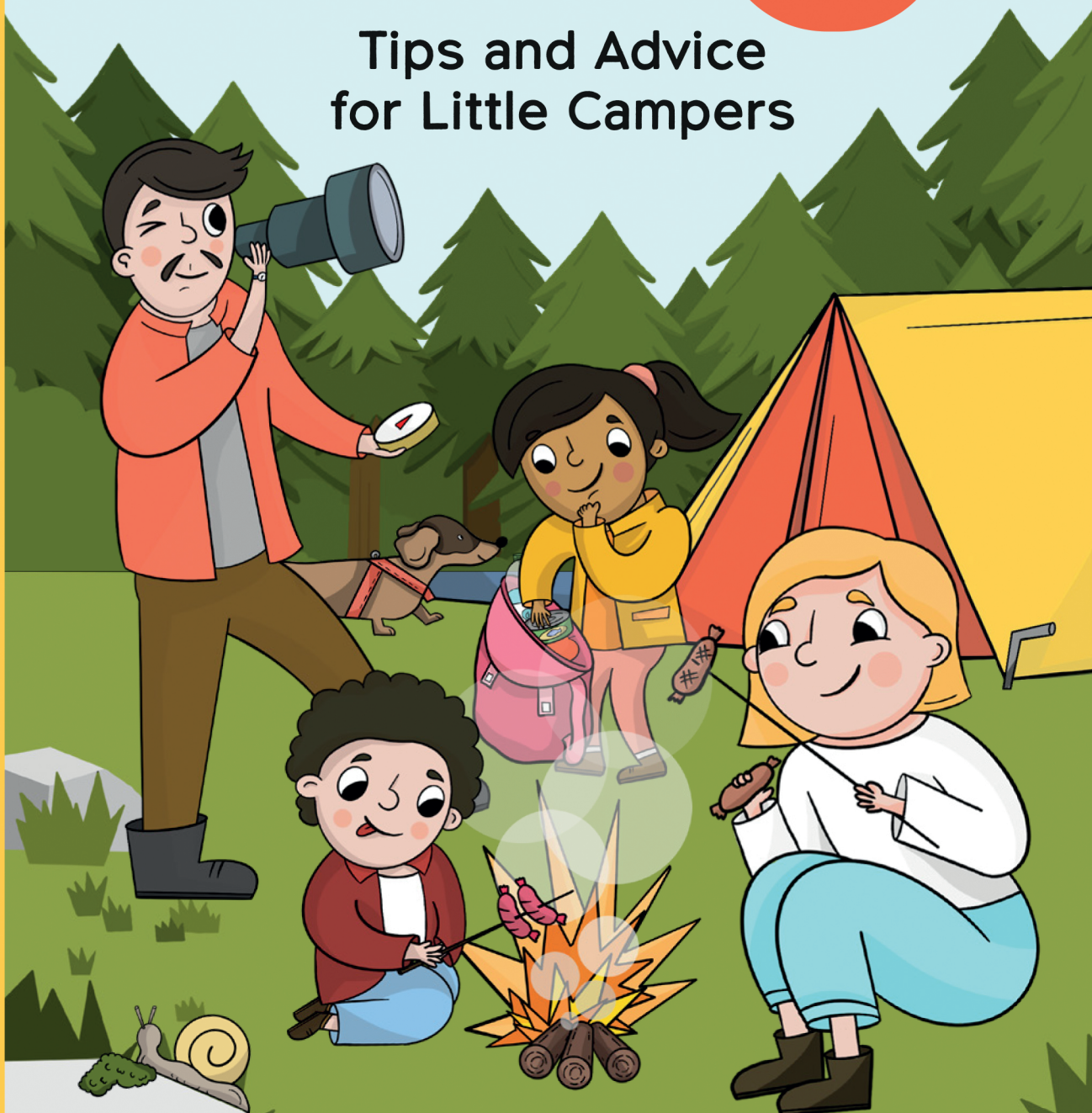


Hedviga Gutierrez

HIKING 101

Tips and Advice
for Little Campers



Albatros




Hedviga Gutierrez

HIKING 101

Tips and Advice for Little Campers






Dad doesn't have his backpack strapped on properly and he's carrying too much stuff. He'll be tired in no time! It's no wonder he's already thirsty.

HOW DO WE PACK OUR BACKPACK?

When you go on a trip, it's important to have a properly packed backpack. You should only take as much stuff as you're able to carry. And there are several things to bear in mind when packing and carrying your backpack.

When you're packing your backpack, it's good to have a list of things you want to take. That way you won't forget anything.



A backpack is a must-have for hiking. In nature, there are no stores, so you must bring things on your back: a drink, snacks, and a jacket for chilly moments.

WHAT SHOULD WE WEAR?

Are you ready to go on a hike? When you're out in the countryside, you need to dress comfortably and put lots of layers of clothes on top of each other. Then if you start to feel too warm, you can just take off a layer.

It's cold outside but you might get hot! You'll sweat because it's physically demanding, so don't put too many clothes on.



It's important to wear the right shoes too. Not only will your feet feel comfortable; you'll also avoid stumbling and falling.

Dad's doing great! He's properly dressed and he uses trekking poles for support when walking. They'll be especially useful up in the hills!

Brrrrr! Cooper underestimated the weather. It can be cold outdoors, especially when you're taking a break from walking, so always have a warm jacket or sweatshirt with you.



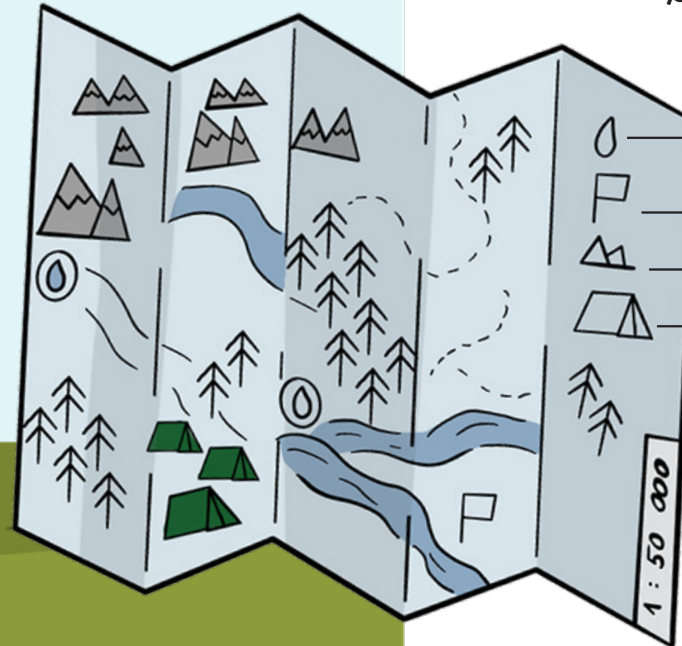


Always plan your trip properly, ideally in advance. And don't forget that an adult should always know where you're going – even if it's close to your route.

Always know where you are

If you have no cell phone signal, a map and compass are super helpful. That's why it's a good idea to learn how to use them. There are also many useful map applications that you can download onto your phone before your trip.

reading maps



water sources

places of natural interest

rocks

camping areas

All maps have a legend that explains the meaning of the symbols drawn on them.

Smartphones can show you where you are through a navigation system. Make sure your phone is charged or take a portable charger with you.

compasses

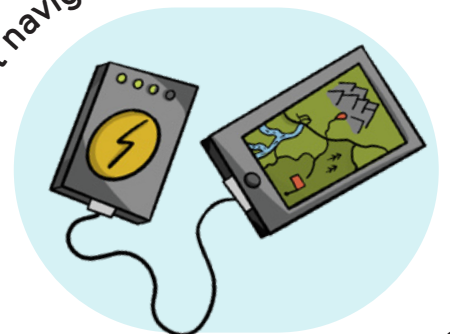


All compasses show us which way north is.



For a compass to work correctly, it must always be held in a flat, horizontal position.

smart navigators



If you're following a marked trail, don't forget to check the trail signs regularly, so you don't lose your way.

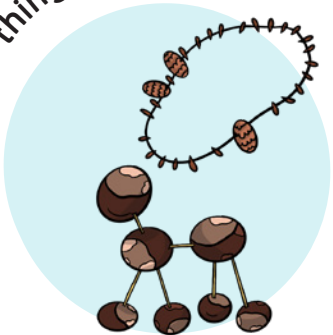


And here we are, out in the countryside. It's so beautiful! And there are so many fun things to do. What about building a little house for elves? There are twigs, pinecones, and moss everywhere.

Playing in the countryside

Why not play the game "I Spy. . ." with colors in nature? You say "I spy with my little eye something that's red" (or green, yellow, blue, etc.) and your friends have to guess the natural object you're focusing on.

make things with nature



We can use nuts, pods, and berries to make necklaces or animal figures.

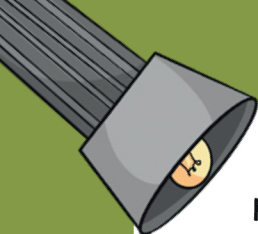


colors of the natural world



animal impressions

Grrrr, grrrr! Ooh, ooh, ooh! What are those sounds? They're noises that lions and monkeys make. Do impressions of different animals and see if your friends can guess what you are? It's a lot of fun!

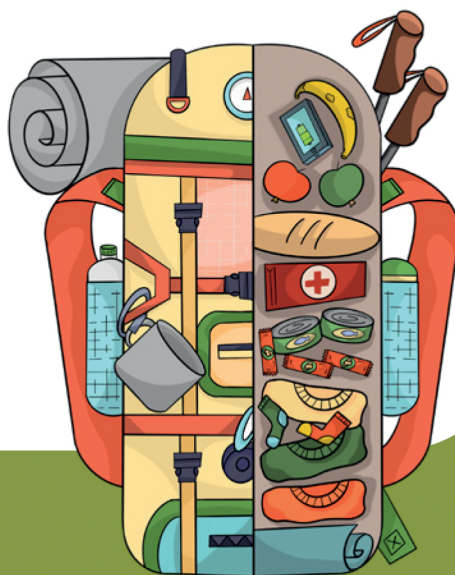


Hooray, we're going hiking in the countryside! Put on your shoes, grab your backpack, and off we go! But wait a second. Are you really planning to go in flip-flops? Haven't you put on any sunscreen? And what about taking a snack? And do you even know where we're going?

So many questions! But there's no need to worry – that's what this guide is all about. Here, you'll learn all you need to know to avoid difficulties on your trip to the countryside and have a lot of fun.

YOU'LL LEARN ABOUT:

- how to properly pack your backpack
- what clothes to wear
- nourishing snacks
- the items in a first aid kit
- ways to filter water
- how to set up your tent
- and so much more!



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