

Hydration

Always hydrate before a hike. It is far easier to maintain hydration on a hike than to re-hydrate. Maintaining proper hydration is based on many factors: time, temperature, exertion, body weight and individual perspiration rate. Out of all of these factors, hydration can be gauged best by time and temperature.

Here are some good general hydration guidelines to follow: For temperatures above 80F, bring a liter of water for every 1 ½ hours spent outdoors. For temperatures below 80F, bring a liter of water for every 2 hours spent outdoors. If water is available along the way, use the time to the next water stop. To estimate this time, figure a typical hiking speed of 2 miles per hour on a maintained trail. Factor in extra time for lunch and breaks. If unsure of trail conditions or very warm weather is expected, always bring extra water.

Trail Nutrition

One hour of hiking will burn 300–500 calories. It is best to bring high energy foods to refuel. Some examples of high energy hiking foods are: whole grains, lean meats, salmon (in vacuum sealed pouch), peanut butter, energy bars, fresh fruit (mainly citrus and berries), dehydrated fruit, and nuts. Always eat breakfast. This is the best energy strategy. It gets your metabolism off to a strong start.

On backpacking trips where water is available, prepackage dehydrated meals are a good lightweight option for meals around camp.

Bring foods that are trail friendly. Avoid foods that are easily smashed or crumbled. On warm days, also avoid bringing foods that can melt such as chocolate.