

INTRODUCTORY HIKE FOR NEW HIKERS

SHENANDOAH NATIONAL PARK, VIRGINIA – SUNDAY, SEPTEMBER 24,
2006

1. WHAT TO EXPECT ON A NIH HIKE
2. WHAT CLOTHING TO WEAR FOR A HIKE
3. WHAT TO BRING ON A HIKE
4. HOW TO DETERMINE THE DIFFICULTY OF A HIKE FROM THE HIKE ANNOUNCEMENT
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10. BEST TIMES TO GO HIKING
11. GOOD PLACES TO BUY HIKING CLOTHES, GEAR, AND MAPS
12. WHO MAINTAINS THE HIKING TRAILS

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LEADS DAY HIKES, BACKPACKING WEEKENDS, AND CROSS-COUNTRY SKI TRIPS FOR NIH HIKING CLUB AND POTOMAC APPALACHIAN TRAIL CLUB.

HAS LED GROUP HIKING TRIPS TO YELLOWSTONE, YOSEMITE, GLACIER, GRAND CANYON, NORTH CASCADES, MOUNT RAINIER, ROCKY MOUNTAIN NATIONAL PARKS; NATIONAL FORESTS AND WILDERNESS AREAS IN WEST VIRGINIA, NEW MEXICO, UTAH, ARIZONA, COLORADO, WASHINGTON, AND IDAHO.

MEMBER OF POTOMAC APPALACHIAN TRAIL CLUB 'TRAIL PATROL', MAINTAINS A HIKING TRAIL IN GEO. WASH. NAT'L FOREST, LEADS A MONTHLY TRAIL CREW AND CO-MANAGES PATC HIKING DISTRICT "GREAT NORTH MOUNTAIN".

1. WHAT TO EXPECT ON A NIH HIKE: [HTTP://WWW.RECGOV.ORG/R&W/NIHHIKING/](http://www.recgov.org/r&w/nihhiking/)

- READ FAQ THERE

ANNOUNCEMENT

BE SURE TO READ CAREFULLY & COMPLETELY
CONTACT LEADER IF UNSURE ABOUT ANYTHING
PLEASE DO NOT ASK THE LEADER THE #1 FAQ ;-)

RSVP TO HIKE LEADER AS EARLY AS POSSIBLE (EXPLAIN LACK OF CARS ISSUE)

PREPARATION

WALK RECREATIONALLY AROUND TOWN TO START TO GET IN SHAPE
WALK IN THE SHOES/BOOTS YOU'LL BE HIKING IN
ASCEND & DESCEND MEDICAL CENTER METRO ESCALATOR TO GET IN BETTER SHAPE
GET ALL ITEMS TOGETHER THE NIGHT BEFORE SO YOU'LL BE LESS LIKELY TO FORGET SOMETHING
GET PLENTY OF REST THE NIGHT BEFORE
GO ONLY IF YOU ARE FEELING GOOD AND NOT JUST GETTING OVER AN ILLNESS

MEETING

GROSVENOR/STRATHMORE METRO, PARK N RIDE LOT, NOT IN GARAGE, BEFORE 8:00AM

WE LEAVE PROMPTLY ON TIME AT 8:00AM

PLEASE DRIVE OCCASIONALLY IF YOU HAVE A CAR

DRIVING TO HIKE

ASK, DON'T ASSUME THERE WILL BE A...

BREAKFAST STOP? BATHROOM STOP? GAS STOP? (TALK TO LEADER)

DON'T SKIP BREAKFAST ASSUMING THERE WILL BE A FOOD STOP

AT THE TRAILHEAD

LAST-MINUTE INSTRUCTIONS

LEADER SHOULD DESCRIBE &/OR SHOW THE ROUTE ON A MAP

SWEEP (AN EXPERIENCED HIKER WILL BE SELECTED, IDENTIFIED, AND STATIONED AT THE VERY BACK. DO NOT GET BEHIND THE SWEEP!)

DURING THE HIKE

GRADUAL, MAINTAINABLE PACE IS BEST

USUALLY MOSTLY UPHILL BEFORE LUNCH, SOMETIMES VERY STEEPLY UPHILL

STOP AND REST IF YOU ARE WINDED...AND SLOW YOUR PACE SO YOU DON'T NEED TO STOP OFTEN

GETTING A SECOND (AND THIRD) WIND

STOP AT ALL TRAIL INTERSECTIONS, MARKED OR OTHERWISE

TALK TO THE SWEEP BEFORE LEAVING THE TRAIL FOR ANY REASON

TAKE YOUR PACK WITH YOU WHEN YOU LEAVE THE TRAIL

DRINK LIQUIDS OFTEN, AND BEFORE YOU GET THIRSTY

PROTOCOL FOR PUSHING THROUGH ENCROACHING FOLIAGE:

EITHER:

1. PUSH THROUGH IT WITHOUT HOLDING IT AT ALL, OR

2. HOLD IT UNTIL THE PERSON BEHIND YOU HAS GOTTEN THROUGH IT ALSO

(DO NOT HOLD IT FOR YOURSELF AND THEN LET IT GO, IT MAY SLAP THE PERSON BEHIND YOU)

LUNCH

THE LEADER WILL PICK AN APPROPRIATE SPOT FOR LUNCH

BRING HIGH-ENERGY, NON-SMASHABLE FOODS

DON'T TRY TO DIET IMMEDIATELY BEFORE AND WHILE HIKING

LOOK ABOVE YOU FOR DANGLING BRANCHES WHEN YOU'RE GOING TO BE SITTING

BRING SOMETHING SUITABLE FOR SITTING ON (I USE MY EMERGENCY GARBAGE BAG, AND ADD A SMALL INSULATED PAD WHEN HIKING IN WINTER)
AFTER LUNCH
BE WARY OF FATIGUE-CAUSED INJURY OR CARELESSNESS
MEETING BACK AT CARS
NO ONE SHOULD LEAVE UNTIL EVERYONE IS BACK
DINNER/FOOD STOP AFTERWARDS
USUALLY DON'T STOP, BUT SOMETIMES IT HAPPENS – CHECK WITH CAR MATES
PASSENGERS - PLEASE PAY DRIVERS FOR THEIR GAS! AT \$3.00 A GALLON, A DRIVER WILL SPEND \$20 - \$25 TO GET TO SHENANDOAH NP AND BACK.

2. WHAT CLOTHING TO WEAR FOR A HIKE

A. HOW HOT? HOW COLD?

LISTEN TO THE MORNING WEATHER FORECAST – YESTERDAY'S WEATHER IS OFTEN NOT A GAUGE, ESPECIALLY IN SPRING, FALL, AND WINTER, WHEN WEATHER CAN CHANGE VERY QUICKLY
OUR WEATHER PATTERNS GO WEST TO EAST --- MOUNTAINS CAN BE MUCH COLDER THAN D.C.
GOING UPHILL IS MUCH WARMER THAN YOU EXPECT – PREPARE BEFOREHAND BY REDUCING THE NUMBER OF LAYERS BEFORE YOU START UPHILL
BEING STOPPED IS MUCH COLDER THAN YOU EXPECT – PUT ON MORE LAYERS BEFORE YOU START TO GET COLD
CAN'T ASSUME THAT YOU WILL BE ABLE TO KEEP HIKING TO STAY WARM!

B. DRESS IN MULTIPLE LAYERS

SYNTHETIC, SILK, OR WOOL CLOTHING IS VASTLY SUPERIOR TO COTTON
IF YOU WEAR A COTTON T-SHIRT, BRING A SPARE SHIRT IN YOUR PACK TO CHANGE INTO AT LUNCHTIME
FLEECE IS GREAT – LL BEAN SELLS CHEAP, GOOD-QUALITY WINDPROOF FLEECE (WIND CHALLENGER JACKETS & VESTS)
ALWAYS BRING A WARM LAYER, EXCEPT ON MIDSUMMER HIKES
ALWAYS BRING A RAIN JACKET, EVEN IF NO RAIN IS PREDICTED

C. FOOTWEAR

HIKING BOOTS VS ATHLETIC SHOES VS SANDALS
LEATHER VS. FABRIC BOOTS
HIGH-TOP VS. LOW-TOP BOOTS
BRING SANDALS ON HIKES WITH LOTS OF STREAM CROSSINGS
TRY ON LOTS OF DIFFERENT KINDS AND BRANDS OF BOOTS
IF THEY AREN'T COMFORTABLE WHEN YOU TRY BOOTS ON, DON'T BUY THEM
SOCKS
EXPERIMENT AND FIND WHAT'S BEST FOR YOUR FEET AND BOOTS
TYPICALLY TWO PAIRS (LINERS, WOOL/SYNTHETIC) OR ONE SPECIAL THICK HIKING PAIR

D. BRING A WARM CAP AND GLOVES ON ALL COOL-WEATHER HIKES, EVEN IF YOU DON'T THINK YOU WILL NEED THEM

3. WHAT TO BRING ON A HIKE

- A. DAY PACK OF SUFFICIENT CAPACITY (1500CC MINIMUM, 2000CC GOOD)
- B. CHANGE OF CLOTHES, DEPENDING ON THE SEASON AND THE HIKE (LEAVE IN CAR, EXCEPT CARRY A SPARE T-SHIRT IF YOU ARE WEARING COTTON)
- C. CHANGE OF SHOES (LEAVE IN CAR)
- D. FOOD
- E. AT LEAST 2L OF LIQUIDS
- F. EXTRA LAYERS FOR WARMTH & INCLEMENT WEATHER: FLEECE, RAINGEAR (BRING THEM ON THE HIKE!)
- G. TEN ESSENTIALS
 - MAP
 - WATER
 - EMERGENCY FOOD
 - FIRST AID KIT (INCLUDING PERSONAL MEDICATION)
 - FLASHLIGHT AND/OR HEADLAMP (INCLUDING SPARE BULB AND BATTERIES)
 - NECESSARY CLOTHING, INCLUDING RAIN/WIND PROTECTION
 - EXTRA SHOE LACES
 - POCKET KNIFE OR MULTI-PURPOSE TOOL
 - PENCIL AND PAPER
 - LARGE PLASTIC TRASH BAG (33-GALLON) OR EMERGENCY "SPACE" BLANKET (TO SERVE AS EMERGENCY RAIN PROTECTION, EMERGENCY SHELTER)
 - SIGNALING DEVICE (WHISTLE)

ALSO RECOMMENDED:

- SUNGLASSES
- SUNSCREEN
- MATCHES/LIGHTER/FIRE-STARTER (IN PLASTIC BAG)
- INSECT REPELLENT
- TOILET PAPER
- GLOVES
- HAT OR CAP FOR SHADE
- TREKKING POLES
- HANDWARMER PACKETS

4. HOW TO DETERMINE THE DIFFICULTY OF A HIKE

- DISTANCE TO BE HIKED
- ELEVATION GAINED/LOST
- DAY LENGTH
- STATED PACE OF HIKE IN ANNOUNCEMENT
- TRAIL SURFACE
- STREAM CROSSINGS & CURRENT WATER LEVELS
- FORECAST TEMPERATURES

EXAMPLES:

- < 1000' OF VERTICAL, < 8 MILES: EASY
- 1000-2000' OF VERTICAL, 7-10 MILES: MODERATE
- > 2000' OF VERTICAL, 11-15 MILES: STRENUOUS
- THE SAME HIKE IS MORE STRENUOUS IN WINTER AND SUMMER
- AND MORE STRENUOUS IF ANNOUNCEMENT MENTIONS "BRISKLY PACED"
- AND MORE STRENUOUS IF LOTS OF STREAM CROSSINGS ARE REQUIRED

5. IMPORTANT THINGS TO DO TO PREPARE FOR AND WHILE ON A HIKE

VERY IMPORTANT: STRETCH BEFOREHAND
PUT MOLESKIN ON KNOWN TROUBLE SPOTS ON FEET AND ANKLES

ENJOY YOURSELF! BE SOCIAL BUT NOT LOUD, GIVE PEOPLE SOME QUIET TIME TOO

STAY HYDRATED

STAY FUELED

ADDRESS ANY HEALTH ISSUES, INCLUDING FEET ISSUES, IMMEDIATELY

STAY WITH THE GROUP

STAY IN FRONT OF THE SWEEP

STAY BEHIND OR WITHIN SIGHT OF THE LEADER IF YOU ARE UP FRONT

WAIT AT ALL TRAIL INTERSECTIONS FOR THE REST OF THE GROUP

NATURAL PRESERVATION OF NATIONAL PARKS

DON'T HOLD UP THE GROUP – IF YOU FIND SOMETHING OF INTENSE INTEREST, MAKE A SUBSEQUENT VISIT LATER

IF YOU HAVE ANY MEDICAL ISSUES (E.G. ALLERGIC REACTIONS, DIABETES, SEIZURES, LOW BLOOD SUGAR, ETC.) THAT MIGHT CAUSE YOU TO NEED MEDICINE (THAT YOU ARE CARRYING) AND BE UNABLE TO ADMINISTER IT TO YOURSELF, PRIVATELY TELL THE HIKE LEADER ABOUT IT AND SHOW HIM/HER WHERE YOU KEEP THE MEDICINE AND HOW TO ADMINISTER IT

CARRY A LOUD WHISTLE – THREE DISTINCT BLOWS MEAN “I NEED HELP”; TWO BLOWS MEAN “I HEAR YOU AND I WILL HELP”

AFTER-HIKE STRETCHING – MINIMIZES “CAR STIFFNESS”

BRING VERY COMFORTABLE SHOES & SOCKS OR SANDALS TO CHANGE INTO AFTER A HIKE

6. THE BEST PLACES TO HIKE IN THIS AREA

FOR THOSE ACCUSTOMED TO HIKING IN ALPINE AREAS: ALMOST EVERYWHERE IN THIS AREA IS BELOW TIMBERLINE, I.E. THERE ARE VERY FEW AND FAR BETWEEN PLACES WHERE YOU GET ABOVE THE TREES.

NATIONAL PARKS

SHENANDOAH – OUR GREATEST RESOURCE, OVER 500 MILES OF TRAILS

C&O CANAL/GREAT FALLS – BILLY GOAT TRAIL IS NICE (BUT DON'T GO IN THE WATER)

HARPERS FERRY NATIONAL HISTORICAL PARK

CATOCTIN MOUNTAIN PARK

NATIONAL FORESTS

GEORGE WASHINGTON – VIRGINIA/WEST VIRGINIA

MONONGAHELA – WEST VIRGINIA – GREAT TO GO IN SUMMER, MUCH COOLER THERE, BUT A 4 HOUR DRIVE

STATE FORESTS

MICHAUX STATE FOREST, PENNSYLVANIA

GREEN RIDGE STATE FOREST, MARYLAND

OTHER PLACES

APPALACHIAN TRAIL (VA, MD, PA)

SUGARLOAF (PRIVATELY OWNED, BUT OPEN TO PUBLIC), MARYLAND

LITTLE BENNETT REGIONAL PARK, MARYLAND

RICHARD THOMPSON WILDLIFE AREA, VIRGINIA

ALSO SEE MIKE JUSKELIS' WEB SITE FOR MANY GREAT HIKE DESCRIPTIONS:
[HTTP://WWW.MIDATLANTICHIKES.COM/](http://www.midatlantichikes.com/)

UNFORTUNATELY, NONE OF THE HIKING AREAS ARE ACCESSIBLE BY REASONABLE PUBLIC TRANSPORTATION, SO A CAR IS REQUIRED

7. GOOD THINGS TO LOOK OUT FOR ON A HIKE

NATURE: BIRDS, FLOWERS, MAMMALS, MUSHROOMS, BUTTERFLIES, REPTILES, AMPHIBIANS. DO NOT DISTURB ANYTHING IF HIKING IN A NATIONAL PARK
VIEWPOINTS
PHOTOGRAPHY
HUMAN HISTORY
GEOLOGY

8. BAD THINGS TO LOOK OUT FOR ON A HIKE

FOOT PROBLEMS (USE MOLESKIN FOR BLISTERS AND HOT SPOTS) – BREAK IN BOOTS, TOUGHEN FEET SLOWLY WITH SHORT HIKES FIRST

HYPOTHERMIA

MOST CASES OCCUR IN MILDER WEATHER – YOU CAN BECOME HYPOTHERMIC WHEN IT IS 77 DEGREES F OUTSIDE AND CALM.

WIND AND WET MAKES HYPOTHERMIA MUCH MORE LIKELY
TWO TYPES – SLOW AND FAST ONSET – REQUIRE DIFFERENT TREATMENTS

DRINKING WARM BEVERAGES HAS ONLY A PSYCHOLOGICAL EFFECT
“KEEP MOVING” EVEN WHEN TIRED, IF COLD, IS NOT ADVISED – BETTER TO REST OCCASIONALLY

MOST IMPORTANT OF ALL – AVOID BECOMING HYPOTHERMIC IN THE FIRST PLACE

STAY DRY AND BRING ENOUGH WARM LAYERS FOR THE CONDITIONS!

HYPERTHERMIA

DRINK LIQUIDS, STAY IN SHADE, REDUCE GOALS WHEN WEATHER IS HOT

GETTING LOST

IF YOU ARE AHEAD, WAIT AT ALL INTERSECTIONS

MOST PEOPLE GET LOST WHILE GOING TO THE BATHROOM – BRING YOUR PACK WITH YOU, NOTIFY THE SWEEP HIKER THAT YOU ARE GOING AND HAVE HIM/HER WAIT FOR YOU

INJURIES – USUALLY FROM HURRYING, FATIGUE, INATTENTION, ILL-PREPAREDNESS, OR BAD JUDGMENT

NATURAL HAZARDS

POISON IVY & STINGING NETTLES

PRACTICE IDENTIFYING THEM, ALWAYS BE ON THE LOOKOUT FOR THEM; THEY ARE ALMOST EVERYWHERE THAT HAS MOISTURE. POISON IVY OILS GET IN YOUR CLOTHES, SO WASH CLOTHES AFTERWARDS AND WASH YOURSELF AFTER TOUCHING YOUR CLOTHES

SNAKES

POISONOUS: RATTLESNAKES, COPPERHEADS

LEAVE THEM ALONE AND THEY'LL LEAVE YOU ALONE

DON'T PUT YOUR HANDS/FEET WHERE YOU CAN'T SEE THEM

TICKS (DEET, OR 0.5% PERMETHRIN SPRAY ON OUTER CLOTHES)
MOSQUITOS, GNATS, YELLOWJACKET WASPS
USE INSECT REPELLENT FOR MOSQUITOS AND GNATS – MY FAVORITE IS 3M ULTRATHON™ INSECT REPELLENT
NOTHING WORKS ON YELLOWJACKETS – THEY CAN BE BAD IN LATE SUMMER AND EARLY FALL. THEY NEST IN HOLES IN THE GROUND, OFTEN RIGHT IN THE TRAIL. ONE HIKER WILL AROUSE THEM AND THE NEXT HIKER WILL BE ATTACKED.
KEEP A DISTANCE BETWEEN YOU AND OTHER HIKERS, AND IF YOU ARE ATTACKED, GET AWAY FROM THEIR NEST QUICKLY.
IF YOU ARE ALLERGIC TO BEE STINGS, CARRY AN EPIPEN INJECTOR AND LET THE HIKE LEADER KNOW BEFORE THE HIKE.

SPIDERS

RARELY A PROBLEM FOR DAY HIKERS

MUSHROOMS

DON'T EVEN THINK ABOUT TOUCHING THEM UNLESS YOU ARE AN EXPERIENCED MYCOLOGIST

LIGHTNING

STAY AWAY FROM MOUNTAIN TOPS, STREAMS, TALL TREES,

METAL OBJECTS

GROUP SHOULD SPREAD OUT

GET AWAY FROM YOUR PACK

SQUAT ON THE GROUND (DEMONSTRATE)

LIGHTNING CAN PRECEDE AND/OR FOLLOW RAIN

STREAM CROSSINGS

JUDGE WATER DEPTH, WATER SPEED, WATER TEMPERATURE
SAFEST TO CHANGE TO TEVAS AND WALK RIGHT THROUGH THE STREAM. TREKKING POLES EXTREMELY USEFUL FOR BALANCE – SHARE THEM WITH OTHERS

HOPPING ACROSS ROCKS AND BALANCING ON TREES IS LESS SAFE. MAKE AN ALTERNATE PLAN IF THE CROSSING APPEARS UNSAFE

WINDS

GROUP SHOULD SPREAD OUT WHEN IN AN AREA WHERE BRANCHES OR TREES MAY FALL
CAN DRAMATICALLY INCREASE THE CHANCE OF HYPOTHERMIA. VERY IMPORTANT TO STAY DRY ON WINDY DAYS.

EMERGENCIES

NO MORE VICTIMS!!! PRIORITIZE INJURIES

STAY TOGETHER AND STAY CALM

LET THE LEADER FORM A PLAN OF ACTION; YOU WILL BE NEEDED

9. PREVAILING WEATHER CONDITIONS IN THIS REGION

HOT (85-100 DEGREES F), HUMID, STEAMY SUMMERS WITH FREQUENT AFTERNOON THUNDERSTORMS (JUNE, JULY, AUGUST)

PLEASANT, DRY AUTUMNS (SEPTEMBER, OCTOBER, NOVEMBER) – FEWER INSECTS AFTER FIRST FROST IN OCTOBER

EXTREMELY UNPREDICTABLE WINTERS (WARM (60F), COLD(-10F), DRY, SNOWY, ICY, WINDY, USUALLY COLD UNTIL THE END OF MARCH, FIRST HIKING USUALLY AROUND APRIL 1)

PLEASANT TEMPERATURES BUT SOMETIMES RAINY, MUDDY SPRINGS (APRIL, MAY)

10. BEST TIMES TO GO HIKING (IN MY OPINION)

BEST – EARLY FALL EVERYWHERE: WEATHER IS USUALLY PLEASANT AND DRY; ENTIRE FALL IN NATIONAL PARKS. LATER FALL OUTSIDE NATIONAL PARKS - MUST BE WAR Y OF DEER FIREARMS HUNTING SEASONS.

2ND BEST – SPRING: DAYS ARE LONG, INSECTS ARE FEWER, FLOWERS ARE PRETTIEST, BUT SOMETIMES SOGGY AND RAINY; BE AWARE OF SPRING TURKEY HUNTING SEASON OUTSIDE OF NATIONAL PARKS

3RD BEST – WINTER: WE GET OCCASIONAL VERY MILD DAYS, AND IF THE GROUND IS NOT COVERED WITH DEEP SNOW OR CRUSTY ICE, HIKING CAN BE GREAT. EVEN IN WINTER, A FOREST REDUCES THE EFFECT OF WIND, SO IT IS FINE TO HIKE IN FORESTS ON WINDY DAYS (AVOID EXPOSED TRAILS LIKE ON RIDGE LINES)

4TH BEST – SUMMER: I DON'T LIKE TO HIKE WHEN IT'S HOT AND HUMID, WAIT FOR A COLD FRONT TO GO THROUGH WHICH LOWERS HUMIDITY

WORST – DEER HUNTING SEASON (LATE NOVEMBER THROUGH MID-DECEMBER) IN THE NATIONAL AND STATE FORESTS; LEAF COLOR SEASON (HIKING IS GOOD, BUT THE AUTO TRAFFIC IS AWFUL). FIND HUNTING SEASONS INFO AT STATE FISH & GAME COMMISSIONS WEBSITES:

VIRGINIA: [HTTP://WWW.DGIF.VIRGINIA.GOV/HUNTING/REGULATIONS/](http://www.dgif.virginia.gov/hunting/regulations/)

WEST VIRGINIA:

[HTTP://WWW.WVDNR.GOV/HUNTING/PDF/SEASONSDATESLIMITS.PDF](http://www.wvdnr.gov/hunting/pdf/seasonsdateslimits.pdf)

MARYLAND:

[HTTP://WWW.DNR.STATE.MD.US/HUNTERSGUIDE/2005_2006_GUIDE.PDF](http://www.dnr.state.md.us/huntersguide/2005_2006_guide.pdf)

PENNSYLVANIA:

[HTTP://WWW.PGC.STATE.PA.US/PGC/LIB/PGC/DIGESTPDFS/2005/BAG_LIMITS.PDF](http://www.pgc.state.pa.us/pgc/lib/pgc/digestpdfs/2005/bag_limits.pdf)

11. GOOD PLACES TO BUY HIKING CLOTHES, GEAR, AND MAPS (IN NO PARTICULAR ORDER)

REI – ROCKVILLE, COLLEGE PARK, FAIRFAX STORES, [WWW.REI.COM](http://www.rei.com)

SALE PRICES ARE GOOD, REGULAR PRICES ARE HIGH, ITEM QUALITY IS VERY GOOD

HUDSON TRAIL – ROCKVILLE, GAITHERSBURG, DC STORES

SALE PRICES ARE FAIR, REGULAR PRICES ARE VERY HIGH, ITEM QUALITY IS VERY GOOD

LL BEAN – COLUMBIA, MD AND TYSON'S CORNER STORES; [WWW.LLBEAN.COM](http://www.llbean.com), HAGERSTOWN OUTLET STORE. REGULAR PRICES ARE GOOD, SALE PRICES ARE FANTASTIC, ITEM QUALITY IS GOOD

CAMPMOR – [WWW.CAMPMOR.COM](http://www.campmor.com)

REGULAR PRICES ARE GOOD, "SUPER SPECIAL DEALS" PRICES ARE VERY GOOD

SIERRA TRADING POST – [WWW.SIERRATRADINGPOST.COM](http://www.sierratradingpost.com)

AN ONLINE OUTLET STORE – PRICES USED TO BE MIND-BOGGLINGLY GOOD, NOW ARE JUST GOOD

POTOMAC APPALCHIAN TRAIL CLUB – [WWW.PATC.NET](http://www.patc.net)

BEST HIKING MAPS AND GUIDEBOOKS FOR THE AREA

2ND BEST – TRAILS ILLUSTRATED FROM NATIONAL GEOGRAPHIC

12. WHO MAINTAINS THE HIKING TRAILS

ALMOST ALL WORK IS DONE BY VOLUNTEERS WHO ALSO LIKE TO HIKE
POTOMAC APPALACHIAN TRAIL CLUB – WWW.PATC.NET
TRAIL OVERSEERS ARE ASSIGNED TO SMALL (0.1 – 5.0 MILE) SECTIONS OF A
TRAIL

TRAIL CREWS WORK ON BIGGER PROJECTS OR ON NEW OR ORPHANED
TRAILS

CONSIDER VOLUNTEERING FOR A ONE DAY OR WEEKEND CREW. THEY ARE
ALL VERY SOCIABLE AND LOW-KEY, VERY NICE PEOPLE. ONLY NEED TO DO
AS MUCH LABOR AS YOU FEEL LIKE, NO STIGMAS ATTACHED.

13. MOST COMMON MISTAKES MADE BY HIKERS

INSUFFICIENT OR INAPPROPRIATE CLOTHING/FOOTWEAR FOR THE
CONDITIONS

WEARING ILL-FITTING BOOTS

NOT STOPPING THE GROUP TO GET FOOT PROBLEMS ADDRESSED RIGHT
AWAY

NOT BRINGING ENOUGH LIQUIDS (2L MINIMUM, OFTEN WILL NEED MORE)

NOT BRINGING ENOUGH FOOD

NOT BRINGING A RAIN JACKET

GETTING BEHIND THE SWEEP

SKIPPING BREAKFAST ASSUMING THERE WILL BE A FOOD STOP

GOING ON A STRENUOUS HIKE WHILE ON A SEVERE DIET

LITTERING (FOLLOW LEAVE NO TRACE PRINCIPLES - WWW.LNT.ORG)

PHYSICALLY NOT READY FOR THE LEVEL OF THAT DAY'S HIKE

NOT PACING ONE'S SELF; GOING TOO FAST AND GETTING EXHAUSTED EARLY
IN THE HIKE

NEGLECTING TO NOTICE POISON IVY

FORGETTING INSECT REPELLENT

NEEDING TO RUSH TO GET BACK BY A SPECIFIC TIME

HOLDING THE GROUP UP REPEATEDLY WHILE {TAKING PHOTOS,
BIRDWATCHING, ETC.}

BRINGING A MISBEHAVING PET (AND/OR NOT CLEANING UP AFTER PET),
OR NOT FOLLOWING LEASH LAWS, OR BRINGING A GERIATRIC PET

DISTURBING SOMETHING IN A NATIONAL PARK

(MUSHROOM OR FLOWER PICKING, COLLECTING ROCKS, THROWING
ROCKS, TALKING LOUDLY, TOSSING FOOD SCRAPS INTO THE WOODS)

FALLING IN A STREAM ON A COOL-WEATHER HIKE WITHOUT A CHANGE OF
CLOTHES

GETTING EXTREMELY SUNBURNED ON A HIKE IN SPRINGTIME

FAILING TO MAKE ADJUSTMENTS TO PLANS AS A RESULT OF UNEXPECTED
CONDITIONS (BAD WEATHER, SICK OR INJURED GROUP MEMBERS, FATIGUE,
BAD TRAIL CONDITIONS, UNFORESEEN DELAYS)

BEING TOO SELF-CONSCIOUS TO TELL THE HIKE LEADER THAT YOU ARE NOT
FEELING WELL