



Hiking & Backpacking

Essential Gear

Backpack:	Choose the right size (liter capacity) for your trip length and gear.
Hiking Boots:	Broken-in, waterproof boots with good ankle support are crucial.
Navigation:	Map, compass, and GPS (with extra batteries) – know how to use them!
Water & Food:	Carry enough water or a water filter/purifier. Pack high-energy, non-perishable snacks.
First-Aid Kit:	A well-stocked kit with blister treatment, pain relievers, and emergency supplies.
Sun Protection:	Sunscreen, sunglasses, and a hat to protect against UV rays.

Trail Etiquette

1. Yield to Uphill Hikers: Those climbing have the right-of-way.
2. Stay on Marked Trails: Avoid cutting switchbacks to prevent erosion.
3. Pack Out Everything You Pack In: Leave no trace behind.
4. Control Pets: Keep dogs leashed and clean up after them.
5. Be Considerate of Others: Keep noise levels down and step aside to let others pass.

Navigation Tips

Map Orientation:	Align the map with the terrain using a compass.
Taking a Bearing:	Use your compass to determine the direction to your destination.
Following a Bearing:	Keep your compass needle aligned with north and follow the indicated direction.
Using GPS:	Input waypoints and follow the GPS to navigate. Always carry a map and compass as a backup.

Camping

Campsite Selection

1. Flat Ground: Choose a level spot to pitch your tent for comfortable sleeping.
2. Water Source: Locate a reliable water source nearby, but camp at least 200 feet away to protect the water.
3. Protection from Elements: Look for natural windbreaks and avoid camping under dead trees or branches.
4. Existing Campsites: Whenever possible, use established campsites to minimize impact on the environment.

Campfire Safety

Clear the Area:	Remove all flammable materials within a 10-foot radius of the fire pit.
Keep Water Nearby:	Have a bucket of water and a shovel readily available to extinguish the fire.
Never Leave Unattended:	Always have someone watching the fire.
Extinguish Completely:	Douse the fire with water, stir the ashes, and ensure everything is cool to the touch before leaving.

Food Storage

1. Bear Canister: Use a bear-resistant canister to store food and scented items.
2. Bear Bag: Hang food in a bag suspended at least 12 feet off the ground and 6 feet from any tree trunk.
3. Vehicle Storage: If car camping, store food in a sealed container inside your vehicle. Note: Always check local regulations for specific food storage requirements.

Rock Climbing

Essential Climbing Gear

Harness:	Properly fitted climbing harness with belay loop and gear loops.
Climbing Shoes:	Snug-fitting shoes designed for climbing performance.
Belay Device:	Device used for controlling the rope during belaying.
Locking Carabiners:	Used to connect various components of the climbing system.
Climbing Rope:	Dynamic rope designed to absorb the impact of a fall.
Helmet:	Protects against head injuries from falling rocks or falls.

Basic Climbing Commands

• "On Belay?" - Climber asks if the belayer is ready.
• "Belay On!" - Belayer confirms they are ready.
• "Climbing!" - Climber announces they are starting to climb.
• "Climb On!" - Belayer acknowledges the climber's announcement.
• "Take!" - Climber asks the belayer to tighten the rope.
• "Slack!" - Climber asks the belayer to give more rope.
• "Falling!" - Climber warns the belayer they are falling.

Safety Checks

Partner Check:	Always double-check your partner's harness, knot, and belay device before climbing.
Knot Check:	Ensure the knot is tied correctly and seated properly.
Belay Setup:	Verify that the belay device is properly loaded and locked.
Communication:	Clearly communicate with your partner throughout the climb.

Paddling (Kayaking/Canoeing)

Essential Paddling Gear

Kayak/Canoe:	Choose the right type and size for your skill level and intended use.
Paddle:	Properly sized paddle for efficient and comfortable paddling.
Personal Flotation Device (PFD):	A properly fitted life jacket is essential and must be worn at all times.
Whistle:	For signaling in case of emergency.
Dry Bag:	To keep valuables and extra clothing dry.
Bilge Pump/Sponge:	To remove water from the kayak/canoe.

Basic Paddling Strokes

<ul style="list-style-type: none">• Forward Stroke: Propels the kayak/canoe forward.• Reverse Stroke: Slows down or moves the kayak/canoe backward.• Sweep Stroke: Turns the kayak/canoe.• Draw Stroke: Moves the kayak/canoe sideways.• Rudder Stroke: Helps maintain a straight course.
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Water Safety Tips

Check Weather Conditions:	Be aware of wind, waves, and potential storms before heading out.
File a Float Plan:	Inform someone of your intended route and estimated return time.
Stay Close to Shore:	Especially if you are a beginner.
Avoid Alcohol:	Do not consume alcohol before or during paddling.