EO M326.02C – HIKE ALONG A ROUTE

1. **Performance.** Hike Along a Route.

2. **Conditions**

   a. Given:

      (1) Hiking equipment, to include:

         (a) hiking boots,

         (b) expedition pack,

         (c) water carrier, and

         (d) trekking poles;

      (2) Topographical/trail map of the area,

      (3) Compass,

      (4) Whistle,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Expedition centre, field setting on Class 1-2 terrain, with some Class 3 hiking terrain, during daylight hours.

3. **Standard.** IAW A-CR-CCP-951/PT-002, the cadet shall hike as part of an expedition, on Class 1-2 along a route with some Class 3 terrain, to include:

   a. crossing obstacles; and

   b. using the “rest step”.

4. **Teaching Points.** The cadet shall participate in hiking familiarization training, to include:

   a. discussing the difference between hiking, trekking and backpacking;

   b. reviewing personal clothing and equipment for hiking;

   c. discussing terrain, to include:

      (1) Yosemite Decimal System (YDS), and

      (2) types of terrain, to include:

         (a) easy,

         (b) moderate, and

         (c) difficult;

   d. using trekking poles while hiking, to include:

      (1) types of poles and sticks,

      (2) criteria for choosing trekking poles, and

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(3) methods of use;

e. discussing personal hiking rhythm, to include:

(1) stride rhythm and speed,

(2) controlling fatigue,

(3) adjusting rhythm,

(4) full body synchronization,

(5) resting intervals, and

(6) the rest step;

f. practicing Class 3 terrain hiking techniques, where applicable, to include:

(1) scrambling;

(2) boulder hopping; and

(3) scree crossing, to include:

(a) traversing a scree,

(b) climbing a scree, and

(c) descending a scree; and

g. crossing water obstacles, where applicable, to include:

(1) rivers,

(2) waterlogged ground, and

(3) snow and ice.

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Practical Activity:	160 min
c.	Total:	165 min

6. **Substantiation.** A practical activity was chosen for this lesson as it is an interactive way to allow the cadet to experience hiking on Class 3 terrain in a safe, controlled environment.

7. **References**

a. A2-001 A-CR-CCP-951/PT-002 Director Cadets 3. (2006). *Royal Canadian Army Cadets Adventure Training Safety Standards*. Ottawa, ON: Department of National Defence.

b. C2-016 (ISBN 1-4000-5309-9) Curtis, R. (2005). *The Backpacker's Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*. New York, NY: Three Rivers Press.

c. C2-042 (ISBN 0-7566-0946-1) Berger, K. (2005). *Backpacking & Hiking*. New York, NY: DK Publishing, Inc.

d. C2-051 (ISBN 978-0-7153-2254-3) Bagshaw, C. (Ed.). (2006). *The Ultimate Hiking Skills Manual*. Cincinnati, OH: David & Charles.

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e. C2-103 (ISBN 0-89886-427-5) Graydon, D., & Hanson, K. (Eds.). (2001). *Mountaineering: The Freedom of the Hills* (6th ed.). Seattle, WA: The Mountaineers.

8. **Training Aids**

a. Hiking equipment,

b. Topographical/trail map of the area,

c. Compass,

d. Whistle,

e. Communication device,

f. GPS receiver,

g. Batteries, and

h. First aid kit.

9. **Learning Aids**

a. Hiking equipment,

b. Topographical/trail map of the area,

c. Compass,

d. Whistle,

e. Communication device,

f. Batteries, and

g. First aid kit.

10. **Test Details.** This EO is assessed IAW Chapter 3, Annex A, Appendix 8 (326 PC).

11. **Remarks**

a. Expedition centres are required to select two dynamic modes of travel from EO M326.02a (Paddle a Canoe), EO M326.02b (Ride a Mountain Bike), and EO M326.02c (Hike Along a Route) to incorporate into their weekend training.

b. This EO has been allocated six periods in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

c. Timings for this EO will vary. While there is a requirement for some initial training, the focus should be on having the cadets' practice hiking techniques through practical application.

d. Upon arrival at the expedition centre cadets will be broken into teams/groups. These teams/groups will remain the same for the duration of the weekend.

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