



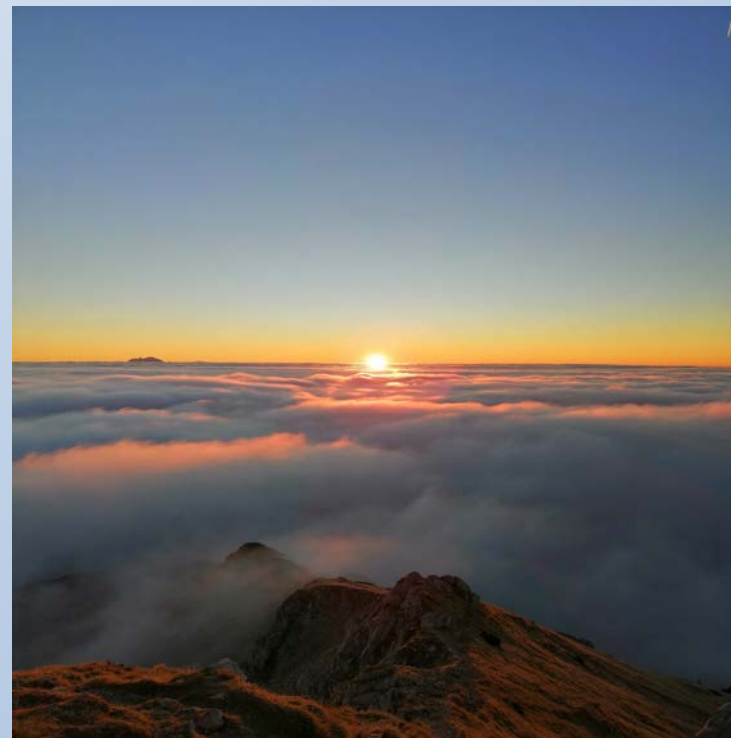
HIKING





CHAPTERS

- The human body and movement
- Tour preparation
- Equipment and importance of clothing
- Eating and nutrition
- Hazards in nature
- Weather phenomena

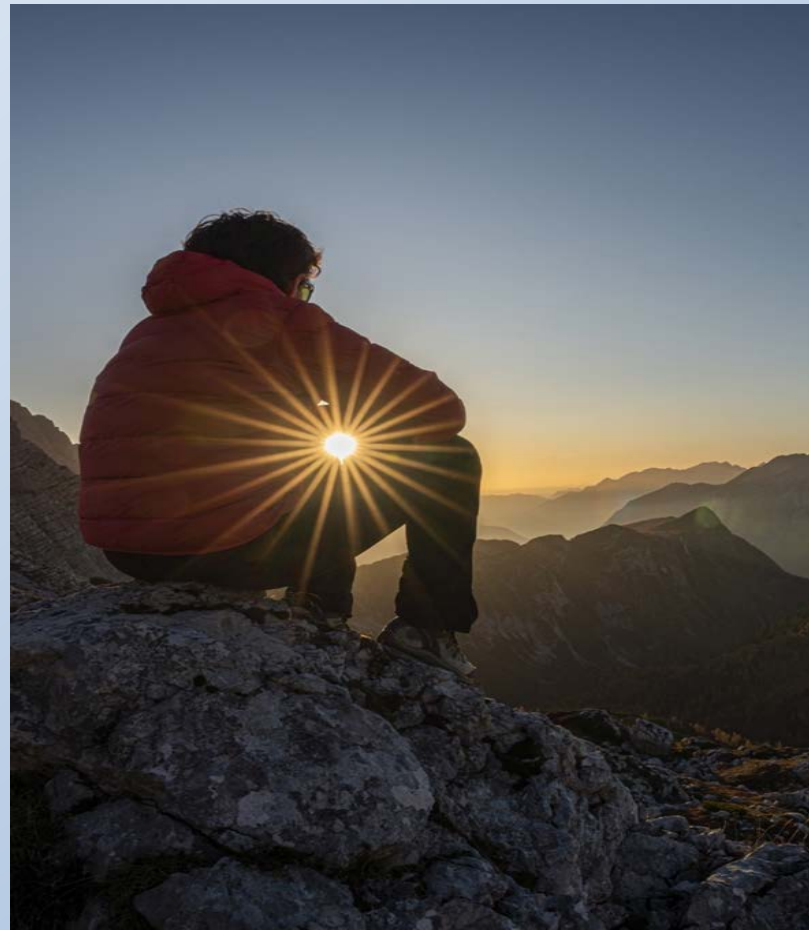




The human body and movement

O Motive for movement:

- because of society,
- health motive,
- sports motive,
- desire for adventure,
- approval desire,
- escape into solitude,
- because of nature beauty.





The human body and movement

Why hiking?

- enables well-being,
- gives you more energy,
- helps you sleep better,
- helps to relieve stress,
- reduces the risk of cardiovascular disease,
- helps you gain ideal weight,
- the opportunity to meet people and make friends,
- suitable for all age groups, it is never too late to start and the whole family can join,
- can take place in local environment,
- you can walk anywhere and anytime,
- small chance of getting injured,
- it's free.





Tour preparation

- mental and physical
- organizational:
 - goal, route, duration, participants, logistics, cost estimate.
- technical





Tour preparation

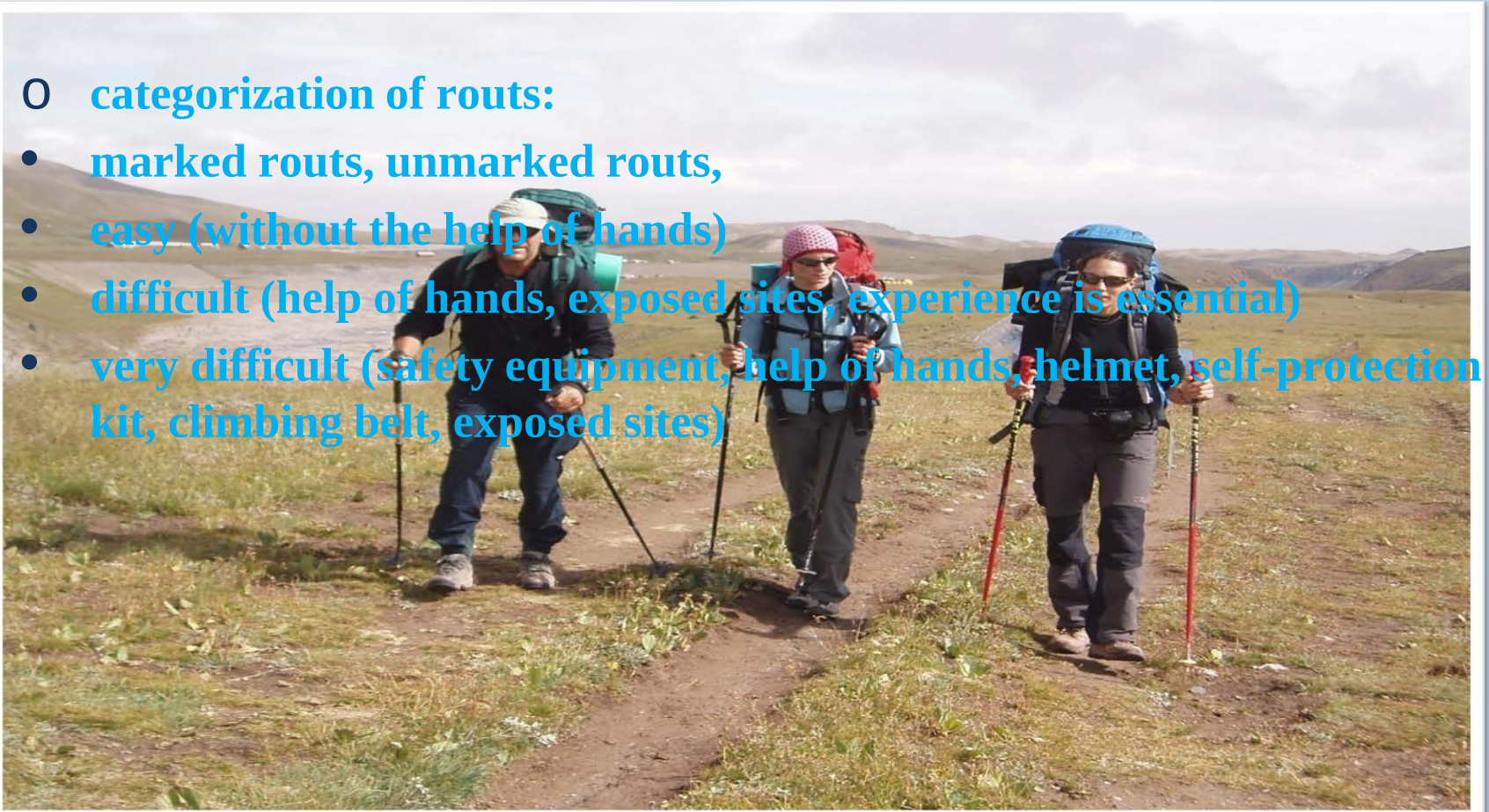
- **Before:**
 - weather forecast, route condition, speciality of route, access and return,
- **During:**
 - walking speed, breakes, food, drinks, orientation, walking in a group,
- **After:**
 - evaluation, maintenance of the equipment, photo and log editing.





Tour preparation

- categorization of routes:
 - marked routes, unmarked routes,
 - easy (without the help of hands)
 - difficult (help of hands, exposed sites, experience is essential)
 - very difficult (safety equipment, help of hands, helmet, self-protection kit, climbing belt, exposed sites)



What to consider?



difficulty and duration of the route,
 season,
 weather conditions,
 personal equipment:
 backpack, walking poles, hiking shoes,



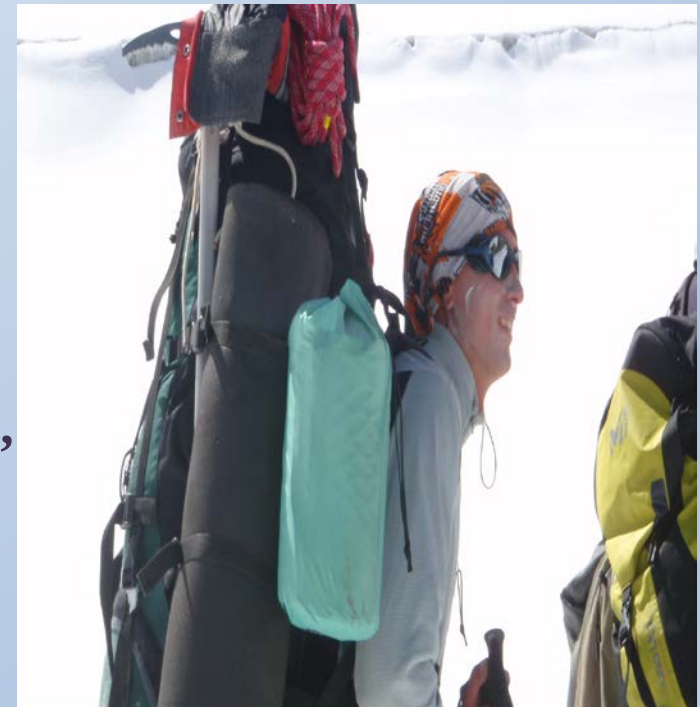


Equipment and importance of clothing

What to put in a backpack?

O essential:

- snacks, drinks, personal documents, gloves, cap, windbreaker jacket, protective cream, sunglasses, spare clothes, mobile phone, first aid, mountain map, matches, headlamp, pencil and paper, pocket knife, helmet.





Equipment and importance of clothing

O Clothing:

- Provides insulation to preserve body heat during the activity,
- Adequate material for activity: wool, syntetics, cotton, waterproof,
- The layer system- onion method!
- C-O-L-D method.





Equipment and importance of clothing

O C-O-L-D method:

- C – Clean (insulation layers must be clean and fluffy),
- O – Overheating (avoid overheating by adjusting layers),
- L – Loose Layers (wear several loosely fitting layers of clothing and footwear),
- D – Dry (keep dry by avoiding clothes that absorb moisture).



Equipment and importance of clothing

○ Backpack:

- Suitable size,
- Height - adjustable back,
- Waist belt with foam,
- Waterproof material,
- Fastening straps.



○ Hiking shoes:

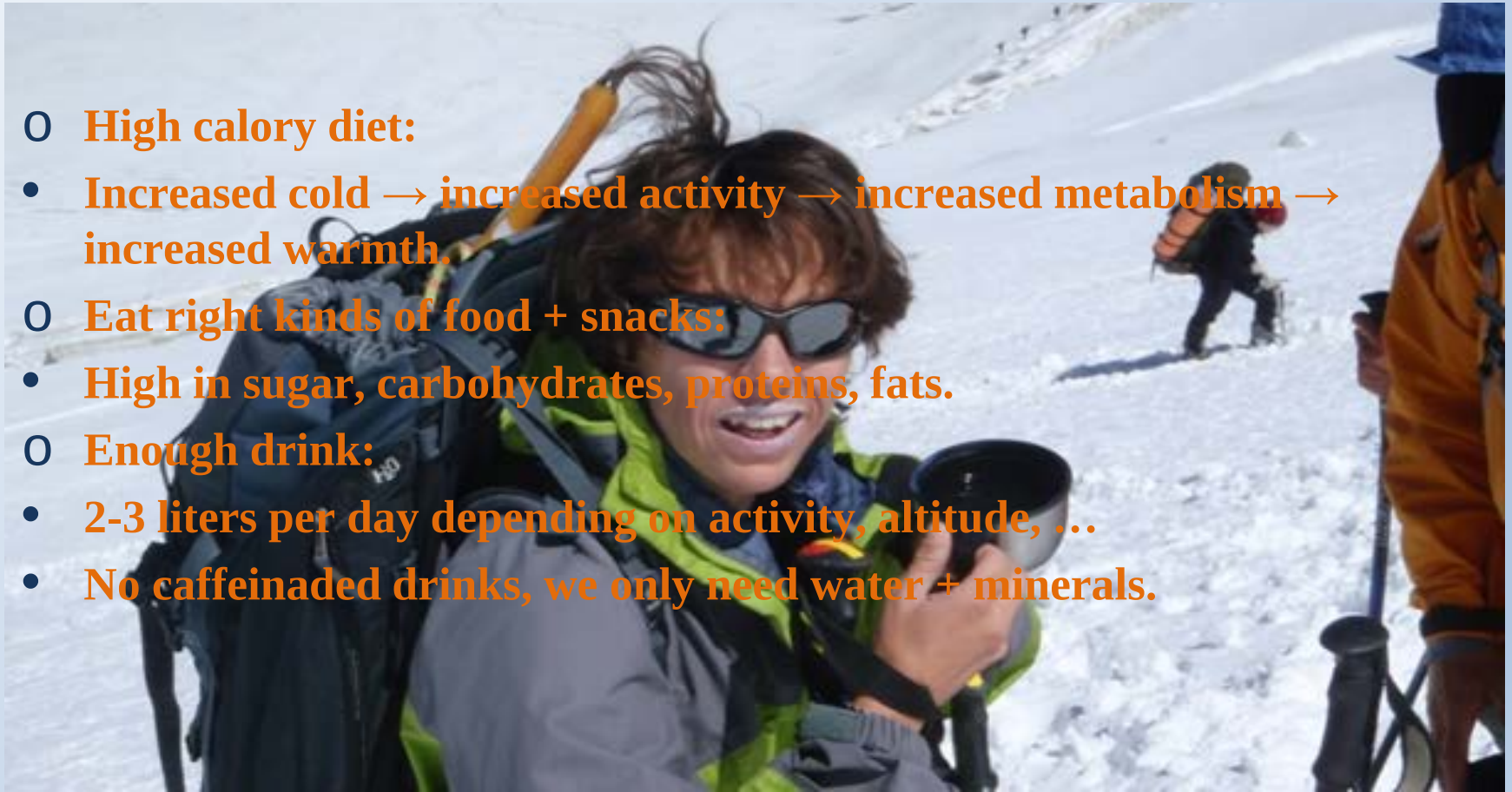
- Low and high hiking shoes with vibram sole,
- Waterproof material.





Eating and nutrition

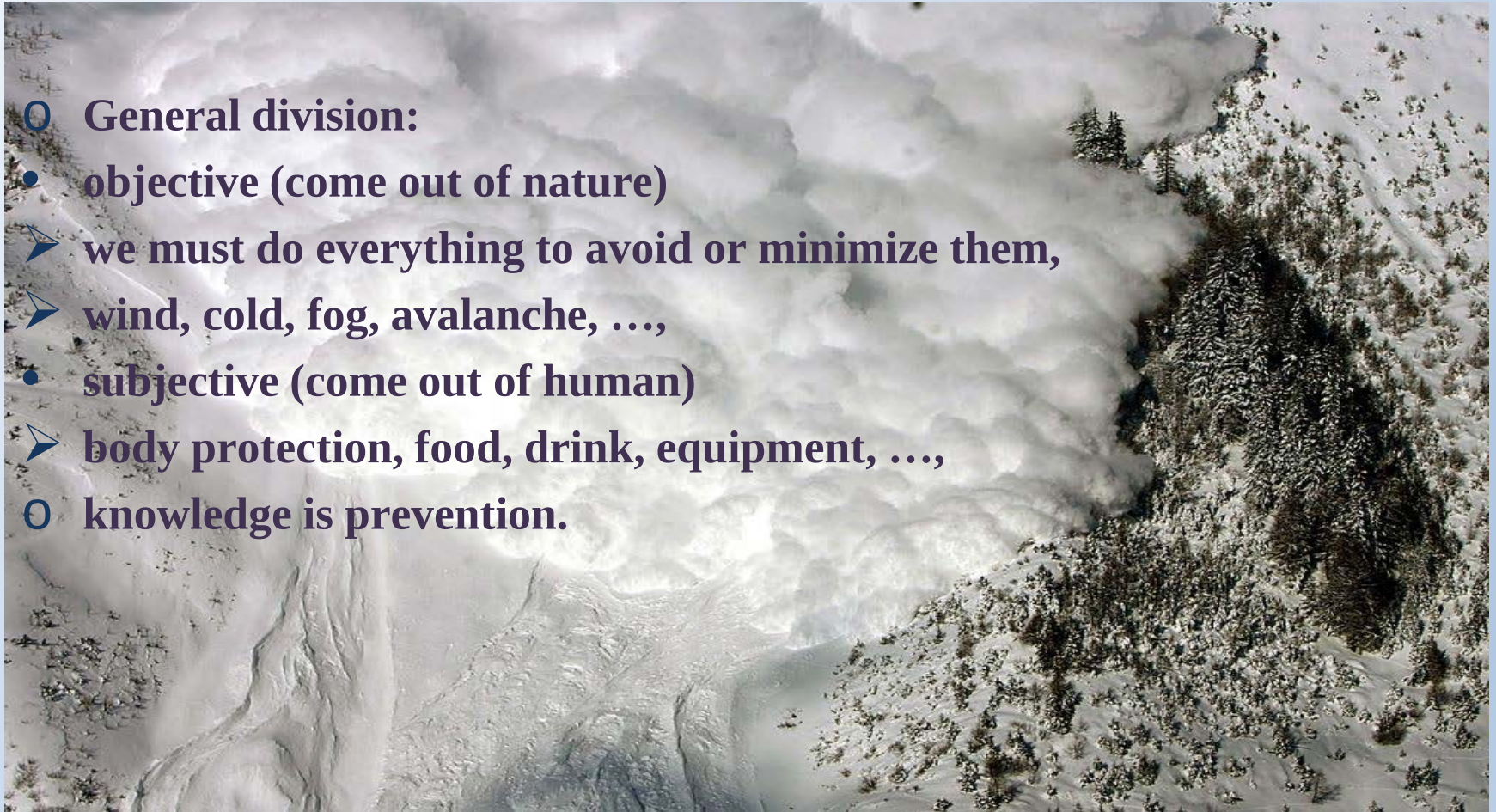
- **High calory diet:**
 - Increased cold → increased activity → increased metabolism → increased warmth.
- **Eat right kinds of food + snacks:**
 - High in sugar, carbohydrates, proteins, fats.
- **Enough drink:**
 - 2-3 liters per day depending on activity, altitude, ...
 - No caffeinated drinks, we only need water + minerals.





Hazards in nature

- General division:
 - objective (come out of nature)
 - we must do everything to avoid or minimize them,
 - wind, cold, fog, avalanche, ...,
 - subjective (come out of human)
 - body protection, food, drink, equipment, ...,
- knowledge is prevention.





Hazards in nature

What to look out for?

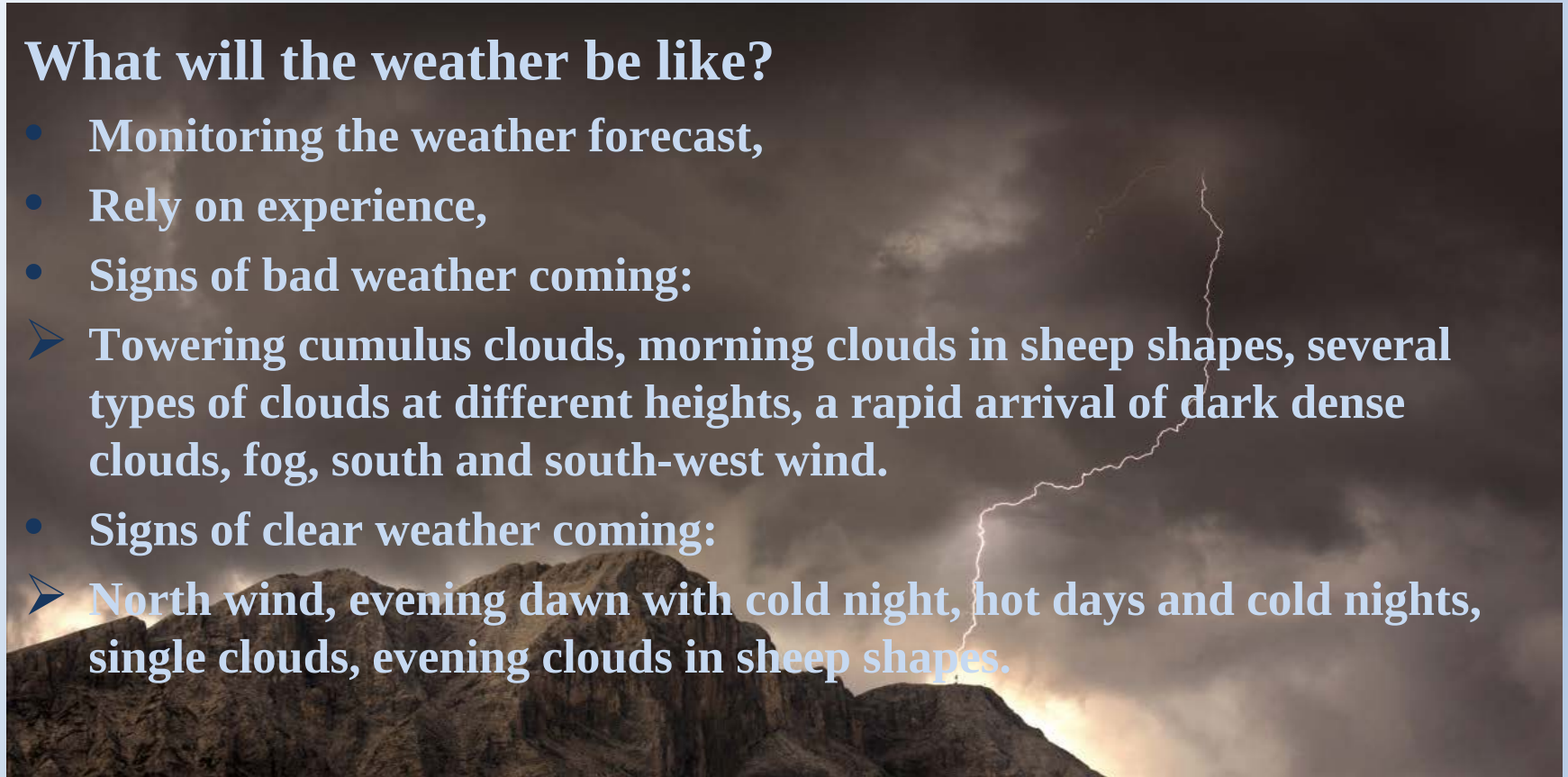
- blisters,
- Falling rocks (walking on scree, after cold nights, ...),
- Falls (slipping, stumbling, ...).
- Weather conditions:
 - fog, wind, snowfall, hail, lightning storm
- Hypothermia, local frostbites,
- Altitude sickness (above 3000 m),
- Exhaustion and dehydration.
- Sun:
 - 1st degree sunburns, herpes, snow blindness, sun stroke, skin aging, skin cancer,
- Bites (insects and snakes),
- Meeting wild animals (wolf, bear, fox, wild boar, ...).



Weather phenomena

What will the weather be like?

- Monitoring the weather forecast,
- Rely on experience,
- Signs of bad weather coming:
 - Towering cumulus clouds, morning clouds in sheep shapes, several types of clouds at different heights, a rapid arrival of dark dense clouds, fog, south and south-west wind.
- Signs of clear weather coming:
 - North wind, evening dawn with cold night, hot days and cold nights, single clouds, evening clouds in sheep shapes.



THANK YOU FOR YOUR
ATTENTION

