

6. Prepare a gear list and menu for yourself and your peers to go buy while packing for your trip. A gear list should contain a list of all your clothes that you wear and anything/everything in your bag. The menu should also include all of the food you plan on bringing on the hike.
7. Leave a route card with someone who is not attending the trip and possibly on your dashboard of your car/ with your bus driver, this is in case things go south for someone to be able to pass on information to emergency services.
8. Finally, enjoy your hike.

Some important advice & tips:

Naismith's Rule:

While you are filling in a route card, it is important to follow Naismith's rule. Naismith's rule helps with the planning of a hiking expedition by calculating how long it will take the intended route, including any extra time taken when walking up hill. As a rule of thumb it should take 15 minutes to walk 1 kilometre on flat ground and you should add an extra minute for each 10 meters in height gained. This time should be suitable for the slowest walker of the group.

Rests and Breaks:

While you are hiking you should ensure you take regular breaks roughly every hour or so or however often the slowest hiker needs.

Important Gear:

Some important gear you should bring while hiking include the obvious map and compass however there are also much more essential equipment to bring. This includes a first aid kit, rain gear, a spare fleece, spare socks and a knife. It is also essential that you wear layers, this is so if you get too warm you can shed a layer as well as if a layer gets wet it means you are not totally soaked.

Suitable Foods:

There are certain foods that are very suitable for hiking that provide quick releasing energy and nutrients whereas other foods are not so suitable. It is important to avoid fizzy drinks while hiking as they will dehydrate you quicker. Water is the best possible drink for hiking. Chocolate is a good source of quick releasing energy, trail mix is also very good for this. You should try to maintain a balanced diet while hiking including proteins and carbohydrates that can be found in your sandwich. You can get your sugars and fats from your fruit and chocolate.

