EO M123.01 – SELECT HIKING CLOTHING AND EQUIPMENT

1. **Performance:** Select Hiking Clothing and Equipment

2. **Conditions:**

   a. Given:

      (1) Examples of hiking clothing,

      (2) Examples of hiking equipment,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall select hiking clothing and equipment, prior to participation in a day hike, to include:

   a. day pack,

   b. footwear,

   c. water bottle, and

   d. optional gear.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify the characteristics to consider when selecting a day pack, to include: a. types, including: 1. fanny pack (small pack), and 2. back pack; b. ideal padding, including: 1. back padding, and 2. shoulder strap padding; c. waist band, and d. day pack capacity.	Interactive Lecture	5 min	C2-017 (p. 21)
TP2	Explain the optimum characteristics to consider when selecting hiking footwear, to include: a. boots that are: 1. sturdy and light weight, 2. comfortable (snug fit), 3. sized correctly (can wiggle toes), 4. snug against heel,	Interactive Lecture	10 min	C2-012 (p. 66) C2-017 (pp. 22-25)

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TP	Description	Method	Time	Refs
	5. equipped with a tongue which rests comfortably along the top of the toe, and 6. wide enough so that the boot matches the width of the foot (should have a little extra room); and b. socks (first line of defence), ensuring to employ the two sock layer system, to include: 1. inner sock, being: (a) a wicking layer, (b) a thin layer, and (c) made of polypropylene; and 2. outer sock, being: (a) properly sized, (b) made of wool or wool blend, (c) made of moisture absorbing materials, (d) cushioning to the foot, and (e) a source of insulation.			
TP3	Explain things to take into consideration during the selection of water bottles, to include: a. types, to include: 1. canteen, 2. rectangular, 3. bottle bag, and 4. camel pack; b. ideal material makeup, including: 1. lexan, 2. poly carbon, and 3. plastic; c. wide mouth versus narrow mouth, and d. capacity requirements.	Interactive Lecture	5 min	C2-017 (Ch 3 p. 13)
TP4	Explain the selection of optional hiking equipment, to include: a. raingear, b. hat, c. extra insulation layer, d. sunglasses, e. sunscreen, f. insect repellent, g. camera and film,	Interactive Lecture	5 min	

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TP	Description	Method	Time	Refs
	h. note book and pencil, i. bathing suit and towel, and j. binoculars. **Note**: Optional hiking gear should be selected based on suitability for the activity.			

5. **Time:**

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	25 min
c.	Total:	30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to hiking clothing and equipment.

7. **References:**

   a. C2-012 0-89886-643-X Weiss, H. (1988). *Secrets of warmth for comfort or survival*. Seattle, WA: The Mountaineers.

   b. C2-017 0-7627-0476-4 Roberts, H. (1999). *Basic essentials, backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids:**

   a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area; and

   b. Hiking clothing and equipment, to include:

      (1) day packs,

      (2) socks,

      (3) water bottles, and

      (4) optional gear.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

    a. This lesson shall be delivered prior to EO M123.02 (Participate in a Day Hike).

    b. Instructors are encouraged to present locally available examples of hiking gear to better demonstrate the various styles and materials available.

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