

# The Essential Guide to Hiking with a Youth Group



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# Introduction

- As youth leaders it is our job to create fun, safe, and enjoyable activities for our students that provide a Godly emphasis.
- Today's world is fast paced and constantly moving.
- We rarely leave time to sit and soak in God.
- Hiking is a fun way to immerse students into God's awesome creation.
- My project was to create a guide for youth leaders packed with information for youth workers, including devotional lessons that are ready to use.
- Guide covers:
  - Cost
  - Reason for going
  - Physical Fitness
  - Safety
  - Equipment
  - Food
  - Devotional Lessons

# Cost

- Average Cost per mile is \$2.25

		Number of Students								
Miles Hiked		5	8	10	15	20	25	30	35	40
	10	113	180	250	338	450	563	675	787	900
	15	168	270	338	506	675	844	1013	1182	1350
	20	225	360	450	675	900	1125	1350	1575	1800
	25	281	450	563	844	1125	1406	1688	1968	2250
	30	338	540	675	1012	1350	1688	2025	2363	2700

- Example breakdown of a 25 mile hike with 10 students:

- Total Budget: \$563

- Gas: \$50 – New Total: \$513
- Permits \$25 – New Total \$488
- That leaves approximately \$19 per day per student on a 2.5 day hike
- Meals: \$4/meal leaves an additional \$7 per day per student for equipment, firstaid, and emergency money.

# Physical Fitness

- It is important to be physically fit before starting on any hike to reduce the chances of injury, and to make the trip more enjoyable.
- Hiking works your leg muscles and core body support. Arms and upper body are not as important.
- Your heart and lungs must be able to keep up with the demand placed upon them.
- Exercises to prepare you:
  - Hike close to home 30-45 minutes a day
  - Set a goal each week to increase distance by 2 miles a day
  - Slowly add weight to a pack till you are at your target pack weight
  - Before a long trip hike the equivalent distance for the same amount of days with a pack at full weight. (EG: 5 day hike with a 50 pound pack means you should practice for 5 days with a 50 pound pack at home and rest a couple days before setting out)

# Safety

- Hiking is relatively safe.
- Make sure you leave your plans and time of return with someone.
- Know how to read maps and a compass. **BRING THEM**
- Bring a First Aid Kit and make sure you know what is in it.
- If you or a member of your group is injured:
  - Stay Alive: Make sure the area is safe before helping the victim
  - Stabilize the Injury: Stop bleeding, clean, and bandage
  - Start Recovers: Fix the injury as much as possible and if needed get emergency help.
- If you or a member of your group gets lost:
  - **STAY PUT!**
  - Keep a positive mental attitude
  - Prepare by building a shelter and/or gathering food
  - Setup a some sort of signal, such as mirrors or smoke from a fire

# Equipment

- Equipment is essential to your survival in the wilderness.
- Equipment essentials:
  - Good judgment: Don't be a tourist
  - Pack
  - Map & Compass
  - Water!
  - Flashlight
  - Food
  - Clothes and Raingear if needed
  - Firestarter
  - First Aid Kit
  - Knife
  - Whistle
  - Insect Protection
  - Nylon Cord
  - Large Trash Bags
  - Toilet Paper

# Food

- Plan all your meals ahead and have a backup plan in case you run out of fuel.
- Keep foods and utensils clean and in zip lock bags or their package until needed.
- Always carry water purification tablets or a filter
- Bring light weight easy to make foods such as:
  - Trail Mix
  - Beef Jerky
  - Dried Fruits
  - Oatmeal
  - Top Ramen or any sort of “instant” soups
  - Energy Bars
  - Instant Coffee
  - Instant Flavored Drinks

# Go for God or Go Home!

- The purpose of a youth ministry is to love students and draw them into a relationship with Christ. If this is not happening you may as well stay home.
- Being alone in nature will help you and your students feel closer and more connected to God. The experience of simply being there will pull students closer to God, however it should be augmented with devotional times.
- Devotionals should be done during lunch breaks, and in the evening after setting up camp. If the hike is a short, one day, hike do a devotional at the halfway point while eating lunch.
- Lessons ready to use are provided in the guide, and many more may be found at [SportsmansDevotional.com](http://SportsmansDevotional.com)

# Find a Trail

- There are many resources for finding excellent hiking trails. For hiking in the state of Washington I highly recommend the Washington Trails Association website located at <http://www.wta.org>.
- Wta.org has excellent descriptions of trails.
- Be sure to consider both the age and fitness level of your group when selecting a trail.
- Pictures of some trails around Washington State:



# Thanks

- Professor Mike Kipp
- Google Image Search
- SportsmansDevotional.com
- Washington Trails Association (<http://www.wta.org>)
- HikingDude.com
- And countless other websites
- Now get your group out hiking!

