



# HIKING & BACKPACKING

United States  
Air Force Academy  
Outdoor Recreation Center  
Bldg 5136

719-333-4753/4356

Mon–Tue 8:30 am – 5:30 pm | Wed 8:30 am – Noon

Thu–Fri 8:30 am – 5:30 pm

Sat 8 am – 3 pm

Sundays and Holidays closed



[USAFAsupport.com](http://USAFAsupport.com)

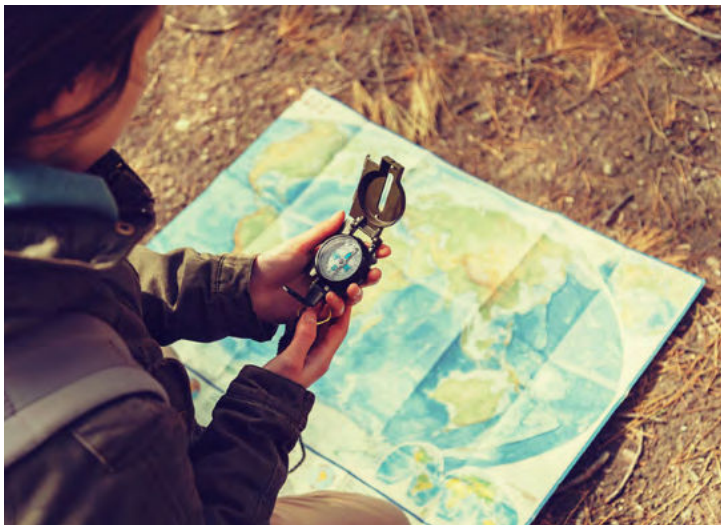
# HIKING AND BACKPACKING

The great outdoors naturally lures many of us to enjoy the scenic splendor of the countryside. Hiking and backpacking provide exercise and interest people of any age. Just getting out and walking around is a wonderful way to see nature. Novices who venture out into the wilderness unprepared and on their own are headed for trouble early on. Since unexpected things happen, the best way to help guarantee a good time for all is to plan ahead carefully and follow common sense safety precautions. Before you take that summer trek into the woods, follow these tips to keep you on the safe path to hiking or backpacking.

- If you have any medical conditions, discuss your plans with your doctor and get approval before departing.
- Plan the hike, from start to finish by using trail maps, forest service information, topographical maps, etc.
- Always tell someone where you are going and when you plan to return. Include such details as the make, year and license plate if your car, the equipment that you're bringing and the weather you've anticipated.
- Don't hike alone. It's safest to hike or backpack with at least one other person. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help.
- Make sure you have the skills you need for your adventure. You may need to read a compass, erect a temporary shelter or give first aid. Practice your skills in advance.
- Don't overdo it. If your trip will be strenuous, get in good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for proper acclimatization to the altitude.
- Travel light and take only what you need. Review the equipment, supplies and skills you'll need. Consider what emergencies might arise and how you would deal with those situations.
- Pack emergency signaling devices and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur.
- Take an emergency survival kit with you. Your kit should contain matches/lighter, candles, extra food and clothing, first-aid kit, compass, map, flashlight, tent, pocket knife and a signaling device.

## WHAT TO WEAR

- Socks (either poly or wool)
- Boots
- Long pants
- Wool or poly gloves/mittens
- Parka or jacket (wind and water resistant)
- Shirt and/or sweaters
- Hat or sun visor



## WHAT TO BRING

- Two forms of firemaking
- Cell phone
- Clothing
- Compass
- First-aid kit
- Extra food
- Flashlight
- Insect repellent
- Map
- Pocket knife
- Pocket mirror (to use as signaling device)
- Prescription medications
- Radio with batteries
- Space blanket
- Sunglasses
- Sunscreen
- Trash bags
- Water
- Water purification tablets
- Whistle

## IF YOU BECOME LOST

- Remain calm and avoid panic.
- Don't proceed in another direction unless you are sure of what you are doing.
- Of you move, leave a note or mark the place with stones in groups of three, which indicate "HELP."
- Show the directions of travel by making trail pointers out of stones, brush or twigs.
- Attract attention with three distress signals. Three blasts of a whistle, three shouts and three flashes of light.
- Make a small fire out of green wood, which will produce a lot of smoke.
- Try to keep warm, sheltered and supplied with water.

Don't wander around in the dark. Wait until morning to find your way. It's a good idea to assemble a separate survival pack for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches/lighter and candle. With these items, the chances of being able to survive in the wild are greatly improved.

## HIKING AND BACKPACKING ONLINE RESOURCES:

[www.hikingandbackpacking.com](http://www.hikingandbackpacking.com), [www.alltrails.com](http://www.alltrails.com),  
[www.backpacking.net](http://www.backpacking.net)

## LITERATURE AVAILABLE:

Best Hikes with Dogs in Colorado

Front Range Hikes

Front Range Trail Runs

14ers in Colorado

## RENTAL ITEMS:

- Sleeping Pad
- Cot
- Tent
- Stove
- Backpack
- Sleeping Bag



- Camping Chair
- Lantern
- Heater
- Shovel



**Everyone age 18 or older MUST have a valid hunting or fishing license to be on ANY PART of a state wildlife area or state trust land. [cpw.state.co.us](http://cpw.state.co.us)**