



## **Hikers Inc. - A Beginner's Guide to Hiking**

Thinking of undertaking a hike? Then you should carefully consider the following.

**MEDICAL FITNESS:** Are you medically fit to participate in this hiking event?

A visit to your physician is recommended before undertaking this type of new physical activity.

If you have never hiked or not hiked in the recent past, try an easy hike first and gradually work your way up.

Starting with a challenging hike may prove to be a very uncomfortable experience and lead to you never venturing again on any trail.

Gym fitness does not necessarily equate to hike fitness.

**HIKERS INC. HIKE RATING GUIDE:** Our hikes are rated as Easy, Moderate, Moderately Challenging, Challenging, Very Challenging and Extremely Challenging

**FOOD AND WATER:** Have you enough food and water?

We recommend that you carry at least two quarts of water. You can also bring along energy drink e.g. Gatorade or Lucozade.

If the weather is hot or if it's an open trail, you will need even more water. It helps you to stay cool in the humid environment and to prevent cramps!

We recommend that you bring sufficient food depending on the length of the hike e.g. fruits, sandwiches, energy bars. Avoid the huge 'Sunday Lunch' syndrome; it will weigh you down.

Bring more than you need, just in case!

**FOOTWEAR:** Have you proper footwear? Your footwear needs to have good grips or traction. We recommend the wearing of hiking shoes on all our hikes. We especially suggest the Merrell or Columbia brand. Try them out before purchasing, with the socks you intend to wear during the hike.

Please do not pick up a shoe that you have not worn in a long time to come on a hike. It is liable to lose its sole because unknown to you it has become dry rot. A trek along popular trails in Trinidad like Rio Seco and Paria will attest to this commonly made mistake.)

Here are some tips for buying new boots: While considering size, remember that feet may expand during hiking.

Purchasing a size that is ½ greater than what you normally wear may be helpful.

### **ITEMS YOU MAY BRING ALONG**

The following items will enhance your comfort on a hike. Bring any other items you may need.

Cap with visor to prevent sunburn and glare on an open trail.

Sunscreen.

Sun glasses. 😎

Insect repellent spray.

Flash light with batteries.

Matches or lighter, kept in a dry bag.

First Aid kit.

**Extra t-shirt, pants and socks stored in a dry bag.**

Whistle.

Toilet Paper.

If you are on medication walk with it and let a hike leader know .e.g. Asthma Inhaler.

### **GENERAL**

1. If you have any questions about the hike, ask the leader.
2. Listen carefully to the announcements made by the leader prior to and during the hike. Follow the leader's advice closely.
3. When hiking, keep track of fellow hikers. Try to know who is ahead of you and behind you.
4. HAPPY HIKING! 😎