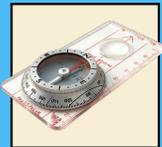


KIT LIST

EMERGENCIES



MAP & COMPASS



SUN CREAM



HEADTORCH



SURVIVAL BAG



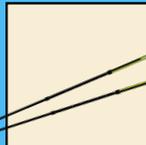
WHISTLE



WARM LAYERS



EXTRA FOOD



HIKING POLES



WATER FILTRATION



MULTI TOOL



FIRST AID KIT



WET GEAR



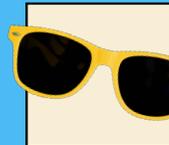
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KIT LIST

ESSENTIALS



HIKING BOOTS



SUNGLASSES



WATER BOTTLE



WATERPROOFS



BLISTER PLASTERS



WARM LAYERS



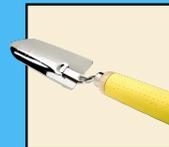
FOOD AND SNACKS



MAP & COMPASS



PERSONAL MEDICATION



TROWL



FIRST AID KIT



BUFF OR HAT



COUNTRYSIDE CODE GUIDELINES

- 1. PLAN AHEAD AND PREPARE**
- 2. LEAVE NO TRACE**
- 3. RESPECT OTHER VISITORS**
- 4. STICK TO MARKED PATHS**
- 5. KEEP DOGS UNDER CONTROL**
- 6. MIND LIVESTOCK AND WILDLIFE**
- 7. LEAVE GATES AS YOU FIND THEM**
- 8. RESPECT PRIVATE PROPERTY**
- 9. TAKE ONLY MEMORIES, LEAVE ONLY FOOTPRINTS**
- 10. ENCOURAGE OTHERS TO DO THE SAME**



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100 TIPS

1

PREPARATION & PLANNING

- 1. RESEARCH YOUR TRAIL BEFORE YOU GO.**
- 2. CHECK THE WEATHER FORECAST IN ADVANCE.**
- 3. CHOOSE A HIKE THAT MATCHES YOUR FITNESS LEVEL.**
- 4. LET SOMEONE KNOW YOUR HIKING PLAN AND RETURN TIME.**
- 5. DOWNLOAD OFFLINE MAPS OR BRING A PAPER MAP.**
- 6. LEARN THE TRAIL MARKERS AND SYMBOLS.**
- 7. PLAN YOUR HIKE AROUND DAYLIGHT HOURS.**
- 8. KNOW THE LOCAL WILDLIFE AND HOW TO REACT.**
- 9. CHECK FOR TRAIL CLOSURES OR ALERTS.**
- 10. UNDERSTAND ANY REQUIRED PERMITS OR FEES.**



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100 TIPS 2

GEAR ESSENTIALS

1. WEAR BROKEN-IN HIKING BOOTS OR TRAIL SHOES.
2. PACK LAYERS: MOISTURE-WICKING BASE, INSULATION, AND WATERPROOF OUTER.
3. BRING A WELL-FITTING BACKPACK WITH ADJUSTABLE STRAPS.
4. ALWAYS CARRY A FIRST-AID KIT.
5. PACK A HEADLAMP OR FLASHLIGHT (EVEN FOR DAY HIKES).
6. USE TREKKING POLES TO EASE JOINT STRESS.
7. BRING A WHISTLE FOR EMERGENCIES.
8. ALWAYS CARRY A MULTI-TOOL OR KNIFE.
9. STORE ESSENTIALS IN A DRY BAG OR ZIPLOCK IN CASE OF RAIN.
10. INCLUDE A FIRE STARTER OR MATCHES IN YOUR KIT.



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100 TIPS

3

FOOD + WATER

1. **PACK MORE WATER THAN YOU THINK YOU'LL NEED.**
2. **USE A HYDRATION BLADDER OR EASY-ACCESS BOTTLE.**
3. **BRING WATER PURIFICATION TABLETS OR A FILTER.**
4. **SNACK OFTEN—NUTS, JERKY, BARS, AND DRIED FRUIT WORK GREAT.**
5. **AVOID HEAVY MEALS THAT CAN SLOW YOU DOWN.**
6. **REPLENISH ELECTROLYTES WITH A SPORTS DRINK OR TABLETS.**
7. **DON'T FORGET FOOD FOR YOUR DOG IF THEY'RE HIKING TOO.**
8. **FREEZE WATER BOTTLES IN SUMMER TO KEEP COOL.**
9. **ALWAYS EAT BEFORE YOU FEEL TOO HUNGRY.**
10. **DON'T LEAVE FOOD SCRAPS—PACK OUT ALL WASTE.**



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100 TIPS

4

NAVIGATION + AWARENESS

1. LEARN HOW TO READ A TOPOGRAPHIC MAP.
2. KNOW HOW TO USE A COMPASS OR GPS.
3. STICK TO MARKED TRAILS UNLESS YOU'RE EXPERIENCED.
4. TRACK YOUR DISTANCE AND TIME.
5. USE APPS LIKE ALLTRAILS OR GAI A GPS WITH OFFLINE MAPS.
6. KNOW HOW TO BACKTRACK IF YOU GET LOST.
7. IDENTIFY KEY LANDMARKS AS YOU GO.
8. TURN AROUND IF YOU'RE UNSURE OF THE ROUTE.
9. PAY ATTENTION TO TRAIL FORKS AND INTERSECTIONS.
10. PRACTICE SITUATIONAL AWARENESS—STAY ALERT.



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100 TIPS

5

TRAIL ETIQUETTE

1. YIELD TO UPHILL HIKERS.
2. STEP ASIDE FOR FASTER GROUPS.
3. DON'T PLAY LOUD MUSIC—RESPECT NATURE'S SOUNDS.
4. KEEP PETS LEASHED AND UNDER CONTROL.
5. GREET OTHER HIKERS WITH A SMILE OR HELLO.
6. FOLLOW LEAVE NO TRACE PRINCIPLES.
7. PACK OUT ALL TRASH, EVEN BIODEGRADABLE ITEMS.
8. STAY ON THE TRAIL TO AVOID DAMAGING VEGETATION.
9. AVOID CUTTING SWITCHBACKS—IT CAUSES EROSION.
10. DON'T FEED WILDLIFE.



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100 TIPS

6

WEATHER SAFETY

- 1. DRESS FOR SUDDEN WEATHER CHANGES.**
- 2. AVOID RIDGES DURING STORMS.**
- 3. LEARN SIGNS OF HYPOTHERMIA AND HEATSTROKE.**
- 4. PACK AN EMERGENCY BLANKET.**
- 5. KNOW THE DIFFERENCE BETWEEN WATERPROOF AND WATER-RESISTANT GEAR.**
- 6. SEEK SHELTER IF LIGHTNING IS WITHIN 6 MILES.**
- 7. ALWAYS BRING SUN PROTECTION—HAT, SUNGLASSES, SPF.**
- 8. LAYER UP QUICKLY IF YOU FEEL A CHILL.**
- 9. IF IN DOUBT, TURN BACK—MOUNTAINS WILL WAIT.**
- 10. KEEP ELECTRONICS IN WATERPROOF BAGS IN WET WEATHER.**



100 TIPS

7

FITNESS + HEALTH

1. STRETCH BEFORE AND AFTER YOUR HIKE.
2. PACE YOURSELF—DON'T BURN OUT EARLY.
3. TAKE BREAKS, BUT NOT TOO LONG.
4. KEEP HYDRATED TO AVOID CRAMPS.
5. TRAIN ON INCLINES TO BUILD ENDURANCE.
6. DO ANKLE-STRENGTHENING EXERCISES FOR BALANCE.
7. LISTEN TO YOUR BODY—PAIN IS A WARNING SIGN.
8. DON'T PUSH THROUGH BLISTERS—TREAT EARLY.
9. BUILD UP TO LONGER HIKES OVER TIME.
10. ACCLIMATE TO ALTITUDE GRADUALLY IF CLIMBING.



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100 TIPS 8

MENTAL PREPAREDNESS

1. STAY CALM IF THINGS GO WRONG.
2. EMBRACE THE SOLITUDE—USE IT TO RESET MENTALLY.
3. HIKE MINDFULLY—NOTICE THE DETAILS AROUND YOU.
4. PRACTICE GRATITUDE FOR NATURE'S BEAUTY.
5. BE FLEXIBLE WITH PLANS—ADAPT IF NEEDED.
6. LEARN BREATHING TECHNIQUES FOR FOCUS AND CALM.
7. TALK TO YOURSELF POSITIVELY IF YOU'RE STRUGGLING.
8. DON'T PANIC IF YOU FEEL LOST—STOP, BREATHE, PLAN.
9. USE TRAIL TIME TO REFLECT OR DISCONNECT.
10. CELEBRATE LITTLE MILESTONES ALONG THE ROUTE.



100 TIPS 9

LEAVE NO TRACE

1. LEAVE ROCKS, PLANTS, AND ANIMALS WHERE YOU FIND THEM.
2. CAMP AT LEAST 200 FEET FROM WATER SOURCES.
3. BURY HUMAN WASTE 6–8 INCHES DEEP, AWAY FROM TRAILS AND WATER.
4. PACK OUT USED TOILET PAPER.
5. USE BIODEGRADABLE SOAP AND WASH AWAY FROM STREAMS.
6. MINIMIZE CAMPFIRE IMPACT—USE A STOVE WHEN POSSIBLE.
7. RESPECT CULTURAL AND HISTORICAL SITES.
8. DON'T STACK ROCKS OR BUILD CAIRNS UNNECESSARILY.
9. TRAVEL IN SMALL GROUPS WHEN POSSIBLE.
10. SHARE THESE PRINCIPLES WITH OTHERS.



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100 TIPS 10

BONUS TIPS

1. KEEP DUCT TAPE WRAPPED AROUND YOUR WATER BOTTLE—HANDY FOR REPAIRS.
2. USE GAITERS TO KEEP DEBRIS OUT OF YOUR BOOTS.
3. CARRY AN EXTRA SOCK PAIR—DRY FEET MATTER.
4. NOTE SUNRISE AND SUNSET TIMES FOR TIMING YOUR HIKE.
5. PRACTICE PACKING EFFICIENTLY—WEIGHT MATTERS.
6. USE BIODEGRADABLE WIPES FOR QUICK TRAIL HYGIENE.
7. KEEP AN EMERGENCY CONTACT CARD IN YOUR BAG.
8. BRING A LIGHTWEIGHT SIT PAD FOR BREAKS.
9. TRY JOURNALING OR SKETCHING AT SCENIC SPOTS.
10. TAKE PHOTOS, BUT DON'T FORGET TO SIMPLY LOOK TOO.



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