

# **Hiking Game**

## **A Pre-Hike Planning Activity**

Pre-planning is necessary for any outing to be successful. Try this activity with your Guides or Pathfinders as you prepare for your next day hike or backpacking adventure.

### **Are We Prepared?**

Distribute one situation or solution card to each girl.

Have girls with situation cards read out the message.

The girl with the right solution card answers.

After playing the game, have a brain storming session about all the things that could go wrong and precautions that could be taken to prevent some of them.

<p><b>Situation #1</b> Ouch, you have developed a nasty blister on the back of your foot.</p>	<p><b>Solution #1</b> Moleskin is an adhesive-like material that acts as a cushion on pressure points. It should be applied as soon as you feel a hot spot developing on your foot. You should have some in your first aid kit.</p>
<p><b>Situation #2</b> You see storm clouds developing on the horizon. After walking for about 10 minutes you begin to see flashes of lightning.</p>	<p><b>Solution #2</b> You know that lightning is attracted to the highest point and to solitary objects. Finding a low spot away from water puddles and metal objects is your best defense.</p>
<p><b>Situation #3</b> Your pack did not feel heavy when you left, but now you can hardly take another step.</p>	<p><b>Solution #3</b> A pack should not weigh more than <math>\frac{1}{4}</math> of your body weight. You should pack and weigh your backpack before leaving home. A well thought out equipment and kit list will eliminate duplication of supplies.</p>
<p><b>Situation #4</b> Your group is walking along a trail when you come to a fence with a large NO TRESPASSING sign on it.</p>	<p><b>Solution #4</b> Because you planned your trip carefully, using maps and speaking with local Natural Resources staff, you were able to obtain written permission from the landowner to cross the property.</p>
<p><b>Situation #5</b> Each member of your group brought 2 water bottles, but the day has been very hot. You are getting low on water and still have a couple of hours of hiking left before you reach your campsite.</p>	<p><b>Solution #5</b> As experienced hikers you have planned carefully and are carrying a water filter. After consulting your map you see that you will cross a creek in about another 20 minutes. At the creek, the group rests while everyone replenishes their water supply.</p>
<p><b>Situation #6</b> A campfire ban has been issued due to extremely dry conditions. It is suppertime after a long day and everyone is hungry.</p>	<p><b>Solution #6</b> You are using low impact camping techniques, so have brought a lightweight stove and planned menus that are one pot or can be cooked by adding boiling water only.</p>

