



IOLS

Hiking and Basic Backpacking

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Intro to Hiking

Things that will be covered during this session

- The techniques of safe hiking
- The who, what, where, when, why of planning a safe hike
- The proper footwear – clothing – and other gear for hikes
- Setting the pace and resting while hiking
- Ideas - Plan activities with goals in mind

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Techniques of Safe Hiking

General Notes for all Hikes

- Know the weather forecast.
 - Looks like rain? Bring rain gear
 - Hot and Sunny? Bring and apply sun block / screen and consider a hat
 - Freezing cold? Ensure you have clothing layers that can be vented or to removed and added later. Ensure water doesn't freeze.
- Known your route. Have a map. Online service can be unreliable.
- Wear appropriate footwear for the trail surface, i.e. boots or shoes
- Have a personal first aid kit with supplies tailored for a hike.
- Have enough water for whole hike or know of refilling points.
- Always follow Buddy System and 2 deep leadership.
- Always ensure people know where you will be going and when you are expected to return.
- The one type of hiking you should never do is ??? Hitchhike.

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Techniques of Safe Hiking - Roads

Hiking on Highways and Roads

- When on a road without a sidewalk always walk on the left
- Walk in single file
- Wear light colored or reflective clothing or lights at night. Avoid night walks along a road if possible
- I recommend comfortable walking or running shoes when hiking on pavement or hard surfaces.
- Follow usual traffic safety rules, i.e., look both ways, use crosswalks, and follow traffic signals, etc.

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Techniques of Safe Hiking - Trails

Hiking on Trails

- When on a trail always follow the marked trails. Do not make your own trail.
- If you hike across a pristine area without trails, the group should spread out to lessen the impact
- Watch out for loose rocks or soil.
- Use a bridge to cross a stream, wade through water as a last resort. Loosen your pack incase you fall in the water. Walking sticks help with crossing. Detour if too dangerous or your not comfortable with this for everyone in the group.
- Stay found. Plan your route and be familiar with your map and compass.

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The 5 W's of the Trip

WHERE are you going?

WHEN will you return?

WHO is going with you?

WHY are you going?

WHAT are you taking?





Footwear

- Boots vs. Shoes
 - A good fit, well broken-in
- Weight
- Wet feet and blisters
- Expense
- Orthotics
- Gaiters
- Socks and Sock Liner
 - Changing your socks on a hike will refresh your feet.





Clothing

Cool Weather

- No Cotton!
- Wool and synthetics
- Zippers for ventilation
- Layering - base, mid and outer

Warm Weather

- Fast drying, wicking breathable synthetic materials.
(Cotton may be acceptable)
- Long sleeves, convertible pants and hats for sun protection.



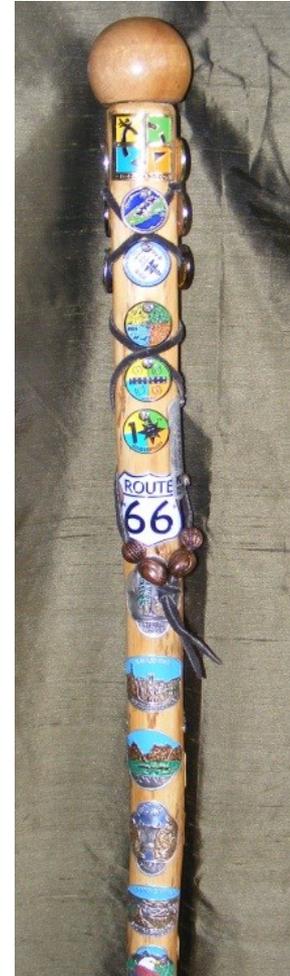
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Hiking Staff or Stick

- Provides additional stability – such as crossing a creek, down steep terrain and moving around or over logs and rocks
- Pushing back limbs, spider webs
- A place to display your travels with medallions
- A Scouting tradition



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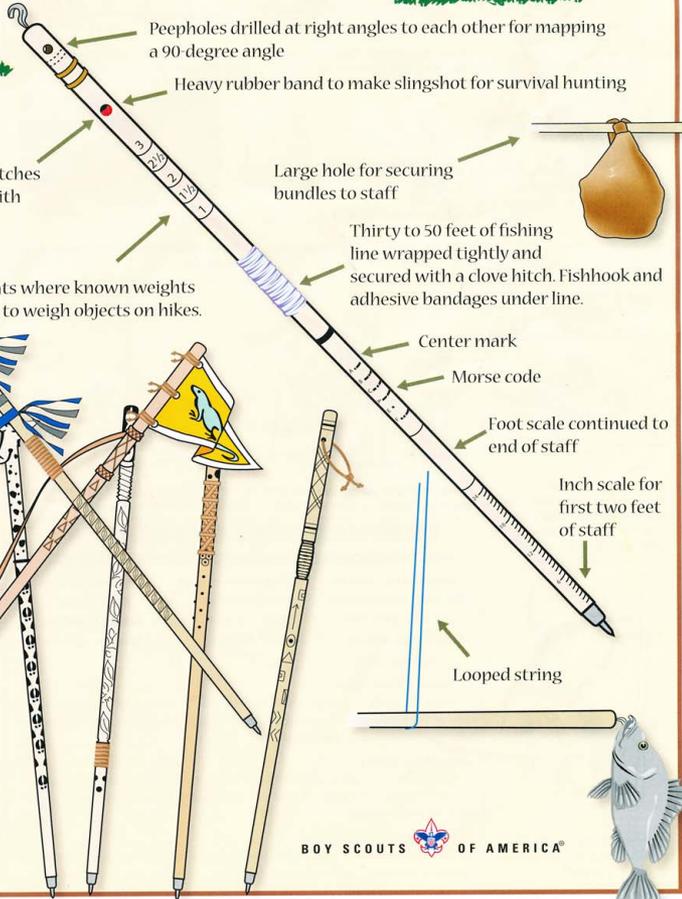


USES OF SCOUT STAFF



All marks are burned on staff with electric burning tool.

Hook for variety of uses, including picking fruit, weighing fish, and retrieving articles



Put waterproof matches in hole and cover with tape.

Marks on staff at points where known weights balance. Use as a scale to weigh objects on hikes.

Large hole for securing bundles to staff

Thirty to 50 feet of fishing line wrapped tightly and secured with a clove hitch. Fishhook and adhesive bandages under line.

Center mark

Morse code

Foot scale continued to end of staff

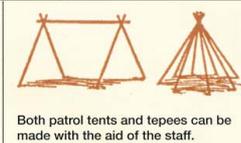
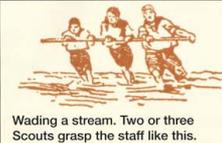
Inch scale for first two feet of staff

Looped string

BOY SCOUTS OF AMERICA®

WHY DOES A BOY SCOUT CARRY A STAFF?

"Why does a Boy Scout carry a staff?" is a question that is often asked by people who do not know the many uses to which this useful article can be put. The illustrations given below show several different ways in which the staff will prove a handy and valuable article, essential to the Scout's outfit.

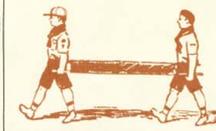


The staff is very useful for beating out brush fires and outbreaks that occur in open fields.

Wading a stream. Two or three Scouts grasp the staff like this.

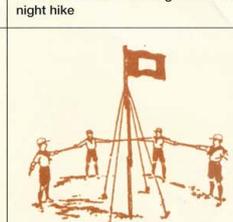
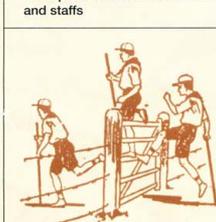
Both patrol tents and tepees can be made with the aid of the staff.

To stop an aggressive dog, hold the staff crosswise in front of you and toward the animal, as shown above.



An improvised stretcher of coats and staffs

A line of Scouts linked together on a night hike



When someone falls through ice, throw him your staff so he can grasp it like this until you can get a rope and pull him out.

When climbing gates, you can give yourself a push up with your staff.

For erecting a flagstaff and forming a fence, the staff is very useful.

As a tripod for cooking, and also as a seat, the staff is handy in camp.

FURTHER USES OF THE STAFF



- Recovering objects floating in the water
- Feeling the way over marshy ground
- Levering up logs and stones
- Jumping ditches
- Making rafts
- Bridge building
- Measuring distances
- Self-defense
- Making splints

Rope ladders

Climbing a Mountain

Carry the staff crosswise, and if you slip, lean inward upon it against the side of the mountain. The weight of your body will drive the end of the staff into the earth, and to anchor you.

Important Notice

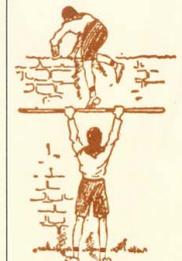
Scouts are strongly urged to obtain their own individual staffs of natural wood. These will be found much more serviceable than the ordinary factory made article.

Factory-Made Staffs (Only)

For the convenience of Scouts who are unable to obtain natural staffs, the Supply Group sells staffs of finished wood.



A clear view can be had by looking through a small hole drilled in the staff.

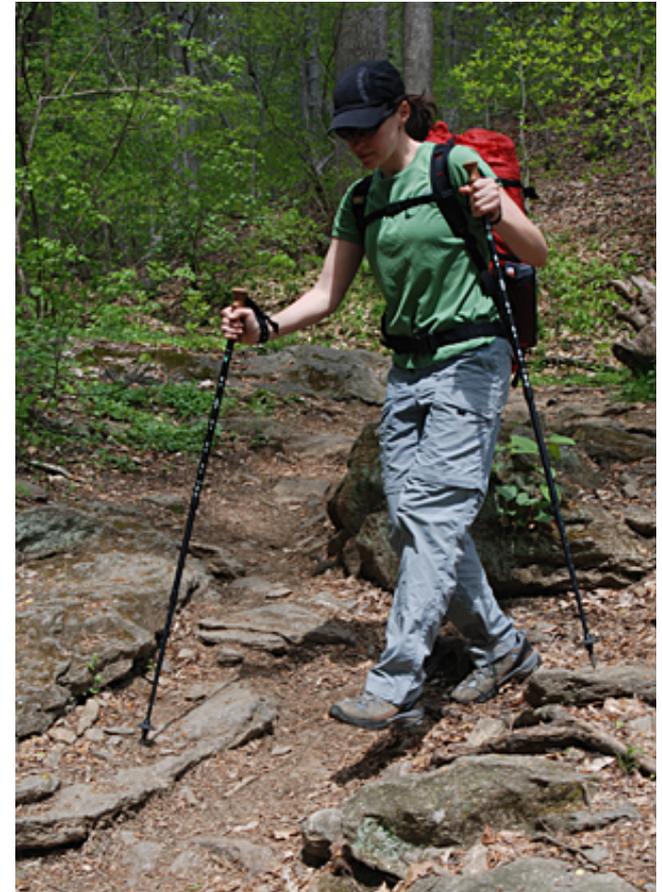


This picture shows a simple way of scaling a wall with the help of a staff.



Trekking Poles

- Same benefits as a single wood hiking staff but using two poles increases stability and balance
- Could be customized with paint but not with medallions



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Setting the Pace and Resting

- Try to set the pace to the slowest person in your patrol.
- When you rest make sure to drink water, have a snack, and adjust your pack, clothes, and check for hotspots on your feet.
- Always do a verbal head count after each stop
- Maintain the Buddy System
- Enjoy the hike and what's around you.

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Hike Ideas & Locations

- **National and State Parks**

- Hocking Hills
- John Bryant State Park
- Glen Helen Nature Preserve

- **City and County Parks**

- Shawnee Lookout

- **Scout Trails**

- Dan Beard Riverwalk Trail
- Wah-La-Ha & Buffalo Trails (Frankfort, KY)

- **Religious Trails**

- Pilgrimage of Faith Trails (Archdiocese of Cincinnati)



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Plan Activities with Goals in Mind

All organized hikes and trips should be planned with some Scout achievement goals in mind, such as working on the following;

- Hiking and Backpacking Merit Badges
 - Ensure all hikes fulfill the distances required, etc.
 - Scouts should make notes on maps, etc.
- Historic Trails
 - Ensure service project has been scheduled
- 50 Miler Award
- National Outdoor Achievement Award (Hiking)

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Scouts Prepared for Adventure!



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Intro to Backpacking

Things that will be covered during this session

- Backpacking Skills
- Backpacking Gear

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Backpacking Skills

- Adjust the fit of your backpack
- Place and pitch your tent
- Stay reasonably dry in the rain
- Hang a bear bag
- Select and prepare food
- Make and break camp systematically

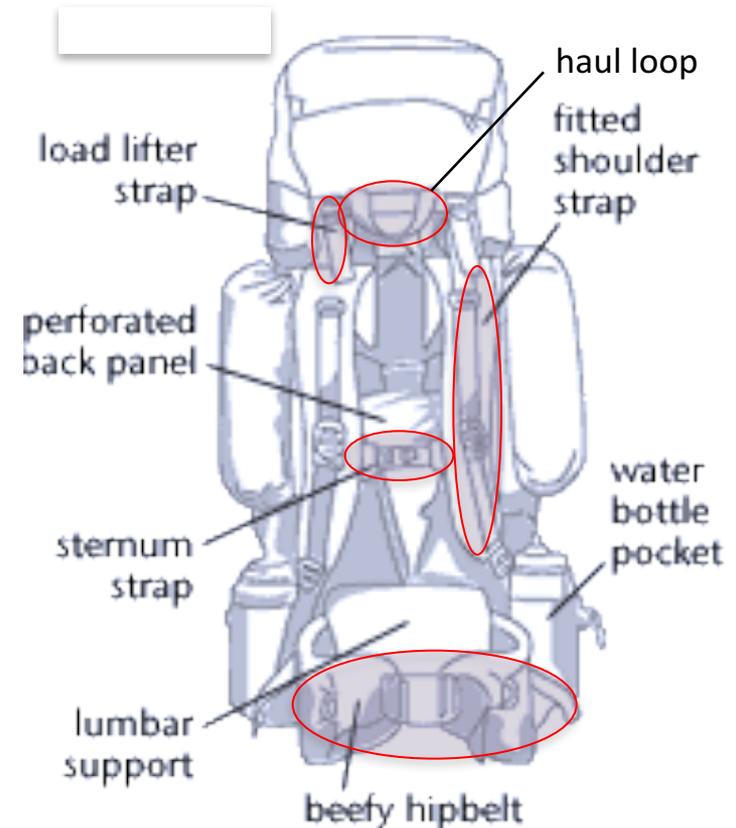
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Skills - Adjust the fit of the Backpack

1. Load the pack up with 22 to 33lb.
2. Put the pack on, place the hip belt directly over your hip bones, fasten the buckle, and tighten the hip belt. The padding should wrap right around your hip bones.
3. Snug in the shoulder straps. They should be far enough apart that they don't squeeze your neck. The strap ends should be no more than 4 in. from your armpits.
4. Adjust the top stabilizer straps to a comfortable position. They should be at about a 45-degree angle.
5. Fasten the sternum strap and adjust the lower stabilizing straps until comfortable.
6. Finally, walk around and play with the adjustments to fine-tune the fit. A pack that fits correctly should feel like an extension of your own body.



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Skills - Place and Pitch your Tent

- **6 W's of campsite selection**
 - Weather
 - Wind
 - Water & Slope
 - Wood
 - Wild Things
 - Widow makers
- **Ventilation**
- **Pitching a tent in the rain**



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Skills - Stay Reasonably Dry

- Embrace reality
- Keep your important stuff dry
- Pitch your tent right
- Keep the wet out
- Get dry before you get into your sleeping bag



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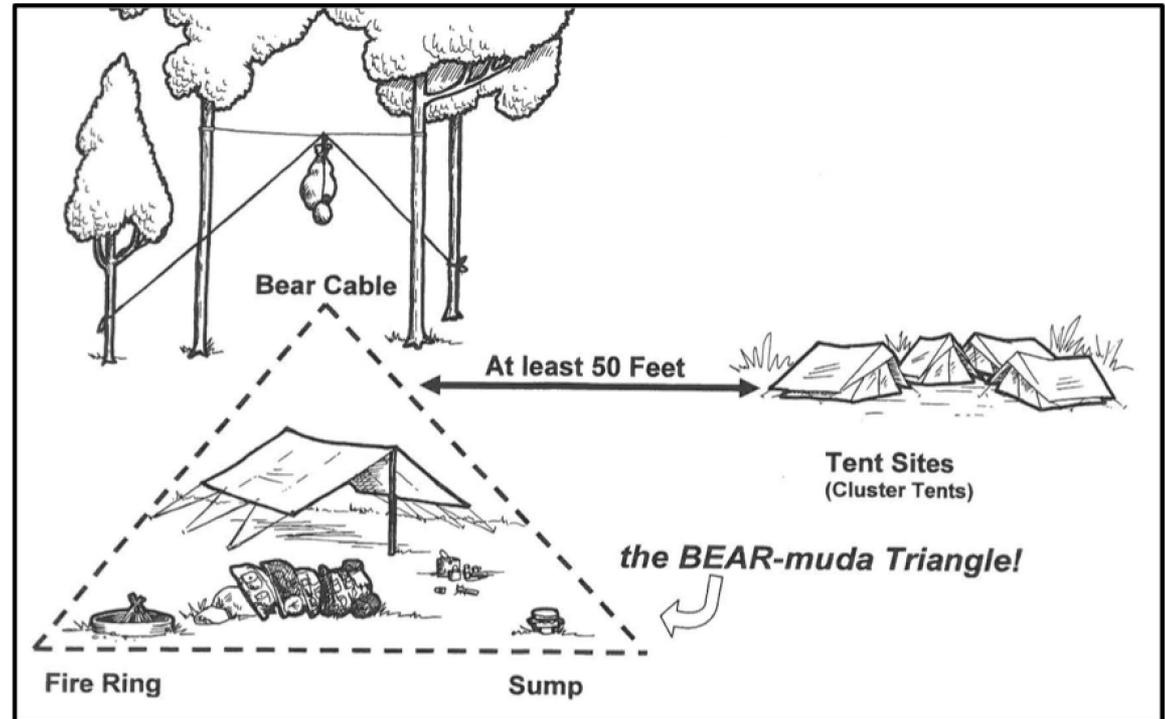


Skills - Hang a Bear Bag

Hanging Methods

- One Tree style
- Two Tree style
- PCT style

(Pacific Coast Trail)



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Skills - Make and Break Camp Systematically

- The importance of systems
- Who, when and how?
- Promoting performance

Example:

1. Arrive at camp
2. Locate the bear-muda triangle
3. Pitch dining fly (if any)
4. Pitch tents
5. Hang bear bags
6. Setup kitchen



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Backpacking Gear

- Backpacks - Internal Frame or External Frame
- Packing your Backpack
- Tents
- Sleep system
- Stove
- Water purification

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What's in Your Backpack?

- 10 Essentials (by REI)

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter/candles)
7. Repair kit and tools (knife)
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

- Sleep system

- Tent (part)

- Cooking system

- Water purification system

- Beyond the Top Ten

- Insect repellent
- Whistle
- Personal locator beacon (PLB)
- Communication device
- Signaling device
- Knowledge - the most important essential is between your ears.

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Backpacks - Internal Frames

Pros

- Form fitting characteristics - feels like it is almost like a part of you.
- More overall balance and control on
- Because they are slimmer than their external frame counterparts, you can safely maneuver through the tightest of trails and paths.
- Due to becoming industry standard, the selection is second to none.

Cons

- One massive compartment. Requires packing gear in the most intelligent order. Needed items are sometimes difficult to find.
- Carrying heavy loads in these packs is cumbersome at best. Because they mold to your body, there's really no decent weight distribution.
- It is very difficult to attach external gear.

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Backpacks - Internal Frames



**There are hundreds of models and sizes for Men and Women.
If for a Scout, chose one that can be adjusted as he grows**

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Backpacks - External Frames

Pros

- Many small compartments to easily organize your gear.
- Easy to attach gear externally to the frame itself.
- Good ventilation. There is always a space between your back and the pack itself.
- External frame packs were designed to carry lots and lots of weight
- Encourages a more upright posture while hiking.
- Can cost much less than an internal frame backpack.

Cons

- Bulky
- Less balanced overall than it's internally structured counterpart.
- Lack of compactness and bulky feel in general, the external frame backpack was designed for wide, clear trails.
- Can carry lot of weight so some people may tend to pack too much

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Backpacks - External Frames



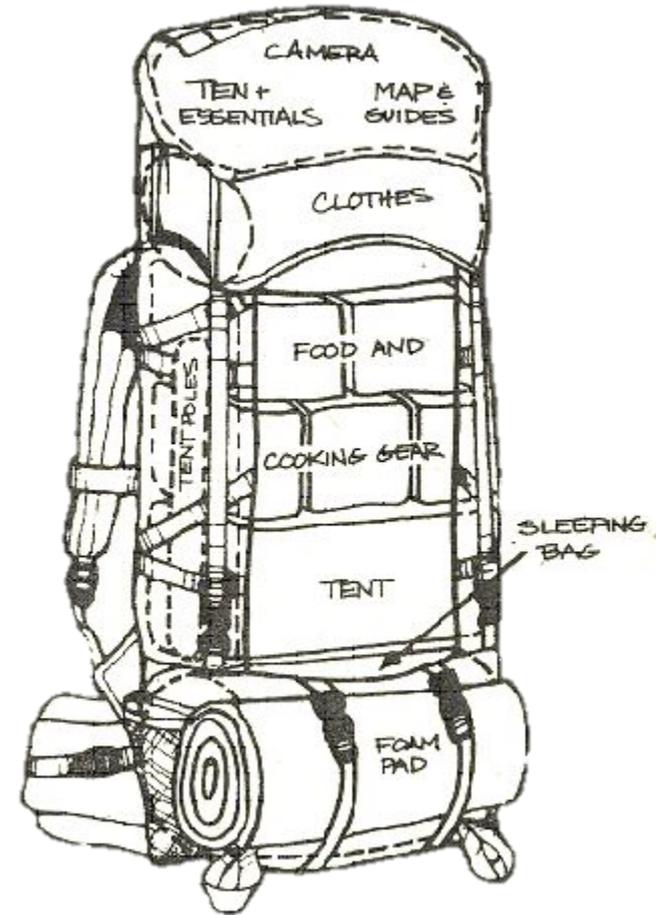
There are much fewer choices compared to internal frame packs, but for a Scout, external frame allows more adjustment for Scout growth.

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Backpack: What goes where?

- Weight high and close
- Hurry / frequent use items in top/outside
- Food above fuel
- Break down larger items
- Stuff the spaces
- Weight loaded:
 - Acceptable – 25-30% of your body weight
 - Better – 20% of your body weight
 - Ideal – 15% or less of your body weight



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Backpack: What goes where?

- Water resistant Dry Bags and Stuff Sacks to keep items dry incase the pack gets wet.
- Different color bags help to identify what's inside them.
- Place soft items near your back.
- Keep rain gear, flashlight, first aid kit and water bottle for easy access
- Stow items in the same place each time – makes it easy to find



Dry Bags



Ditty Bags

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Backpacking Tents

- Type: Backpacking (dome or hybrid)
- Quality: Mid-to-high
- Size: 1-3 person
- Weight: ~ 2 lbs per person
- Nice feature: Air vents
- Fly: Full-length
- Vestibules: for boots and wet gear

WARNING: Tents must be unpacked, dried and cleaned after each use!!!



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Tent Differences



A Three Season Backpacking Tent
(Sleeps 2)



A Summer / Car Camping Tent
(Sleeps 2-3)

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No Tent

If you know you are going to be in a heavily wooded, rocky and or steeply sloped area the hammock is a possible replacement of a tent.



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Sleep System

Sleeping bag

- Fill: Synthetic or down?
 - EN rating: 20-35 degrees
 - Weight: 2-3lbs
- Stow sleeping bag in compression sack while only during a backpacking trip

Sleeping pad

- Fill: Air or foam?
- R-value: 2.5 – 5
- Weight: 1.5 – 2.5lbs



A fully compressed lightweight sleeping bag in a Compression sack



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Backpacking Stoves

- Liquid fuel vs. Canister
- What are you cooking?
- How big are your pots?
- What will the temperature be?
- How important is weight?
- How far are you going?
- How careful are your Scouts?



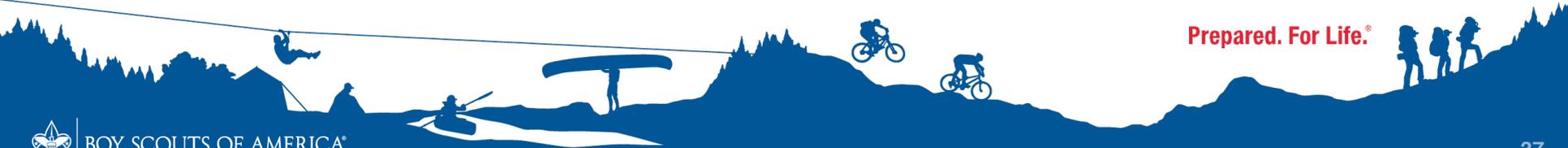
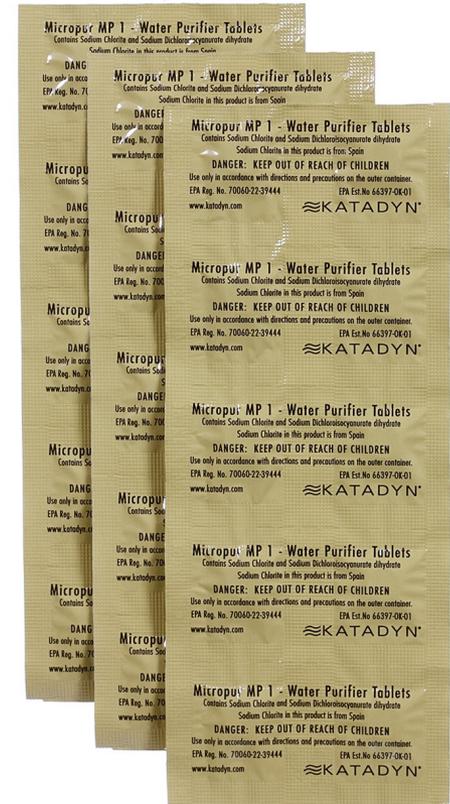
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Water Purification

- Filters
- Tablets
- Boiling



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