



Pathfinder Honour: Trainer's Notes

Hiking 1



Instructions to Trainers / Instructors of this Honour

Thankyou for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. *(On SPD Honour Website but Leader's level access is required)*

Additional Reference Material

http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Recreation/Hiking

"Note: A useful site, but be aware that material on any Wikibooks site is beyond the control of the SPD".

Acknowledgements

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Before You Start

We recognise the cultural diversity of our people in the South Pacific Division and the different climatic zones in which we live – from the tropics to places which have ice, snow and frost in winter. Some places are very wet and some are very dry. In some places, the weather is very changeable. These factors influence the planning and going on hikes.

We believe that the wisest approach to this honour is to present the ‘broad picture’.

You may find requirements that are of little relevance to your current local needs. Given the way we ‘run to and fro’ these days, we ask you to persevere and give your students a good general knowledge of the subject. We rely on your common sense and judgement.

REQUIREMENT 1: Explain and demonstrate the main points of good hiking practice, such as pacing, speed, resting, and etiquette.

Pacing: The easiest way to measure distance in the bush (or anywhere) is to count paces. One pace is defined as two steps or the distance one foot travels from the point it leaves the ground until it touches the ground again. To achieve this mark a distance of ten metres on the ground. Approach this with your normal gait, and strike the line with a foot and count the number of paces (two steps) for that ten metre distance. You then divide the number of paces into ten metres to work out your personal pace length. Once this is done, you can then estimate distance by counting your paces and multiplying them by your personal pace length. For example – my pace is 0.7 metre and I have just counted 50 paces in distance – I have travelled 35 metres.

Speed: The speed we generally walk on average, depending on our size and the conditions is around 100 metres per minute. We can more accurately work this out. Count the number of paces that you walk in a minute, and multiply that number by the length of your pace. This will give you your speed in metres per minute. For example – if your pace is 0.7 metres and you do 120 paces in a minute you have walked a distance of 84 metres in that minute. If you now multiply that by 60 you will find that you are walking at 5040 metres / hour or around 5klms per hour. These examples are related to walking on flat to slightly undulating ground. We endeavour to walk at a speed that caters for the slowest person in the group.

Resting: Resting is important. A stop to rest as required by the group will see the task accomplished. A recommendation is that we should rest every hour in ideal conditions. A stop of 10 minutes will refresh most walkers. Consideration needs to be made in difficult terrain where a stop more often will need to be made. Again, assessment of the group and how the group is moving along will judge the need for a rest. The group will need to walk and rest at the pace of the slowest member. The rest stop is measured on the slowest persons stop, not the fastest person.

Etiquette: This comes down to one simple issue – being considerate of the other person or members in the group and treating them as you would like to be.

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REQUIREMENT 2: Explain the importance and method of proper foot care with regard to cleanliness, care of nails, socks, shoe selection, and first aid of tender or blistered feet.

Foot Hygiene: It is important that feet are kept clean. This will prevent skin irritation from the dirt that may dislodge from the skin and rub causing a breakdown of skin integrity. Toe nails should be kept trimmed – not long. This will prevent excess pressure on the nail beds with the long nail pushing on the end of the boot.

Socks: Socks are very important. Good quality support socks are recommended. Woollen or synthetic are up to the individual. If you are a person who uses two pairs of socks for hiking remember that the shoes you have need to accommodate this happening. One pair of good quality socks are recommended as daily use.

Shoe selection: Shoes are the most important item. They have to be comfortable and they have to be well fitted. Before a planned hike they should be walked in. This means walking in them regularly prior to going out on your hike.

Blisters and tender feet: This is usually caused by poorly fitting shoes, wrong socks, or wet feet. Careful selection of shoes and socks is most important in preventing this occurring. Blisters, while still in the red stage, should be protected with a bandaid, or better, medical plaster tape. Rubbing in vasoline to the area will also help. Fully formed blisters can be cared for by building a ring of cotton around them and then taping them up. If a blister has burst – keep clean and cover with a dressing.

REQUIREMENT 3: Make a list of appropriate clothing to be worn on a hike in both hot and cool weather

Warm weather: Shorts – long if desired
Shirts – long or short sleeves (your preference)
Hat
Boots
Socks
Sock protectors / gaiters
Wet weather protection (ie poncho etc)

Cool weather: Skivvies
Thermal wear
Cotton flannelette shirts
Light wool or synthetic jersey/jacket
Trousers – tracydacs (jeans are really heavy if they get wet)
Woollen socks
Gloves
Rain / sleet protection (ie poncho etc)
Polypropylene based products tend to be excellent for hiking use.

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REQUIREMENT 4: Make a list of needed gear for a long day hike in the wilderness and a short country hike. *Hint: Remember list from previous requirement.*

Waterproof jacket or poncho (covers body and pack)
Warm jumper / pullover
Changes of socks
Gaiters or sock protectors
Backpack – around 20 litres.
Small torch – spare bulb and batteries
Toilet paper (estimate amount you will need)
1 small plastic trowel
Food / snacks
Light weight stove (if planning on a hot lunch or cuppa)
Matches in waterproof container
Any required utensils
Water bottle / bag [Don't forget to take sufficient water, but not too much – it's heavy]
Rubbish bag
First aid kit (a few bandaids, insect repellent, lipese, bandage, any personal medication)
Map and/or clear directions where you are going and where you intend to finish.
Note book and pencil
Compass. A UHF radio or GPS may also be useful.

REQUIREMENT 5: List five safety and courtesy rules to be used in wilderness trail hiking and road hiking

Use common sense. Don't go on a trip you are not prepared for or past your physical and skill capabilities.

Plan ahead and learn about the area ahead of time through guidebooks and maps. Pay particular attention to highways, logging roads, trails, streams, springs, and other physical features. Plan your trip carefully according to routes using the time you have available, plus a buffer.

If the weather turns bad or the hike becomes more of a challenge than expected, turn back or stay where you are and get help if unable to continue or return.

Let someone know your planned trip and when to expect you back. Alternatively, leave a note on your windshield face down detailing your start time, planned hike, & finish time.

Know the signs of dehydration, heat stroke, heat exhaustion, hypothermia, and other medical conditions and be prepared to treat them.

Observe all posted signs.

Leave all gates as you found them.

Don't drink untreated water. Always use a water purification system.

Respect peace and quiet on the trail.

Always use the buddy system and never hike alone.

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REQUIREMENT 6: Explain the importance of drinking water and list three signs of contaminated water

Hydration is perhaps the most important consideration when exercising, especially on hot days or for long durations. Dehydration is a common cause of poor performance, lack of concentration and dizziness. Water is the fastest and most efficient means of hydrating yourself. You should aim to drink at least 2 – 3 litres of water per day when hiking.

Beware of coffee, cola or anything containing caffeine. These substances are diuretics and will dehydrate you.

All water when out in the environment should be considered contaminated. In particular, water that is stagnant (not flowing) is of major concern, because it harbours high levels of bacteria and spores that are detrimental to health. Considering this fact, all water should be treated by using some sort of purifying agent or boiling for 10 minutes. The risk here is getting a gastrointestinal disorder rendering the person incapable of continuing.

REQUIREMENT 7: Explain the importance of proper eating while hiking.

The food chosen to take with you on a hike will either make or break the enjoyment and success of the event. The time spent in planning a well balanced diet of nourishing meals will be a positive contribution to your personal morale and energy levels.

The following are essential areas of consideration when choosing the foods necessary for a successful backpack adventure:

❑ CARBOHYDRATES – SHOULD BE 70% OF TOTAL FOODS TAKEN.

Processed: sweets, jams, biscuits, cakes, bread, cereal, flour, sugar, spaghetti.

Natural: fruit (fresh and dried), leaf or root vegetables, grains and seeds.

❑ FATS – 10% OF TOTAL FOODS TAKEN

Plant: margarine, oil

Animal: cheese, butter, milk (liquid or powdered)

❑ PROTEIN – 20% OF TOTAL FOODS TAKEN

Animal: cheese, eggs.

Plant: soya beans, peas, beans, nuts, leaf vegetable. (dehydrated or fresh)

Here are some suggestions for meal ideas:

Breakfast: (Carbohydrates) digests in 1 – 2 hours

Weetbix, muesli, milk, sugar, toast, crispbread (ryvita or cruskitts) margarine, spreads, eggs, muesli bars etc.

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Lunch:

Bread / crispbreads, margarine, cheese, peanut butter, jams, nuts, dried fruit, biscuits. It is an option to have pre-made sandwiches for the first day.

Tea: High protein meal with stabilising carbohydrate.

The evening meal should be the best meal of the day and try to plan something different for each day to add variety to your food. (you could rotate over a three or four day plan) The other thing is that you usually have time to organise this after you have set camp up.

Soup, patties (high protein), gluten products, lentils, split peas, rice, TVP, noodles, macaroni, vegetable, snack packs, instant puddings, pancakes, hot drinks.

Snacks:

This should be rich in carbohydrate eaten at regular intervals during the day to sustain energy levels. Dried fruits, nuts, chocolate, seeds, muesli bars, fruit bars, fruit and nut mix.

Emergency Food:

It is very important that each individual carry some sort of emergency ration they can use if held up by weather or injury etc. A non-cooking type of focus can be beneficial also. Biscuits, cheese, dried fruit, chocolate, muesli bars, noodles.

~~REQUIREMENT 8: Describe proper clothing and foot gear for cold and hot wet weather hiking.~~

Note: This is already covered in Requirement 3. We have kept this in order to retain the General Conference numbering of requirements for this honour.

REQUIREMENT 9: Submit a written plan for a 15 (fifteen) km hike which includes: map route, clothing list, equipment list, and water and/or food.

Individual work

REQUIREMENT 10: Use a topographical map and/or a road map in planning and doing one of the hikes in Requirement 11.

Individual work

REQUIREMENT 11: Have the following hiking record:

- a. One 8 (eight) km rural or town hike
- b. One 8 (eight) km hike on a wilderness trail
- c. Two 15 (fifteen) km day hikes on different routes
- d. One 24 (twenty four) km hike on a wilderness trail
- e. Within a month of each hike, write a short report, giving dates, routes covered, weather, and any interesting things you saw.