

## OUTDOOR ACTIVITIES



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# OUTDOOR ACTIVITIES



*Antonio Vera Gómez*

There are many different types of Outdoor Activities.  
Now we'll introduce some tips to get ready for the  
most common one: HIKING.

HIKING means: walking in the country side  
for pleasure or sport.

Since we are not very used to move around the country side, we should take care about some important things. Don't forget to check about our....

**HIKER CLUES.**

BEFORE HIKING:

1.- WE NEED TO KNOW THE TRACK: profile, distance, landscape, water points, departure and finish place etc... CHECK THIS LINK: <http://es.wikiloc.com/wikiloc/view.do?id=736194>

2.- WE NEED TO CHECK THE WEATHER FORECAST IN ADVANCE

CHECK THIS LINK: [http://www.meteoblue.com/en\\_GB/weather/forecast/week/madrid\\_es\\_29132](http://www.meteoblue.com/en_GB/weather/forecast/week/madrid_es_29132)

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DURING THE HIKE:

1.- We will always follow the PATHS AND SIGNALS, so we don't get lost and reduce impact on the country side.



2.- We need to save and dose always our strength and energy. Don't be too ambitious, you need to go back to the departure point.

3.- We have to keep always a bit of water, be aware of not running out of it.

4.- If you need to stop and rest, don't forget to cover yourself with warm clothe so you don't get cold.

CLOTHING:

- 1.- Your back, upper torso and legs should be covered to avoid: sunburn, insects bites or scratches.
- 2.- No matter what the weather forecast is; we will always take with us some warm clothe and a rain coat. Of course, we have to carry on some clean clothing for after the hike.
- 3.- In case it's expected to be cold or chilly, it's highly advisable to take with you gloves and a warm hat. Don't forget something to cover your head in case of sunny weather.
- 4.- Jeans are a bad option: they get wet too soon, dry too late, and after sweating they may cause blisters.

SHOES:

1.- Running shoes are the most comfortable ones. If you are going to walk on a wet path or during a rainy day it will be useful if they have a waterproof layer.

2.- Don't even doubt about how well you must tie your shoes.

3.- You must use socks and put them properly. Prevent wrinkles that could cause blisters on your feet.

4.- It is also very advisable to take a pair o extra socks.



BACKPACK:

1.- Our backpack shouldn't weight more than 10% of our body weight and we must carry it on both shoulders.

2.- Don't forget your sun lotion if you are hiking on a sunny day.

3.- You should take food and enough water with you but not too much. Sweets are tasty but won't give you much energy, and that is what you need. Don't even think about go hiking with your stomach empty.

4.- Don't try to eat wild fruits or drink rivers, pools or lakes water.



# ...DON'T FORGET:

- IF YOU CAN NOT IMPROVE THE COUNTRY SIDE, AT LEAST LEAVE IT AS YOU FOUND IT.
- TAKE AL THE GARBAGE BACK WITH YOU. EVEN THE BIODEGRADABLE WASTE SHOULDN'T BE LEFT IN THE COUNTRYSIDE.
- RESPECT OVER ALL THE COUNTRYSIDE. WHEN WE GO HIKING WE ARE THE STRANGERS SO KEEP QUIET AND DON'T DISTURB THE NATURE SOUND.
- DON'T HIKE ALONE. ALWAYS KEEP VISUAL CONTACT WITH SOME PARTNER.

...THIS IS ENOUGH SO FAR, NEXT COURSE YOU WILL BE LEARNING A BIT MORE ABOUT OUTDOOR ACTIVITIES. TRY TO SHOW COMMITMENT WITH ALL THE CLUES AND SUGGESTIONS WE PRESENTED HERE.

THANK YOU FOR YOUR ATTENTION AND WE WILL MEET AFTER THE HIKE.