

Rules on hiking

Safety comes first. That is the most important thing to consider in hiking. Less informed hikers are the scourge of the trails. For example, flicked cigarette butts or flying embers from campfires have started many forest fires. If you must build a fire, clear a spot with a three-meter diameter, make a circle of rocks around the fire and keep a bucket of water, sand and a shovel nearby. As fire can be damaging the fragile environments, it is ok to have waterproof matches just in case you need to light a fire for safety purposes. If you absolutely must indulge in hot soup or tea on the trail, buy a lightweight stove. Some butane stoves are small enough to fit in your pocket.

The second problem on hiking is no outhouses on many long trails, poorly placed poops can be a disgusting problem. Some experienced hikers suggest hikers to dig a hole 15 to 20 centimeters deep and at least 60 meters from water and trails. Cover the hole when you are finished, and don't leave your used toilet paper on the trail. Ideally you should seal it in a plastic bag and take it off the trail, but at the very least, bury it. Litter is another scourge of the hiking trail. Glass, cans and plastic can harm animals and people. Next, pets should not include in hiking. Some additional rules for beginners concern with always have friends to go and have the weather forecast before hiking. Carry a map, compass or GPS are important, but don't forget to study first. On the hiking trails there are many signs that have to obey and don't be noisy. The last, never have alcohol during the trip.