

ADDITIONAL INFORMATION FOR ADVANCED HIKING

INSTRUCTOR: JUDY HALL

**** Please bring completed medical and waiver forms to first meeting. ****

WHAT TO BRING: Ample water, snacks, appropriate layers of clothing, hat, sunscreen. Wear boots with good tread, broken in, and long pants and long sleeves. For rainy weather, you might want to try Gortex rain gear and/or rain pants, gators and possibly an umbrella.

SOME GENERAL HIKING TIPS

LEARN TO RECOGNIZE POISON OAK in all seasons, in all its varied forms, with and without leaves.

Investigate all the relatively new before and after remedies (i.e., Technu) as well as older methods such as chlorox and water, strong soaps like Fels Naptha, especially if you are sensitive. Keep in mind allergies do change.

WEAR NO COTTON in cold weather. It tends to stay cold and wet against your skin. The exception for me is my bandana that I often want cold and wet. Cotton socks may cause blisters.

CHECK FOR TICKS during and after the hike on clothes, hairline, in all seasons.

LEARN TO RECOGNIZE STINGING NETTLE in Spring and Summer.

STRETCH before and after the hike.

WALKING STICKS are very helpful with balance, stream crossings, absorbing shock, flipping debris off the trail, holding poison oak away from your face, etc. CAUTION: Walking sticks can be an accidental safety hazard; leave plenty of space between yourself and others, especially on downhill or rough, slipping, or uneven terrain.

GATORS can be very helpful in all seasons, keeping water, foxtails and dirt out of your boots.

INVESTIGATE HI-TECH FABRICS that have wicking ability, are lightweight and warm, rainproof and breathable. (Polypropylene, capolene, gortex for example.) Also try wool, silk, nylon, rayon and polar fleece. For me, nothing seems to keep you dry in a real downpour so I always carry a complete change of clothes in my car, down to socks, shoes and underwear. I do find that gortex boots work fairly well.

THINK ABOUT CARRYING a knife, compass, first aid kit*, whistle, flashlight, Gatorade, hot liquids, toilet tissue enclosed in a ziplock bag, a nylon windbreaker, spare socks, a cotton bandana, fleece or wool headband.

In HOT WEATHER always bring ample water and sports drink (Gatorade for example). Sunscreen, hats recommended.

* Some important items in First Aid Kit might include sunscreen, pills (ibuprofen, antihistamine, aspirin), moleskin, bandaids, anti-bacterial wash, athletic wrap, bug repellent.