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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Get Set For That Hiking Vacation

By Eve Sands

When it comes to adventure, fun and holidays, people usually get excited about hiking, trekking and similar activities. Hiking vacations will give you a break from your regular mundane schedules. Hiking is a perfect stress-buster activity, and the options of adventurous to serene settings are more than enough to refresh you.

It is important to plan ahead and decide on a schedule for your hiking vacation before you embark on one. Seasonal aspects play a vital role in choosing your hiking trip. Different regions have different weather conditions, and desirable destinations may be closed or otherwise not desirable at certain times of year. So check if the destination that you have chosen has suitable conditions for hiking and what specific hiking gear and supplies are appropriate. You'll also want to note the most popular times for your hiking destination in order to ensure reservations well ahead of time.

Hiking vacations and trekking are not recommended as impromptu adventures. If you wait until the last minute then you are likely to have mishaps during your hiking vacation due to poor preparation. If it is a family hiking trip then it is even more important to ensure all hikers are properly outfitted, accommodations, gear, provisions and proper clothing such as hiking boots are appropriate for all. For a hiking vacation, you can't pack the same way you pack for general vacations. Proper hiking equipment, basic first aid and maps/GPS is a must. The most common equipment needed for your hiking vacation is hiking boots or good hiking shoes, a backpack and camping gear.

You can select your hiking boots from:

§ Day hiking (light-weight boots) § Backpacking/hiking (mid-weight boots), and § Extended backpacking (mountaineering boots)

Waterproofing of boots is preferable during a trekking trip where there are ongoing possibilities of water exposure. There are hiking gear and trekking equipment packages available in the market in which you will not miss any of them. Remember that all hiking trails are not created equal, so ensure that hiking routes and trails are appropriate for the hiking experience and fitness of the hikers. Make sure that appropriate foods and water are supplied while hiking. Maps are an important element used in hiking

Get Set For That Hiking Vacation

trips that many people over-look. Maps or GPS devices offer a directional guideline for your trip that will provide a degree of safety and security.

A few backpacking tips will make your trip safe yet adventurous. Keep lighter weight items at the bottom and the heavier ones at the top during backpacking. It is a method to balance your centre of gravity. You can adjust the weight according to height and inclination. Keep a checklist of the items that you pack. Small flashlight, compass and earplugs should be included with other equipments. Buy a good quality backpack that should be able to endure heavy weights and general wear and tear. Ballistic nylon backpacks that have padded and adjustable hip belts are better. The other items will include fuel and cooking utensils for over-night hikes and other personal items (filter, sunscreen, mosquito repellent and camera).

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Plan Your Safe Hiking Vacation

By Ken Snodin

Most of the outdoor survival situations that occur can be prevented with a little preparation and planning. A survival situation is something that can happen to anyone, regardless of his or her experience or expertise in hiking. Survival situations don't always arise because someone is inexperienced or reckless. If you want to have the best time you can on your hiking vacation, while keeping yourself and your family as safe as possible, there certain steps you can take.

First and most important, be sure to leave a travel plan with someone at home. A travel plan lists the possible locations you expect to cover while on your hiking vacation. It does not have to be a detailed list. You can use a map and just mark the spots on it where you plan to be. If you leave a travel plan, then searchers will have an idea of where to look for you if you become lost.

Second, always carry a few basic items with you in case you have to spend the night on the trail. Take a garbage bag, a lighter, a whistle, a pocketknife, and a water bottle. This is the minimum number of essential items you should bring with you whether you are hiking for a day or for a week or longer. These items address the basic needs from shelter to water and heat. Depending on your outdoor activity, level of skill, and the climate you plan to hike in, you may need to carry more extensive equipment.

Third, be sure to pack something you can turn into a shelter quickly. A garbage bag is an example of such an item. It can be easily made into a shelter. Just cut a slit in the middle of the closed end and pull it over your head. This is a great solution to the problem, and a bag is easy to pack in a pocket. It

Get Set For That Hiking Vacation

only costs a few pennies, and it may save your life. Hypothermia can occur even in 50-degree weather, so it is critical that you have a way to make a quick shelter should the need arise.

Always carry a wool cap in your vehicle and your daypack. Eighty percent of your body heat leaves you if your head is exposed. You must always protect your head when you are hiking. If you don't have a cap, use a sock or a bandanna. You can wear anything on your head as long as it keeps your head warm.

Finally, make a habit of carrying at least three fire-making resources with you. Having a lighter is always a good idea, but having only one source of fire making while hiking is inadequate. Lighters may get wet, and then they won't light anymore. Also carry a spark rod and windproof matches in your pocket or pack. You are like to make a fire in rainy or otherwise bad weather. While this can be tricky, it can be done. Just collect dead twigs from evergreens like pines, firs, or spruces. These trees have a lot of resin so they will catch fire faster than other types of wood.

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