

# HIKING – Level 1

Yea, tho I walk through the valley of the shadow of death, I will fear no evil for Thou art with me. Psalm 23:4

Paul walked mile after mile to minister to people. He hiked over mountains and through valleys. He trudged through barren wilderness and busy streets. No matter where Paul walked, he knew that his Lord was by his side and he was not afraid. At the end of his life, Paul wrote, "I have finished the race. I have kept the faith. Now there is in store for me the crown of righteousness." When our walk on earth is finished, may God give each of us a crown.

## **Hiking:**

Hiking is fun, it is good exercise and can be done all year round but where would you go? What should you take? How long should you be gone? These and other questions will be answered.

A good hike starts at home before you ever hit the trail. For a summer hike, the clothes that you wear should be light and made of cotton. A wide brimmed hat will keep the sun off your face and neck and a long sleeved shirt will keep you from getting sunburned. You should wear thick socks that are clean and don't have any holes in them. If you are hiking on level ground, tennis shoes will work just fine but if you will be hiking on a trail, you will need good hiking boots that are well broken in.

## **Boots:**

You can help speed up the breaking in process of new boots by first dunking them in a tub of water. When they are thoroughly wet, take them out and wipe off any excess water. After putting them on and lacing them up tight, walk around all day until they have dried to the shape of your foot. Before putting them away for the night, rub in a good coat of boot preserver.

## **Items to Bring:**

To carry all the necessary items for your hike, you will need a good daypack. A fanny pack or frameless backpack, as shown below, will work very well.



There should be enough room in the pack to carry the following items:

- 1 - Canteen of water
- 2 – Lunch or food
- 3 - High-energy snacks (Gorp is a good one)
- 4 - Rain gear
- 5 - Map and compass
- 6 - Small first aid kit
- 7 - Extra socks
- 8 - Toilet paper
- 9 - Small instamatic-type camera
- 10 - Drinking cup (preferably with a cover)

11 - Matches

12 - Knife

Unless you have equipment for heating your food, your lunch should be made up of sandwiches, fresh fruit and other high-energy foods Gorp is a mixture of high energy food and protein, including raisins, peanuts and M & M's. The canteen should be filled with water only. If you want to make Koolaid, do it in your cup.

The first aid kit should contain supplies to take care of small cuts, scrapes, bruises and blisters.

### **Before You Leave:**

Before you go on your hike, you should plan where you are going on your map. On level ground, you will be able to go about 3 miles per hour. Hills will slow you down to about 2 miles per hour and hiking in the mountains to about 1 mile per hour. Your first day hike should be no more than 5 miles. On your map, pick a spot to stop for lunch that is about 2 to 2-1/2 miles from your starting point. This first hike will allow you plenty of time to get to your destination and back again.

Make sure that someone knows exactly what your plans are and where you are going.

### **On the Trail**

When you are finally on the trail, remember to obey a few basic rules. If you must hike on a secondary road, make sure to hike in single file and face the oncoming traffic. When crossing private land, make sure that you have obtained permission from the owner. If you go through any gates, make sure they are closed behind you. As you are hiking along, make sure that your stride is free and easy. You should never hike faster than the slowest person. A hike is not a race or an endurance test. Take your time. Stop to rest for a few minutes at least once every hours.

There are many different types of hikes. On a swimming hike you could be walking to your favorite swimming hole for an afternoon of fun with your friends. On a nature hike you can learn more about the beauties of God's creation by observing the plants and animals around you.

### **Rules to Follow on the Trail:**

- 1 – Do not run
- 2 – Walk in single file
- 3 – Be courteous to other hikers on the trail
- 4 – Walk to the right side of the trail
- 5 – Give hikers with dogs the right away
- 6 – When stopping, find a clearing or wide areas along the path to get everyone in your party off the path so others do not have to walk around you or your group.
- 7 – Leave only foot prints and take only memories
- 8 – Stay on the trail

Have a good hike!

**Hiking Level 1 Requirements:**

- 1 – Know what to pack for a hike.
- 2 – Know what you have to do before you leave on a hike
- 3 – Know the rules to follow while hiking.