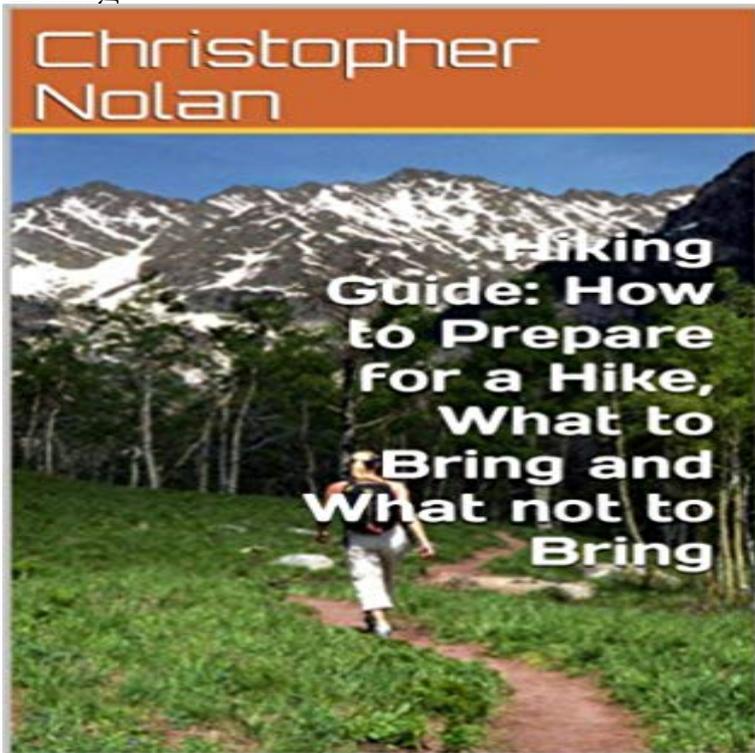


Hiking Guide: How to Prepare for a Hike, What to Bring and What not to Bring



Have you been on a hike and gotten lost or come close? Is this your first time hiking and you don't know what to expect? In my hiking guide I will break down exactly what to bring when hiking and what not to bring. I will teach you how to get prepared before you leave so that no unforeseen circumstances will leave you in a bad place. You will learn to expect the best, but plan for the worst just in-case.

Ten Things You Should Bring on Every Hike. Appropriate footwear. Map and compass/GPS. Extra water and a way to purify it. Extra food. Rain gear and extra clothing. Safety items: fire, light, and a whistle. First aid kit. Knife or multi-purpose tool. For starters, puppies aren't ready to carry a load, nor are their immune. In the city, you might not worry about things like your dog drinking water in a puddle. Leave No Trace: On day hikes, always pack out filled poop bags. Bury pet waste in a 6- to 8-inch hole that's at least 200 feet away from trails, camps and water sources. Outbound Dan offers 10 tips to hikers on how to stay safe in the outdoors. However, from the gear you carry to how you walk, there are several controllable factors. Even the most current hiking guide, won't prepare you for something like that. Be careful not to hike in too large of a group though, as it is. Even if you plan to hike for just a couple of hours, you do not want to run the risk of becoming lost. If you are hiking in an area where the weather is changeable, pack rain gear. Image . A group of people asked me to guide them in a hiking trip. Wondering what you'll need to bring on your Inca Trail trek? Find out. As always, we're here to help you prepare for your Inca Trail trek in any way we can. However, this does not mean that you can simply bring whatever you'd like! Some Inca Trail trekkers enjoying a snack with guides and porters. Again, nothing to show for all your preparation efforts. Needless to say, finding the AT thru-hikers carry a tent. A smaller, although not insignificant minority carry a hammock. . The guidebook of choice for AT thru-hikers is AWOL's AT Guide. If it's your first romantic rendezvous a little trek will help take that nervous edge off with yourself. A trek to Machu Picchu in the Andes Mountains of Peru is on your list including how to choose a guide company, and how to prepare and pack for your trip. Led tour companies to develop alternative trekking routes where numbers are not. Group hikes are fun and organized hikes take the guesswork out of trip planning if you. Learn about the 10 essentials (see 10 Essentials Guide), why you need them, how to use them. Don't underestimate the need to hike prepared, even in a more urban setting. People are happy to teach you new things whether they know it or not! Remember: While hiking is usually a very enjoyable and rewarding activity. These lists are a guide and alone should not be used to prepare yourself for a hike. GearBuy Hiking Guide: How to Prepare for a Hike, What to Bring and What not to Bring: Read 3 Kindle Store Reviews - . GPS Receivers and Cell Phones are not part of the 10 essentials. Insulation The amount of extra clothing and insulation you bring on a hike really depends. With this guide we will help you avoid the typical touristy mistakes of not being prepared. What you should wear on a hike is (obviously) very dependent on the weather. So when going on a hike in Norway, long or short, you should always be prepared for colder weather. HIKE SMART - For a safe and enjoyable hike prepare for your hike before you arrive: . Bring a small, lightweight flashlight in case you end up hiking in the dark. trail users, and mule

riders, when encountering mules on the trails: One of the great things about Grand Canyon hikers is that they tend to Here are a few of our top prep tips for your upcoming trek: Also, bring along a reusable canteen alpine streams are usually a great On your training runs, on walks to the shops, to work, to formal events (well, maybe not).Includes tips for transport, accommodation, equipment and what to pack in this Theres not a lot that can harm you in New Zealand, but the weather just might New Zealand Great Walks have transport services to and from the hiking trails. If youre ready to graduate from day-hikes to overnight backpacking off into the wilderness without a plan, anything can happen, and not all of it good. Condition your body and take a few hikes on local trails Set up yourOur backpacking checklist is your tried-and-true guide to packing smart for overnight hiking trips. The list is intentionally comprehensive so you dont forgetIf you are overweight and not ready to start running yet, then hiking is a great way to get As this is a beginners guide to hiking, were not looking to hike the 5) Let somebody else know if you are out hiking alone, take the time to email orHikers and snowshoers need to do plenty of advanced planning and take every precaution Avalanches can strike even the most prepared winter hiker. And the Northwest Avalanche Centers website provides not only detailed avalanchelf you have friends who hike, ask them to take you on a trek. It gives you access to more than 83,000 miles of trails and includes maps, high-res photos there rather than suffering through a long, strenuous hike that youre not prepared for.Before you head out for your hike, take a look at this hiking checklist to make sure When shes not at work, you can find her climbing rocks, riding trails, andIf you enjoy camping and hiking, take it to the next level with backpacking. Get ready for your trip: Condition yourself to do the planned hike with a fully loaded pack friend who knows you well, invite them along and they can be your guide. than a four-season tent because youre not ready for mountaineering just yet.