EO M123.02 – PARTICIPATE IN A DAY HIKE

1. **Performance:** Participate in a Day Hike

2. **Conditions:**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Field setting with Class 1 hiking terrain, during daylight hours.

3. **Standard:** The cadet shall participate in a day hike, to include:

   a. determining personal food and water requirements; and

   b. following a leader during a day hike.

4. **Teaching Points:**

   a. Supervise the cadets as they participate in a day hike, teaching the following points along the route:

      (1) repackaging food before leaving (reducing the likelihood of litter);

      (2) staying on established trails;

      (3) walking on durable surfaces;

      (4) traveling in small groups; and

      (5) avoiding making loud noise.

   b. Describe preventative action that should be taken for physical conditions that may develop when hiking, to include

      (1) blisters,

      (2) hot spots,

      (3) plantar fasciitis,

      (4) shin splints,

      (5) muscle cramps, and

      (6) sprains

   c. Explain and demonstrate how to develop a personal hiking rhythm that will increase performance and endurance, by:

      (1) determining stride rhythm and speed through a fixed pace that can be maintained throughout the hike, for periods of an hour at a time;

      (2) controlling fatigue by stopping for scheduled rest periods of 10 minutes roughly an hour apart;

      (3) adjusting selected rhythm to account for terrain, weather and weight; and

      (4) employing full body synchronization, thus enhancing hiking rhythm;

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

d. Discuss the purpose of resting intervals during heavy hiking periods, to include:

(1) slowing the heart and breathing;

(2) resting the lungs;

(3) reducing lactic acid build up;

(4) providing time for the body and mind to rest; and

(5) airing out foot wear, and resting feet during longer breaks (i.e., lunch, supper break)

e. Explain the selection of food rations that can be consumed during a day hike, to include:

(1) types of rations, such as staple, freeze dried, and trail food,

(2) benefits of each type of food ration, and

(3) eating frequency, such as meals and trail snacking;

f. Explain potable water requirements for consumption during a day hike, to include:

(1) daily water requirements,

(2) performance related water loss,

(3) daily water intake by weight,

(4) methods for maintaining safe hydration levels,

(5) the location of water sources, from which water can be drawn and purified.

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Experiential Learning:	260 min
c.	Total:	270 min

6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience hiking and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while hiking and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

7. **References:**

a. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

b. C2-010 0-375-70323-3 Rawlins, C., & Fletcher, C. (2004). *The complete walker IV*. New York, NY: Alfred A. Knopf.

c. C2-034 0-87322-637-2 Priest, S., & Gass, M. (2005). *Effective leadership in adventure programming* (2nd ed.). Windsor ON: Human Kinetics Publishing Inc.

8. **Training Aids:**

a. Examples of rations, and

b. Snacks.

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

    a. Cadets shall spend a duration of 3 hours hiking on class 1 terrain, not including teaching moments and a period for lunch.

    b. Cadets shall also practice skills taught in PO 122 (Identify Location Using a Map).

    c. To deliver this lesson, the instructor shall take advantage of teachable moments and rest stops during a day hike, to allow cadets to relate to the material being taught.

    d. It is necessary that cadets' characteristics be taken into consideration when sleecting the hiking route.

    e. EO M123.01 (Select Hiking Clothing and Equipment) shall be completed prior to this lesson.

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.