

The Gentle Art of Day Hiking

General Course Information

Instructor: Gary Eblen

Directions to the Pisgah Ranger Station and Visitor Center from the Arboretum:

From the Arboretum, follow 191 South (right turn out of Arboretum for approx 8 miles) until it merges with 280. Bear right on 280 West (approx 13 miles) to the intersection of 280, 64, and 276. At the intersection go right (West) on 276 into Pisgah National Forest. Follow 276 for about 1 1/2 miles to Pisgah Ranger Station and Visitor Center, which is on the right.

The group will meet in the parking lot by the entrance to the Visitor Center. There are rest rooms available!

Recommended Clothing for Day Hiking:

(Cotton clothing and accessories are strongly discouraged)

- Hat for sun
- Stocking cap
- Lightweight gloves or mittens (wool or polyester fleece)
- Long sleeve shirt that is quick drying (nylon or polyester)
- Shorts and/or Long pants of nylon or polyester (some people prefer the zip off leg type)
- Long underwear top (wool or polyester)
- Long underwear bottoms "
- Jacket or vest of wool or polyester fleece
- Lightweight rain jacket
- Lightweight rain pants
- Hiking socks (wool and/or polyester--no cotton)
- Well fitting, broken in hiking shoes or boots

- Daypack *
- Trekking poles *

* starred items can be borrowed from Diamond Brand Outdoors at no charge

First Aid Kit Contents:

I have copied the contents from a basic First Aid Kit made by Adventure Medical Kits which retails for \$11.00. There are bigger kits but this is the one they call the .3 which they classify as good for one person for one day. The .3 is about the size of trifold billfold.

- Sterile gauze
- Assorted size band aids
- butterfly closure strips
- antiseptic towelettes
- adhesive tape (athletic tape)
- antibiotic ointment
- moleskin
- safety pins
- ibuprofen
- antihistamine (25 mg tablets)
- after bite sting relief

To that list I've added the following:

- Tweezers
- collapsible scissors
- aspirin
- small rolls of duct tape (2" X 50") take up about as much room as two "C" batteries and retail for \$4.00
- tampon--as I mentioned in our class, I'll start carrying one in case of a severe cut. This from a tip picked up in a presentation by a person who has worked here part time and has years of experience taking people on treks in Africa, Nepal and Europe.

If you have particular needs you of course need to address those. As I mentioned, a person with a history of allergy to insects needs would need to carry their own epi-pen. Although insects are most likely not an issue until summer and fall, it would be prudent to carry one at all times.

Suggested Books and Maps:

"Hiking the Carolina Mts." By Danny Bernstein

National Geographic Pisgah Ranger District Map (#780) or

USGS Topographical Maps: Sam Knob; Shining Rock; Pisgah Forest

Trail Etiquette:

3 P's PROMPT; PREPARED; POSITIVE

Expedition Behavior--the Golden Rule

Hike at the pace of the slowest member

Leave no trace: Pack it In, Pack it Out

If your feet hurt, STOP!

Additional Information:

We share the trails in Pisgah with horsefolk, mountain bikers, hunters and anglers.

You are responsible for packing your gear. See suggested Hiking Gear List from Danny Bernstein's hiking guide.

HIKES HAVE AN ESTIMATED LENGTH BUT IT IS GOOD TO EXPECT THE UNEXPECTED. Please leave the evening of the hike "open" so you don't have to hurry.

Special note on Personal First Aid Kit. IF YOU ARE ALLERGIC TO STINGING INSECTS YOU NEED TO CARRY YOUR OWN EPI KIT AND KNOW HOW TO USE IT.

Things to leave at home: pets, radios, ipods, guns, alcohol, drugs

Things to bring: field guides, camera, dark chocolate.