



### Hiking & Backpacking

#### Essential Gear

<b>Backpack:</b>	Choose the right size (liter capacity) for your trip length and gear.
<b>Hiking Boots:</b>	Broken-in, waterproof boots with good ankle support are crucial.
<b>Navigation:</b>	Map, compass, and GPS (with extra batteries) – know how to use them!
<b>Water &amp; Food:</b>	Carry enough water or a water filter/purifier. Pack high-energy, non-perishable snacks.
<b>First-Aid Kit:</b>	A well-stocked kit with blister treatment, pain relievers, and emergency supplies.
<b>Sun Protection:</b>	Sunscreen, sunglasses, and a hat to protect against UV rays.

#### Trail Etiquette

- 1. Yield to Uphill Hikers:** Those climbing have the right-of-way.
- 2. Stay on Marked Trails:** Avoid cutting switchbacks to prevent erosion.
- 3. Pack Out Everything You Pack In:** Leave no trace behind.
- 4. Control Pets:** Keep dogs leashed and clean up after them.
- 5. Be Considerate of Others:** Keep noise levels down and step aside to let others pass.

#### Navigation Tips

<b>Map Orientation:</b>	Align the map with the terrain using a compass.
<b>Taking a Bearing:</b>	Use your compass to determine the direction to your destination.
<b>Following a Bearing:</b>	Keep your compass needle aligned with north and follow the indicated direction.
<b>Using GPS:</b>	Input waypoints and follow the GPS to navigate. Always carry a map and compass as a backup.

### Camping

#### Campsite Selection

- 1. Flat Ground:** Choose a level spot to pitch your tent for comfortable sleeping.
- 2. Water Source:** Locate a reliable water source nearby, but camp at least 200 feet away to protect the water.
- 3. Protection from Elements:** Look for natural windbreaks and avoid camping under dead trees or branches.
- 4. Existing Campsites:** Whenever possible, use established campsites to minimize impact on the environment.

#### Campfire Safety

<b>Clear the Area:</b>	Remove all flammable materials within a 10-foot radius of the fire pit.
<b>Keep Water Nearby:</b>	Have a bucket of water and a shovel readily available to extinguish the fire.
<b>Never Leave Unattended:</b>	Always have someone watching the fire.
<b>Extinguish Completely:</b>	Douse the fire with water, stir the ashes, and ensure everything is cool to the touch before leaving.

#### Food Storage

- 1. Bear Canister:** Use a bear-resistant canister to store food and scented items.
- 2. Bear Bag:** Hang food in a bag suspended at least 12 feet off the ground and 6 feet from any tree trunk.
- 3. Vehicle Storage:** If car camping, store food in a sealed container inside your vehicle.  
**Note:** Always check local regulations for specific food storage requirements.

### Rock Climbing

#### Essential Climbing Gear

<b>Harness:</b>	Properly fitted climbing harness with belay loop and gear loops.
<b>Climbing Shoes:</b>	Snug-fitting shoes designed for climbing performance.
<b>Belay Device:</b>	Device used for controlling the rope during belaying.
<b>Locking Carabiners:</b>	Used to connect various components of the climbing system.
<b>Climbing Rope:</b>	Dynamic rope designed to absorb the impact of a fall.
<b>Helmet:</b>	Protects against head injuries from falling rocks or falls.

#### Basic Climbing Commands

- **"On Belay?"** - Climber asks if the belayer is ready.
- **"Belay On!"** - Belayer confirms they are ready.
- **"Climbing!"** - Climber announces they are starting to climb.
- **"Climb On!"** - Belayer acknowledges the climber's announcement.
- **"Take!"** - Climber asks the belayer to tighten the rope.
- **"Slack!"** - Climber asks the belayer to give more rope.
- **"Falling!"** - Climber warns the belayer they are falling.

#### Safety Checks

<b>Partner Check:</b>	Always double-check your partner's harness, knot, and belay device before climbing.
<b>Knot Check:</b>	Ensure the knot is tied correctly and seated properly.
<b>Belay Setup:</b>	Verify that the belay device is properly loaded and locked.
<b>Communication:</b>	Clearly communicate with your partner throughout the climb.

### Paddling (Kayaking/Canoeing)

## Essential Paddling Gear

<b>Kayak/Canoe:</b>	Choose the right type and size for your skill level and intended use.
<b>Paddle:</b>	Properly sized paddle for efficient and comfortable paddling.
<b>Personal Flotation Device (PFD):</b>	A properly fitted life jacket is essential and must be worn at all times.
<b>Whistle:</b>	For signaling in case of emergency.
<b>Dry Bag:</b>	To keep valuables and extra clothing dry.
<b>Bilge Pump/Sponge:</b>	To remove water from the kayak/canoe.

## Basic Paddling Strokes

- **Forward Stroke:** Propels the kayak/canoe forward.
- **Reverse Stroke:** Slows down or moves the kayak/canoe backward.
- **Sweep Stroke:** Turns the kayak/canoe.
- **Draw Stroke:** Moves the kayak/canoe sideways.
- **Rudder Stroke:** Helps maintain a straight course.

## Water Safety Tips

<b>Check Weather Conditions:</b>	Be aware of wind, waves, and potential storms before heading out.
<b>File a Float Plan:</b>	Inform someone of your intended route and estimated return time.
<b>Stay Close to Shore:</b>	Especially if you are a beginner.
<b>Avoid Alcohol:</b>	Do not consume alcohol before or during paddling.