



The School For
Mountain Leadership

HIKING SKILLS HANDOUT No 2 : THE TEN ESSENTIALS

*This training handout may be freely reproduced
and distributed in an unaltered form.*

NEED MORE INFO?

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This training handout is an aide-memoire for students who have completed the appropriate training. Do NOT attempt these techniques without proper training – getting it wrong can be lethal!

Even the simplest little day walk can go wrong just enough to make your life unpleasant:

- A wrong turn can make the hike go on into the dark.
- A snapped shoelace can result in a shoe that won't stay put.
- A twisted ankle can result in an after-dark extension to the trip.

To ensure that you can deal with life's little curve-balls there are 10 essential groups of kit that you need to have with you. The extent of these will depend on the duration and severity of your trip, but regardless of either you should at least have something in your pack that satisfies each requirement

The Pack

For day trips the pack will be somewhere around 20 – 30 Litres capacity.

The Essentials

No	Item	Notes
1.	Emergency Repair Kit (and First Aid Kit)	Swiss Army Knife or Multi-Tool Spare boot / shoe laces Some Duct Tape On longer hikes you can include <ul style="list-style-type: none">• Cable ties• Spare backpack buckles• Tent repair (eg: Spinnaker Tape)• Puncture kit for mattresses The First Aid Kit can be a small off-the-shelf pocket kit for day hikes or something more serious for longer trips. Never underestimate the amount of stretch plaster needed for ankle injuries. One full roll of plaster will not tape more than 2 ankles. Your first aid kit should include a pencil and note pad. Golfer's Pencils are great as there is no sharpening.
2.	Navigation	Take a paper map and a waterproof sleeve (eg: Zip-Loc bag). Compass GPS Pencil (should already be in your first aid kit) <i>Be careful of using your phone for navigation – mobile signal triangulation is inaccurate and GPS eats battery!</i>
3.	Sun protection	Sun block Sun Hat Sun Glasses
4.	Insulation	Beanie Warm jacket Rain jacket

5. Lighting *Do NOT rely on using your phone's light.*
Take a head lamp and spare batteries (beware accidental switch-on!) Even if you're only planning a morning walk, take a head-lamp. Things go wrong and every day becomes night at some point.
6. Communication
Mobile phone (fully charged) with emergency numbers already programmed in. Write the PIN down and demonstrate the unlock pattern in case someone else has to make the call.
Whistle
Mirror
Consider a battery bank and charging cable if you're using your phone to take photos.
7. Fire
A lighter or waterproof matches.
8. Nutrition
This can simply be a couple of snacks or some biltong. Make sure you have enough to last you at least one full day longer than you plan to be out.
9. Hydration
South Africa is a dry country. Make sure you have capacity to carry at least 2 litres, even if one litre of that capacity is empty – at least you can take advantage of chances to fill up.
10. Emergency shelter
A Survival Bag (extra heavy duty orange plastic bag ±180cm long by ±70cm wide) is a good start. It also doubles as a day-glo panel for signalling.

The eleventh essential is **Toilet Paper** (as well as a small trowel) !!!

Please contact us at the above addresses for further information.
