
LET'S BE CAREFUL OUT THERE!



No matter what motivates you to engage in outdoor activities – the physical and/or mental challenge, spiritual comfort, nature emersion – the onus is entirely on you to be prepared and responsible for your actions and to watch out for yourself.

<http://www.hikesafe.com/uploads/File/hrc.pdf>

Another Reason to Hike!!
See Hiking Makes You Smarter,
BACKPACKER, May 2012, p.72.

LOST?

Lost? Suspect you're off track? This simple acronym –STOP—reminds you that staying put is usually the best choice.

SIT. Unless your current location puts you in immediate danger, stop hiking.

THINK. Assess supplies, skills & resources as you decide whether to backtrack or await rescue.

OBSERVE. Consider weather, time of day, problems that could worsen with time, like limited water supply. Prepare to address them as early as possible.

PLAN. Can you backtrack to a known spot before dark? If not, stay put for the night. Tomorrow, reassess.

Russian Tea

(Put some fire in your Thermos)

- ½ c instant tea powder
- 2 c orange powder drink (like Tang)
- 3 Tbsp Lemonade powder
- ¾ c sugar
- ½ tsp cinnamon
- ½ tsp ground cloves

Mix ingredients in a zip-lock bag. Add 2 Tbsp to 8 oz hot water. Store in your Thermos for a cold weather treat.

MT LAUREL HIKING – Co-Chairs

Jeanne Delehanty

Rick Sullivan

@ 2017 Jeanne M. Delehanty



Mt. Laurel Hiking

SAFETY TIPS AND OTHER INFORMATION FOR HIKING ENTHUSIASTS



SAFETY TIPS AND OTHER INFORMATION FOR HIKING ENTHUSIASTS

THE TEN ESSENTIALS

The original *10 Essentials* was assembled in the 1930s by *The Mountaineers*, an organization for climbers and outdoor adventurers based in Seattle. The purpose of the list is to address two basic questions: 1) can you respond positively to an emergency situation? 2) can you safely spend a night, or two, outside?

The updated 10 Essentials are:

1. Navigation (map & compass)
2. Sun protection (sunglasses & sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp/flashlight)
5. First-aid supplies & blister care
6. Fire (waterproof matches/lighter, candle & kindling)
7. Repair kit & tools (knives, multi-tools & duct tape)
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter (large garbage bag or space blanket)

DRESS FOR SUCCESS

Wicking fabrics and layering are keys to comfort when hiking.

For mild to warm weather, short-sleeved tees and hiking shorts or pants (with zip off legs) made of wicking material (look for Coolmax or similar brands) are recommended. A wind shirt in your pack is a nice addition in the event it cools down and, of course, a waterproof windbreaker/jacket in your pack is a must!

For cooler to cold weather, layering is vital. A rule of thumb is to start out just slightly chilled and once you get moving you'll warm up and should be just fine. Start with a wicking insulating layer (look for Smart Wool or similar brands, add a vest or fleece and windbreaker or heavier jacket. Hats and mittens/gloves are a must. Keep a neck gaiter and hand warmers in your pack, too.

Hiking boots are recommended over sneakers or other footwear. They provide foot and ankle support and gripping soles will enhance your hiking experience.

ACCESSORIES

Since you'll always be bringing the 10 Essentials you'll need a pack to carry them. Fanny packs, daypacks or larger knapsacks will work. Your local sporting goods shop can assist you in selecting a suitable pack.

A bright bandanna tied to your pack is handy for many uses, including a headband. It may keep you from getting shot by hunters and can double as a sling or be used to tie a splint, so it's part of your first aid supplies, too!

Trekking poles can assist with balance and ease stress on your knees, especially when going downhill.

Grippers are very useful for winter hiking. Look for brands like Yak Traks (with a toe strap), Microspikes and StableICERS.