

Preparing For A Hike

The Importance of Prepping and Stretching

1

CALF STRETCHES

-Find a tree (or wall), and step back with your right foot. Point your toes toward the tree, and place your hands on the trunk. Bend your left leg forward, and hold for about 30 seconds. Switch legs, and continue holding the position for another 30 seconds.

2

QUAD STRETCHES

-Keep your feet hip width apart, & stand up straight. Raise your right leg back, bring your heel up, & grab your right foot in your right hand. Your thighs should be lined up next to each other, & your left leg should still be straight. After holding for about 30 seconds, stop and repeat with your left leg.

3

SHOULDER ROLLS

-Standing up straight but relaxed, place your feet shoulder width apart. Begin rotating your shoulders forward in big circles. Do this for about 15 seconds, and then repeat the movement backward for another 15 seconds.

4

HAMSTRING STRETCH

-While standing, bend your left leg slightly, and extend your right leg out in front of you. (Make sure it's straight.) Tilt your hips forward until you feel the stretch in your extended leg. Hold for about 20 seconds, and then repeat with the other leg. You can keep your hands on top of your extended leg or on your hips during this pose.

5

WRIST STRETCHES

-Extend your right arm forward with your palm down. With your left hand, pull your right hand down toward your body, keeping your arm straight. Hold this position for a few seconds, and then take your left hand and pull your hand upward toward your body for a few seconds. Switch hands, and repeat the same motions.

6

BACK LUNGES

-Standing tall, step your right leg back lowering the knee towards the floor coming into a lunge position. As you do that, reach your arms up and back towards the sky. Drive through the front left heel to return to starting position. Alternate legs for one minute.



3 Musts Before Hiking

Hydration

Make sure you are hydrated 1-2 days before a strenuous hike. Avoid alcohol as well.

Nutrition

Eat protein & carb combinations to give you energy and power. You can get these from veggies, fruit, and whole grains.

Dynamic Stretching

Dynamic stretching is an active stretch that moves muscles through their entire range of motion. This will improve your range of motion, lubricate and warm up your muscles, and prevent injuries.

It is important to always check your bags to make sure you have everything you will need before you go off on an adventure!