

HIKING

For Beginners



Find a Hiking partner

FRIENDS AND FAMILY WHO HIKE

They can share their experiences and lend you some gear. They can also introduce you to their favorite hiking trails

LOCAL HIKING CLUB

Most cities have at least one hiking club or meet-up group. Look for groups on social media sites

TAKE A HIKING CLASS

REI, Outward bound, and the Sierra Club offer classes

Choose a Hike

GUIDE BOOKS

Are a great resource because they provide all the important information you need to plan a hike

WORD OF MOUTH

If you have friends that hike ask them for suggestions.

TALK TO LOCALS

Contact the nearest ranger station or local hiking organizations.

Things to consider

- How much time you have
- Your fitness level
- Distance
- Elevation gain
- Time of year and weather
- Logistics (transportation)



Choose your hiking gear

10 Essential items

1. **Navigation** (map, compass, or GPS)
2. **Headlamp**
3. **Sun protection**
4. **First aid kit**
5. **Knife or multitool**
6. **Fire** (firestarter, matches, or lighter)
7. **Extra food**
8. **Extra water**
9. **Extra clothes**
10. **Shelter**

HIKING FOOTWEAR

Good fitting hiking boots, trail running shoes, hiking shoes, and dry wicking socks

CLOTHING

Dress in layers, with a dry-wicking layer closest to your skin.

HIKING BACKPACK

Size depends on length of hike

FOOD AND WATER

On average you should plan on consuming 200-300 Cal/hour of food, and 0.5 L/hour of water

