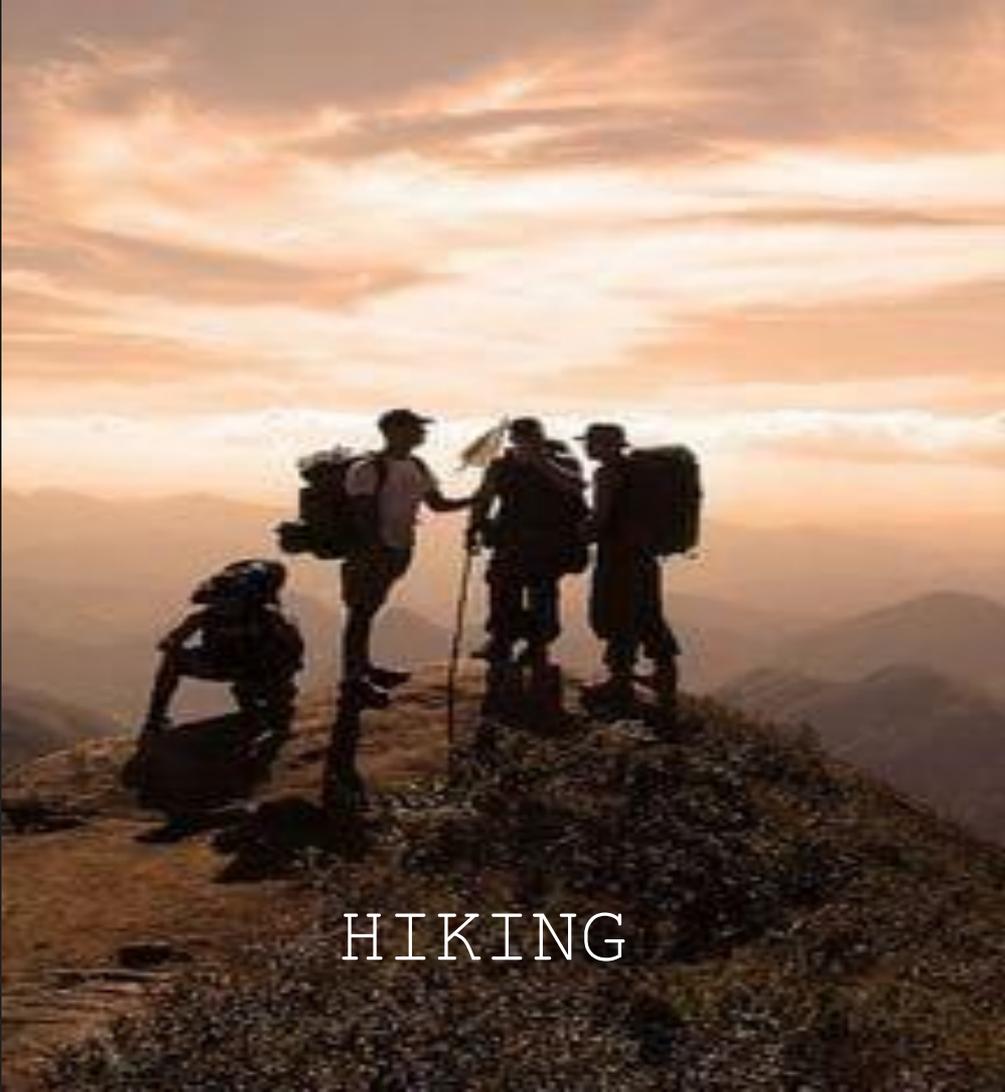




SEWA PROJECT



# HIKING

## TEAM MEMBERS:

- Adil hameed K P
- Anantha krishnan K
- Gowri
- Harshith B
- Megha

# HIKING:

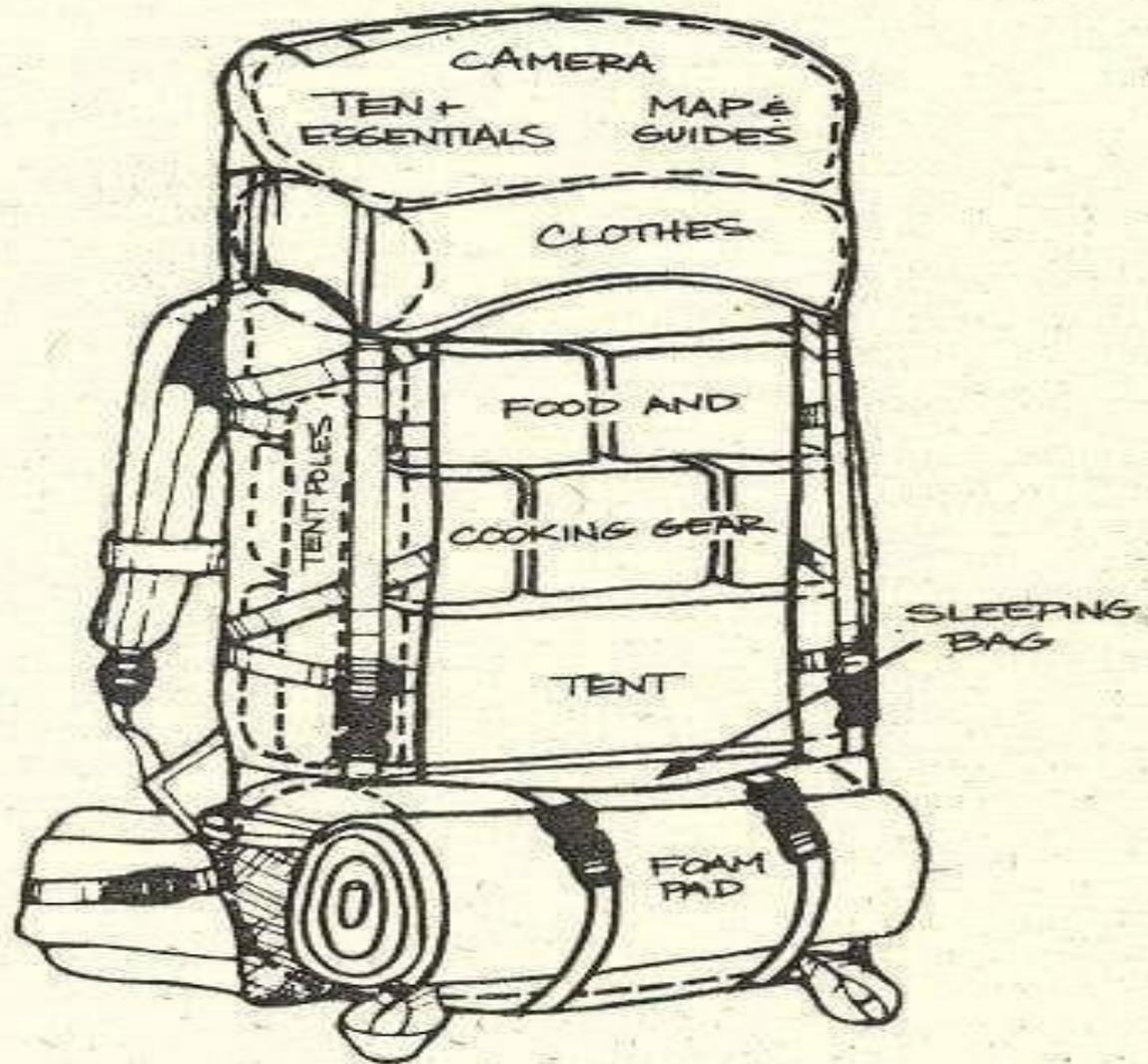
**Hiking** is a long, vigorous walk, usually on trails or footpaths in the countryside. Walking for pleasure developed in Europe during the eighteenth century.

"Hiking" is the preferred term in Canada and the United States; the term "walking" is used in these regions for shorter, particularly urban walks. In the United Kingdom and the Republic of Ireland, the word "walking" describes all forms of walking, whether it is a walk in the park or backpacking in the Alps. The word hiking is also often used in the UK, along with **rambling** (a slightly old-fashioned term), **hillwalking**, and **fell walking** (a term mostly used for hillwalking in northern England). The term **bushwalking** is endemic to Australia, having been adopted by the Sydney Bush Walkers club in 1927. In New Zealand a long, vigorous walk or hike is called **tramping**. It is a popular activity with numerous hiking organizations worldwide, and studies suggest that all forms of walking have health benefits



## BACKPACK HACKS

- PACK BY ZONE:  
HEAVY ITEMS SHOULD BE LOSE TO YOUR SPINE AND WELL ABOVE YOUR HIPS.
- KEEP IT LIGHT BY PACKING ESSENTIALS.



# PACKING A DAYPACK

1. SUNGLASSES.
2. SUNBLOCK OR SUNSCREEN.
3. 8 LITRE WATER BOTTLE.
4. FIRST AID.
5. NOTEBOOK AND PEN.
6. MATCHES AND FLASHLIGHT.
7. PARACORD.
8. POWERBANK.
9. A MULTITOOL AND COMPASS.
10. GRANOLA BARS OR JUICE.
11. INSECT REPELLANT AND CAP.



# TOP 5 HIKING SPOTS

- KILIMANJARO,  
TANZANIA.
- TORRES DEL PAINE,  
CHILE.
- EVEREST BASE  
CAMP, NEPAL.
- INCA TRAIL,  
PERU.
- MILFORD TRACK,  
NEW ZEALAND.



THE COMPLETE  
**GUIDE TO  
HIKING FOOD**



# FOOD PACKING HACKS FOR HIKING

- Plan easy to prepare foods.
- Minimise cooking tools.
- Pack food you enjoy.
- Choose lightweight foods.
- Pack the right amount of food.
- Focus on good nutrition.

*THE BEST FOODS TO TAKE HIKING ARE THOSE THAT PROVIDE AMPLE ENERGY AND HELP YOU FEEL FULL WITHOUT WEIGHING YOU DOWN.*

# 1- DAY HIKE MEAL PLAN



## BREAKFAST

1 cup of  
instant coffee  
Oatmeal  
1 pack of  
almonds &  
walnuts



## SNACK

1 snicker bar  
or energy  
bar



## SNACK

1 pack  
trail mix  
1 fresh apple



## DINNER

Instant  
macaroni &  
cheese  
1 pouch tuna  
Cocoa mix



## LUNCH

1 Tortilla  
sandwich  
with cheese

# WHAT TO BRING: THE 10 ESSENTIALS

Carry these items on every hiking trip to help ensure your safety and comfort.

## NAVIGATION

(MAP AND COMPASS)  
TOPOGRAPHIC MAPS PROVIDE DETAILS THAT ARE IMPORTANT FOR ROUTE FINDING.

## INSULATION

(EXTRA CLOTHING)  
CONDITIONS CAN TURN WET, WINDY OR CHILLY IN A HURRY.

## FIRST-AID

CONSIDER A PRE-ASSEMBLED FIRST-AID KIT. CHOOSE ONE THAT SUITS TRIP LENGTH AND GROUP SIZE.

## REPAIR KIT & TOOLS

KNIVES AND MULTITOOLS ARE HANDY FOR GEAR REPAIR, FOOD PREPARATION, FIRST AID AND MORE.

## HYDRATION

(EXTRA WATER)  
CARRY AT LEAST 1 WATER BOTTLE AND A COLLAPSIBLE WATER RESERVOIR.

## ILLUMINATION

(HEADLAMP/FLASHLIGHT)  
HEADLAMPS OFFER HANDS-FREE OPERATION, LOW WEIGHT, COMPACT SIZE AND LONG BATTERY LIFE.

## SUN PROTECTION

(SUNGLASSES AND SUNSCREEN)  
WEAR SUNGLASSES THAT BLOCK 100% OF ULTRAVIOLET RAYS. 30 SPF SUNSCREEN IS RECOMMENDED.

## FIRE

(WATERPROOF MATCHES/LIGHTER/CANDLES)  
BRING RELIABLE WATERPROOF MATCHES MADE FOR HIKING.

## NUTRITION

(EXTRA FOOD)  
BRING A DAY'S WORTH OF EXTRA FOOD.

## EMERGENCY SHELTER

A TARP, BIVY SACK OR SPACE BLANKET CAN PROVIDE QUICK SHELTER IN AN EMERGENCY.

# THINGS TO REMEMBER WHEN HIKING

## FIRE

It can help keep predators at a distance and also provide warmth, light, and comfort.

## SHELTER

Anything that takes away or adds to your overall body temperature can be your enemy. Shelters can help you protect your body from excess exposure from the sun, cold, wind, rain, or snow.

## SIGNALING

Fire, flashing light, bright color markers, flags, mirrors, whistles can all help you to alert any and all potential rescuers that you are in need of help. Three fires in a triangular form are a recognized distress signal.

## FOOD & WATER

Food and water are vital to your survival. Hence plan accordingly.

## **5. FIRST AID**

Analyze your needs before every trip, create a medical checklist, and carry a small personal kit with you at all times. Most survival situations require only dressing for small cuts, bruises, and personal medication needs, make sure you know what you have with you.

## **6. PACK ESSENTIALS**

There are a handful of cheap, lightweight and potentially life-saving supplies you want to always have on you, no matter where in the world you're traveling, such as pocket knife, lighter or waterproof matches, a headlamp, sunscreen, sunglasses, a first aid kit, a whistle, a compass and local map, power bank and charge cable, as well as a few non-perishable protein bars.

## **7. KNOW THE FLORA AND FAUNA**

It may be beneficial to learn a bit about the local fauna: specifically, what is edible and what is poisonous. Also, if you've traveled to an unfamiliar destination, research what local wildlife you may encounter and what the best actions are if they may be dangerous.

HAVE A  
MOUNTAINEERING  
EXPEDITION  
ON THE  
HORIZON?

GET FIT FOR THE  
PEAKS...

HAVE A MOUNTAINEERING EXPEDITION ON THE HORIZON?

# GET FIT FOR THE PEAKS

FIRST THINGS FIRST: SET A  
**TRAINING SCHEDULE**

BEGIN TRAINING  
**12-16 WEEKS**  
BEFORE YOU GO



AIM FOR  
**45-90**  
MINUTES OF

**CARDIO**  
**3-4x/WEEK**

- ✓ JOGGING
- ✓ CYCLING
- ✓ SWIMMING
- ✓ STAIR CLIMBING



INCORPORATE  
**INTERVALS**

2x/WEEK  
TO HELP  
YOUR BODY'S ABILITY  
TO UTILIZE OXYGEN



PAIR  
WITH

**STRENGTH TRAINING**  
2 DAYS A WEEK



ONCE A WEEK,  
TRY TO COMPLETE A  
**DAY HIKE**



START WITH A DISTANCE OF 6-8 MILES  
AT AN ELEVATION OF 2,000-3,000 FEET  
AND CARRYING A 30-50 POUND PACK

See our Expert Advice article at [REI.com/mountaineering-training-tips](https://www.REI.com/mountaineering-training-tips).  
Recommendations provided by the American Council on Exercise (ACE).  
Check with your doctor before starting a new exercise regime.



Thank you

