

# Elementary Hiking



## Lesson 1 Hiking 101



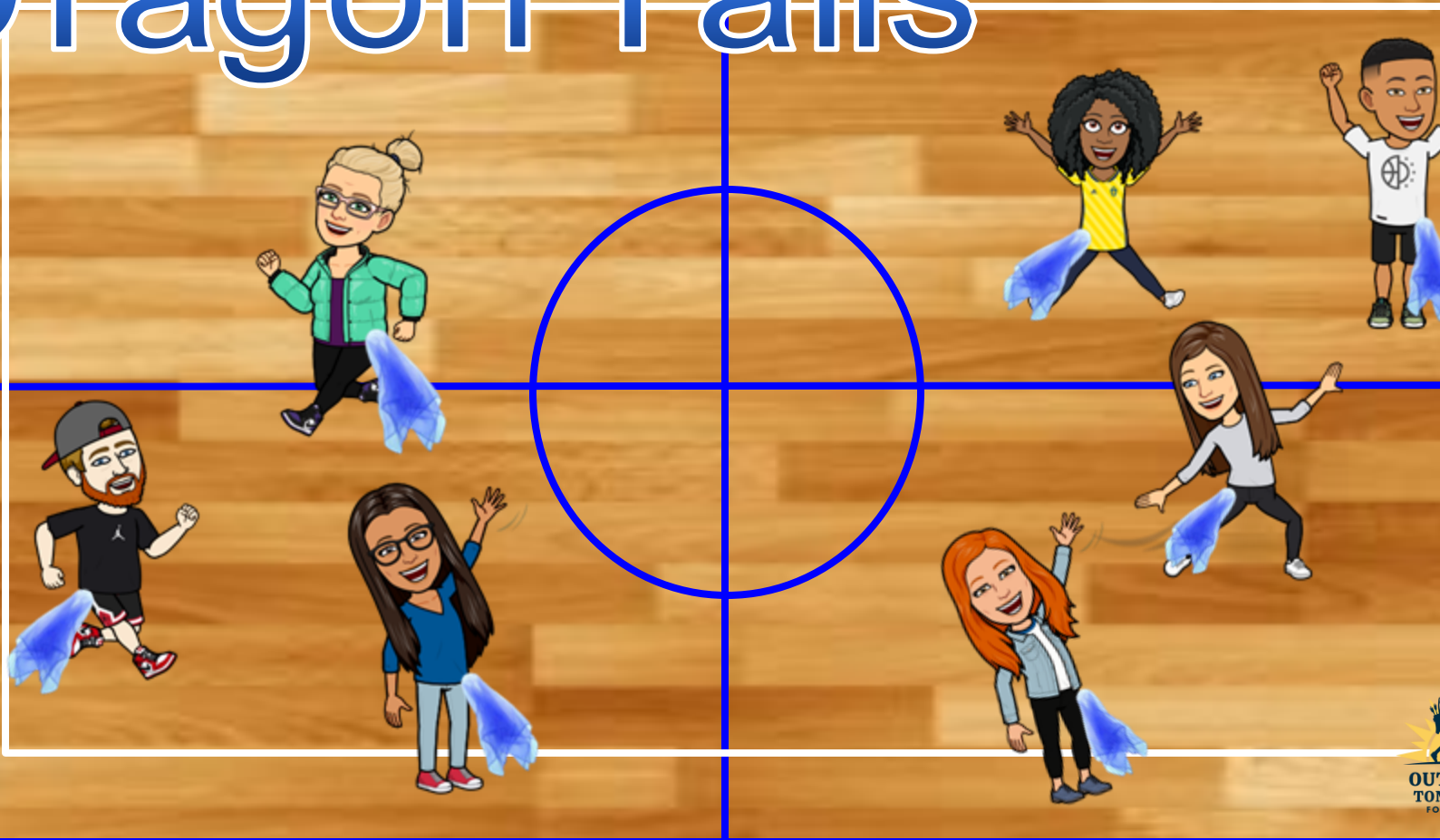
# Breaking question?!?



Which outdoor water related activity interests you the most?



# Dragon Tails



# LESSON OVERVIEW



## LESSON TOPICS

- **Backpacking Intro**
- **History of Backpacking**
- **Backpacking 101**
- **What to Wear**
- **Trekking Poles & Hiking Staffs**
- **Backpack Obstacle Relay**

## VOCABULARY

- **Backpacking**
- **Layering**
- **Trekking pole**
- **Hiking Staff**

# NATIONAL STANDARDS



**STANDARD 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**STANDARD 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**STANDARD 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

# STATE STANDARDS



**The student is expected to:**

**Kindergarten:**

- **discuss outdoor recreation and health and fitness activities in school and the community.**

**1st Grade:**

- **identify outdoor recreation and health and fitness activities in school and the community.**

**2nd Grade:**

- **describe outdoor recreation and health and fitness activities in school and the community.**

**The student is expected to participate in:**

**3rd Grade:**

- **introductory outdoor recreational skills and activities such as rock climbing, hiking, paddle sports, disc golf, or challenge courses.**

**4th Grade:**

- **a variety of outdoor recreational skills and activities such as camping, backpacking, fishing, rock climbing, hiking, paddle sports, disc golf, cornhole, bocce ball, or croquet.**

**5th Grade:**

- **outdoor recreational skills and activities such as rock climbing, orienteering, hiking, paddle sports, archery, cycling, or challenge courses.**

# BACKPACKING INTRO



## **What is Backpacking?**

**The activity of traveling or going camping while carrying your clothes and other supplies needed in your backpack while traveling over multiple days and nights. Can include traveling to inexpensive lodging such as hostels or hiking and camping in primitive sites.**

# BACKPACKING INTRO



## **Benefits of Backpacking**

**Backpacking can offer an escape from the busy local trails and car camping crowd. This “escape” can lead to many rewarding views and experiences and a new appreciation of nature. Also, the challenge of carrying life’s essentials on your back can be both liberating and physically challenging adding to the experience.**



# HISTORY



**Began in 1910's-1920s**

**1920-Lloyd F Nelson invented the pack board**

**National Scenic Trail Act 1968**

- **Lyndon B. Johnson made hiking more accessible**
- **Appalachian Trail & Pacific Crest Trail- 1st trails**



# BACKPACKING 101



- **Consult with expert backpackers**
- **Pick a place close to home;**
- **Aim for a small elevation gain**
- **Pick a well-traveled trail**
- **Make sure there is water**
- **Consider leaving pets and kids at home**
- **Seek summer weather**

# WHAT TO WEAR



**Layers are key.** You can stop and remove a layer when you start to sweat, and add a layer when you start to feel chilled. As for the latter, heed the mantra of outdoors experts: **It's easier to stay warm than to get warm.**

**Functionality:** Consider using fabrics that are moisture-wicking and quick-drying, sun-protective, antimicrobial, and able to rebuff insects.

**Weight vs. comfort:** This is a personal preference. Consider what is important for you; **convenience vs. controlling weight.**

## What to Wear Backpacking



# TYPES OF LAYERS



- **Base Layers: Underwear, Bras, Tank Top\Camisole, Long Underwear**
  - **PURPOSE:** manage moisture and keep a layer of warm air near your body
  - **MATERIAL:** polyester or ultra fine merino wool



# TYPES OF LAYERS



- **Shirts, Pants, Shorts: t-shirt, long sleeve shirt, comfortable pants, Yoga pants\tights**
  - **PURPOSE:** protections, functionality
  - **MATERIAL:** polyester or ultra fine merino wool



# TYPES OF LAYERS



- **Mid Layers: Fleece top, puffy jacket or vest, soft shell jacket**
  - **PURPOSE:** protection, warmth
  - **MATERIAL:** Fleece, down, water resistance, wind blocking



# TYPES OF LAYERS



- **Rain Jackets and Pants**
  - **PURPOSE:** protection, warmth
  - **MATERIAL:** Fleece, down (nature's best insulator), water resistance (polymer treatment to handle dampness), wind blocking



# TYPES OF LAYERS



- **Accessories: socks, hats (sun protection, warmth), gloves (sun protection, warmth), bandana, neck gaiter**
  - **PURPOSE:** protection, warmth
  - **MATERIAL:** wool\synthetic blend, fleece, cotton (bandana)





# TREKKING POLES & HIKING STAFFS



**Trekking Poles: Sold as a pair and used in tandem, trekking poles enhance your stability and can reduce force on your knees while hiking and backpacking. Most are adjustable in length and some include internal springs that absorb shock to further reduce impact.**

# TREKKING POLES & HIKING STAFFS



**Hiking Staff: Sometimes called a walking staff or travel staff, this is a single pole that's most effective when used on relatively flat terrain and with little or no load on your back. Hiking staffs are adjustable and some include a shock-absorbing feature. They may also include a built-in camera mount under the handle so the staff can be used as a monopod.**

# TREKKING POLES & HIKING STAFFS



**Trekking poles and hiking staffs enhance your stability and provide support on all types of terrain.**

## **How to Choose:**

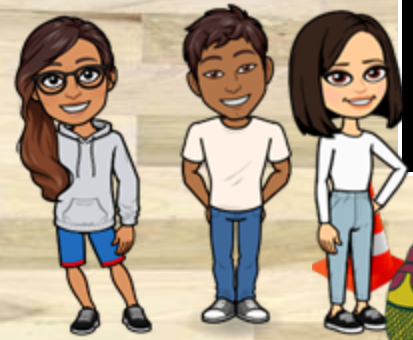
- 1. Single or double:** You'll start by choosing between a pair of trekking poles or a single hiking staff.
- 2. Find the right length:** You're aiming for a 90-degree bend at your elbow when pole tips touch the ground.

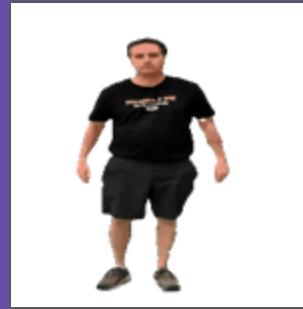
# TREKKING POLES & HIKING STAFFS



- 3. Choose features: Adjustability, foldability, shock absorption, weight and locking mechanisms (for adjustable poles)**
- 4. Learn tips for using poles: How to use poles to get around obstacles in the trail.**

# BACKPACK OBSTACLE RELAY





# Squad Leader

*Flexibility Static Stretches*



**SELECT  
YOUR  
OWN**



# EXIT TICKET



**EXIT  
TICKET**



- **What do you think is the most important piece of equipment needed for hiking?**
- **Why is layering important?**