

ESSENTIAL EQUIPMENT & SUPPLIES FOR HIKE LEADERS

It is the responsibility of the Hike Leader to ensure that all safety equipment is well maintained, clean and in good working condition for use by the hiking party.

Equipment required for any hike would differ depending on the size of the hiking party, the rating of the hike and condition of the trail. It is advised that all equipment fit in a reasonably sized case/backpack as to not hamper the mobility of the Hike Leader.

All Hike Leaders are expected to know and be guided by the “Updated Ten Essential Systems”

- I. Navigation (GPS tracker, map and compass)
- II. Sun protection (sunglasses and sunscreen)
- III. Insulation (extra clothing, opt for moisture wicking clothing or avoid cotton)
- IV. Safety & Illumination (whistle, headlamp/flashlight)
- V. First-aid supplies
- VI. Fire (waterproof matches/lighter/candles)
- VII. Repair kit and tools (rope, duct tape, multi- purpose knife)
- VIII. Nutrition (extra rations of sandwiches, protein / granola bars, nuts, small fruits)
- IX. Hydration (extra water)
- X. Emergency shelter (tent, tarpaulin, bivy or reflective blanket)

Other important equipment would include:

- Communication (cell phone, two- way radios, satellite phone, extra batteries)
- Cutlass and rope
- Insect repellent
- Water safety (life jackets and possess a rescue can or tube)
- Snake Gaiters
- Personal Beacon Locator / flare
- Garbage disposal (trash bags)
- Water-proof bags
- Nylon bag (emergency stretcher material)

For longer hikes or overnight camping, particular attention should be paid to rations provided.

Hike Leaders must also express to hikers what personal equipment required for the particular trail prior to Hike day. *See Guidelines for Hikers – Ten Essentials*

NB: IT IS NOT ADVISABLE TO TAKE WEAPONS, COOKING UTENSILS, EXPENSIVE EQUIPMENT ON TRAILS FOR THE SAFETY AND ENJOYMENT OF ALL THE HIKE PARTICIPANTS.

BASIC FIRST AID KIT

1 Roll 2-3 inch Gauze
Adhesive dressing
Sterile wipes
Cotton wool balls
Triangular bandage
Sterile eye drops
Antiseptic ointment
Soap
Scissors
Painkilling tablets

Gauze compresses
Plaster strips (various sizes)
Alcohol wipes
Safety pins / clamps
Assortment of dressings
Eye pads
Calamine lotion / antihistamine spray
Salt
Tweezers

References:

American Hiking Society, The 10 Essentials of Hiking. (n.d.). Retrieved September 26, 2017, from <https://americanhiking.org/resources/10essentials/>

Recreational Equipment, Inc., R. (n.d.). The Ten Essentials for Camping & Hiking. Retrieved September 26, 2017, from <https://www.rei.com/learn/expert-advice/ten-essentials.html>