

Hiking ? Keeping the Great Outdoors ?Untouched?

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by RobertCarlton

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First and foremost remember that what you bring with you must be taken away with you. This means everything; garbage, gear and yes, even waste.

Preparation is key so bring a garbage bag and unwrap and dispose of anything that you won't need before you start off on your hike. Remove unneeded packaging from food and new equipment that's still in its wrapping. Take an inventory of your gear and food so you don't leave anything behind.

If you don't want to carry it out with you, make sure you bury feces far away from the trail. Make sure it's buried deep so animals are less likely to pick up the scent. Also, urinate far away from the trail and at least 100 meters from any water sources.

Remember that you're not the only one hiking. Respect other hikers and keep the noise level down. Don't shout at your hiking buddy and don't use radios or MP3 players without headphones.

Before you head out on your hike, research local regulations regarding camp fires. Many parks do not allow them or only allow them in designated areas. Even if they are allowed, it is best not to make a campfire since they can easily spread and cause major destruction. If you'll be cooking then bring along a proper cooking stove and keep warm at night by layering your clothes.

Another good motto to adopt is 'leave no trace'. To the extent possible, leave the wilderness how you found it. When you leave an area, make a sweep and pick up any garbage, no matter how small. If something won't decay within a day then bring it back with you.

Keep a safe distance from wildlife and do not feed them. Bears and cougars can appear to be approachable but don't be tempted; they've been known to attack especially in mating season or if they feel threatened. Even feeding docile animals can endanger wildlife since they'll grow dependent on human food.

Hiking and camping is sure to be a rewarding experience but remember to 'leave no trace', respect other hikers and don't try to interact with wildlife.

About the Author:

Robert Carlton publishes for the most part for <http://www.alicante-spain.com> , a website with topics around malaga flights and flights to the costa del sol. His abstracts on cheap flights to malaga are published on <http://www.alicante-spain.com/costa-del-sol/cheap-flights-to-malaga.html> .