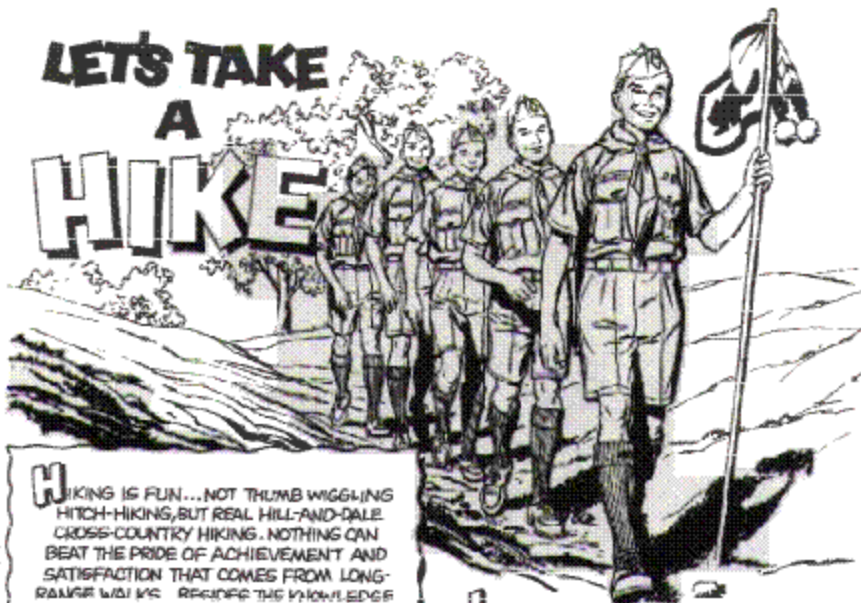


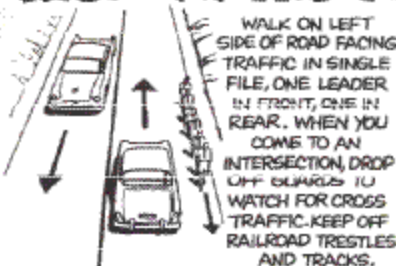
LET'S TAKE A HIKE



HIKING IS FUN...NOT THUMB WIGGLING HIGH-HIKING, BUT REAL HILL-AND-DALE CROSS-COUNTRY HIKING. NOTHING CAN BEAT THE PRIDE OF ACHIEVEMENT AND SATISFACTION THAT COMES FROM LONG-RANGE WALKS. REAP THE KNOWLEDGE THAT EVERY MILE YOU COVER IS HELPING TO BUILD MUSCLE AND ENDURANCE. NATURE HIKES, NIGHT HIKES, MYSTERY HIKES AND BEE-LINE HIKES...YOU AND YOUR PATROL WILL ENJOY THE FINEST KIND OF ENTERTAINMENT AND HEALTHFUL EXERCISE.

IF YOUR PATROL HAIN'T BEEN DOING MUCH HIKING, START OUT WITH HIKES OF TWO TO FOUR MILES. THIS WILL GIVE YOU A CHANCE TO BREAK IN BOTH YOUR SHOES AND MUSCLES. GRADUALLY EXTEND THE DISTANCES UNTIL YOU ALL CAN HIKE TEN TO TWENTY MILES A DAY WITHOUT OVER-FATIGUE OR SORE FEET. YOU'LL BE SURPRISED HOW SOON YOU'LL BE ABLE TO DO IT!

HIGHWAY HIKING



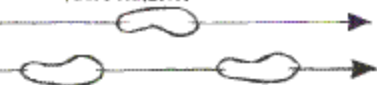
WALK ON LEFT SIDE OF ROAD FACING TRAFFIC IN SINGLE FILE, ONE LEADER IN FRONT, ONE IN REAR. WHEN YOU COME TO AN INTERSECTION, DROP OFF SHOULDERS TO WATCH FOR CROSS TRAFFIC. KEEP OFF RAILROAD TRESTLES AND TRACKS.



IF YOU MUST HIKE ON HIGHWAYS AFTER DARK BE DOUBLY CAREFUL. TIE THE WHITE HANKERCHIEFS ON RIGHT LEGS...USE FLASHLIGHTS.



THE BONES IN YOUR FEET FORM A SUPPLE BRIDGE FROM HEEL TO TOES, DISTRIBUTE YOUR WEIGHT.



WALK WITH YOUR FEET POINTING STRAIGHT AHEAD...YOU'LL GET LESS TIRED.

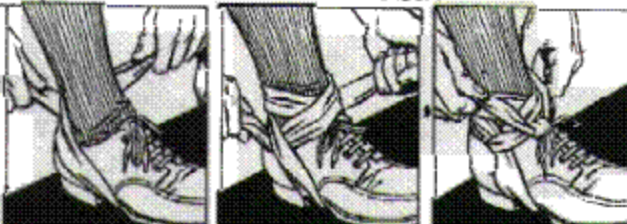


START HIKING SLOWLY WITH A FREE, EASY STRIDE. LEAN FORWARD SLIGHTLY.

WHEN CARRYING A PACK, USE LONG NATURAL STRIDES. LEAN FORWARD WITH A SLIGHT STOOP.

ON LOOSE, SLIPPERY GROUND OR WHEN GOING DOWNHILL, PLACE WEIGHT ON HEELS.

YOU MAY HAVE TO KEEP HIKING IN SPITE OF A SPRAINED ANKLE. IN THAT CASE, KEEP YOUR SHOE ON. TIE A SPRAINED ANKLE BANDAGE OVER IT AS SHOWN HERE.



FOOTCARE

A HIKER IS ONLY AS GOOD AS HIS FEET. TAKE CARE OF YOUR FEET AND THEY'LL TAKE YOU WHEREVER YOU WANT TO GO. THREE PRIME FACTORS IN BUILDING HEALTHY FEET ARE: (1) SHOES AND STOCKINGS THAT FIT. (2) CLEAN FEET AND SOCKS. (3) FREEDOM FROM INFECTION.

SHOES FOR THE AVERAGE HIKE, SCOUT OXFORDS ARE FINE.



FOR ROUGH COUNTRY HIKING WEAR SCOUT HIKE BOOTS WHICH COVER THE ANKLES.

REMEMBER: AFTER THREE OR FOUR MILES OF TRUDGING OVER ROUGH COUNTRY, YOUR FEET MAY SMELL. THE SHOES YOU WEAR FOR EXTENDED AND ROUGH HIKING MUST BE LARGE ENOUGH TO FIT COMFORTABLY AND TO PERMIT WEARING TWO PAIRS OF SOCKS. KEEP YOUR SHOES CLEAN.

SOCKS: WEAR LIGHTWEIGHT SOCKS—COTTON, NYLON, WOOL—UNDERWEAR! HEAVY ONES, PREFERABLY WOOL. WEAR ONLY WELL-FITTING, DRY SOCKS WITH NO ROUGH SEAMS OR DARNED PLACES.

THE NIGHT BEFORE A HIKE, AND AFTER EACH HIKE, WASH YOUR FEET, DRY THEM THOROUGHLY, THEN DUST SPARINGLY WITH TALCUM OR FOOT POWDER BEFORE PUTTING YOUR SOCKS BACK ON. TOENAILS SHOULD BE TRIMMED SQUARE RATHER THAN ROUND.



FIRST AID FOR BLISTER ON HEEL.

WASH THE FOOT WITH SOAP AND WATER. THEN PUT AN ADHESIVE BANDAGE ON THE HEEL IF THE BLISTER IS SMALL. A STERILE GAUZE PAD IF THE BLISTER IS LARGE.

IF BLISTER OPENS ACCIDENTALLY, PUNCTURE IT NEAR ITS EDGE WITH THE POINT OF A PIN STERILIZED IN A MATCH FLAME. THEN PUT ON STERILE DRESSING.



Preparation and Equipment . . .

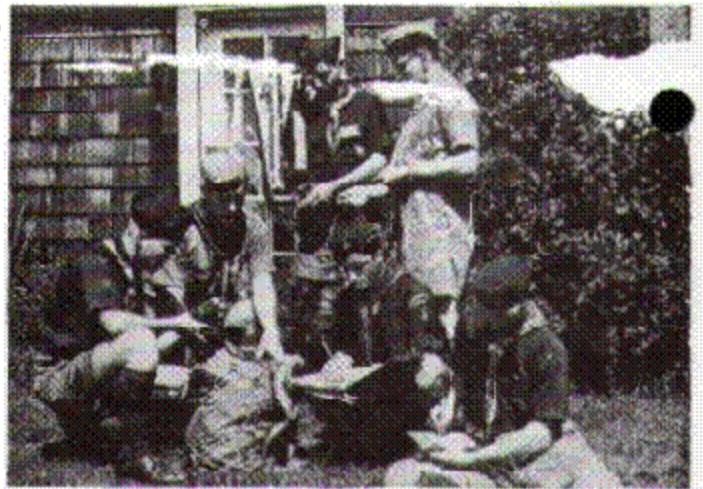
Get yourself in good hiking shape by taking short hikes before undertaking a long one, care for your feet, and use well-fitting stockings (wool) and sturdy shoes or boots. In addition to items shown below, your gang will want to bring along equipment for training in some special skills: Signal flags, tracking irons, pioneering rope, or whatever you choose.



Care of feet is important. The night before a long hike, wash feet, then dry thoroughly. Use talcum or foot powder.



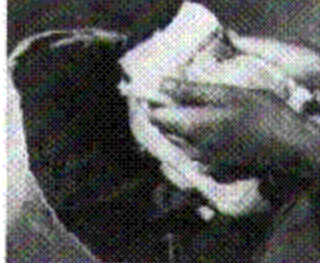
Wear clean socks and sturdy shoes. For average hike, Scout oxfords are fine, for rough going, Scout hike boots.



A single pack will take all Patrol hike supplies. Take turns carrying it.



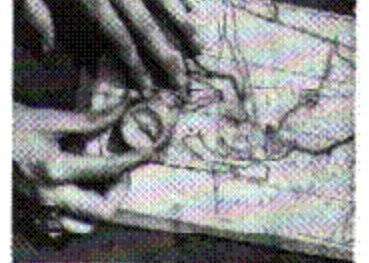
Make a supply of waterproof matches. Cover "strike-anywhere matches" with nail polish. Push 'em in box lid to dry.



Dehydrated hike foods cut down the weight. "Trail Packet" samples for Patrol take up corner of pack only.



Bring along a first aid kit to take care of possible hike emergencies: blisters, cuts, scratches, and burns, especially.



Map and compass are necessary for reconnaissance. Use official Pathfinder Compass.

Food and Drink . . .

If you're an ambitious Patrol, you'll get out of the sandwich or frankfurter-on-a-stick days as quickly as possible. Plan for a substantial luncheon meal (see your HPL), and experiment with some good new cooking tricks.



"Squaw wood" is dead, dry branches still on the tree. You'll usually find enough to give you the fuel you need.



The bark of a DEAD hurch makes fine tinder. So also do cedarbark flakes, grapevine bark, dead evergreen twigs.



For safe water, use water purification tablets or iodine tablets.



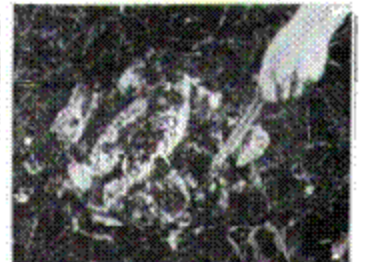
To get coals for broiling or baking, build a cross-cross fire. It burns down quick'y into a pile of glowing embers.



Cover outside of pot (for hot drink or stew) with soap-and-water paste before putting on fire. It is then easy to clean.



For a single-pot meal, don't build an elaborate fireplace. You can get along with a simple three-stone fireplace.



Try aluminum-foil cookery for biscuits, meats, vegetables, apples or bananas.