

DALHOUSIE ADVENTURE

HANDBOOK

FOR

TREKKING, HIKING, CAMPING

&

TREK-LEADERS

WELCOME

We present to you the latest edition of the Handbook for Trekking, Hiking, Camping & Trek Leader for Trek Leaders. This information has been compiled for your use in preparing & planning your upcoming treks & adventure activities. We are pleased to offer our assistance to you for learning the basis of Trekking, Hiking, Camping activities. Which will help you reduce the risk of injury & other misshaping during the trek.

The following are **essential directives to remember** for your pioneer trek:

- The “**Pack it in, Pack it Out**” policy requires trek groups to carry their garbage off-site. Please do not use the forest as a rubbish bin.
- **Fasting should not be incorporated** as part of the treks as the activities are physically demanding and the lack of food, under such circumstances, would be unwise. We encourage careful food planning which will include taking home unused foods.
- Our goal is to have **ZERO serious dehydration problems**. This translates into Zero I-Vs administered. With careful planning, dehydration problems can be avoided.
- Respect the natural environment at all times. Do **not litter, burn wood, play loud music, pluck plants or disturb wildlife**. Take nothing away but memories, leave nothing behind but footprints.
- Respect local sentiments, culture and practises. People in these remote communities in **Himachal are very warm-hearted and hospitable**. Do not abuse their trust. Trekking is not about getting to a place, but the experiences involved – so enjoy them

CAMPING AND SITE USAGE

- No smoking, firearms, fireworks, or alcoholic beverages are allowed during the trek
- Do not leave any trash on the Campgrounds or anywhere along trail. This includes orange peels, apple cores, etc. **PACK IT IN; PACK IT OUT!** There are no trash facilities at the site therefore **DO NOT** leave any trash. Please leave the area cleaner than you found it.
- Please do not start fires except in the rings provided; **do not move them**; do not burn your trash in the fire rings.
- Do not take benches from other areas.

- Please no ATV's, **boom boxes, tape players, or CD players.**
- Do not feed the wildlife; they need to be kept wild.
- No pets allowed.
- Panning for gold or any other type of prospecting is not permitted.
- Be courteous of others at the campground. No early morning wake-up calls over a sound system
- No long-term camping is permitted on the property. A usual stay should not extend beyond three nights.
- Please keep trekkers and children from climbing on the cliffs and hills. The rocks are very unstable and can dislodge, causing a serious fall.
- Preference for the campground will be given to those with a reservation. Day visitors are always welcomed and other campers are welcome provided there is room. Please be very respectful to all those visiting and staying at campsites

SANITATION

- Please keep all restroom facilities clean with provided supplies; do not throw in debris as it will clog the cleaning hose of the vacuum truck.
- Leave all areas as you found them or better.
- Remove all trash; no dumpster is provided; pick up all litter you find; be good campers.
- Water pumps are for obtaining water only. No washing or brushing teeth near the pump area because the drainage from such activities will seep back into and contaminate the drinking water

DURING THE TREK

Good hiking technique is bound up in the concepts of pace, stride, and rest. If we went on a hike with one of the experienced leaders, and paid attention to how they walk, we would notice several things.

First, the leaders pace and stride, which together determine speed, are very steady. On level trail, the speed is not changed all the time, going sometimes faster, and sometimes slower. There is no waste motion. The leader has found a speed that is very comfortable, and he or she holds steadily to it. The leader's posture is erect but not stiff, and the motion of her body is smooth, almost seeming to glide along the trail.

Second, the leader seems to be able to continue almost indefinitely, without any obvious need for rest stops. She may stop to take pictures, to enjoy the view, to eat lunch, get a drink of water, to point out something of interest, etc. These stops add to the enjoyment of the hike. The leader may stop so others may rest, but never seems to need a rest herself. Please always bear the following points in your mind

- Stay on the trail—walk in groups of approximately 5 pax.
- Stopping is permitted but make sure that you inform your team leader
- Absolutely no climbing on the cliffs and hills.
- Take your time, walk quietly, use common sense, feel the spirit
- Do not drink the water from Rock Creek. There are many cattle in the creek upstream
- Please keep children from climbing on the cliffs and hills. The rocks are very unstable and can dislodge, causing a serious fall
- There are no trash facilities at the site therefore DO NOT leave any trash
- DO NOT hike alone. DO NOT climb on rocks. Both can be very dangerous.
- Always let your leaders know where you are. Develop a buddy or family system

SAFETY

Safety is basically preventative preparation. Please train all Trek participants so they can remind and strengthen each other

PROPER CLOTHING

- Pioneer style clothing is good for many reasons
- Long sleeved shirts and blouses,
- Long pants (docked type for boys).
- Socks and comfortable walking shoes (broken in and not new). Never go barefoot.
- Large brimmed hats, sunbonnets, rainwear and coats to keep away sun, mosquitoes, snakes, blisters, ticks, rain and cold.

NOTE: Keep in mind that Dalhousie weather can change rapidly and jackets should be close by during treks. If it rains, a change of shoes and socks is recommended so walking in wet shoes can be avoided

SHOES OR BOOTS

Shoes, or hiking boots are probably the most important clothing item to be considered. Our poorer eyesight and diminishing sense of balance will be especially noticeable when hiking down a steep trail. Where we used to practically run down steep slopes, we now pick our way, hoping that we will not slip on any loose gravel and fall. We have tried all kinds of walking shoes, and find that the lug soles found on good boots are the best. This style of sole really digs in on those downslopes, and helps to prevent a slip. It is possible to get lug soles on lighter walking shoes, and I personally find them to work as well. The important thing is the squarish, block-shaped lugs on the soles. Many running shoes have lugs that are designed to prevent backward slippage. These offer little resistance to forward slippage, and consequently will not be as satisfactory for hiking. Also note that many styles of walking shoes are designed for pavement, and not steep gravelly slopes. We get shoes or boots that are designed for the terrain we will be hiking.

In buying boots, make sure they are very comfortable in the store. Wear thick cushioning socks when trying on boots. The boots must not be too small, but should be snug enough at the heel so that your heel does not slide up and down when you walk. Be especially careful to get a proper width. You should be able to easily wiggle your toes around. Too narrow will lead to rapid tiring and cramps. Boots that are too short will jam your toes into the front of the boot, which can be very painful on a long downhill hike. However, also don't buy a boot that is too long. Extra length will contribute to your tripping on obstructions. Some stores will unfortunately try to sell you a boot that is too long, because they don't have the proper width in your size. Don't let them get away with it. If they don't have your size, go somewhere else.

Low hiking shoes instead of above-ankle-height boots are fine if you don't have a tendency to twist your ankles, and you are not going to be carrying a heavy load. If you do sustain a twisted or sprained ankle, a tightly laced boot over a taped ankle will many times offer

enough support to allow you to keep on walking, enough to get yourself back to your roadhead, and transportation. With low shoes, you incur a greater risk of ending your trip early if you sprain an ankle, and need evacuation, or rescue. Clearly, the best advice is to wear really good boots.

At the end of each day on an extended trip, its great to be able to change into a light pair of shoes, such as moccasins, or some other kind of slip-on shoe

WATER! WATER! WATER!

Everyone **MUST** carry a water container – keep it fresh and drink it. You may want to consider “Gator Aid”

CELL PHONES/HAND HELD RADIOS

Have a cellular phone with the group. The small hand held radios that are available for use by citizens have a two mile range and are useful during the trek, as well.