

SAINTS GLOBAL

ACTIVITY PLAN

HIKING

PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The 20-mile day hike

Between Sessions 3 and 4, each saint hikes one continuous 20-mile route in a single day. He carries his own day pack, manages his own water and food, paces himself, treats his own feet, and finishes under his own power before dark. The hike is the field test for everything the four sessions prepare for and the proof of requirement 3b.

OUTDOOR — A MEASURED 20-MILE TRAIL OR LOOP CHOSEN FOR THE SAINT'S TRAINING, FINISHED IN DAYLIGHT

4 SESSIONS IN THIS PLAN

SESSION 1 · PHYSICAL CORE

⌚ 60 min target

Read the trail before you walk it

Hazards and stewardship come before mileage on every hike.

SESSION AIM

Saints walk through the five most common hiking hazards using real trail scenarios, then anchor stewardship in Psalm 24 and D&C 59. The session ends with each saint naming one stop rule and one stewardship habit he will carry on every hike this month.

🎯 WALK AWAY WITH

- Can name the five common hiking hazards and the first three actions for each
- Can connect Psalm 24:1 and D&C 59:18–20 to stewardship on a specific trail
- Has one personal stop rule written down — the one that overrides his plan
- Has the four-hike log started, with the first 10-miler on the calendar

📦 BRING / SET UP

- Open Bibles or scriptures (one per pair) — Psalm 24, D&C 59 bookmarked
- Five printed hazard scenario cards (storm, twisted ankle, wildlife, dehydration, getting lost)
- Index cards and pens (one each per saint, plus extras)
- A printed copy of the four-hike log for each saint
- A regional trail map or printout of a trail each saint has walked

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — A hike that went sideways

⌚ 5 min

Ask the group: 'Name one hike where something went wrong — weather, an injury, getting turned around, running out of water. What was the first sign something was off?' Two or three saints share, briefly. The point is to remember that hazards announce themselves before they become emergencies. The rest of the hour trains saints to read those announcements.

SESSION 1 · READ THE TRAIL BEFORE YOU WALK IT (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · ROLEPLAY **Five hazards, five first actions**

⌚ 18 min

1. Set up five scenario stations around the room: (1) a thunderstorm builds while you are on an exposed ridge; (2) a partner rolls his ankle three miles from the trailhead; (3) a black bear stands forty yards off the trail with cubs; (4) a saint runs out of water at the halfway point on a hot day; (5) the group has lost the trail in mid-afternoon and the marked blazes are gone.
2. Pairs rotate through all five stations, three minutes each. At each station the pair reads the scenario, names what is happening, and writes the first three actions in order on the back of the card. Assume no cell signal — plan as if you cannot call out.
3. Each youth picks the one scenario he handled worst and reads his answer aloud. Walk through the correct first actions: storm — descend off the ridge, lose elevation, get below treeline. Ankle — stop, evaluate, stabilize, decide stay-or-walk. Bear — back away slowly, do not run, give it space. Out of water — stop hiking, find shade, ration what is left, find or treat a source. Lost — stop, mark the spot, do not wander.
4. Each youth writes on an index card his one personal stop rule — the condition under which he will halt the hike regardless of the plan. Examples: 'I stop when lightning is within five miles.' 'I stop when a partner cannot match a 2-mph pace.' He carries the card on every hike this month.

REQ 1B

BLOCK 3 · SCRIPTURE **The land is the Lord's**

⌚ 17 min

1. Read Psalm 24:1 aloud. 'The earth is the Lord's, and the fulness thereof.' Read it slowly. The land the saint hikes on does not belong to him; he is hiking on borrowed ground.
2. Read Doctrine and Covenants 59:18–20 aloud. Note the two phrases: things were made for the use and benefit of man, and 'to please the eye and to gladden the heart.' The land is given for use and for joy — not for either alone.
3. Pair-share, three minutes each: pick one trail you have walked. Where did you see somebody treat that trail as belonging to him — and where did you see somebody treat it as borrowed? What was the difference in what they left behind?
4. Each youth writes one stewardship habit on the same index card as his stop rule. Something he will actually do — 'pack out a piece of trash that is not mine each hike,' 'use a stove instead of building a fire,' 'stay on the trail through the muddy stretch.' The habit goes on every hike this month.

REQ 1A

SESSION 1 · READ THE TRAIL BEFORE YOU WALK IT (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Start the four-hike log**

⌚ 12 min

1. Hand each youth a printed four-hike log: date, trail, mileage, elevation, conditions, partner, one challenge, one observation, leader signature.
2. Each youth identifies four real trails he can walk in the next eight weeks, each at least 10 miles, on different days. Not back-to-back weekends if it can be avoided — the hikes build endurance through recovery, not stacking.
3. Each youth writes the date and trail for his first 10-miler on the log. Pair every youth with one other saint who can hike with him for at least one of the four; the buddy system on every hike is the rule, not the exception.
4. Explain that the four 10-milers and the one 20-miler are separate. The 20-miler does not count as one of the four. That hike happens after Session 3; the four 10-milers can begin this week and finish before Session 4.

REQ 3A

BLOCK 5 · REFLECTION **Close — Stop rule and stewardship**

⌚ 8 min

1. Each youth reads his index card aloud: his stop rule and his stewardship habit. The group hears every one.
2. The leader collects no cards. Each youth keeps his in his pack from this session forward. He brings it to every session.
3. Confirm the date of the first 10-miler for each youth. Any youth who has not yet scheduled his first hike commits to a date before he leaves the room.

AT THE CLOSE · DEBRIEF

1. Which of the five hazard scenarios did you handle worst, and what was missing in your answer?
2. Where on your favorite trail have you seen somebody treat the land as borrowed, and what did he do differently?
3. What is the stop rule you wrote, and what made you pick that one over the others?

📝 *Initial 1a and 1b on each saint's BRC after this session. Note the date of each saint's first 10-mile hike — the four-hike log progresses between sessions and gets confirmed at Sessions 3 and 4.*

SESSION 2 · PHYSICAL CORE

⌚ 60 min target

Plan the long hike

Plan the route, the feet, and the kit before the trail.

SESSION AIM

Saints draft a written hike plan for the 20-miler — route, mileage, elevation, water, food, emergency exits — using a real paper map. They size and fit boots, tape a hot spot, and walk through trail courtesy and Leave No Trace. Saints leave with a Hike Plan worksheet to finish at home and bring back to Session 3.

🎯 WALK AWAY WITH

- Has drafted a written Hike Plan worksheet for the 20-mile route
- Knows how to size a boot, layer a sock, and tape a hot spot before it becomes a blister
- Can state the trail courtesy and LNT rules he will follow on every hike
- Has the 20-mile date, trailhead, and partner identified before leaving the room

📦 BRING / SET UP

- Each saint brings: the boots or trail shoes he plans to wear for the 20-miler, the socks he will hike in, his four-hike log from Session 1
- Printed topo map of each saint's planned 20-mile route (one per saint, A3 if possible)
- Printed Hike Plan worksheet (segment table, water sources, weather contingency, gear list, emergency contacts)
- Athletic tape (one roll) and moleskin (one sheet per saint)
- A few sample boots in different sizes for the fit demo

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Last week on the trail

⌚ 5 min

Round the room, under 30 seconds per saint: 'What was your first 10-miler like, and what is one thing about your feet, your pack, or your pace you are changing for the next one?' The check confirms the four-hike log is moving and surfaces the gear or technique problems that will matter on the 20-miler. Note any saint who has not yet hiked — he gets a one-on-one before leaving.

SESSION 2 · PLAN THE LONG HIKE (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · CREATIVE Map the 20-mile route

⌚ 18 min

1. Hand each youth his printed topo map and a blank Hike Plan worksheet. Phones go away for this block — a phone screen is not the artifact a saint carries on the trail.
2. Each youth marks his start, the climbs, the high point, every plausible water source, the major junctions, the bail-out trails, and the finish. Number each segment.
3. Fill the worksheet segment by segment: distance, expected pace (2 mph on flat ground, 1–1.5 mph on climbs for a fit teen with a day pack), expected time, water source at the end. Total the mileage at the bottom — it should land at 20 miles or just over.
4. Identify the worst plausible weather window for the planned date — a thunderstorm band, a hot afternoon, a temperature drop at altitude. Write down one gear change and one schedule change for each: earlier start, extra electrolyte, raingear in the pack lid, a layer for the summit.
5. Each youth names his emergency contact, his expected return time, and the person back home who has the plan. The plan stays home with that person; the saint carries a copy.
6. Pair up and trade worksheets. Each youth spots one thing his partner has not accounted for — a dry water source, an aggressive pace, an unmarked bail-out, a missing emergency contact. He marks it; the partner fixes it before Session 3.

REQ 2B

SESSION 2 · PLAN THE LONG HIKE (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 3 · SKILL PRACTICE **Boots, socks, and a hot spot**

⌚ 20 min

1. Each youth brings up the boots or trail shoes he plans to wear for the 20-miler. Walk the fit check: thumb width of space in front of the toe with the foot slid forward; heel locked, no slip; lacing pattern adjusted for the foot shape (heel-lock lacing for slipping heels, surgeon's knot for high arches).
2. Demonstrate the sock layer. A thin liner sock plus a thicker hiking sock — the two layers move against each other instead of against the skin. Cotton socks are out; merino wool or synthetic only. Show the difference in a wet sock versus a dry one.
3. Walk the four signs to stop before a blister: a hot spot, a sting, a wet patch, a sock that has moved. Stopping for two minutes at the first sign saves an hour of taping a blister later.
4. Pair up. Each youth picks one likely hot-spot location on his own foot — heel, ball, the side of the big toe — and tapes it with athletic tape using the technique demonstrated. The tape should be smooth, lapped at the edges, and not creased.
5. Each youth walks a loop around the room with the tape on. If the tape rolls, peels, or shifts, he re-tapes. The taping has to survive walking, not just sitting still.

BY TIER

- ENTRY** Tape one hot spot with a partner checking your work. Walk the loop and let him spot anything peeling.
- ESTABLISHED** Tape two hot spots without help, using moleskin under the tape for a known sore point. Carry a small tape and moleskin kit in your hike pack from now on.
- MENTOR** After taping your own feet, coach two entry-tier saints through their tape jobs. Show them how to spot the four warning signs on a partner's foot, not just their own.

REQ 2A

REQ 3C

BLOCK 4 · DISCUSSION **Courtesy, night, and Leave No Trace**

⌚ 12 min

1. State the trail courtesy rules in plain words: yield to uphill hikers, step downhill of horses, stay on the trail through wet sections, lower voices near campsites and viewpoints, pack out everything you bring in including food scraps. Each youth states one rule in his own words.
2. For night or low-light hiking — finishing late, an early start before dawn — name the three rules: headlamp on before dusk, pace slows by a third, partners stay within voice range. Lost in the dark is a different problem from lost in daylight.
3. Walk the seven Leave No Trace principles aloud. Split them across the room so each youth reads one and gives one example of a way he could break it on his 20-miler: plan ahead, durable surfaces, dispose of waste, leave what you find, minimize fire impacts, respect wildlife, be considerate of others.
4. Each youth commits to two specific LNT actions he will name to the leader after his 20-miler. He writes them on his Hike Plan worksheet now.

REQ 2A

REQ 3D

SESSION 2 · PLAN THE LONG HIKE (PAGE 4 OF 4)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Lock in the 20-miler**

⌚ 5 min

1. Each youth confirms his 20-mile route, the date, the start time, the partner, and the person at home who has the plan. He reads all five back to the group.
2. Take the Hike Plan worksheet home. Bring it back to Session 3 finished — one weather contingency added, the route walked through with a parent, two LNT commitments written down.

AT THE CLOSE · DEBRIEF

1. Where did your route plan break first when your partner reviewed it?
2. What did the boot-fit check tell you about the shoes you have been wearing on hikes?
3. Which of the trail courtesy or LNT rules have you broken without meaning to, and how will you catch it next time?

☒ Initial 2a and 2b on each saint's BRC after this session. Note any saint whose 20-mile date is not yet locked and schedule a one-on-one with him before Session 3.

SESSION 3 · PHYSICAL CORE

⌚ 60 min target

Practice pace, first aid, and lead a stretch

Drill the field skills you need before the 20-miler.

SESSION AIM

Saints run a shakedown hike on a 2- to 3-mile loop, practicing rest-step pacing on a climb, leading a stretch for a slower partner, and treating five hiking injuries on the trail. The session ends with the 20-mile date, partner, and pack contents confirmed.

🎯 WALK AWAY WITH

- Has practiced the rest-step on a real climb and felt the difference in his heart rate
- Has led a partner through one stretch of trail — pace, breaks, and a check-in
- Has treated five hiking injuries on a partner using the gear from his pack
- Has the 20-mile date, partner, and emergency contacts locked in writing

📦 BRING / SET UP

- Meeting at a trailhead with a 2- to 3-mile loop that includes a real climb (not a parking lot)
- Each saint brings: his actual day pack loaded for the 20-miler, boots taped, water, snacks, the Hike Plan worksheet, his stop-rule card
- A first-aid kit per pair (athletic tape, moleskin, elastic bandage, electrolyte tablets, sting wipes, gloves, tweezers)
- A printed Trail Triage card for each saint (the second handout from this session)
- Two small flagging stations on the loop for the rest-step drill

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Six days out**

⌚ 5 min

The 20-miler is six days away. Round the room: each youth names one thing he has already done to be ready — boots broken in, route walked with a parent, two 10-milers logged — and one thing he is still scrambling to finish. Note the open items; they get addressed in the close when the date, partner, and pack are confirmed.

SESSION 3 · PRACTICE PACE, FIRST AID, AND LEAD A STRETCH (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · PHYSICAL **Rest-step pacing on the climb**

⌚ 18 min

1. Walk the loop together to the base of the climb. The leader demonstrates the rest-step: lock the back leg straight on each step so the skeleton holds the weight for a half-beat before the next step. On a steep climb the rest-step lets a saint move at a pace he can sustain for hours instead of one he can sustain for fifteen minutes.
2. Each youth tries the rest-step up the climb. The leader watches for two things: a back leg that actually locks and a breathing rate that stays under control. A saint who is panting at the top went too fast.
3. At the top, name the pressure-breathing technique: a hard exhale through pursed lips at the top of each step on a steep grade. It clears CO2 and slows the heart rate. Each youth tries three steps with pressure breathing.
4. Descend the same climb at a controlled pace. Knee strain on the descent ends more hikes than the climb does. Short steps, soft knees, do not lock the joints out.

REQ 3A

BLOCK 3 · SKILL PRACTICE **Trail triage — five injuries on a partner**

⌚ 14 min

1. Set up at a wide spot on the loop. Each pair gets a first-aid kit and a Trail Triage card. The card lists five scenarios: a blister at mile six, a rolled ankle on a descent, a heat illness on an exposed ridge, a bee sting that swells, and a deep cut from a fall onto a rock.
2. Roll a die to pick the order. The first scenario is read aloud; the 'injured' youth role-plays the symptoms; the 'leader' youth runs the treatment using the supplies in the pair's kit. The watching pair scores the response on the card.
3. Swap roles and run the second scenario. Each pair runs all five scenarios over the block — about two and a half minutes per scenario including the score-out.
4. Walk the correct response for each: blister — clean, drain only if large, moleskin doughnut, tape over. Ankle — sit, ice if available, wrap with elastic bandage, decide stay-or-walk. Heat illness — shade, water, electrolytes, cool the neck, evacuate if confused. Bee sting — scrape stinger out, antihistamine, watch for swelling at the airway. Cut — direct pressure, clean with water, butterfly close, tape over.
5. Each youth notes on his Hike Plan worksheet which two of the five he handled worst. He drills those two with the leader before leaving.

REQ 3C

SESSION 3 · PRACTICE PACE, FIRST AID, AND LEAD A STRETCH (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 4 · ROLEPLAY **Lead a stretch for a partner**

⌚ 15 min

1. Pair each youth with a partner whose pace differs from his own. The slower saint goes first; the faster saint follows. The lead saint has three jobs: set a pace the partner can hold, call breaks before the partner asks, and check on the partner with a real question — not 'you good?' but 'how are your feet?' or 'are you drinking?'
2. Walk a one-mile stretch with the leader leading the first quarter. At the quarter, swap leads. The other youth leads the second half-mile. At three-quarters, swap again so each youth has led twice.
3. On the last quarter of the loop, the faster saint stays at the slower saint's pace deliberately. He calls a break only at the natural break points the partner needs, not at his own — pace, hydration, view, gear adjustment. He notices when the partner is fading and what he does about it.
4. Back at the trailhead, each pair debriefs three questions, two minutes total: Where did your partner need a break that you did not call? What did you ask him, and what did he actually say? When did you carry his pace, and when did his pace carry you?

BY TIER

ENTRY

Take the slower role first so an established saint coaches you through reading a partner. Lead the last quarter once you have seen it done.

ESTABLISHED

Lead the full mile with a tier-matched partner. Call breaks before he needs them, not after. Adjust your normal pace down by a step.

MENTOR

Lead a pair of entry-tier saints. You set pace and call breaks; you also coach the second saint through his own short stretch. Two saints depend on your judgment, not one.

REQ 3E

BLOCK 5 · REFLECTION **Close — Lock the trip**

⌚ 8 min

1. Confirm the 20-mile date, the start time, the trailhead, the partner, and the person at home who has the plan. Each youth reads all five aloud. Anything not yet locked gets locked before he leaves the room.
2. Run the final gear check together: water capacity (at least 3 liters, more for hot weather), a way to treat or refill (filter, tablets, or known potable source), taped feet plus tape and moleskin in the pack, headlamp plus spare batteries, the emergency contact card, the stop-rule index card from Session 1.
3. Two LNT commitments — circled on the Hike Plan worksheet. Each youth reads his aloud. They are checked against his trail report next week.
4. Pack and feet — if any youth's pack is over 15 percent of his body weight for a day hike, trim it tonight. If the tape on his feet is not holding from the rest-step drill, re-tape before he leaves.

SESSION 3 · PRACTICE PACE, FIRST AID, AND LEAD A STRETCH (PAGE 4 OF 4)

🗨 AT THE CLOSE · DEBRIEF

1. Which of the five trail-triage scenarios did you handle worst tonight, and what was missing in your response?
2. When you led your partner, what break did he need that you didn't call — and what told you?
3. What is still unfinished six days out, and who will you ask before Saturday morning?

📝 *Initial 3c, 3d, and 3e on each saint's BRC after this session. The 20-mile hike between Sessions 3 and 4 earns 3b, the fourth 10-miler (if not yet logged) earns 3a, and confirmed LNT actions earn 3d. Record the date, partner, and route in the trek log.*

SESSION 4 · PHYSICAL CORE

⌚ 60 min target

Trail report and BRC sign-off

Debrief the 20-miler together and sign off the badge.

SESSION AIM

Saints arrive having finished the 20-mile day hike. The session opens with a trail report, moves through paired strain stories on the longest hike, anchors gratitude and patience in scripture, and ends with each saint writing three trail habits to keep and one to drop. The BRC signs off at the close.

🎯 WALK AWAY WITH

- Has told the story of his hardest stretch on the 20-miler and what got him through
- Has connected his trail experience to scripture on creation and endurance
- Has named three trail habits to keep and one civilian habit to drop
- Has a signed BRC

📦 BRING / SET UP

- Each saint brings: his four-hike log, the Hike Plan worksheet from the 20-miler, his stop-rule index card, his BRC
- Half-sheets of paper and pens (one per saint for the Three-keep, one-drop block)
- Open Bibles or scriptures (one per pair) — Psalm 19, Isaiah 40:28–31, and Mosiah 7:33 bookmarked
- The trek log from the 20-miler (leader holds the master copy)

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Trail report**

⌚ 5 min

Go around the circle. Each saint answers in one sentence: what was the 20-miler like? Do not comment or compare; let each saint name his version. The answers usually range from 'harder than I expected' to 'better than I thought.' That range sets up the strain stories in the next block.

SESSION 4 · TRAIL REPORT AND BRC SIGN-OFF (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · DISCUSSION **Strain stories**

⌚ 17 min

1. Pair up with a saint who was not your trail partner. Seven minutes each — one talks, the other listens. No advice and no comparing. Each youth describes his hardest single hour on the 20-miler: the mile, the climb, the heat, the feet — and what he thought about during it. What got him through (a saint next to him, a verse, the goal at the end, his own pride, the food at mile fifteen)?
2. Switch and repeat for seven minutes.
3. Each pair reports back to the group one phrase from the partner's story — only what the partner gave permission to share.
4. Explain that on a long hike, what carries a saint through the hard hour is rarely what he expected before the trip.
5. Each youth writes in his BRC margin: 'My hardest hour was ____, and what carried me through was ____.' Specific enough to read in a month and remember.

REQ 4A

BLOCK 3 · SCRIPTURE **Scripture connection — patience and creation**

⌚ 14 min

1. Read Psalm 19:1–2 aloud. 'The heavens declare the glory of God; and the firmament sheweth his handywork.'
2. Read Isaiah 40:28–31 aloud. 'They that wait upon the Lord shall renew their strength... they shall run, and not be weary; and they shall walk, and not faint.' The promise is about waiting, not about pushing. The saint who finished a 20-miler knows what the verse names.
3. Read Mosiah 7:33 aloud as a third witness — patience, longsuffering, trust.
4. Pair-share, three minutes each: on the trail when you were most tired, what came up for you — patience, dependence, gratitude, pride, faith, fear, something else? Did the land speak, in the sense Psalm 19 names?
5. Each youth writes one sentence in his BRC margin connecting one phrase from the scripture to one specific mile on the 20-miler.

REQ 4B

SESSION 4 · TRAIL REPORT AND BRC SIGN-OFF (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · CREATIVE **Three keep, one drop**

⌚ 14 min

1. Each youth writes for four minutes on a half-sheet, in two columns. Column A: 'Three trail habits I will keep doing at home, not just on the trail.' Column B: 'One civilian habit I am dropping because the 20-miler showed me I do not need it.'
2. Trail habits to consider: drinking water before he is thirsty, taping a hot spot the moment he feels it, packing out the trash he finds, calling a break before his partner asks, finishing what he started even when it gets long.
3. Each youth reads both columns aloud. No commentary from the group. The leader listens for who is stretching, who is being tepid, and who needs a follow-up next week.
4. Explain that the badge does not end at the trailhead. The trail habits transfer or the badge teaches only one weekend's worth. Keeping three and dropping one is the homework that proves the badge stuck.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 10 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement: was it met? If yes, initial it; if not, note what is still outstanding.
2. For 3a, confirm against the four-hike log — four separate 10-milers on different days. For 3b, confirm against the 20-mile trek log. For 3d, confirm the two LNT actions each saint named at the close of Session 3 against what he reports doing on the 20-miler. Initial each.
3. Leader and saint each sign the BRC. The saint takes the BRC home.

AT THE CLOSE · DEBRIEF

1. Which mile of the 20-miler was hardest, and what specific thing got you through it?
2. Which saint or partner helped you in a way you did not expect, and how?
3. Which of your three keep-habits are you most likely to drop first, and what will you do to keep it?

☑ *Initial 4a and 4b on each saint's BRC after this session. With 3a, 3b, 3c, 3d, and 3e confirmed against the four-hike log, the 20-mile trek log, and Session 3's drills, the BRC should fully sign off tonight.*

HANDOUT 1 OF 2

FROM SESSION 2 — MAP THE 20-MILE ROUTE

Hike Plan & Foot Care

Fill before Session 3. Tape a hot spot the minute you feel it, not after.

HIKING · FIELD CARD

Plan the route. Care for the feet.

Fill the top before the hike. Use the bottom on the trail the minute you feel a hot spot.

1 HIKE PLAN

fill before you leave

SAINT DATE MILES

TRAILHEAD EXPECTED RETURN

SEGMENT	MILES	ELEV	PACE	WATER AT END	TIME
e.g. trailhead → first creek					
first creek → high point					
high point → second water					
second water → finish					

WEATHER CONTINGENCY

One gear change. One schedule change.

GEAR (CHECK EACH)

- ☐ map & printed plan ☐ 3L water + treatment
☐ tape + moleskin ☐ headlamp + spares
☐ raingear ☐ extra food ☐ first aid

PLAN LEFT WITH (NAME · PHONE · EXPECTED RETURN)

2 FOOT CARE

tape the hot spot before it blisters

BOOT FIT

Thumb width of room in front of the toe with the foot slid forward.

Heel locked, no slip on the climb. Heel-lock lacing if it slips.

TWO SOCK LAYERS

Thin liner sock inside a thicker hiking sock. The two move against each other.

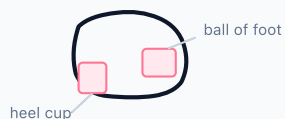
Merino wool or synthetic. Cotton holds water and causes blisters.

FOUR SIGNS TO STOP

1. A hot spot or warmth.
2. A sting or sharp rub.
3. A wet or damp patch.
4. A sock that has shifted.

Two minutes now saves an hour later.

TAPE PATTERN — HEEL AND BALL



Tape over a clean, dry hot spot. Smooth the edges. No wrinkles or creases — wrinkles cause new sores. Moleskin doughnut under tape if the spot is raw. Re-tape if it shifts.

Write the plan before you leave. Tape the hot spot the moment you feel it.

Print this handout for in-person reference during session 2 — map the 20-mile route.

HANDOUT 2 OF 2

FROM SESSION 3 — TRAIL TRIAGE — FIVE INJURIES ON A PARTNER

Trail Triage & STOP

Carry on the trail. Open the right side when you are unsure of your position.

HIKING · FIELD CARD

Notice early. Act in order.

Trail injuries on the left. Lost-on-the-trail decisions on the right.

1 TRAIL TRIAGE

five injuries · first three actions

1 Blister

hot spot ignored · sock shifted · cotton sock

FIRST THREE — IN ORDER

1. Stop. Clean and dry the foot.
2. Drain only if large. Cover with moleskin doughnut.

DON'T pop a small blister · tape over a wrinkle · skip the moleskin

2 Rolled ankle

loose rock · root · tired feet on a descent

FIRST THREE — IN ORDER

1. Sit. Get the weight off before swelling locks the boot.
2. Wrap with an elastic bandage outside the boot.

DON'T unlace the boot before you can re-lace it · push through severe pain

3 Heat illness

hot day · exposed ridge · not enough water

FIRST THREE — IN ORDER

1. Stop. Get him into shade — make shade if there is none.
2. Cool the neck, armpits, groin with water. Fan hard.

DON'T push to finish · give salt tablets dry · ignore confusion

4 Bee sting

swarm at the campsite · brushed nest · wildflower

FIRST THREE — IN ORDER

1. Scrape the stinger out with a card edge, not tweezers.
2. Wash. Cold pack if you have one.

DON'T pinch the venom sac · ignore a known allergy · delay an EpiPen

5 Deep cut

fall onto rock · knife slip · scramble through brush

FIRST THREE — IN ORDER

1. Direct pressure with a clean cloth. Hold five minutes.
2. Rinse with treated water once bleeding slows.

DON'T rinse before bleeding slows · close a dirty cut · skip a tetanus check

2 IF YOU ARE UNSURE WHERE YOU ARE

do not keep walking

S Stay

Stop walking now.
Sit down.
Drink water.
Eat something.
Most lost hikers are found within a mile of where they stopped.

T Think

When did you last know your position?
Which way is downhill?
Which way is the sun?
What does the plan at home say about your return time?

O Observe

Map and compass out.
Find a landmark you can see and name.
Listen for water, roads, or voices.
Look up — any sign of recent footprints?

P Plan

If you know the way, walk it slowly and mark your route.
If you do not, stay where you are.
Signal: three blasts, three flashes, or a bright marker.

Treat the injury before the mile finishes. Stay put before you walk further off the trail.

Print this handout for in-person reference during session 3 — trail triage — five injuries on a partner.