

YOUR GUIDE TO HOW TO HIKE IN THE HILLS





IMPROVING ACCESS AND CONFIDENCE
IN THE SCOTTISH HILLS

a project by

MHÒR OUTDOOR

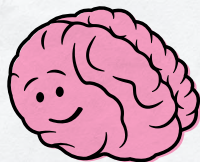
HOW TO BENEFIT

FROM THE HILLS

PHYSICALLY & MENTALLY



WHY SHOULD WE GO HIKING?



Hiking in the hills isn't just a great way to see new places and beautiful scenery, it's also great for our bodies and minds. Hiking is a cardiovascular activity, which means it makes your heart work hard. The more hills the trail has, the harder your heart will work.

This has big benefits for you.

- . It will make your legs, glutes and core stronger as they work hard to keep you stable on uneven terrain.
- . You'll improve your blood pressure and blood sugar levels, as well as strengthen your immune system. This means you'll get sick less often!

Do you ever find that going out for a walk helps to 'clear your head'? That's because physical activity releases hormones called endorphins, which make our brains feel goooooood!

- . Hiking has been proven to decrease feelings of anxiety and depression
- . It also improves your memory and stimulates creativity. It allows us to slow down, recharge and find new ways of handling a situation.

Social Benefits of Hiking:

- . Hiking can provide quality time to spend with friends, family, or yourself.
- . Joining a walking group is a great way to meet new people and enjoy real-life connections.



Next time you are heading out on a hike, take note of how you feel before and after the hike.

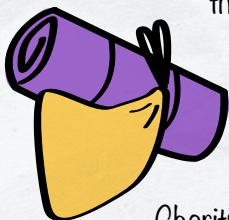
HOW TO PACK

FOR THE HILLS

AFFORDABLE TIPS



Always wondered how to enjoy the outdoors without costing the earth? We've got some great tips for how you can safely enjoy the outdoors without having to buy all the latest expensive clothing and kit.



- . Charity shops - you can find lots of kit here for cheap (e.g. fleeces, tshirts, and waterproof jackets).
- . Social media - Look for groups and/or people selling quality secondhand outdoor clothing
- . Avoid cotton in any of your clothing layers, as this will keep you cold/damp from sweat!



CHEAP CHEATS

- . Map case - a soggy map is no use to anyone, but you don't need to spend a lot of money on a map case to keep it dry. Try using a clear ziploc bag to keep the rain off.
- . Rucksack liner - again, these are really useful for keeping your kit dry, but using a couple of strong binbags/plastic bags will be just as effective!
- . Sit mat - having a dry bum at lunchtime always makes your day better. Save money and sit on your rucksack!
- . Buff - this versatile thing is great for keeping your head and neck snug. You can often get these for free at events, so keep your eyes peeled!
- . Waterproof jackets - You don't have to spend a lot of money to get a quality jacket, the most important thing is looking for taped seams and a hood.
- . Shoes/boots - look for a stiff sole and good grip.

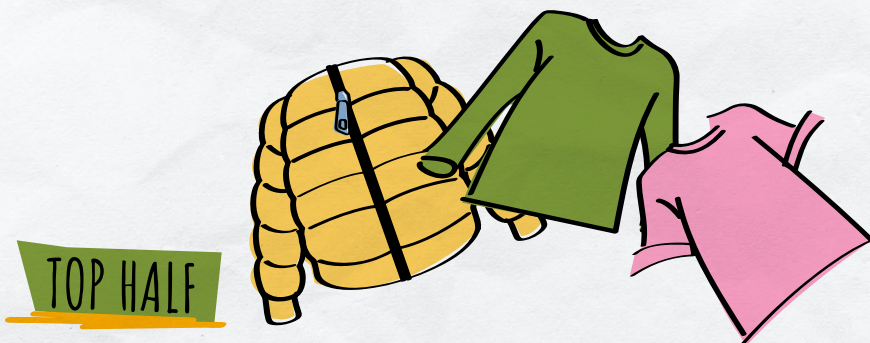
HOW TO MANAGE GENDER DYSPHORIA IN THE HILLS

FOR YOUR COMFORT



THINGS CAN GET SWEATIER THAN YOU REALISE!

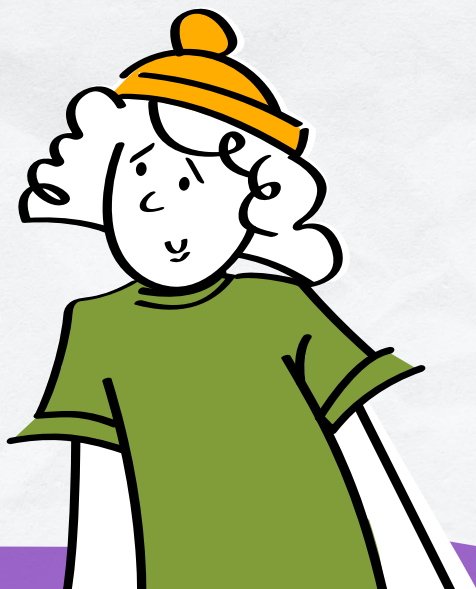
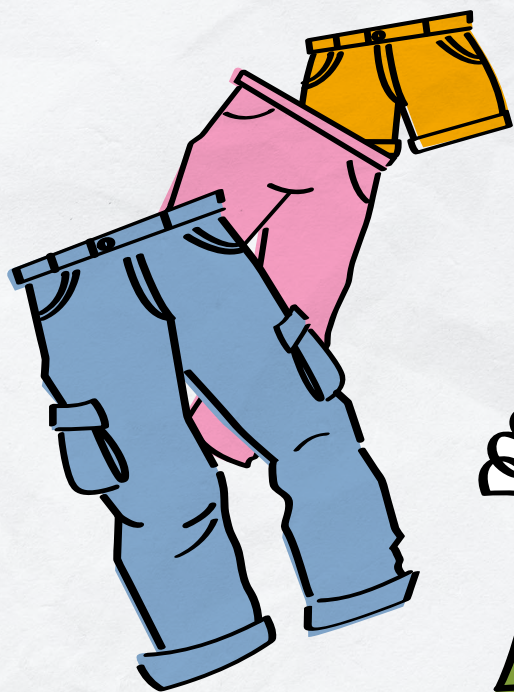
- . Keeping both you and your garments clean is key to reducing risk of injury and infection.
- . Try to keep cool and dry.
- . Wash and dry relevant areas soon as possible following exercise.
- . Wear non-cotton materials which allow your body to breathe and move sweat away from your skin.



- . Consider wearing looser garments to reduce lung compression. Be prepared to swap tighter items for looser ones if out of breath. You can get specific binders and lighter breast forms designed for exercise.
- . Wear a number of thin, non-cotton, layers to keep cool and wick sweat away from your skin. If binding, try wearing a thin layer beneath your binder to reduce stresses on your torso.
- . Wearing bodywarmers and gilets can help disguise your torso shape. Experiment with patterns, headwear such as bandanas or hats, and accessories to achieve your usual look whilst wearing practical clothing.

BOTTOM HALF

- . If tucking, experiment with gaffes, layers, and undergarments to ensure you do not feel discomfort when exercising.
- . You may need to use different garments to your usual day-to-day ones, e.g compression shorts or swimwear.
- . If packing, use a packing pouch to reduce direct skin contact. This may reduce friction and allow the area to breathe more.
- . Take care of any damaged skin promptly to prevent further issues.



HOW TO PLAN A DAY OUT IN THE HILLS

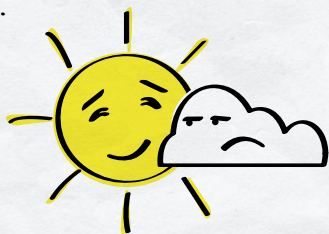
EASY GUIDE FOR PLANNING A HIKE



Want to adventure in the hills, but not sure where to start? We've create an easy guide for planning a hike to get you started.

CHECK THE WEATHER

- . This is the most important element of planning!
- . You may have an idea of where you want to go, but make sure you check at least 2 weather forecasts to determine your route: how high into the hills you go, how long for, distance, and who you go with.
- . It's important you look at a mountain, specific forecast as the weather can be very different at the summit compared with the bottom of the hill. Try using Mountain Weather Information Service (MWIS) and Met Office-Mountain Weather Forecast.
- . Check out wind speed and direction, and think about how this could affect your route planning - anything above 35mph will affect your balance.
- . Precipitation - be wary if you have to cross any rivers as water levels will quickly increase with rainfall.



ROUTE PLANNING

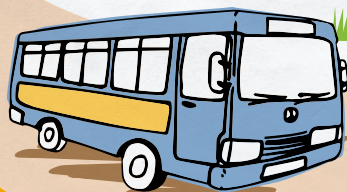
- . Along with the weather, consider the abilities of you and your hiking party when you are choosing a route.
- . Choose key places on the route where you are able to decide on altering the plan. If something changes in the weather or your group, then do you need to alter the plan?
- . Useful sites:



Ramblers Scotland.org.uk



WalkHighlands.co.uk



TRANSPORT

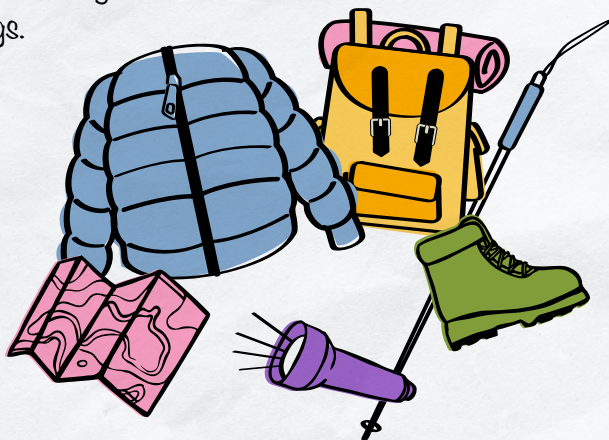
- . Many walking routes will have a suggested time that the route will take.
- . Think about what factors could increase the amount of time for you? Personal/group fitness, amount of kit you're carrying, weather, confidence in navigation and hillwalking in general.
- . If you miss the planned bus/train back, what does that mean? Will you be stuck? What are your options if you are late. Build this into your plan!

WHAT TO WEAR & PACK

- . After reading our 'How to Dress for the Hills' infocard, you should be an expert on what you need to wear and bring with you on the hike.
- . The key is to think about the route, group abilities and weather conditions and pack just enough to make sure you can deal with whatever the day brings.

What to pack:

- ☐ Rucksack.
- ☐ Waterproof jacket.
- ☐ Spare / warm layers.
- ☐ Torch.
- ☐ Whistle.
- ☐ First aid kit.
- ☐ Map/compass.
- ☐ Fully charged phone - waterproof case/bag for it. - OS Locate - free app, if you have a smart phone w GPS then it will work.
- ☐ Group shelter.
- ☐ At least 1 litre of water.
- ☐ Food - remember you will be using up more energy than normal.



SAFETY, WHAT TO DO IN AN EMERGENCY

- . Make sure that before you set out for a hill-walk, you tell a trusted contact at home where you are going, your route, and when you plan to be back. They will also need to know what to do if you don't return.
- . Think about specific hazards on the day, such as hypothermia or heat stroke - how can you avoid these? E.g. more layers, sunscreen, more water.

Follow these steps if something does go wrong:

- . Make sure you/party are safe and comfortable
- . Find your location (e.g. map and compass or 'OS Locate' app)
- . Phone 999, ask for police then mountain rescue
- . Give details of who you are/ how many
- . Give your location
- . Nature of the incident, what is wrong?
- . What equipment do you have?



HOW TO GO TO THE TOILET IN THE OUTDOORS

THE DOS & DON'TS

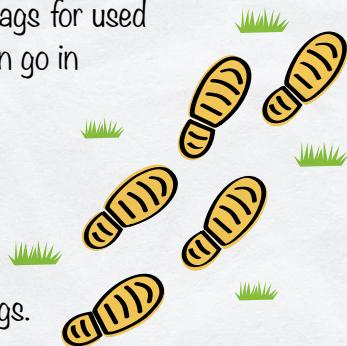


BE PREPARED

- . If you're going for a shorter hike, try to go to the toilet before you go
- . Take toilet roll and a plastic bag or dog poo bags for used toilet roll or used sanitary products, these can go in a bin when you get home.

URINATING

- . Go away from the path and at least 70 steps (30m) away from water or buildings.
- . Stand or squat with your feet wide apart.
- . Some people carry a cloth in a plastic bag to wipe rather than toilet paper. A Kula cloth is a reusable anti-bacterial pee cloth specifically made for this purpose.



POOING/DEFAECATING

Go away from the path and at least 70 steps (30m) away from water or buildings, there are 2 options:

Carry it out: Best in busy areas! Use a strong plastic bag (and put it in a container if you have one) to carry your poo off the hill with you.

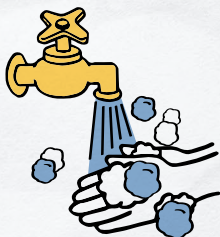


Dig a hole: Carrying a small trowel makes it easy to dig a suitable hole.

Make sure it's at least as deep as the length of your hand (15cm) and fill it in afterwards, making sure everything is well buried.

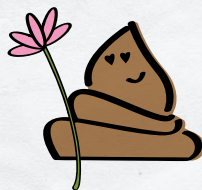
PERIODS

- . Dig a hole for your period blood.
- . If you're using hand sanitiser, make sure it is completely dry before touching private area.
- . Keep toilet paper and period products in a dry bag before use.
- . Bring a shirt to tie round your waste for extra squatting privacy.



DO!

- . Wash your hands or use hand sanitizer afterwards.
- . Take toilet roll and used sanitary products (tampons, towels etc) away with you in a plastic bag or dog poo bag.
- . Try to go to the toilet in less busy areas, if lots of people are using the same place it can affect the local plants and animals.



DON'T!

- . Pee or poo directly into water
- . Leave poo or used toilet roll/sanitary products lying out in the open.



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on this project



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the National Lottery Community Fund

