

Common Sense Hiking - Hawaiian Style

If you don't consider yourself an experienced hiker, this is for you.

- Hiking is an exercise ranging from mild to strenuous depending on the terrain of the trail.
- If you can't walk 10 blocks in the city, hiking is not for you.

- Trails are not sidewalks. You must pay attention to where your feet goes.
- Trails do not have street signs. Either stay with your guide or learn to carry and use a map.

- Forests have bugs; it's their home. If they "bug" you, bring and use insect repellent.
- Forests often have rain; bring rain protection.
- Forest floors are often muddy and uneven; wear adequate shoes or boots.
- Ridges can get windy; bring a jacket or sweater.

- Hiking can be hard exercise; you will get hot and sweaty. Bring at least 2 quarts of water to drink.
- Hiking is hungry work; bring a good lunch or snack.

- Don't hike alone - hike with a buddy or group for safety
- Don't take unnecessary risk. Be safe

- Watch the weather - it can change fast.
- Forests get dark fast. Keep track of time, allow enough to get out before dark.

- Unexpected events can happen. Consider bringing these:
 - First Aid Kit - band-aids, tape, your medications, Aspirin or Tylenol or Ibuprofen.
 - Cell phone - fully charged - to call for help
 - Something bright - yellow or orange shirt, bandanna, hat, etc.
 - Whistle - three blasts for help
 - Small LED flashlight - just in case it gets dark.
 - Warm shirt or fleece - for the "chillies"
 - One or two big plastic trash bags - for sitting and rain protection of your gear.

- Leave a note with your family/friend telling them:
 - Where you're going hiking
 - When you expect to return
 - What you're wearing (type of clothes, color)
 - Who you're going with
 - Your cell phone number
 - How you're traveling (bus, car - license number, catch ride, etc.)
 - Who to call if you don't get back in a reasonable time.

- Carry some ID and money; have a cuppa coffee or a cool drink after the hike. You've earned it!

Sounds like a lot? Nah, not really. After you've done it once, it all fall into place.

What's in your Day Pack?

You DO need a daypack to carry all this stuff. Get one big enough to carry a jacket, water and lunch. All the other stuff will fill the nooks and crannies. Here's the list:

- Daypack with shoulder straps - it keeps your hands free.
- 1 or 2 quarts of water. Soda pop is okay for lunch, but you still need 1 quart of water.
- Nice lunch - sandwich, small bento, 2 spam-musubi - your call
- Rain/wind jacket
- Small first aid kit in a Zip-Loc bag.
- Cell Phone - fully charged
- Small flashlight
- Bright bandanna or cap
- Insect repellent
- Light fleece, wool shirt or cheap sweater
- Large plastic trash bags

What you leave behind.

- Note for your family or friend
- MP3 player or iPod. You're out to enjoy nature; don't zone her out with your music.

Happy Hiking!

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