

Introduction to 3-Season Hiking

AMC Berkshire and Worcester Chapters
March 12, 2009

Presented by: Charlie Arsenault, Chris Fogarty, Pat
Lambert, Rob Robertson



Agenda

- Introductions
- Purpose of the workshop and the graduated series of hikes
- Schedule of hikes / screening
- Fixin' to get ready to get hikin'!
- Hydration & Nutrition

Agenda, con't

- Using your brain
- Gear, gear, and more gear!
- Fixin' to get ready for the next hike!

Introductions

- Berkshire Chapter: Chris Fogarty, Rob Robertson
- Worcester Chapter: Charlie Arsenault, Pat Lambert
- You – our participants!

Why a workshop on hiking?

- Why not?
- Appalachian MOUNTAIN Club
- If we want our members to get OUTDOORS, we need to open the door and show you the way
- 2008 Worcester Chapter Initiative – Encore!

Hike Series

- Build up from easier to harder 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, con't

- Non-workshop attendees – space available basis
- See the Appendix for the series of hikes

Screening

- Purpose:
 - Safety and fun
 - To ensure that all participants know what to expect on the hike
 - To help ensure that all participants are of similar ability / experience so that they can stay together as a group

Fix'n to Get Ready to Hike!

- 2 most important pieces of gear that everyone of us possesses even if we have never hiked
 - Brain
 - Body
- We'll talk about the body first...

Fix'n to Get 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!

Fix'n to Get Ready to Hike!

- Kick up your fitness routine
- Walk, run, cycle, hike
- Strength training
- Stretching
- The best gear on the market can't remedy poor physical fitness

Hydration

- Important for warm and cold activities
 - Avoid Dehydration and Hypothermia
- Normal activity ~2 Liters/day
 - Hot Temps 3.5 Liters/day
 - Heavy Exercise 6.6 Liters/day
- Drink water early and often
- Start today – don't delay!
- Hydrating before hike
 - Important as hydrating during and after the hike

Hydration, con't

- 2-3 liters day hike (more is always better than less)
- Nalgene-type bottles, hydration packs

Nutrition = Fuel

- Fuel your furnace
 - Normal 1,200 – 2,500 Cal/day
 - 3-Season Hiking 3,000 – 4,000 Cal/day
- 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 - Technique

- Good breakfast
 - Balanced and nutritious pre-hike
 - Whole grains – slower digestion, longer burning
- Bring what you like
 - Think about what appeals to you on a hike ; “Dark Chocolate”
- Don’t skimp on calories
 - Diet before and after hiking
- Light and simple
 - Easy to eat
 - Max calories per weight

Nutrition – Technique, con't

- Snack all day; not just breaks and lunch
 - Keep body fueled all day
 - Store food for easy access
 - Snack while hiking
- Pay attention to your body
 - Cold and 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”

Engage Brain

You are responsible for yourself, so be prepared:

- With knowledge and gear.
 - Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.
- To leave your plans.
 - Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.

Engage Brain, con't

Be prepared:

- To stay together.
 - When you start as a **group**, hike as a **group**, end as a **group**. Pace your hike to the slowest person.
- To turn back.
 - Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. **Know your limitations and when to postpone your hike.** The mountains will be there another day.

Engage Brain, con't

Be prepared:

- For emergencies.
 - Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don't assume you will be rescued; know how to rescue yourself.
- To share the hiker code with others.

Gear

- Think multi-purpose
 - Reduce, reuse
 - An extra pair of socks can double as mittens
 - A bandanna can be used to wipe sweat from the brow or as a wash cloth, a napkin, a bandage, etc.
 - Check out what gear you already have for other activities and use it for hiking

Gear, con't

- Essential Gear for Northeastern Hikes
 - <http://www.outdoors.org/recreation/hiking/hiking-gear.cfm>
 - Backpack (to hold all the gear)
 - Wool sweater or synthetic pile jacket
 - Hat (wool hat even in summer)
 - Gloves or mittens

Gear, con't

- Bandanna or handkerchief
- Long pants (no cotton)
- Wind and rain gear (jacket and pants)
- Extra socks and sock liners
- Sturdy boots (a must)

Gear, con't

- Polypropylene or wool underwear.
Polypropylene acts as insulation and keeps you dry by transporting moisture from perspiration away from your skin. Polypro and wool retain their ability to insulate even when wet.
- First-aid kit
- Waterproof matches

Gear, con't

- Whistle
- Knife
- Guidebook, trail map, and compass (and the know-how to use it)
- High-energy snacks
- Two to four quarts (per person) of water
- Headlamp with fresh batteries
- Sunscreen

Gear, con't

- Insect repellent
- Plastic trash bags serve many functions: Use them as pack liners to keep your gear dry, for carrying out trash, as a makeshift rain poncho, or to fashion an emergency bivouac sac (pull one on like pants; pull the other on like a shirt and cut a hole for your face so you can breathe).

Gear, con't

- Consider carrying a sleeping bag in case you are forced to sleep out overnight. If you're traveling in a group, carry at least one sleeping bag. It is an emergency tool that can keep an injured hiker warm until help arrives. Hypothermia is more of a threat when you sit immobilized because of injury.

Additional Gear to Consider

- Hiking poles
- Pack cover
- Lip balm
- Extra zip-lock bags
- Sun hat
- Sunglasses
- \$, ID, Insurance card, AAA card

For More Information...

- AMC Outdoor Gear Guide
 - <http://www.outdoors.org/publications/outdoors/gear-guide.cfm>

What about those feet?

- Hiking boots
 - Proper fit
 - Break in, Use on shorter hikes before trying them out on that 10-mile hike
- Sock liners
- Socks
- Vapor barriers
- No cotton

Stay Warm and Dry

- But 0% precipitation is predicted!?
- Rain gear
 - Breathable – keeps water out, lets water vapor escape
 - eVent, Gortex, Nikwax, etc.
 - Check design of zips, hoods, seams

Clothing

- Layers
 - Add when cooling down
 - Remove when warming up
- Material
 - Wicking (polypropylene and Coolmax)
- Shirts
 - Zipper at the neck; aids in ventilation

Clothing, con't

- Pants
 - Zip-off
- Fleece
 - Full zipper vs. pull over
- Underwear

Group Hikes

- When inquiring about a hike...
 - Provide your full name
 - Put the hike name/date in the subject line of the e-mail
 - Complete screening forms when requested
- AMC Release Form
- Hike at the pace of the slowest hiker

Group Hikes, con't

- Do not go ahead of the leader, do not fall behind the sweep
- Stop at all trail junctures to regroup and to make the correct turn
- Leave no one behind
- Make efficient use of all rest stops – have a snack, add or remove layers while others water the trees

Group Hikes, con't

- If you need to make a stop, inform the leader or the sweep
- The leader and co-leader are in charge; respect the decisions made by them
- Engage in conversation – you'll be surprised by what you learn and it passes the time pleasantly

Group Hikes, con't

- If, on any given day, group dynamics don't appeal to you, hike safely with a buddy or on your own
- Follow the blazes, not other hikers – sometimes other hikers go off trail inadvertently

Group Hikes, con't

- 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

Post-hike

- Celebrate the accomplishment
- Bring a change of clothes
- Drink more water
- Have a snack

Post-hike, con't

- Make plans for your next hike
 - www.amcberkshire.org, Schedule of Events, Berkshire Chapter Trips
 - www.amcworchester.org, Activities, Hiking, Upcoming Hiking
 - Hikes offered by other AMC Chapters (www.outdoors.org, Recreation, Search Chapter Activities)
 - Call a friend and hit the trail on your own!

Wrap-up

- Contact the Registrar for each hike in the series
- Screening will be done for the hikes
- Direct questions concerning the series to Pat Lambert (plambert119@yahoo.com)
- Other questions?

Appendices



Hike Series

- Easier to Moderate Track
 - April 11 – Wesborough Charm Bracelet; 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 Web listings regularly

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 Arsenault, Pat Lambert
 - More to come.... Check Web listings regularly

Leave No Trace Principles

- Plan ahead and prepare
 - Know the terrain and any regulations applicable to the area you're planning to visit, and be prepared for extreme weather or other emergencies.
 - Small groups have less impact on resources than large ones.

LNT Principles, con't

- Travel and camp on durable surfaces
 - Established trails and campsites, rock, gravel, dry grasses, or snow
 - Camp at least 200 feet from lakes and streams, and focus activities on areas where vegetation is absent.
 - In pristine areas, disperse use to prevent the creation of campsites and trails.

LNT Principles, con't

- Dispose of waste properly
 - Pack it in, pack it out.
 - To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap.
 - Scatter strained dishwater.

LNT Principles, con't

- 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.

LNT Principles, con't

- Minimize campfire impacts
 - Cook on a stove.
 - If a campfire is built, keep it small and use dead sticks found on the ground.
 - Use established fire rings, fire pans, or mound fires.

LNT Principles, con't

- Respect wildlife
 - View critters 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.

References

- Learn more about the inherent risks of hiking and how you can become better prepared before beginning any hike at <http://www.hikesafe.com/>
- The 10 Essentials for any hike:
http://www.hikesafe.com/index.php/planning_your_hike/gear_list/the_10_essentials
- Backpacker Magazine - Food and Nutrition “Eat Better”:
http://www.backpacker.com/may_2008_feature_food_nutrition_eat_better/skills/12399