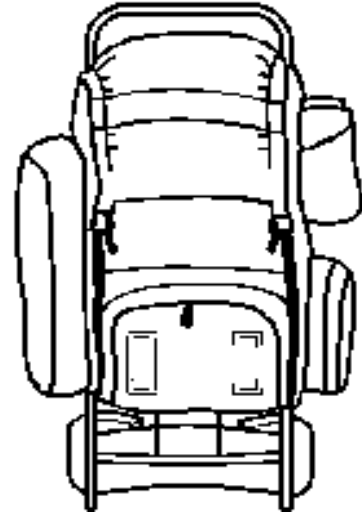
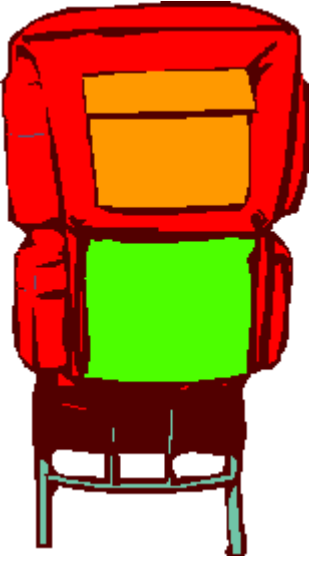
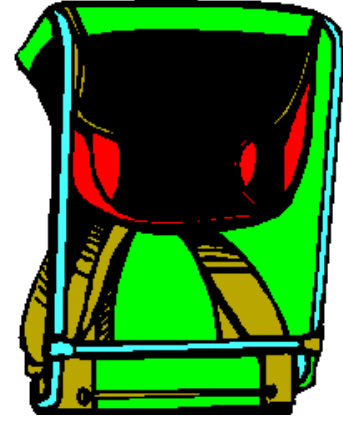
- dress properly
- layering is important
- “COTTON KILLS”



- need “breathable” rain-gear
- change/remove layers as needed
- weather-proofing may need to be re-applied
- review checklists in the Boy Scout Handbook



B
A
C
K
P
A
C
K
S



BACKPACKING

- the activity will determine the type of backpack needed
 - daypack
- all-purpose backpack
 - internal frame
 - external frame





BACKPACKS

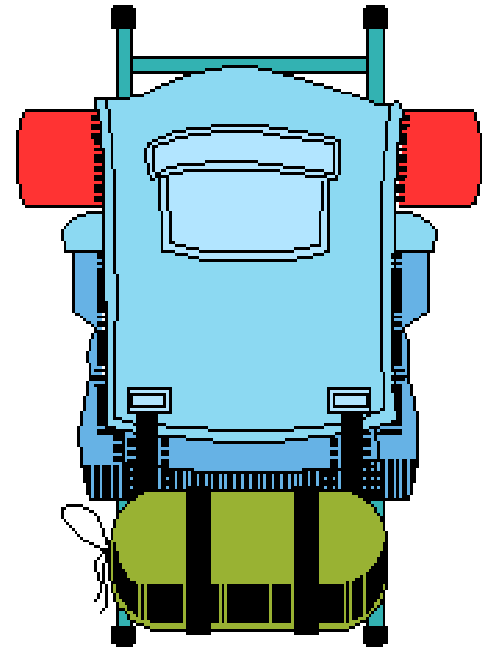
- internal frame
 - snugger against back
 - ideal for skiing/mountaineering

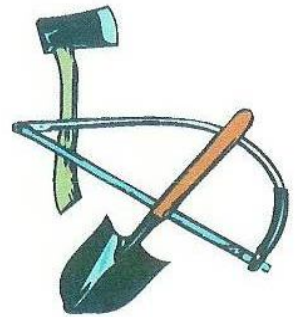
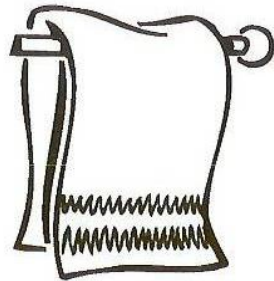
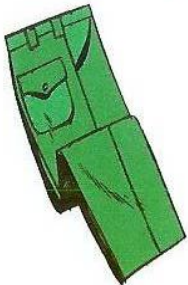
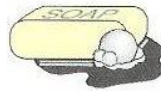
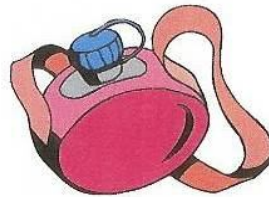
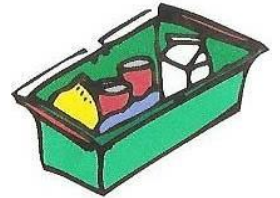
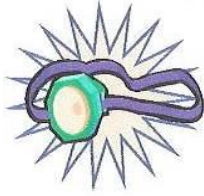
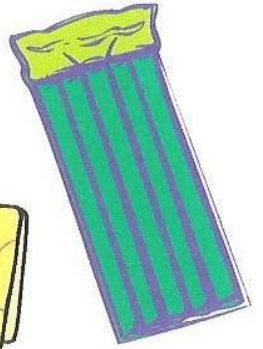
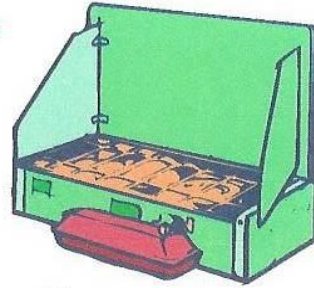
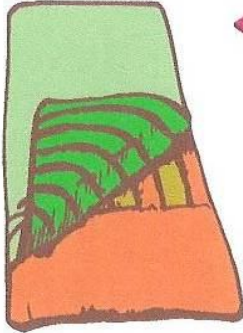
- external frame
 - best for open areas
 - best for lighter loads



BACKPACKS

- each has adjustable straps
- always take spare pins/ring clips
- replace ring clips with larger ones
- keep pack and straps clean and dry
- inspect pack before and after
each trip
- remember to adjust pack with growth
- use outside pockets for items needed
quickly and/or often





PACKIN' UP

(where do you put all the stuff?)



- consider stuff sacks to protect from weather
 - bread bags
 - garbage bags
 - zip locks
 - dirty clothes bag
 - “ PACK THE KITCHEN “
- keep clothes/food/utensils separate
- take extra bags

PACKIN' UP



- arrange soft items to cushion your back
 - keep raingear, flashlight, first-aid kit and water bottle near the top or in the outside pockets for easy and quick access
 - if sleeping bag will not go in pack, wrap it up in plastic and tuck it under the top flap or attach it to the bottom of pack (2)

PACKIN' UP



- heavier items go close to you and towards the top of the pack
- stow items in the same place each time you pack
- you'll find what you need when you need it

PACKIN' UP



- check pack straps and weight balance
- practice carrying weights/stones
- carry pack cover or garbage bag

HIKING



- hiking stick
 - helps balance
 - pushes branches back
 - poke behind rocks
 - personalize
 - fishing line/rope
 - measurement nicks
 - rubber tip protector



HIKING



- look around and enjoy the scenery, but watch the path

- rest as needed

- check for hot spots

- remember group safety

(2)

HIKING

- keep group fellowship
- drink frequently
- snack as needed
- condition yourself and group



HIKING



- remember trail manners
- walk in single file
- no excessive noise
- pick up litter

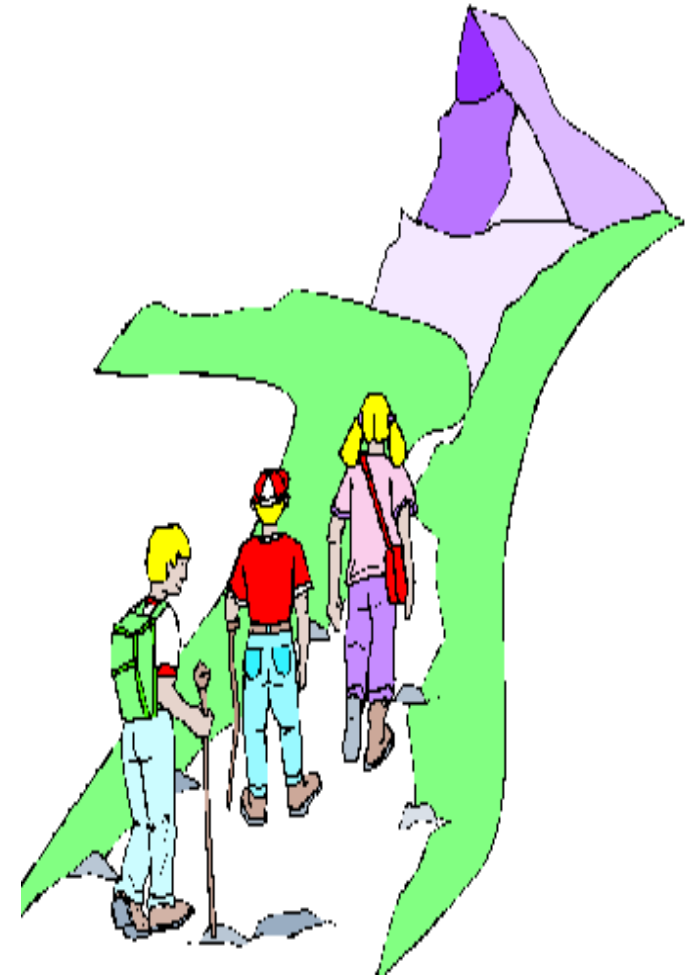
HIKING

- keep space between you and those in front and back
- walk at a pace comfortable for the slowest member of the group



HIKING SAFETY

- hike with a buddy
- perform periodic buddy checks
- walk correctly along roads
 - face traffic
 - walk in single file
 - wear light clothing
 - use reflective tape or white clothes





HIKING TIPS

- keep to the trail
- watch your steps
- use bridge to cross streams
- wade thru water as last resort
- wade only in shallow water
(check with walking staff)
- wade only if current is
NOT swift

NOW WHAT ????



- know/plan your route
- review map before starting
- know where you are
on the map
- note landmarks
- pay attention
- check compass
- look behind you to see how the path
coming back looks



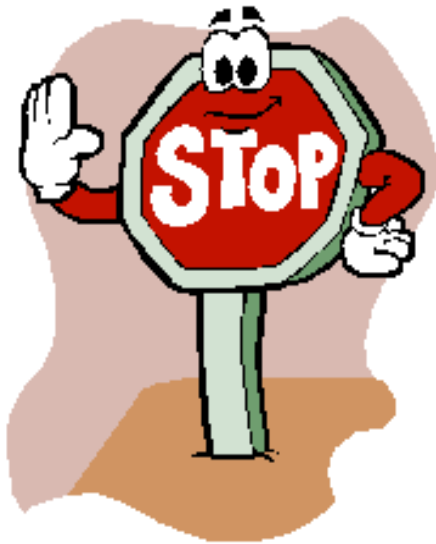
? LOST ?

- use the Scout
handbook

- use your resources

- **STAY PUT** – if you have no idea **WHERE**
you are or **WHICH** way to go

- use the **STOP** method



S - stay calm



T - think

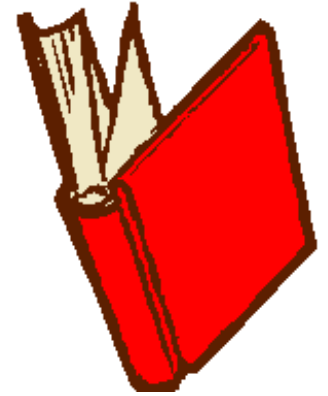


O - observe



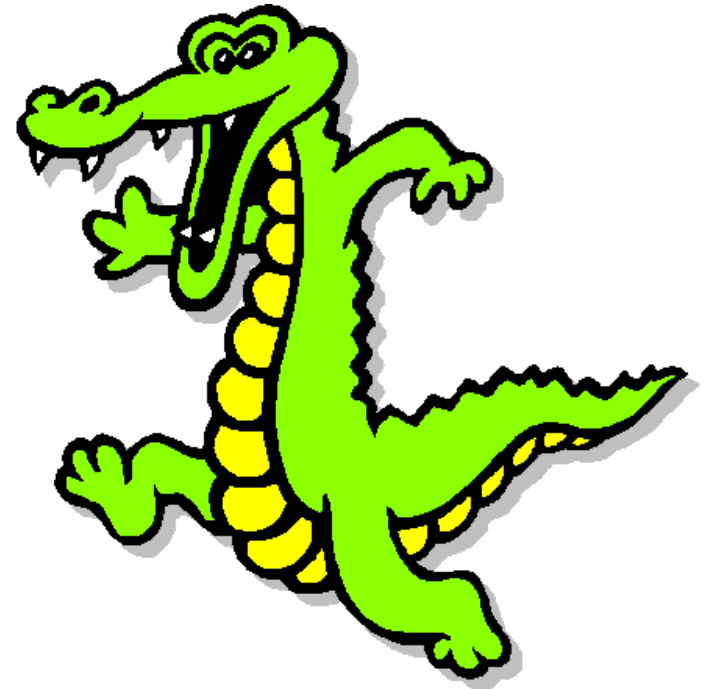
P - plan

Advancement Requirements



TENDERFOOT

1. - Present yourself to your leader, properly dressed, before going on an overnight camping trip. Show the gear you will use. Show the right way to pack and carry it.
5. - Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost.
9. - Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one.



SEE YA'LL LATER, ALLIGATORS !!