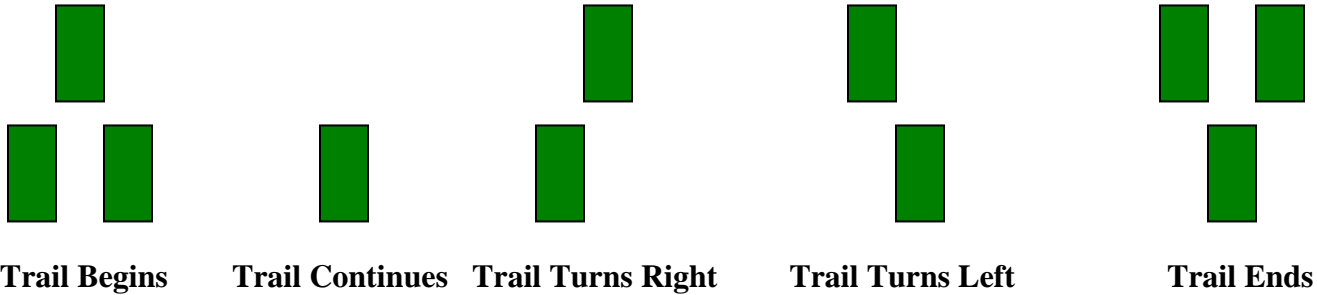


Stevens Outdoor Adventure – Hiking

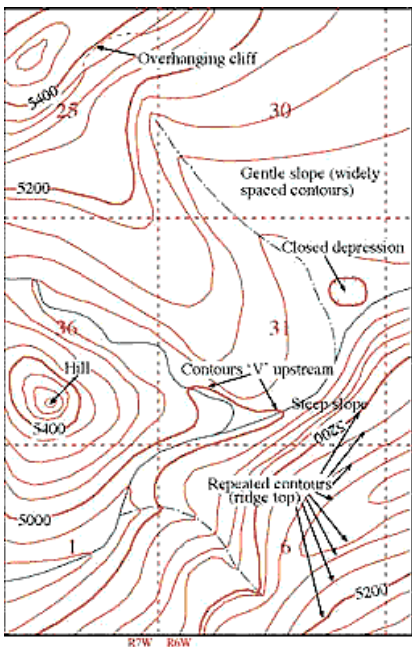
Tail Markers



Markers can be any color but will be the same color throughout the trail. Sometimes a marker may have a letter on it designating the name of the trail if the same color is used on another trail within the park. Markers may be in the shape of a circle, rectangle, triangle, diamond or dash.

Cairn – Rocks stacked or piled up to designate the route of a trail.

Map Identification



Map Terminology

Contour Interval - The elevation difference represented by adjacent contour lines on maps. Contour intervals are dependent on ground slope and map scale. Small contour intervals are used for flat areas; larger intervals are used for mountainous terrain. Supplementary dotted intervals are used in selected, flat areas at less than the regular interval.

Contours - Imaginary lines following the ground surface at a constant elevation above or below sea level.

Index Contours - Heavy contour lines, usually occurring every fourth to fifth contour (depending on contour level), that often are accompanied by elevation figures.

Ridge – Identified by contour lines that point away from a high point, summit or bench mark.

Valley – Identified by contour lines that point towards a high point, summit or bench mark. May also have a blue line (water) or dashed blue line (seasonal or after rain fall may have water).

| | |
|-------|--|
| Black | Man-made or cultural features, including roads, buildings, names, boundaries, and transmission lines |
| Blue | Water or hydrographic features, such as lakes, rivers, canals, glaciers, and swamps |
| Brown | <u>Contour lines</u> which show the shape and elevation (relief) of the land surface (the unique characteristic of topographic maps) |
| Green | Used to show woodland cover, with patterns for scrub, vineyards, and orchards. |
| Red | Emphasizes important roads, and is used to show public land subdivision lines, land grants, and fence and field lines. |

Clothing

Footwear – Should be sturdy to support foot and ankle. Sneakers are not recommended and sandals are not permitted.

Socks – Wool socks are recommended in all types of conditions. In addition to being warm, wool socks provide a good cushion for your feet while hiking.

Cotton is not recommended during cold temperatures or if there is a chance you will be out hiking past dark. Cotton takes a very long time to dry and will lower your body temperature as the day progresses and the temperature drops.

Base layers – In cooler temperatures it is recommended to layer your clothing using synthetic material such as polypropylene, Polarguard or Capilene. Cotton is not recommended.

Outer layer – Fleece over layers is very warm and dry quickly. Wool is also warm and can remain warm even when damp. Cotton is not recommended.

Outer shells – Gore-tex is well known and works best in most conditions that you will face.

Pants – Nylon pants are durable and dry quickly. Cotton is not recommended.

Physical Fitness

Please alert Trip Leader of any physical conditions that will limit you ability to participate on a trip.

Rating System

Easy – Trail has very little elevation gain. No special footwear is required. Required fitness level should be 1 – 3 out of 10.

Moderate - Trail has intermittent hills or steep sections. Sturdy footwear is recommended. Required fitness level should be 4 – 6 out of 10.

Difficult – Trail has extended section of steep hiking. May also require scramble using hands to help up or down during the hike. Required fitness level should be 7 – 9 out of 10.

Equipment Checklist

| | | | | | |
|------------------------------------|--|------------------------------|--|-------------------------------|--|
| Day Pack | | Fleece pullover | | Insect repellent | |
| Food | | Hat (baseball) | | Headlamp or flashlight | |
| Water – at least two liters | | Sun glasses | | Personal first aid kit | |
| Snack | | Rain gear – as needed | | Sun block | |