

PACK 93 HIKING GUIDE





Pack 93 conducts several hikes each year as part of the outdoor scouting experience. This guide serves as background information on hiking safety, techniques, and recommended materials to bring in order to maximize the scouts' hiking enjoyment. This guide is applicable for not only all Pack 93 designed hikes but for family hikes and your outdoor enjoyment as well.

The Basic Essential Items to bring on a hike are:

- Flashlight
- Map
- Compass
- Food
 - Fruit, nuts and regular granola bars work best to provide energy.
- Water
 - Bring an absolute minimum of one quart for a day hike. Take two quarts or more in a dry, environment.
- Extra Clothing, Especially Socks
- Sunscreen and Hat
- First Aid Kit
 - Personal medications you may need during the day.
 - Antiseptic
 - Ace bandage
 - Band-aids
 - Burn ointment
 - Chapstick or Blistex
 - First aid tape
 - Foot (blister) pads/powder
 - Gauze compresses
 - Salt tablets
- Pocket Knife or Multipurpose Tool
- Waterproof matches
- Hiking Stick

Before beginning on a hike, the hiker should:

- Be adequately prepared for the hike selected. This includes bringing along the Ten Essentials and proper gear and equipment for the season, weather and location of the outing.
- Be in physical condition adequate for the hike selected.
- Be a responsible group member and abide by the decisions of the leader or by the consensus of the group.

Don't Get Lost! Tips for staying safe and found.

It has been rumored that famed outdoorsman Daniel Boone was never lost, although he did admit to being "mighty disoriented for several days in a row." In this day and age of

search and rescue teams, maps, compasses and high technology, lost most often means that at best you will be late for dinner and at worst that someone else will find you. The following are some tips aimed at helping you and your loved ones stay found:

Always tell a family member or close friend where you are going, when you will be leaving and when you plan on returning--and then stick to your plan.

Be prepared for the worst. Just because you are heading out for a day hike under sunny skies doesn't mean you won't be forced to spend a night out under adverse weather conditions.

Extra food and clothing are a minimum must.

Carry a lightweight survival kit with a space blanket, plastic tarp, nylon cord, waterproof matches, fire starter, whistle, signal mirror, water purification tablets, a metal cup to heat water in, a small flashlight and a knife.

Don't just carry a map and compass, become proficient at using these tools. Join an orienteering club near you for added instruction.

Pay attention to your surroundings. Staying on the correct path and then being able to find your way back again requires 360 degree observation. Make mental notes of landmarks as you are walking toward them and then as you are walking away from them.

Should you get lost, don't panic. Recognize the difficulty and then rationally work your way through it. Most often, if you sit down and calmly reflect for a few minutes, mentally retracing your steps, the solution to the situation becomes clear.

If you come to the conclusion you are definitely lost, stay put! Drink plenty of water. Your body can do without food for a few days, but it cannot function without water.

Signal your position by building a smoky fire. If you run out of food, don't eat anything unless you are sure you can identify it as edible.

Shelter yourself from the elements as best as possible. Use the tarp in your survival kit to fashion a lean-to. Use dry leaves other dry plant debris (not poison oak or stinging nettles) to insulate you from the ground and heat loss.

Facts about Bears



No matter where you hike in the Central Coast, you could easily encounter bears, they roam everywhere. The wilds are home to the bears, you are the visitor, respect their rights and never approach this unpredictable animal. Never attempt to feed a bear, do not surprise them by practicing defensive tactics. No two bear encounters are the same, there are no common rules for dealing with this situation, but it helps to learn about bears and their habits. It is best to try and avoid

bears. Any bear is dangerous when defending a fresh kill, or one that has been eating and likes to eat human type foods and of course a mother defending her young.

When in the wilderness always look for signs of bears. These signs could include droppings, tracks, digging, claw and bite marks on trees. Make lots of noise by talking loudly, singing, calling out, clapping or wearing a bell. Make sure you are heard, it's best not to surprise a bear. The further away from the bear, the better, for picture taking use a long-range telephoto lens, keep children close and within sight and if possible leave your dog at home.

Children should never approach bears, especially cubs. When in bear country, youngsters should always be supervised even when playing. Petting, feeding, or posing for a photo with bears or near them is a definite NO. Do not leave your vehicle when there are bears at the roadside and keep your windows up.



Food and garbage odors easily attract bears, so it's essential to reduce or eliminate odors from your camp, clothing, vehicle and yourself. Do not keep ANY food in your tent, store it so that bears cannot smell or reach foods. Garbage must be properly stored and packed out.

Facts about Cougars



Mountain lions are North America's largest cat. On the Central Coast, they primarily live in the foothills and on the Los Padres National Forest. Generally, cougars are solitary and very secretive animals. Sighting are rare, attacks on humans are extremely rare, but it is best to be prepared and to learn as much as possible about this elusive, but beautiful and graceful wild animal.

Their prey is mostly deer, although they will kill and eat wild sheep, elk, rabbits, raccoons, beaver and grouse, and they have been known to go after livestock. Cougars are most active at dusk and dawn, but can be seen anytime day or night, no matter the season. Cougars are predators and

we have little or no understanding as to what might provoke an attack, but being prepared and taking precautions never hurt. For some reason, cougars are more likely to attack children than adults, maybe its because of their voices, small size and quick movements. Teach children about cougars and what to do should they see one.

If hiking back country areas where cougars could roam there are a couple of things to keep in mind. Never hike alone, groups offer more protection. Try not to surprise a cougar, be noisy when hiking and carry a strong stick that can be used as a weapon, keep children close by and under control, and most important watch for cougar signs and

tracks. Should you meet up with a cougar, never approach the animal, leave the cougar an avenue for getting away, stay calm, do not run, and never turn your back on a cougar. If there are children with you, pick them up as quickly as possible and make sure the cougar knows you are a threat, not prey, so arm yourself with a stick, throw rocks, speak loudly and fight back if attacked.

Cougars are beautiful animals and deserve our respect. After a sighting both you and the cougar should come away from this exciting experience unharmed. If the cougar is a threat to you or your family, inform the nearest Conservation Office.



Facts About Rattlesnakes

Avoid disturbing the local pit viper, the Diamondback Rattlesnake. These are generally docile and nonaggressive, being most interested in killing animals that are small enough to eat whole, such as mice, voles, and ground squirrels, and then only when they are hungry.

The don't like being approached, and that is usually how people get bit. Since they do not move much and are well camouflaged the best defense is to simply keep your eyes open and watch where you step (and if climbing, where you place your hands).

This is the best way to see wildlife anyway. The most dangerous rattlesnake is a young one, for they have not yet learned to conserve their venom. A rattlesnake does not always have rattles, sometimes they can get broken off.

There are other snakes in our area that you may mistake for the rattlesnake, the gopher snake and the king snake. These snakes suffocate their prey by constricting them with coils of their body and are not dangerous to humans (they can bite, however). Please note that harassing wildlife in any way is strictly prohibited in all wilderness areas.

Infected Animals

Any wild animal that is willing to approach you, or let you get close, especially if it is a nocturnal animal out in the day (skunk, raccoon, porcupine, bat, or opossum) may be infected with rabies. This is an extremely dangerous disease that must be treated before symptoms appear. It is transmitted from saliva to blood, usually with a bite.

Animal Holes

Burrowing animals often dig hazardous holes near roads and trails, so stay alert.

Toxic Plants

We will only be concerned here with plants that are dangerous to touch, assuming that you won't be eating any wild plants that you are not absolutely sure about (collecting specimens is generally prohibited in areas covered by these pages).

Poison Oak

California's poison oak may be found near water, or on well-drained slopes; under the shade of larger shrubs and trees, or out in the sun. It contains an irritating oil that can be transferred from the plant to a pet or clothing and on to affect a person that did not even go near it. Some people have an extreme allergic sensitivity to it while others are barely affected. I have been both ways, on and off over the past decades.

If you know that you have come into contact with poison oak, the recommended treatment is to wash any affected skin as soon as possible with soap and cold water, a strong alkali soap being preferred.



Be aware that poison oak in winter has no leaves (just twigs) yet is still toxic to the touch. In certain areas it can grow low and close to the ground within the grass and so get onto your ankles if you are not protected.



Stinging Nettle

Resembling a thistle or a large-leaf mint, this will leave tiny stinging cells, similar to those on a stinging jellyfish, embedded in your skin. This plant is usually found only along the stream's edge, so we are unlikely to encounter it along the trail. Scrubbing affected skin areas with wet sand is a quick and easy way to remove most of the embedded nettles, should you ever run across this plant with an attitude!

Infectious Insects (Fleas, Ticks, etc.)

The best way to avoid these is to not sit on bare ground and to avoid contacting brush and tall grass. If you have been hiking through heavy brush or grass, the best defense is to undress in your bathtub and carefully brush and inspect your clothing and yourself.

Arthropods are pests on the trail, especially insects. They potentially cause a number of diseases and discomforts. DEET on the skin and other repellents control some of these and permethrin on clothing can help prevent the attachment of ticks which cause Lyme and other diseases.

Bee stingers should be removed as rapidly as possible to reduce the amount of injected toxin. Treat with local hydrocortisone ointment and oral analgesics for pain. Sensitive patients should carry medically prescribed Epinephrine kits. Watch out for stinging caterpillars.

Deer Tick (Lyme Disease)

Lyme Disease is caused by a microscopic spirochete, similar to that that causes syphilis. The disease is progressive and debilitating but can be treated with modern antibiotics. The deer tick can be as small as the head of a pin. The immediate symptom of an infection is a red ring two to three inches in diameter (5 cm to 8 cm) around the bite site, with a more pale central portion. Subsequent symptoms in a well established infection include lethargy and aching joints. Lyme disease requires daily examining for the small ticks, removing them and watching for characteristic lesion appearance if there has been

attachment for 24 hours. Other ticks carry Rocky Mountain Spotted Fever which can be serious if not treated early with antibiotics.

Flea (Bubonic Plague)

Bubonic Plague has occasionally been found in some parts of California, but is seldom a hazard to people if the precaution of avoiding ground contact is followed. Like Lyme Disease, this is also treatable with modern antibiotics.

Mosquito (Equine Encephalitis, Nile River Virus)

In California, your chance of being bit by an infected mosquito is virtually nil, but a mosquito's bite can cause an irritating red welt, so it's best to be defensive. A good insect repellent, such as "deet" or citronella, can be used if you plan to be out in the evening in an area where mosquitoes are prevalent. Although some mosquitoes are capable of transmitting malaria, there is no local wildlife hosting these organisms. Western Equine Encephalitis can be very dangerous to humans, however.

Hiking Safety:

Like any other outdoor recreational sport, using common sense is very important and there are things you should do, to make your hiking trips a safe one. Comfortable and sturdy footwear is a necessity, hiking boots give you more protection than do running shoes, this is especially true if your trek takes you in the mountains and wilderness. Wear comfortable woolen or cotton socks and always carry rain gear. A walking stick could also be very handy. If the terrain is not familiar, it is best to hike with someone who knows the area and always take into consideration your own hiking experience and capabilities. Over extending yourself can lead to unexpected problems, and maybe a call to search and rescue. Items you should have with you include compass and map, a first aid kit, sun screen lotion, sunglasses, a sun hat, bug repellent, a pocketknife, matches in a water proof container, fire-starter (either a candle or a chemical type) and a flashlight. Also have with you extra clothing, food and liquid.

Before you head out on any hike, make sure someone knows where you are going, and when you will be back. Do not leave the marked trails. Should weather turn bad or the hike be more strenuous than expected, turn back. Protect yourself from hypothermia and dehydration and be aware of the possibility of sun strokes and sun burns. Be safe, have fun!

Even if you plan to spend no more than a few hours on the trail, you should observe a few elementary, common-sense precautions. Few of these trails will take you far from civilization, but each year hikers in these relatively tame wildlands become lost, suffer from exposure and require rescuing because they misjudged their abilities or failed to prepare.

1. Tell someone where you're going. Leave a precise description of your route with someone at home, and tell them when you plan to return. Do not deviate from that plan. If

you get in trouble, searchers won't be able to find you unless you're where you were supposed to be.

2. Don't hike alone. Wilderness travel is always a risky undertaking; a misstep and a badly twisted or broken ankle can turn even a short day hike into a life-threatening experience. If you have a companion, one of you will be able to seek help. Solo travel has its charms, but it is only for the most experienced and self-reliant of backcountry travelers.

3. Prepare for the weather. Conditions change rapidly in the mountains, and a soaking fog can rapidly close in on travelers along the coast. Although conditions are unlikely to become life-threatening, it is always prudent to carry extra clothing that will keep you warm when wet. Conversely, some of these hikes traverse countryside that is torrid in the summer, in which case light-colored clothing and a sun hat will be more useful. On trips to the islands, visitors may encounter soaking sea spray, howling winds, dense fog and blistering sun—all on a single day trip. Dress in layers and be prepared for anything.

4. Know where you're going. You'll get more out of your hike if you study your route beforehand, carry a guide with you and bring the appropriate topographic maps. The map and a compass—plus the ability to use them—will help you identify landmarks visible as you travel, which adds greatly to the enjoyment of a hike. They'll also help to keep you from getting lost—something that detracts greatly from the enjoyment of a hike.

5. Don't overdo it. Hike like the average hiker in decent physical condition, not a triathlete or a marathon-runner. Set a comfortable pace and you'll get where you're going without any problem.

6. Equip yourself properly. Pack snacks for quick energy. Carry plenty of water—an average person needs a gallon a day in hot weather. Carry a first-aid kit. Dress appropriately for the weather.

Backcountry and Wilderness Ethics:

In the past few years, concern for the environment has become very important. YOU, the hiker must do your part to help preserve and protect the wildlife and terrain. Always pack out all your garbage, never cut corners and obey all signs. If back packing in the wilderness, it's best to carry a stove, and definitely use the designated campsites when possible. Make your toilet arrangements away from any water. Be aware of the vegetation, wildlife and lands, tread gently, let's protect what we have, so others may enjoy it for years to come.

The Dangers of Hiking

As with all outdoor activities there are risks one takes when communing with nature. Proper planning and knowledge of hiking safety minimizes such risks. The Number #1 Rule of Hiking Safety echoes the Boy Scout Motto; **BE PREPARED!**

1. Danger: Getting Lost

Remedy: Learn How to Use a Map and Compass and Practice

Everyone going into the backcountry should be able to read a topographical map and use a compass to navigate. Even if you use a GPS unit, having these skills as backup are essential. You never know when your GPS might break or run out of power leaving you stranded if you don't have a compass as a backup. Using a compass is really not difficult and could save you a lot of suffering. So head to your local gear shop, buy a compass, read the directions, and practice. Having good navigational skills insures that you will always know where you are, what the best emergency return route is, and will keep you from ever experiencing the panic, discomfort and danger of being lost in the backcountry. But just in case, always let someone know where you are headed, when you expect to be back, and when they should call for help if you are not back.

If you do become lost - don't panic. Stay calm and stay in one place! When it is discovered someone is lost, searches ALWAYS begin at the last known point the lost hiker was known to be. If you ever find yourself separated from your fellow hikers always stay at that spot and do not wander off trying to find your way. More than likely you will only create more distance from your searchers if you try to find your own way out.

Conserve energy by staying out of the wind, sitting on your pack or a pad and setting up shelter if possible. Locate a water source as you can survive for quite a while on just water. Lastly, build a fire. It will warm and comfort you and signal rescuers of your location.

2. Danger: Temperature and Weather

Remedy: Wear and Pack the Right Clothes for ALL POSSIBLE CONDITIONS and Pay Attention to How You Feel

Cold. Hypothermia is a serious risk in the backcountry. It sets in when your core body temperature drops below normal (caused by cold, wet and wind) and can lead to mental and physical collapse and even death. Knowing how to dress in the backcountry really is a skill. For the greatest versatility in regulating your temperature dress in layers. This means more options when you think in terms of base, insulating and shell layers. Before setting off you need to think about how to stay warm and dry in any conditions you might encounter on your trip. Even in the summer I never go into the mountains without carrying enough clothing to keep me happy if I get caught in a freak snowstorm. This would include an insulating top, waterproof shell, warm hat and some shell pants. You might think this is a lot to carry but believe me, if you spend enough time in the mountains the weather will change and you will be very happy you carried an extra 2 ½ pounds of clothing. Better to have extra stuff and not use it than need it and not have it.

Heat. The human body is far better equipped to handle heat than cold but you still need to be careful of heat exhaustion and heat stroke. If you are backpacking in hot temperatures make sure that you are drinking enough fluids to allow your body to sweat as much as necessary. Also make sure you are replacing your body's salt and sugar

reserves with snacks and/ or sports drinks. If you feel excessively hot, stop exercise immediately, seek out shade and pour water on yourself. Heat stroke is a serious condition and can be differentiated from heat exhaustion because your patient will exhibit hot skin rather than the pale, clammy skin heat exhaustion produces. Move the person into the shade, remove clothing and cool by dowsing with cool water and fanning. Make sure that you don't overly cool the patient as their body's temperature regulation system has failed. Evacuate as soon as possible.

3. Danger: Lightning

Remedy: Learn the Skills That Will Keep You as Safe as Possible

Mainly a problem in the spring and summer, lightning poses a serious threat to people in the backcountry. The best way to avoid being struck is to avoid ridges, open spaces and caves during lightning storms. If you are caught in an open area or above treeline, make sure you are far away from any metal objects, put an insulated pad between you and the ground and stay as low as possible.

4. Danger: Dehydration

Remedy: Pack Plenty of Water and Know Where You Will Get More

Dehydration is quite a simple problem to prevent. Just make sure you are packing enough water for the conditions you're in, drink before you're thirsty, and have an idea of where you will be able to find more. Roughly speaking, the average adult requires a minimum of 2-3 quarts a day, more if you are in the desert or cold conditions or at altitude. Dehydration can lead to frostbite, heat stroke, headache, bad judgement and, in extreme cases, death.

5. Danger: Giardia

Remedy: Treat All Water Before Drinking It

Giardia is a very unpleasant little microorganism that causes severe intestinal disorder and, unfortunately, lives in many of our water sources in the US. The best way to prevent giardia is to filter or purify all water before drinking it regardless of how clear it looks. Treat water by using a filter that traps particles larger than 0.2 microns, a chemical treatment according to its instructions or by boiling water for at least five minutes.

6. Danger: Getting Hurt

Remedy: Don't Take Unnecessary Chances, Watch for Hazards and Learn Wilderness Medical Skills

In a general sense, there are only 6 things that can kill you. Airway, breathing, circulation, bleeding, shock, spinal (or ABC-BSS). Learn to handle these emergencies and how to evacuate a patient from the backcountry and you'll already be safer. Minimize the possibility of a medical emergency by always keeping one foot on the ground, being aware of objective hazards like falling rocks or dead trees, and making sure that everyone in your party knows of each others' medical conditions and brings an adequate supply of

any medications they require. You should also always carry a well stocked first aid kit and know how to use everything in it.

General Guidelines:

You won't need much stuff on a one-day hike, so try to keep it light and simple.

Use a small, sturdy backpack. Small is good, because you'll tend to fill up all the available space. A student book bag should be strong enough and about the right size. If it isn't, you're probably trying to take too much stuff.

Pack your suntan lotion in an easily accessible pocket; you may need to reapply it several times along the way.

If you're taking a map or compass, also pack them in easily accessible pockets so you don't have to remove your pack to get to them.

Fold a small ground cover or a light-weight coat in the back wall of your pack; they will provide welcome padding between your back and the bag's other contents.

Pack out your trash. It shouldn't be necessary to remind anyone of this. Still, every backcountry traveler has come across soft-drink cans, film containers, candy wrappers or worse on the trail. If you can carry it in, you can certainly carry it out. Some hikers, in fact, make it a point to carry out more than they carried in, cleaning up after their less thoughtful fellow travelers.

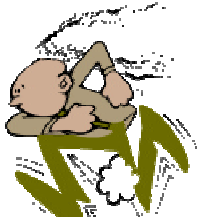
Be respectful toward your fellow foot-travelers. Let faster-moving parties pass, keep noise to a minimum, acknowledge the desire for solitude that sends many people into the wilderness in the first place. Obey regulations, which in many areas prohibit pets, vehicles (including bicycles) and firearms or other weapons on the trails.

Leave everything as you found it. It is illegal to disturb plants or wildlife in most areas under federal or state jurisdiction, or to remove archaeological artifacts, dead wood, fossils or other geological features. If you must carry away a memento of your visit, make sure it's only a photograph. This is particularly important on the Channel Islands, where there are many exposed archaeological sites and where the rare, native plants are desperately vulnerable to damage. Wildlife in the islands is also uniquely susceptible to disturbance, and all rules must be rigidly enforced if the fragile ecosystems there are to remain in their remarkable state.

For more information see the Pack 93 Leave No Trace Program

Pace, Stride and Rest Stops

Good hiking technique is bound up in the concepts of pace, stride, and rest.



The pace and stride, which together determine speed, should be steady. On level trail, the speed is not changed all the time, going sometimes faster, and sometimes slower. There is no waste motion. The speed should be very comfortable and steady. The posture should be erect but not stiff, and the motion of the body is smooth, almost seeming to glide along the trail. The pace should consist of smaller well placed steps instead of fast steps which could result in an accident.

The leader will determine when stops occur, mainly for educational purposes or to point out something of interest, etc. These stops add to the enjoyment of the hike. The leader may stop so the scouts may rest.

For many the act of hiking is a rather simple feat (no pun intended) of putting one foot in front of the other, but did you know how you're trekking can affect how tired you get, if you get blisters, and how far you can go in a day? Different terrain and trail conditions require different footwear and a variety of techniques.

Paved trail - asphalt, concrete, stone Although a paved trail is easy on your ankles and allows you to maintain a quick and steady pace, it can be murder on your feet. The pavement doesn't have any give at all meaning whatever cushioning is in your footwear is all the shock absorbing protection you will get.

Good sturdy boots that breathe well on warm pavement and offer excellent arch support are key. Sneakers in some situations may be better than boots offering more cushioning on each step, although a pair of trail runners would be ideal. Walking at a normal pace and gait should do fine under most circumstances. On long up hill or down hill treks holding on to a railing if provided will take some strain off of your knees, toes and heels. A person in average condition can cover eight to twelve miles in a day on paved trails.

Dirt trail, packed, good condition Probably the easiest terrain to cover especially if the trail doesn't have any stairs to assist climbing or descent. Sometimes under dry conditions a dirt trail can be as hard as concrete. Relatively smooth yet gives a little with each step, offering more natural cushioning with each step.

Good sturdy boots with ankle support and some bounce are key. If you're day hiking trail runners or under ankle cut may be sufficient. If you're carrying a pack then consider an over the ankle boot for more support. You can walk at a normal pace but try to consciously lift your foot an inch or so higher than you would on a city sidewalk. This will keep you from tripping on snags or rocks in the trail. Hiking sticks can help take the strain off of your body on long up hill or down hill climbs. A person in average condition can cover ten to fourteen miles in a day on dirt trails in good condition.

Dirt trail, rocky, root covered, poorly maintained A rough trail can be a nightmare if you don't have the right footwear or use the proper techniques. Each step is a twisted ankle waiting to happen, especially if you are wearing a load. Stepping over an uneven surface can wear on your feet, being particularly hard on the ball and toe regions.

Cushioning with each step is varied depending on just what is under your feet at that time.

Good sturdy boots with ankle support are critical unless you have ankles of iron. Avoid sandals unless they are close toed, this will prevent cuts or worse a shattered toenail on a rock (ouch!). A normal gait and walk is a good way to get up close and personal with the ground. You should slow your progress down a bit; around two miles an hour is a good pace with a pack. If you don't have trekking poles walk with your arms slightly out and in front of you (not exaggerated like a tightrope walker). This will help you balance and help you break a fall if you go down. Before you take each step make sure the foot your leaving behind is on solid ground, most twists, breaks and falls happen when the one foot on the ground during a step loses traction. A person in average condition on a fair trail can cover eight to twelve miles in a day.

Trail technique should begin with adequate physical training prior to starting the hike. Though frequently neglected, this preparation will prevent many difficulties. It is essential for hikers with medical conditions (especially cardiac and back) to get medical clearance and physical conditioning to know if they can sustain the required effort without discomfort or damage.

Knees are a major concern. Striding hard and fast downhill frequently causes bad knees. This common and sometimes serious problem can be prevented or reversed by going downhill slower, not overstriding or jumping, with shorter and smoother steps, using handholds on branches and a hiking stick or ski poles. The pain and inflammation can be treated with ibuprofen (or other drugs), cold applications, rest and support of the joint.

Foot problems, including various pains and irritations about the foot, plantar fasciitis and Achilles tendonitis are very common and can be diagnosed and successfully treated. They can be prevented by wearing well-fitted boots of good quality, with cushioned inserts, padded socks and sock liners. Proper hiking technique (walking with a light tread, using a stick, etc.) is critical and includes low daily distances at the start of the hike. Soaking feet or other inflamed areas in a cold stream helps reduce inflammation. Air drying feet and socks during the day helps prevent blisters.

Don't step on tree roots, especially if they are wet or damp. Diligently avoid stepping on roots, wet or dry, to maintain the habit and vigilance. Avoid falls by watching every foot placement.

Hiking Orientation

Due to the large size of the Pack, it is necessary to organize hikes so that chaos does not ensue. All scouts will be teamed up with another in the "Buddy System". All buddies are to stay together at all times. On a Pack hike, the boys are organized into their dens. The

denner shall carry the den flag so that the den position can be recognized. The trail hike will be organized into a line one den at a time. The Configuration will be as thus:

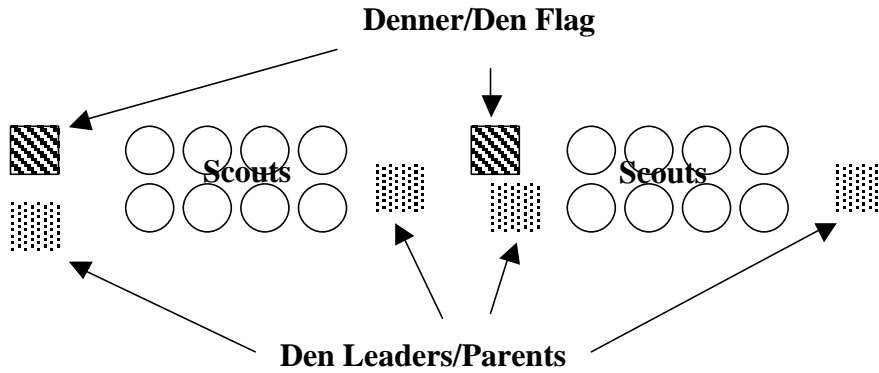


Figure showing Den Position of 2 Dens

The Cubmaster or other hike leader will be in the front with another leader at the rear. As the figure each den will follow the other and so on. Scouts will be instructed, as part of the Leave No Trace Program, to be respectful to nature. Scouts who become unruly or continue to leave the trail will be escorted by a parent back to the campsite and turned over to his parents.

Obstructions are common on a trail. Scouts will be taught to be alert and to frequently look downward as they hike. When an obstruction is on a trail, scouts passing by will raise their arm and call out the danger to the scout behind. Branches across trails will be held by the previously passing Scout to the next in line and so on.

When stopping at a point of interest. The odd number dens in the line (1, 3, 5...) will move to the left of the trail. Even numbered dens in the line (2, 4, 6...) will draw up to the right of their lead den. This will shorten the line and allow all to observe the hike point of interest being talked about.