

3.9

Hiking and Backpacking

"They will come with weeping; they will pray as I bring them back. I will lead them beside streams of water on a level path where they will not stumble."

Jeremiah 31:9

Objectives:

Recruit

1. List the proper clothing and equipment needed for a hike and explain why each is important.
2. List the safety rules for hikers and explain why each is important.
3. Take a five-mile hike keeping a journal.

Camper

1. List the rules for proper backpacking safety and explain why each is important.
2. Make a personal equipment list for an overnight backpacking trip.
3. Take a 10 mile hike, keeping a journal and drawing a map of your trip when it is completed.

Frontiersman

1. Plan a one-week backpacking trip including the following:
 - a. Hike route (including maps)
 - b. Equipment (individual and group)
 - c. Food (menus and quantities)
 - d. Daily devotions
2. Take a backpacking trip of at least two days.

UNIT 3

CAMPING

CHAPTER 9

HIKING AND BACKPACKING



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TIPS TO REMEMBER

If you fail to plan, you plan to fail.
Allow two minutes of planning for every minute of training.

Applying God's Word to the Lesson

DEVOTION #1

Nehemiah 9:19 *Because of your great compassion you did not abandon them in the desert. By day the pillar of cloud did not cease to guide them on their path, nor the pillar of fire by night to shine on the way they were to take.*

The first time a backpacker hikes on a trail in the National Park system he may be surprised by the way other hikers help each other find the trail. Most trails do not have signs like those you find on a road. Hikers want to experience nature in as pure a form as they can. Painted signs would be an unnatural intrusion into the forest.

How can you mark a trail without signs of some sort? In the woods the trail may be obvious from footsteps of other hikers. On rocks, though, it would be impossible to see a well-worn trail through the woods or across a meadow. So experienced hikers build cairns. A cairn is a little pile of rocks. There may be only two or three flat stones balancing on each other, but it is a pile that could only have been made by another hiker.

The cairns are a compromise. They show the path as clearly as a painted sign, but they use only natural materials to show the trail. The stones would not be so arranged if the trail were completely without markings, but they are better than a painted sign. Without the cairns it would be impossible to tell which direction the trail went. The hiker could go in the wrong direction and become lost and confused. In very remote areas the cairns could mean the difference between life and death.

When the children of Israel crossed the desert of Sinai, they needed some guide markers to lead them also. The Lord provided a clear and spectacular guide. He led them in a pillar of cloud by day and in a pillar of fire by night. If the people ever wondered which way to go or worried that they were lost, they could always look up and see the pillar of fire or the pillar of cloud leading them.

What are the guide markers for our life as we journey on the path to heaven? We are not led by a pillar of fire or cloud. We do not have cairns to tell us what is right and what is wrong. We do have the Word of God, though. The psalmist says, "Your word is a lamp to my feet and a light for my path." The law of God tells us which direction to go and what to do on the path of life. Often it shows us that we have strayed from the path and calls us to repentance. The Gospel always reminds us that the Lord has not lost sight of us. He forgives us and promises to keep watch over us throughout our life. Knowing the Savior's love and concern makes us eager to follow the guiding of the law so that we stay on the path of the Lord.

PRAYER: Lord God, heavenly Father, we thank you for the guiding of your Holy Word. We confess that often we are tempted to stray and we need your forgiveness of our sins. Help us always to remember that your Son, Jesus, has won forgiveness for our sins and is watching and keeping us as we journey to eternal life. Amen.

HYMN: 285 (TLH) 284 (CW)

Applying God's Word to the Lesson

DEVOTION #2

TEXT: Luke 10:41,42

THEME:

If you are packing gear for a week-long backpacking trip, what do you pack? Remember, everything you pack, you will have to be carried on your back for the whole trip. Some things you have to take. You need a sleeping bag and a light tent. You need a canteen and food. You need a light little stove. Do you take a camp cot or a cast-iron frying pan? Do you take apple cider in a big glass bottle? Do you carry a small portable television set? After walking a day and carrying all your gear, you will probably decide that you will only take the things that you absolutely need.

We are on a journey through life. What is the one thing that is most important for our lives? Why is the Word of God so important? How can the other things in our life weigh us down and make us weary? When we put too much stock in unimportant things, we will want to repent and ask forgiveness.

Thank God that Jesus has taken away our sins by his death on the cross. We never want to be without the forgiveness he gives us or the Gospel that tells us of his love.

PRAYER: Lord God, heavenly Father, we thank you for the message of the Savior's love for us which assures us of forgiveness. Sometimes we are tempted to consider other things too important. Forgive us for our sinful desires and help us always to keep the one thing needful, your love and forgiveness. Amen.

HYMN: 366 v.1-2 (TLH) 290 v.1-2 (CW)

DEVOTION #3

TEXT: Ephesians 6:15

THEME: Beautiful Feet

OUTLINE

1. The most important concern a hiker has are his feet. If he gets blisters the first day out, his whole trip will be miserable. The Bible calls the feet of those that bring good news beautiful.
2. Our faith is the greatest concern we have in life and death. Paul tells us how to take care of our faith when he says we should have our "feet fitted with the readiness that comes from the gospel of peace." Good shoes, moleskin and good socks keep our feet in shape. The good news of forgiveness and peace with God keeps our faith in shape.

Additional References:

- Genesis 28:20
- Genesis 47:9
- Numbers 17:12
- Numbers 22:32
- Deut. 2:7
- Deut. 22:1
- Joshua 24:17
- 2 Samuel 22:37
- 1 Kings 19:4,7
- Nehemiah 9:19
- Job 22:15
- Psalm 16:11
- Psalm 27:11
- Psalm 73:2
- Psalm 77:19
- Psalm 119:32
- Psalm 119:35
- Psalm 119:101, 104-105
- Psalm 119:176
- Proverbs 2:8-9
- Proverbs 4:14,18
- Proverbs 12:38
- Proverbs 15:10,19
- Proverbs 16:9
- Proverbs 19:27
- Proverbs 21:16
- Proverbs 23:19
- Isaiah 26:7
- Isaiah 35:8
- Jeremiah 2:31
- Jeremiah 50:6
- Matt. 7:13-14
- Matt. 13:4
- Luke 1:79
- John 4:6
- Acts 9:3

1 Introducing the Lesson

This chapter is clearly a very practical one. Although considerable training is wise before a group begins to hike, much of the information you present will not sink in until the boys have an opportunity to learn from their successes and failures on the trail. For this reason, in order to focus the boys on the issues you will present, you might introduce the lesson by taking a short hike. This could be a walk around a few city blocks or along a short trail in a park. A distance between 1/2 mile and 1 mile should make your point and not cut too much into your training time. Then the Pioneers will be focused on hiking and how they can do it more often and more easily.

Another introduction technique that could be used alone or with a short hike before it is having on hand a backpack with articles packed in it for a weekend hike along with other items to consider and items to leave behind.

Another method is a simple two-day hiking trip, as explained in "Projects & Activities" below.

The most important part of this lesson is the proper equipment for a hiking or backpacking excursion. This includes footwear, clothing, headwear, packs, tents, cooking equipment and information. If someone has the proper equipment, most of the rest of the chapter is common sense.



CHAPTER 9 HIKING AND BACKPACKING

Section 1—Hiking

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 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 in this chapter on Hiking and Backpacking.

PREPARATION

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.

Possible Materials for Teaching and Demonstrating this Lesson

Backpack equipped with necessary items for a weekend hike

Variety of additional equipment to include and omit on a backpacking trip

Guidebooks and/or topo maps of a possible hiking site

Videos from the Lutheran Pioneer National Office

Catalogs and magazines of backpacking gear and food

2

Breaking in a good pair of boots takes some time. One of the best ways is to wear them day after day. This will help you find where the boots may need some adjustment and also will help mold them to your feet. Also be sure to use a good silicone spray of waterproofer to help keep the boots dry and clean.



Figure 1

DAYPACKS

To carry all the necessary items for your hike, you will need a good day-pack. A fanny pack or frameless backpack, as shown in Figure 2, will work very well. There should be enough room in the pack to carry the following items:



Figure 2

GEAR

- a canteen of water
- a lunch
- high-energy snacks (Gorp is a good one)
- rain gear
- map and compass
- a small first aid kit
- extra socks
- toilet paper
- a small instamatic-type camera
- a drinking cup (preferably with a cover)
- matches
- a 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 Kool-Aid, do it in your cup.

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

2

Teaching the Lesson

As you teach this lesson, there will not be a lot of practice involved. However, you will want to let your boys get their hands, eyes and minds involved in the information of the chapter. Be sure that, while you explain the proper choices of equipment, you also explain (and demonstrate if possible) the reasons for these choices.

“Expert” Presenters

There are some “experts” that you can recruit to share their knowledge of this chapter with your Pioneers.

- There are many regional hiking or backpacking clubs (some high schools even have such a club), whose members might be willing to speak about their hobby.
- Wherever there are hiking trails, there are trail associations that preserve and maintain the trails. These would be a good resource about the different kinds of terrain and how to handle them.
- As in the previous chapter, a sporting goods store might be willing to offer information about the types of available equipment, but be ready for a sales pitch.
- ODP’s who have an interest in hiking can be a good resource for this chapter.
- A junior or senior leader who has participated in one or more of the National Backpacking trips can offer good insights from his experiences.

GENERAL HIKING AND BACKPACKING TIPS

- Proper dress is very important; choose shoes, clothes (layered), and headwear carefully. Zip-off pants, if of good quality, can be an efficient way to pack.
- Internal frames were developed for mountain-climbers, since they cling closer to the body. External frames are for general hiking, have more interior room, and are easier to attach things to the outside of.

Field Trips

While a trip to a location where a short hike is feasible (such as a farmer's field and/or woods or a park) are a good place to go to practice some of this chapter's basics, there are few other places to visit.

- As in the previous chapter, you might tour a sporting goods store and examine their equipment.
- Take the older boys to a Sports Show, where they can see the latest in a variety of outdoor fields.

Other Resources

There are other resources available to help you learn more about hiking and backpacking before you present the lesson. These might give you new ideas or tools to use for your presentation.

- *The Boy Scout Handbook* and *Fieldbook* both reinforce the principles of hiking and backpacking laid out in *A Boy's Handbook*, complete with many illustrations.
- Dozens of books are available about hiking and backpacking in different regions.
- *Backpacking* magazine gives details about different trails and describes and evaluates different types of gear.
- The internet has topo maps available and can provide the latest in gear that is available.
- Equipment and food catalogs will give you

GETTING IN SHAPE

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.

Before you leave, make sure that someone knows exactly what your plans are and where you are going.

BASIC RULES

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 hour.

There are many different types of hikes. On a swimming

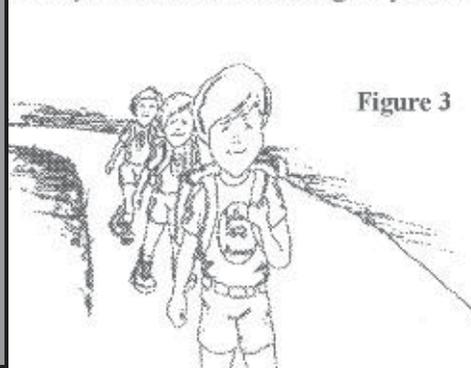


Figure 3

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.

MORE GENERAL HIKING AND BACKPACKING TIPS

- Choose a pack to fit a person's body. All equipment should be lightweight.
- Pack light, dry, and organized. By planning ahead, you'll save a lot of hassle.
- Carry garbage bags. One can line your pack to keep things dry; the other can be used for a dry seat.
- The leader should educate himself as a guide, knowing the terrain and rules where you are hiking and warning the group of these things before a trip.

4

Section 2—Backpacking

Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28

Paul sat back and relaxed. It had been a long day and he thanked God for Lydia of Philippi. Her heart warmed by the Gospel, she had opened her home to Paul and his helpers. The burden of his work was heavy and he welcomed the opportunity to relax.

Figure 4
22



Our Lord also carried a burden on His back. He bore the heaviest weight of all, our sins, which He carried all the way to Calvary. Now He says, "Come to me...and I will give you rest."

Backpacking is best described as advanced camping and should be undertaken only by those who are in good health and have hiked mountain or forest trails. It requires physical stamina and a genuine liking and love for the isolation of remote back country. But backpacking offers freedom found in no other type of wilderness travel.

Backpackers discover wilderness in many places and in many ways. An outing in the mountains can, and should be, a memorable experience. Yet hardly a year passes without people being seriously injured and sometimes killed on treks into the back country. Search and rescue missions are frequent and expensive, and unnecessary if only the forest visitors will be careful and not take chances or become careless.

PLANNING

From start to finish planning should be done at home by consulting outdoor trail books and forest or park topographic maps. By contacting to the Superintendent of

an idea of the range of gear and specialized food available for outdoor use.

- The Lutheran Pioneer Library also has videos about hiking and backpacking.

Projects & Activities

Getting the boys involved in various projects and activities will keep them interested in the subject matter and make it memorable and useful for years of backpacking trips. Here are a few ideas for teaching *Hiking and Backpacking*.

- A simple weekend outing can teach the lesson quite well. Meet at church the first night with all of your gear. That night explain the gear you will be bringing and the reasons for bringing it. Then explain the best ways to pack and help the boys pack their own packs. The next day you can leave for your hiking location, (a farmer's fields and/or woods or a park with hiking trails) and hike for the day before setting up camp for the night, explaining all of the things you are doing as you go. The final day, you can hike the return trip (unless you hiked a loop the previous day) and then return to church.
- Bring out a backpack with the items in it for a weekend or week-long hike, unpack it, and explain all of the items that are in it and their purpose. You can also have other optional items on hand and explain why you have not packed these. Finally, you can have items on hand that one should not bring and explain why these should be left behind.

MORE GENERAL HIKING AND BACKPACKING TIPS

- Distance depends on terrain and weather. In certain conditions 2-3 miles is difficult. 4-5 miles usually feasible. 12 miles is long for an average person.
- Pack your equipment so that the weight is balanced on your body and so that it doesn't bump against your body (keep it in the pack if possible).
- One-pot meals and store-bought dry mixes are great for backpacking. Cooking takes time. Save major cooked meals for the evening.

- Plan a real or mock weekend outing, including a route, menu and equipment list.
- Prepare an energy snack (like Gorp), which is an important part of any hike!

AV Materials for This Chapter
Available from Lutheran Pioneers

- AV 102 *DAY HIKING* - 30 Minutes - Ages 8-Adult
- AV 122 *BACKPACKING MADE EASY* - 35 Minutes - Ages 10-Adult
- AV 125 *BACKPACKING IN TENNESSEE* - 40 Minutes - Ages 12-Adult
- AV 406 *THERMAL WILDERNESS* - 29 Minutes - Ages 10-Adult
- AV 407 *BY NATURE'S RULES* - 27 Minutes - Ages 10-Adult

Documents, U. S. Printing Bureau, Washington, D. C. 20402, you can obtain a list of sectional maps. Maps east of the Mississippi River may be obtained from the U. S. Geological Survey Service, Department of the Interior, Washington, D. C. 20240; maps west of the Mississippi River can be secured from the Geological Survey, Federal Center, Denver, Colorado 80200.

Get all of the information you can on the area where you plan to hike. Allow plenty of time for normal hiking. Two miles an hour is about average for mountain hiking when carrying a pack. Allow time for terrain problems, as well as time out to take pictures and for rest periods. If your schedule is too tight you won't be able to enjoy the magnificent scenery along the trail.

PERSONAL PREPARATION

As with any trip for pleasure or work, it is well to be prepared; the wilderness makes special demands on its users, and special skills are needed for certain types of wilderness travel. Before you start your adventure prepare your body to withstand vigorous exercise by taking progressively longer hikes near home. Backpacking is strenuous, but it offers great freedom. The backpacker can limit his speed to his own convenience, traveling as many miles a day as he finds comfortable and stopping where he desires.

EQUIPMENT

Proper equipment is a must for a successful backpacking trip. Don't make a pack horse out of yourself! Youngsters under 14 should keep their loads under 30 pounds for a six or seven-day hike. Older teen-agers can carry 35 to 40 pounds, but the heavier the load the less enjoyable the trip. Since you must carry everything you will need during the hike, do not take any unnecessary items with you.

Remember...PACK LIGHT.

MORE GENERAL HIKING AND BACKPACKING TIPS

- Drink a lot of water. Boiling water for two minutes will purify it. Drink mixes can doctor up the taste, but only use water in your canteen.
- Walking sticks are good for balance and are something to hold on to and whittle at night. They become a personal tool and provide memories of the trip.
- Plan your heat source by the rules. If campfires are okay, carry only matches.
- Basic first aid, cleanliness and no horseplay are keys to safety on a hike.

6

CLOTHING

Proper clothing and footwear are essential to the well-being of the hiker in addition to making the hike enjoyable. The underclothing you will be wearing will be dependent upon the weather and the climate you are in. Thermal underwear is desirable if the temperature is likely to drop considerably. The important thing to remember in choosing your outer clothing for hiking is comfort. Again, what you wear depends upon location, altitude, season of the year, and weather conditions. Basically you need protection from the elements be it the sun or the cold. Don't take old worn out clothing into the backcountry. It just won't stand up! Outdoor clothing and footwear should be designed and selected for three main reasons:

- It must be strong, lightweight and warm.
- It should not bind or hamper your movements.
- It should protect you from heat, cold, snags and dirt.

Dr. Robert Cutter, in his excellent outing equipment checklist suggests for a two-week trip:

- one or two lightweight shirts
- one wool shirt (not scratchy, long sleeved, with pockets that fasten)
- one or two pairs of trousers (jeans are popular but western types are often too tight, industrial type, cut loosely are preferred by some, army surplus fatigue pants by others)
- long underwear for cold climates
- rain poncho or rainproof jacket and pants.

This checklist also reminds hikers of all the small personal items that can make a trip enjoyable rather than a series of discomforts. It includes such necessities as:

- soap
- sunburn preventive

3 Practicing and Testing the Material

The best way to practice and test the information in this lesson is by doing the activities listed within the lesson and by actually having backpacking trips. There are a few additional activities you can hold to test the proficiency of your Pioneers in this lesson.

You can set out items that should and should not be taken on a defined trip and have the boys pack up the proper items in the proper manner. They can explain their reasoning for their choices of articles and their method of packing as they go.

You could also supply packs for those boys who do not have them and test them by having them bring in a pack ready to use for a defined trip.

Letting the older boys do or help with the planning for a trip, if they have been on a similar trip in the past, is a good way to test whether they have understood the material from the lesson.

Expanding the Lesson—A Change of Scenery

If you are looking for ways to expand this lesson either for Troopers who have already completed their Frontiersman objectives or simply to mix it up and give your boys a little more information, try a change of scenery. Most often, leaders will present this lesson, focusing on the terrain and weather near them. Gather information about an area in a different part of the country or at a different time of year than you would normally hike. Then discuss with the boys how your gear and plans would change. If it is feasible, you might consider following through on such a trip every few years. Otherwise, the National Backpacking trips are a good opportunity to practice the skills of this lesson in a different environment.