

# Introduction to 3-Season Hiking

AMC Berkshire and Worcester Chapters

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# Agenda

- Introductions
- Purpose of the workshop
- Getting ready to hike
- Hydration
- Nutrition
- Gear
- Signing up for a hike
- Our practices while hiking together
- Helpful hints
- Plan your next hike
- Wrap-up

# Introductions

- You – our participants!
- Berkshire Chapter: Rob Robertson
- Worcester Chapter: Pat Lambert

# AMC's Mission

- The Appalachian Mountain Club promotes the protection, enjoyment, and wise use of the mountains, rivers, and trails of the Appalachian region. We believe that the mountains and rivers have an intrinsic worth and also provide recreational opportunity, spiritual renewal, and ecological and economic health for the region. We encourage people to enjoy and appreciate the natural world because we believe that successful conservation depends on this experience.

# Why a workshop on hiking?

- Encourage you to come outside and play
- Safety and fun
- Help you find your comfort level
- Provide info on gear and practices
- Support you in increasing your skills and abilities
- Offer safe and enjoyable volunteer-led outdoor recreation opportunities

# Hike Series

- Build up from easier to more challenging hikes
- 2 Tracks:
  - Easier to Moderate
  - Moderate to Advanced
- Provide the opportunity to obtain the proper gear and get comfortable using it
- Preference will be given to the 3/12 & 4/1 workshop participants up to 1 week prior to the hike

# Hike Series (cont'd)

- Others may participate on a “space available” basis
- Hikes are posted on:

[www.outdoors.org](http://www.outdoors.org) > Recreation > Search Chapter Activities > search “Intro to 3-season”

# Getting Ready to Hike

- “...there’s an undeniable relationship between fitness and fun on the trail: The fitter you are, the more fun you have. End of story.” (Nate Goldberg, Summer Hiking Center at Colorado’s Beaver Creek Resort)
- Don’t use the hike series to get in shape – start getting into shape now!
- The best gear on the market can’t remedy poor physical fitness

# Getting Ready to Hike (cont'd)

- Kick up your fitness routine
- Walk, run, cycle, hike, swim
- Strength training
- Stretching
- Park some distance from your destination, and walk
- Take the stairs, not the elevator

# Hydration

- Important for warm and cold activities
  - Avoid dehydration, hypothermia (cold) and hyperthermia (heat) illness
- Normal activity ~2 liters/day
  - Hot temps 3.5 liters/day
  - Heavy exercise 6.6 liters/day
- Drink water early and often – every rest break!
- How do we know we're hydrated?

# Hydration (cont'd)

- 2-3 liters for a day hike - more is always better than less!
- Gatorade, electrolytes (important!)
- Nalgene-type bottles, hydration packs, soda bottles, etc.
- In the summer, add ice to hydration bladders, or freeze half-filled bottles
- Hydrating before hike
  - As important as hydrating during and after the hike

# Nutrition

- Fuel the furnace
  - Normal 1,200 – 2,500 cal/day
  - 3-season hiking 3,000 – 4,000 cal/day
- Sustained physical activity is NOT the time for a diet
- When do most of our accidents and injuries happen?

# Nutrition (cont'd)

- Carbs
  - Simple sugars – Quick fuel (minutes)
    - Candy, dried fruit, gel packs, chocolate
  - Complex : Starches – Longer fuel (hours)
    - Whole grains, bagels, cookies, granola bars
- Fat – Long term fuel (4 – 6 hours after eating)
  - Cheese, meat, peanut butter, nuts
- Protein – Post hike recovery

# Nutrition (cont'd)

- Good breakfast
  - Balanced and nutritious pre-hike meal
  - Whole grains – slower digestion, longer burning
- Bring what you like
  - Think about what appeals to you on a hike
- Light and simple
  - Easy to eat
  - Max calories per weight
- Don't skimp on calories

# Nutrition (cont'd)

- Snack all day; not just breaks and lunch
  - Keep body fueled all day
  - Have your food easily accessible
  - Snack while hiking
- Pay attention to your body
  - If you're cold or tired, drink and eat
- How much food to bring: rules of thumb
  - ~1 lb/day
  - Adjust based on experience
  - Increase or decrease based on length of each trip
  - Share the chocolate – bring a treat for the group!

# Nutrition (cont'd)

- Backpacker Magazine - Food and Nutrition  
“Eat Better”:

[http://www.backpacker.com/may\\_2008\\_feature\\_food\\_nutrition\\_eat\\_better/skills/12399](http://www.backpacker.com/may_2008_feature_food_nutrition_eat_better/skills/12399)



# Gear

- Two kinds of gear:

Gear you wear –  
Clothing



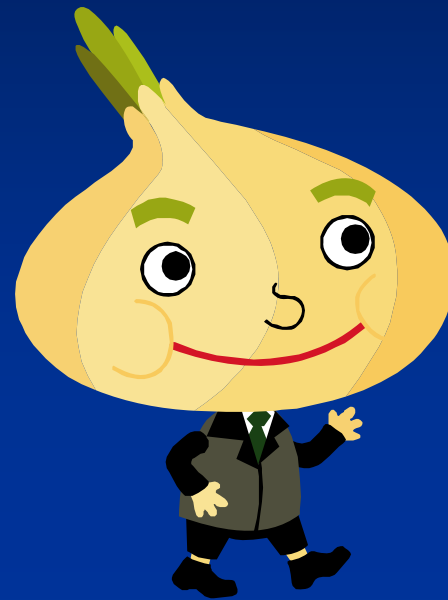
Gear you bring –  
Other Stuff



# Gear (cont'd)

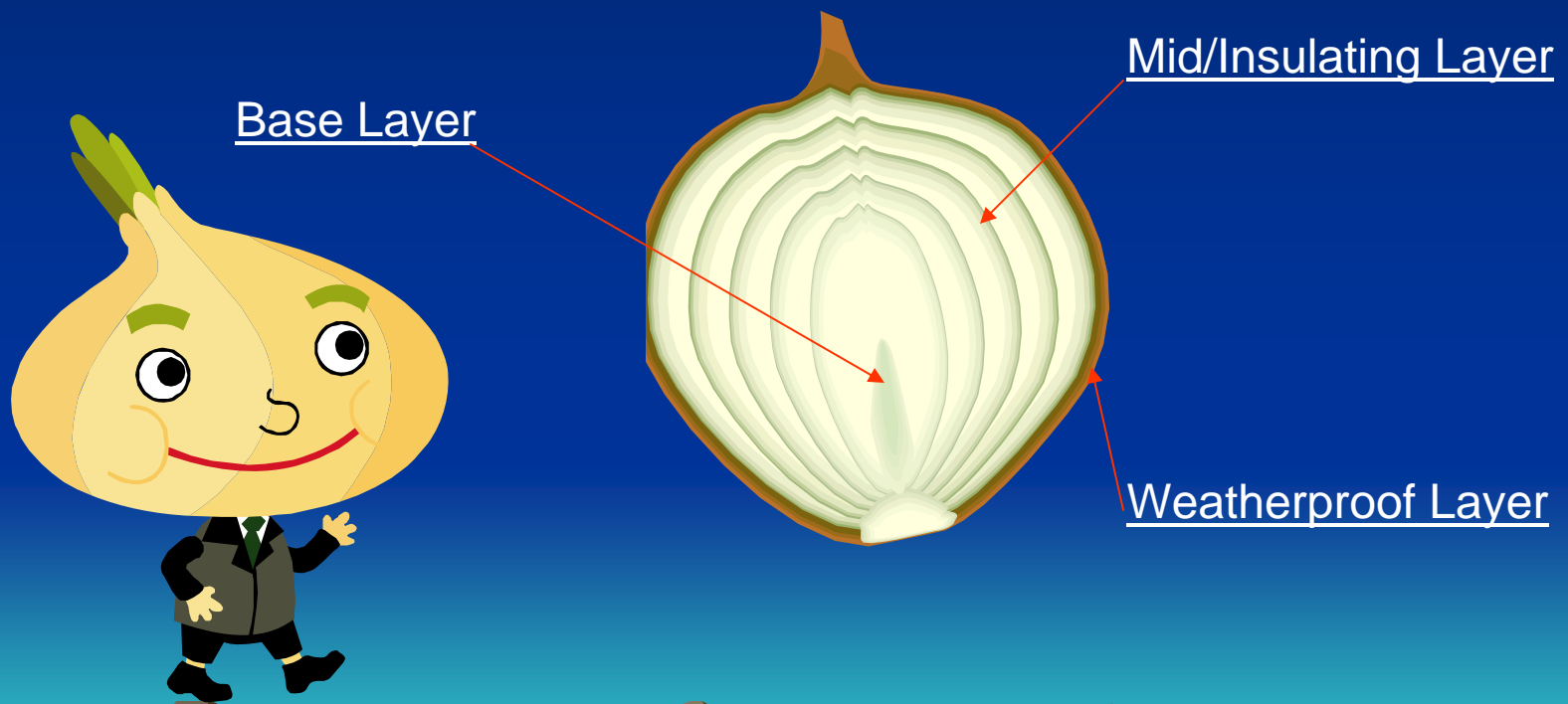
## Clothing

- You are the onion!
  - Dress in layers
    - Base
    - Insulating
    - Outerwear
  - NO COTTON
  - Check out the items you already have for other activities, and use them for hiking



# Gear (cont'd)

## Clothing and the Onion



# Gear (cont'd)

## Clothing

- Base Layer
  - Wicking layer
    - Polypro, Techwich, Silk, Nylon
    - Pants, shorts, tights, long/short sleeved shirts, undergarments
  - No cotton
  - Removes moisture from the body – your own personal a/c & heating unit
  - Dries quickly
  - Some insulating properties

# Gear (cont'd)

## Clothing

- Mid Layer/ Insulating Layer
  - Continues wicking process
    - Wool or polarfleece
    - Tights, short sleeve and long sleeve shirts
  - No cotton
  - Provides mostly insulation, and some windproofing

# Gear (cont'd)

## Clothing

- Outer Layer
  - Protection from wind and weather
  - Waterproof , windproof and breathable
    - eVent, GoreTex, System III, or other brands
    - Some brands are waterproof, windproof and breathable
    - Those with all three are best, but are pricey
  - Use raingear, shell, or non-insulated weatherproof winter coat
  - Rain pants – full or partial zip outer leg zippers provide maximum flexibility

# Gear (cont'd)

## Clothing

- Head, Hands, and Feet
  - **Hats, bandanas**
    - Wool, fleece or polyester
  - **Headnets** (for the bugs that bug you)
  - **Light gloves or mittens**
  - **Gaiters** (covering for your shins, calves and ankles)
    - Short and tall models
  - **Socks**
    - Think layers here as well: liner, wool, Smartwool, polyester
    - You may want to bring an extra pair with you
  - **Boots**
    - Sturdy shank/arch, ankle support
    - Break in before you leave for your hike!! A MUST!

# Gear (cont'd)

- Gear you bring – the “Other Stuff”
  - HikeSafe.com’s “Ten Essentials”
    - Map
    - Compass
    - Warm Clothing
      - Sweater or Pile Jacket
      - Long Pants (wool or synthetic)
      - Hat (wool)
    - Extra Food and Water
    - Flashlight or Headlamp
    - Matches/Firestarters
    - First Aid Kit/Repair Kit
    - Whistle
    - Rain/Wind Jacket & Pants
    - Pocket Knife



# Gear (cont'd)

- Gear you bring – the “Other Stuff”
  - Chris’ “Ten Essentials”
    - Map (of where you’re going)
    - Compass (a simple one is good)
    - Food/ Water (snacks for friends)
    - Spare Clothes (dry layers for you or a friend)
    - Rain Gear (tops and bottoms on every hike)
    - Toilet Kit (TP, small bottle of hand sanitizer, extra ziploc bags to pack out TP waste)
    - Headlamp/Flashlight (batteries packed separately)
    - First Aid Kit (enough for yourself & another)
    - Matches/Lighter/Fire Starter (cotton ball soaked in Vaseline)
    - “Emergency” Kit (folding pocket knife, spare shoe laces, strapping for lashing things together, big trash bag, whistle, duct tape)



# Gear (cont'd)

- Gear you bring – the “Other Stuff”
  - Rob’s “Ten Essentials”
    - Map
    - Compass
    - Flashlight / headlamp w/ extra bulbs and batteries
    - Extra food (gatorade crystals, electrolyte powder)
    - Rain/wind gear and extra clothes
    - Sunglasses
    - First-aid kit (SOAP notes, pencil, gloves, bandaids, moleskin readily available)
    - Pocket Knife/Multipurpose tool
    - Waterproof Matches
    - Firestarter
    - Duct tape



# Gear (cont'd)

## – Rob's "Ten Essentials" (cont'd)

- Water / Filter / Bottles / purification tablets
- Signaling devices: Whistle, signal mirror, cell phone (turned off)
- Insect Repellent or Clothing
- Sunburn Preventatives
- Shelter
  - space blanket, 40-gal heavy duty plastic bags, emergency bivy, 10' x 10' 6mil plastic sheet
- Sleeping pad
- Sleeping bag
- Nylon line
- Toilet paper, trowel
- Pencil and waterproof paper
- Spare boot laces
- Camera



# Gear (cont'd)

- Gear you bring
  - Something to carry it in - a backpack!
    - Many different sizes and styles
    - Do you already have something that works?
    - Try before you buy – with weight
    - EMS or REI
      - They'll help you buy a pack suitable for your needs
      - They'll fit the pack to your body
      - Outstanding return policy

# Gear (cont'd)

- Gear you bring
  - Simple things you probably already have :
    - Toilet Kit – TP, small bottle of hand sanitizer, extra ziploc bags to pack out TP waste
    - 40gal heavy duty (4 or 6 mil) trash bags – for raincoat, bivy sack, shelter
    - Bandana – for sweat rag, napkin, towel, sling
    - Chapstick
    - Bug Spray
    - Sunscreen
    - Whistle



# Gear (cont'd)

- Gear you bring
  - Things you might have to buy
    - Hiking poles
    - Sleeping bag
    - Closed cell or air filled sleeping pad
    - Reusable bivy sack
    - Chemical hand warmers – for those early spring or late fall days, and in case of emergency

# Gear (cont'd)

- Gear you bring - other essentials
  - Directions to trailhead or meeting place
  - Contact info for leader or carpool buddies
  - Car keys!
  - AAA Card
  - Cell phone (with fully charged battery)
  - Spare clothes to change into after hike
  - Comfortable shoes to change into
  - Extra money
  - Health insurance card

# For More Information on Gear...

- AMC Outdoor Gear Guide
  - <http://www.outdoors.org/publications/outdoors/gear-guide.cfm>
- Essential Gear for Northeastern Hikes
  - <http://www.outdoors.org/recreation/hiking/hiking-gear.cfm>
- The 10 Essentials for any hike:  
[http://www.hikesafe.com/index.php/planning\\_your\\_hike/gear\\_list/the\\_10\\_essentials](http://www.hikesafe.com/index.php/planning_your_hike/gear_list/the_10_essentials)

# Signing up for a Hike

- Contact the Registrar for each hike in the series (by phone or email)
- When inquiring about a hike via email
  - Provide your full name
  - Put the hike name/date in the subject line of the e-mail
- Complete screening forms when they are requested
- Respond honestly to screening questions

# Signing up for a Hike (cont'd)

- Purpose of Screening:
  - Safety and fun
  - Ensures that all participants know what to expect on the hike
  - Ensures that all participants are of a similar ability or experience level so that they can stay together as a group to enjoy the activity

# Signing up for a Hike (cont'd)

Screening Questions might include:

- What is it about the trip listing that got your interest?
- What are your expectations about the hike?
- Where have you recently hiked?
- How do you feel about hiking in groups?
- What gear would you normally carry on a trip like this?
- What kind of boots do you have?
- What do you do to stay in shape between trips?
- Are you bagging peaks?
- How many times have you been above treeline in the Whites at this time of year?

# Our Practices

- Every individual is responsible for having the appropriate skills, physical conditioning, equipment and supplies for the activity in which they've chosen to participate
- AMC Volunteer-Led Activities
  - Acknowledgement and Assumption of Risks & Release Agreement
    - Every participant signs the Release
    - Protects our volunteer leaders

# Our Practices (cont'd)

- Learn more about the inherent risks of hiking and how you can become better prepared before beginning any hike at [hikesafe.com/](https://hikesafe.com/)



# Our Practices (cont'd)

- The leader and co-leader are in charge; please respect and support their decisions
- Conditions change, and we may need to:
  - Turn back because of weather, elapsed time on the trail, trail conditions, a participant's physical condition, or other reasons
  - Manage a participant's fatigue or injury
- Safety comes first! The mountain will be there tomorrow.

# Our Practices (cont'd)

- We stay together on the trail
  - We start as a group, we hike as a group, and we finish as a group
  - We hike at the slowest person's pace
  - We don't go ahead of the leader, or fall behind the sweep
  - We stop at all trail junctions and wait for the sweep to arrive, then we count heads!
  - We leave no one behind

# Our Practices (cont'd)

- Separation break
  - When the genders go different directions to relieve themselves in the woods
  - If you need to make a stop, tell the sweep. If you go into the woods during that stop, leave your pack on the trail

# Our Practices (cont'd)

- Leave No Trace
  - We used to say “Take nothing but photos, leave nothing but footprints.”
  - Stay on the trail, especially in muddy spots
  - Pack out used toilet paper (Ziploc baggies!)
  - Leave what you find
    - Cultural or historic artifacts, as well as natural objects such as plants or rocks, should be left as found
    - Exception: You can, and should, pack out the trash or “treasures” of others that you find

# Our Practices (cont'd)

- Respect wildlife
  - View wildlife from a distance
  - Feeding wildlife alters their natural behavior
- Be considerate of other visitors
  - Be courteous and respect the quality of other visitors' backcountry experience
  - Let the natural sounds of the forest prevail

# Our Practices (cont'd)

- Be mindful of the physical condition of other participants
- The safety of the individual assures the safety of the group
- Not speaking up when there's a problem jeopardizes the individual's safety, and that of the group

# Helpful Hints

- Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans
- Make efficient use of all rest stops – have a snack, adjust gear, or add or remove layers while others water the trees
- Engage in conversation – you'll be surprised by what you learn and it passes the time pleasantly

# Helpful Hints (cont'd)

- Follow the blazes, not other hikers – sometimes other hikers go off trail inadvertently
- If you feel you've gone off trail, don't panic
  - Retrace your steps to the last blaze you noted
  - Check your map, get your bearings, and continue on your way

# Helpful Hints

- Be prepared!
  - Become self reliant by learning about the terrain, trail conditions, local weather and your equipment before you start out
  - Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening
  - Be prepared for the unexpected! Don't assume you will be rescued; know how to rescue yourself
  - Know your limitations

# Helpful Hints

- If, on any given day, group dynamics don't appeal to you, hike safely with a buddy, or on your own

# Plan your next hike!

- Celebrate the accomplishment
- Bring a change of clothes
- Drink more water
- Have a snack
- If you met some congenial people, exchange phone numbers or emails (if you're comfortable doing that)

# Plan your next hike! (cont'd)

- [www.outdoors.org](http://www.outdoors.org) > Recreation > Search Chapter Activities
- [www.amcworchester.org](http://www.amcworchester.org), Activities, Hiking, Upcoming Hiking
- Call a friend and hit the trail on your own!

# Hike Series

- Easier to Moderate Track
  - April 11 – Charm Bracelet, Westborough; Leader: Pat Lambert
  - April 18 – Buffumville Dam; Leader: Dawn Foster
  - April 26 – M-M Trail Section 4; Leaders: Chris Fogarty, Lawrence Kubera
  - More to come....check website regularly.  
[www.outdoors.org](http://www.outdoors.org) > Recreation > Search Chapter Activities > search “Intro to 3-season”

# Hike Series, con't

- Moderate to Advanced Track
  - April 11 – The Blue Hills; Leader: Pat Lambert
  - April 19 – Mt. Watatic; Leaders: Charlie Arsenault, Pat Lambert, Rob Trotte
  - May 17 – Mt. Monadnock; Leaders: Steph Keimig, Pat Lambert
  - May 30 – Mt. Cardigan; Leaders: Charlie Arseneault, Pat Lambert
  - More to come....check website regularly.  
[www.outdoors.org](http://www.outdoors.org) > Recreation > Search Chapter Activities > search "Intro to 3-season"

# Wrap-up

- Questions about the series?
  - Chris Fogarty [takeahike31@hotmail.com](mailto:takeahike31@hotmail.com)
  - Pat Lambert [plambert119@yahoo.com](mailto:plambert119@yahoo.com)
- Other questions?
- Thanks for coming!