

## GET READY FOR THAT HIKE!

We don't know at what time a Pioneer could learn more about the outdoors, wildlife, trees and the way to blaze a trail than by going on a troop hike. However, if you don't prepare for it the proper way, it might turn out to be a nightmare for you. We will go over a list of precautions or preparations that you should make ready before starting out.

1-Clothing should suit the season of the year.

2-Take food that won't spoil. (Ask your Leader's advice.)

3-Socks or stockings should be of proper size, clean and no mendings in toe or heel.

4-Don't wear a new pair of shoes on a hike to break them in. Don't wear sneakers or thin-soled shoes. An old pair, sturdy, well-soled, and polished, will make it much easier.

5-Peanuts or bananas have no place on a hike. Wait until you get to your location and have your food with the rest of the troop. Candy can be taken for an afternoon snack or dessert to the meal. Don't eat while enroute.

6-Always have an identification card with you. Your name, address, phone and blood type should be marked on same.

7-Discipline on a hike is important. The Leader wishes you to have a good time, but must insure your safety also. No swimming, crossing a pond, climbing cliffs or trees, without his permission.

8-Canteens with clean water for drinking may be carried. Don't try to drink it all at once.

9-Get a good night's sleep the night before the hike; that's important.' Don't take a cathartic the night before you go on a hike.

10-Remember that accidents don't happen, they are caused. If you must take a knife or hatchet, make sure it is in a sheath, and that you don't take it out to use, unless you need it.

11-Remember, no matter how slight an injury, report it to your Leader. He will see that it is properly cared for.

12-Don't start a fire without permission, and if you have permission, make sure it is properly protected from dry underbrush and leaves, and PUT IT CUT WHEN LEAVING.

HAPPY HIKING, FELLOWS!

13-Remember--being brave does not mean to show off, by climbing a high tree or the side of a mountain.

14-Remember your First Aid and if you have forgotten it, study it before you leave for the simple little accident that might be caused.

15-If you have a rope with you, don't tie anyone up in it, it's real use is for emergency.

16-Let your Leader know how well pleased you are that you are on the Hike.