



1- First of all ...

- I choose and organize my itinerary. (am I with a group, with the family, with children, a walk to discover nature and landscape, heritage; half or full day trip, longer?)
- I organize breaks: where? when?
- I check the weather forecasts:
www.meteofrance.com
- I inform someone who is not accompanying us, of our itinerary and the time of our return.

2- The essentials to plan a hike

- The IGN-Club Vosgien map, at 1:25000th
- Topo-guides and other publications (for example, the magazine "Les Vosges" or the guides of the Club vosgien, in five volumes)
- Géorando or other software to help you planning
- Internet materials (e.g. websites of local associations)
- Think about it: 4 km/h on flat terrain will be the quickest... and choose an elevation acceptable to everyone

3- The Equipment

- Clothing adapted to the season and weather conditions (cold, hot, wet...)
- Hiking shoes adapted to the terrain (even for children!)
- Telescopic sticks (useful for stability and to relieve joint)
- Full loaded mobile phone
- Hiking map

4- In the Backpack

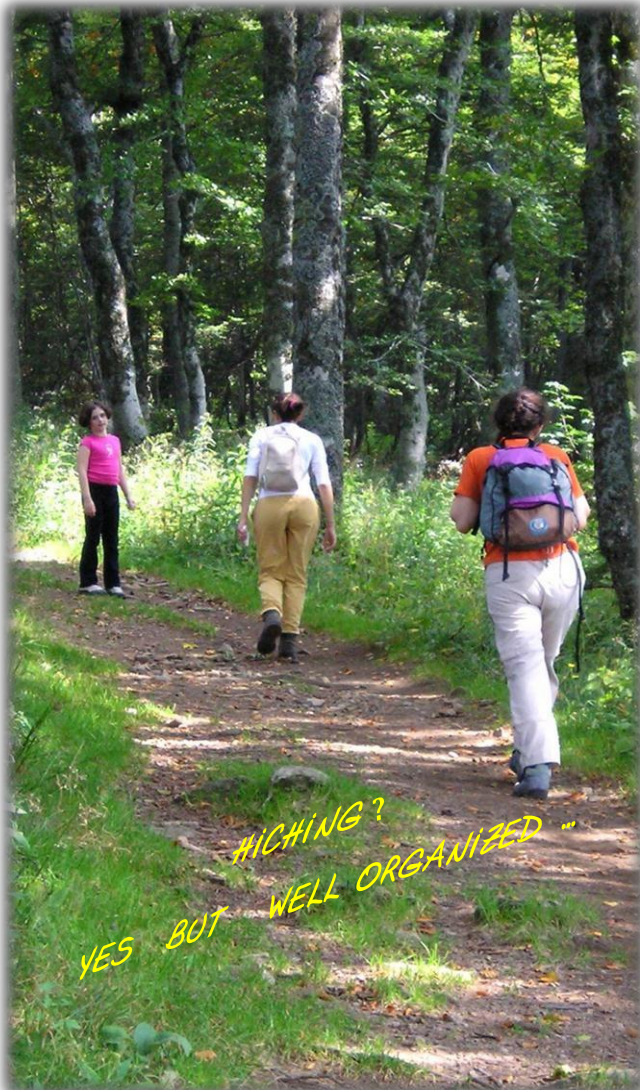
- to everyone his own bag: 20 litres for half a day, about 30 litres for the day, but no more than 10-15% of the carrier's weight
- Protection (depending on weather conditions) against...
 - rain (cape, umbrella...)
 - cold (fleece jacket, hat, gloves, lips protection...)
 - ... the sun (sunscreen, hat...)
- Garbage bag (to take everything back home)
- toilet paper, paper tissues
- knife
- provisioning (see Nr 6)

5 - The "pluses"

- The compass
- The Hiking GPS
- The camera
- The binoculars
- The flashlight (or better: head lamp)
- The whistle (to alert other group members)
- The fluorescent yellow vest (if it is necessary to go along the road)

6 - The supplies

- Water, water and water!
- Fruit juice
- The picnic
- A thermos with hot water
- Cereal bars and dried fruit
- Bananas and other fruits
- Spoon, fork, cup...



*YES BUT #HICHIING?
WELL ORGANIZED ...*

Adhérez aux idées qui marchent !

8 - Before it hurts.... (in the first aid kit)

- Adhesiv plaster
- Dressings against blisters (e. g. Compeed[®])
- Disinfectant
- Elasticoplast band (e. g. Elastoplast[®])
- Arnica cream
- Survival cover (to protect against cold or heat, in case of immobilization)

9 – It is serious ? Hurry up, call rescue

- I protect and secure the members of the group
- I alert: 112 . The specialists on line will be able to guide me.
- I am starting to rescue if I know what to do until help arrives



20,000 km of marked and maintained trails by the Club vosgien: an invaluable help for the hiker

The hiker's code

- Wear good shoes.
- Don't forget warm and rain clothes.
- Take enough drinks and food for the trip.
- Use the Club Vosgien's maps and guides, compass, whistle.
- Start early and not too fast.
- If possible, never go to the mountains alone.
- Follow the paths marked by the Club Vosgien, do not cut the turns.
- If in doubt, don't hesitate to backtrack your steps.
- Don't trample on the undergrowth, or the meadows.
- Listen to nature, do not disturb its silence.
- Admire the wild flowers and plants, don't pick them.
- Observe the animals, but do not disturb them.
- Don't smoke in the forest, don't light a fire in the forest.
- Say hello to the hiker you meet.
- Discover the past: sanctuaries, castles, small monuments.
- Take your garbage back.

"One day hiking = eight days healthy...."

From Paul Keller : Initiator of the skill training of the hiking guides (GRP) of the Club Vosgien



10 -With the children (5 to 10 years)

"Are we almost there?!"

Some ideas to think about to increase their pleasure of hiking :

- Equip the child "like a grown-up": a real backpack, real hiking shoes, his personal hiking stick, his own water bottle, his flashlight, his camera, his binoculars...
- Involve them : "Now we follow the red triangle, you guide..."
- Promote discoveries...
...organized "In ten minutes, we will arrive at a place where the battle of..." ... or unannounced "What is the name of this flower, this tree?"
"using a regular botanical guide to help..."

Join your local hiking Club the Club Vosgien: information on www.club-vosgien.eu