

WHAT DO I NEED TO GO HIKING?

The dictionary defines hiking as:
 "An extended walk for
 pleasure and health"



SOUTHEASTERN MICHIGANS

HIKING MICHIGAN



Do I really need all this techno equipment and training to go on a Hike?

No..... some basic gear will make your Hiking more enjoyable & comfortable, but virtually nothing is needed except a good attitude and a want to be outdoors.

Am I to old or not in the proper shape to go Hiking?

We have people in their late 70s, 20s, 30s, 40s, and 50s joining us on Hikes. We try to pace ourselves to accommodate all that come out to join in on our Hiking trips. We are stopping often to explore and examine various Plant and wildlife along the way. Being in shape will also help with the enjoyment level of the Hike, but being in tip top physical shape is not a requirement. You'll get to that point, if you come out and Hike on a regular basis.

What about these special Hiking boots and other specialize equipment? Won't I need to spend a whole lot of money buying all these items?

No special equipment is needed. Many people come out to our Hikes in there tennis shoes. Of course, a shoe or boot (even low-cut) that have a little tread on the sole, will help make your Hiking more enjoyable, and your feet will thank you for it afterwards. But if you just want to see if you like Hiking or not, a good sound pair of treaded tennis shoes will do fine to start out with. No other specialized gear is needed. There are of course many items on the market that help make your Hiking experience an even more enjoyable & comfortable one, but none of them are a requirement to getting out and just doing it. You will quickly find what works best for you.

THE ULTIMATE HIKER

Although you need only a good attitude to enjoy a great Hiking experience, here are some things that will enhance that enjoyment. I personally use the items below except for the DayPack. I carry a Camera shoulder bag that I put any other needed items for the Trail into.(Water, Repellent, Garbage Bag, Whistle,Cigarette lighter, Munchies) After 35 years of Hiking the Trails, this is all my equipment.



\$22 - \$62



LIGHTER-Fire

\$6

INSECT REPELLENT at least 30% DEET



\$1



\$30 - \$175

Ankle supported, Treaded sole HIKING Boot



FREE

WATER - Either crushable bottles, canteen or the Hydration Pack Combo below



LOOK UNDER YOUR SINK

\$6



Plastic Whistle



\$30 - \$75

Low-Cut HIKING Shoe Treaded soles



\$30 - \$75

DAYPACK or HYDRATION PACK or Shoulder bag

NYLON PANTS with UNZIPPABLE LEGS

A GARBAGE BAG for a raincoat & to sit on Wet spots