EO M290.05 – IDENTIFY HIKING TECHNIQUES

1. **Performance**: Identify Hiking Techniques
2. **Conditions**:
   a. Given:
      (1) Supervision; and
      (2) Assistance as required.
   b. Denied: N/A.
   c. Environmental: Suitable indoor or outdoor training area large enough to accommodate the entire group.
3. **Standard**: In accordance with specified references, the cadet shall identify hiking techniques, to include:
   a. identifying daily water requirements;
   b. identifying proper footwear; and
   c. identifying proper hiking rhythm.
4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain potable water requirements for consumption during a day hike, to include: a. daily water requirements, to include: 1. performance-related water loss; and 2. daily water intake by weight; and b. maintaining safe hydration levels, to include: 1. pre-hydrating; 2. drinking small amounts often; 3. avoiding sugar and caffeine drinks; and 4. routinely drinking water.	Interactive Lecture	15 min	C2-009 (pp. 139–141)
TP2	Explain the optimum characteristics of hiking footwear, to include: a. sturdy and lightweight; b. comfortable (snug fit); c. sized correctly (can wiggle toes); d. snug against the heel; e. equipped with a tongue which rests comfortably along the top of the toe; and f. wide enough so that the boot matches the width of the foot (should have a little extra room).	Interactive Lecture	15 min	C2-017 (pp. 22–25) C2-012 (p. 26)

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TP	Description	Method	Time	Refs
TP3	Explain personal hiking rhythm, to include: a. determining stride rhythm and speed through a fixed pace that can be maintained throughout the hike, for a period of an hour at a time; b. controlling fatigue by stopping for scheduled rest periods of 10 minutes each, approximately an hour apart; c. adjusting rhythm to account for terrain, weather and weight; and d. employing full body synchronization, thus enhancing hiking rhythm.	Interactive Lecture	20 min	C2-010

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	50 min
c.	Total:	60 min

6. **Substantiation**: An interactive lecture was chosen for TP1 to TP3 to present background material to the cadets.

7. **References**:

   a. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide.* New York, NY: Fireside.

   b. C2-010 (ISBN 0-375-70323-3) Rawlins, C., and Fletcher, C. (2004). *The Complete Walker IV.* New York, NY: Alfred A. Knopf.

   c. C2-012 (ISBN 0-89886-643-X) Weiss, H. (1988). *Secrets of Warmth for Comfort or Survival.* Seattle, WA: The Mountaineers.

   d. C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking.* Guilford, CT: The Globe Pequot Press.

8. **Training Aids**: N/A.

9. **Learning Aids**: N/A.

10. **Test Details**: N/A.

11. **Remarks**: Examples of hiking footwear should be brought into the class for demonstration purposes.

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