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10 Essential Hiking Tips Which Every Beginner Must Know

Rory Donnelly · Friday, April 15th, 2022

It's not only the mountains you conquer when you go hiking. You also win your self-confidence, assure your fitness level, feel the adrenal rush from the adventures, and oh boy, what can be said about the view from the top!

To ensure that your first hiking trip is both ecstatic and safe, you must be aware of the [helpful hiking essentials](#) for beginners recommended by the experts.

10 Expert Hiking Tips to Make Your First Hike a Lifetime Memory

Here is the list of 10 hiking essentials for beginners that can also serve as a checklist for the pros.

1. Find a Hiking Buddy

Hiking can be challenging for beginners. Therefore, it's safer to go on the hike with someone who has a good experience. Go with a friend who is into hiking big time. He or she will be happy to help you. Otherwise, you can find such people in the hiking club of your town or community.

2. Choose a Suitable Trail

The trail you choose must be well-maintained and provide all facilities essential for beginners. Choose a reasonable distance, and don't plan to go too far in your first hike. Keep the crucial factors in mind for deciding the right trail, such as the time required for the trek, logistics, elevation, etc.

3. Wait for a Good Weather Day

Check the weather before marching on if you don't want your first hiking trip to be a mess. Choosing a day with good weather is of utmost importance for first-time hikers. It can save you from undesirable accidents and injuries. If you still want to go ahead on a rainy day, at least be prepared with essential gear.

4. Bring the Essential Gears

Although the [essential hiking gear](#) you need depends on the weather and duration of your hike, the following are some basic stuff you must always have in your bag pack.

- Trekking poles

- Water
- Food
- Army knife
- Map (go old school with a paper map as you may not get a network on your mobile)
- Compass
- Multi-purpose tools
- Sunscreen
- Sunglasses
- Matchsticks
- Flashlights and batteries
- A bag-pack explicitly designed for hiking

5. Wear Appropriate Shoes & Socks

You got to take a lot of work from your legs and feet. So wearing the right shoes and socks is non-negotiable. The shoe or boot must be the right fit with proper cushioning. Wearing the best hiking socks is equally crucial.

[Long compression socks](#) are your best bet to prevent blisters and other painful feet conditions. Compression socks provide proper support to your leg muscle to handle the friction and pressure of hiking.

6. Carry More Than Enough Food & Water

It can be challenging to guess how much food and water you need for a hike as a beginner. An average person needs 200-300 calories per hour and 500 ml of water per hour.

Pack little more than average and make notes for your next time's requirement. Weather and hiking duration plays a vital role in deciding how much food and water to pack.

7. Keep the First-aid Kit

The list of hiking tips can't be completed without this one! Always carry a first-aid kit with all the necessary medicines, ointments, bandages, etc. Also, gain basic medical knowledge like knowing when and how to use your first-aid kit.

8. Pack Safety Helmet With Torch

Carrying a safety helmet with a torch as the light source is the best idea. It keeps your head safe in the daytime. You can navigate your way easily in the dark with its torchlight above your head. Also, your hands will be free to hold a trekking pole or surrounding rocks for support.

9. Learn the Ethics & Etiquettes of Hiking

Every hiking group and trail follows unwritten rules and etiquette. Make sure you understand and follow them. Also, learn the seven principles of leaving no trace of your journey in the mountains. These principles help maintain the wild places as it is for coming years.

10. Wear an Appropriate Dress & Carry Extra

Wear synthetic clothes in layers so that you can shed or add any layer according to the weather.

One of the most useful hiking tips is to pack something to block the wind. Avoid wearing cotton as it stays that way for long if it gets damp.

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