

Grade 7 -- Informational

Hiking Hints

Hiking is a healthy and enjoyable form of recreation. Here are some hints for you and your friends to make your first hiking experience a good one.

First, decide how long you wish your hike to be. It can last anywhere from an hour to several days. People who hike the entire 2,000-mile Appalachian Trail from Maine to Georgia spend up to four or five months hiking! But if this is your first hiking experience, it is best to keep it to just a few hours or a day at most. The amount of time you spend hiking will help determine the distance you cover.

Hiking requires a great deal of stamina. Most people cannot go on a long hike without some physical preparation. A person should be getting at least 30 minutes of exercise three times a week before attempting a lengthy hike. This can be in the form of a team sport, such as basketball or soccer, or an activity such as swimming or cycling. Brisk walking, jogging, or running for at least one mile also can prepare a person for hiking.

It is essential that you have the proper clothing and equipment for hiking. In winter, hiking clothing should consist of several layers, starting with a long-sleeved polyester shirt (pure cotton will absorb moisture and stay wet). Another two or three loosely layered shirts topped with a jacket should follow. The clothing must be loose enough that you can move without feeling restricted. In warm weather, short sleeves can be topped with long sleeves to avoid sunburn while staying cool.

You will need well-worn hiking boots no matter what the weather is like. They should have soles that provide good traction and high tops to help prevent ankle sprains. Sunglasses and a watch are necessities, as well as a brimmed hat to protect your face from sun, wind, and rain. You will probably also want to carry along a bandanna (to wrap around your head to absorb perspiration).

Perhaps you have seen pictures of hikers carrying huge backpacks bulging with supplies. Actually, what you need for a beginner's hike will fit nicely into your school backpack. Your equipment should include a trail map (more about this later), a compass, a multipurpose tool, one small flashlight, a whistle (to help others locate you if you get lost), a first-aid kit, sunscreen, insect-repellent lotion, tissues, and a couple of plastic garbage bags. You also may want to carry a sturdy walking stick for extra traction on steep hills. A stick also will come in handy for checking the depth of streams or rivers and for keeping your balance while crossing the running water. The food you take along should travel well and require no preparation; fruit, nuts, and dry whole-grain cereal are popular choices. These take up little space, especially if you choose dried rather than fresh fruit. A very important part of your provisions is water. Allow for 64 to 96 ounces per person for an all-day hike. This is between one-half and three-quarters of a gallon of water.

Maybe you are eager to go on your first hike but do not know where to go. Your local library will have hiking guides with information about trails in state and local parks. Local hiking clubs can tell you the best trails for beginners, or you can visit the National Park Service website at www.npshiking.com to see if there is a national park with hiking trails in your area. Parks with hiking trails typically have trail maps available to carry with you on your hike. Additionally, all established hiking areas have signposts to mark trails and provide information. Using these maps and guideposts should reduce any anxiety you may have about getting lost.

Here are some final tips for your hike:

- First and foremost, never hike alone; it is not safe. Hiking is also more fun as a group activity. It is always best for an adult to accompany your group.

- Check with a local hiking club for a more complete list of tips and safety rules. Safety should always be your number-one priority when hiking. There are many other safety considerations not covered in this article.
- Plan the time and length of your hike carefully, allowing one hour for three miles of flat terrain. Add 30 minutes to this time for every 1,000 feet of altitude gain. Remember, higher altitude means less oxygen, and this will slow you down. Take rest and water breaks often to avoid fatigue and dehydration.
- Leave your pets at home; most parks do not allow them on their hiking trails.
- Finally, respect the ecology of the hiking area by staying on the trail and bagging and removing all trash.

No doubt your first hike will be a learning experience, and you may do things a little differently the next time you go out. But these tips should help you get started in a recreation that can last a lifetime.

- 1) Why should hikers wear well-worn hiking boots, as suggested in paragraph five? (LA 7.1.6.a)
 - a) Only experienced hikers should hike.
 - b) New boots are expensive.
 - c) Clean, new boots attract more dirt.
 - d) Well-worn boots will be more comfortable for a long hike.
- 2) What are the three items people should take on a hike? (LA 7.1.6.a)
 - a) water, hat, radio
 - b) sunscreen, winter coat, radio
 - c) map, food, radio
 - d) water, whistle, first-aid kit
- 3) How much time should hikers add to their hikes for every 1,000 feet of altitude gained? (LA 7.1.6.a)
 - a) 15 minutes
 - b) 30 minutes
 - c) 45 minutes
 - d) 60 minutes
- 4) What is author's purpose in this passage? (LA 7.1.6.a)
 - a) to persuade about the dangers of hiking
 - b) to inform about useful tips for camping
 - c) to inform about useful tips for hiking
 - d) to persuade hikers to carry a backpack
- 5) What is the organizational pattern for this passage? (LA 7.1.5.c)
 - a) cause/effect
 - b) compare/contrast
 - c) fact/opinion
 - d) problem/solution
- 6) What does the author suggest hikers do to prepare for their first hike? (LA 7.1.6.d)
 - a) purchase new hiking boots
 - b) pack fresh fruit and juice
 - c) participate in regular physical activity
 - d) fill a very large backpack with supplies

7) In paragraph three, what does the word **stamina** mean? (LA 7.1.6.e)

- a) time
- b) strength
- c) teamwork
- d) knowledge

8) What is a synonym for the word **stamina** as used in paragraph 3? (LA 7.1.6.e)

- a) endurance
- b) intelligence
- c) money
- d) patience

9) What is the author's purpose? (LA 7.1.6.j)

- a) describe
- b) entertain
- c) inform
- d) persuade

C4L Reading - Item Writing Tally Sheet

Grade 7- Informational

Enter Passage Name Here: Hiking Hints

Gr7 Vocabulary	DOK Level	DOK 1	DOK 2	DOK 3	Item Total
LA 7.1.5 Vocabulary: Students will build literary, general academic, and content specific grade level vocabulary.					
LA 7.1.5.a <i>Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies</i>	1, 2				
LA 7.1.5.c <i>Select and apply knowledge of context clues (e.g., word, phrase, sentence and paragraph clues, re-reading) and text features (e.g., glossary, headings, subheadings, index, tables, maps, graphs, charts) appropriate to a particular text to determine meaning of unknown words</i>	2				2
LA 7.1.5.d <i>Analyze semantic relationships (e.g., figurative language, connotations, subtle distinctions)</i>	2,3				
Gr7 Comprehension	DOK Level	DOK 1	DOK 2	DOK 3	Item Total
LA 7.1.6 Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade level text.					
LA 7.1.6.a <i>Analyze the meaning, reliability, and validity of the text considering author's purpose and perspective</i>	2, 3		1		1
LA 7.1.6.c <i>Analyze author's use of literary devices (e.g., foreshadowing, personification, idiom, oxymoron, hyperbole, flashback, suspense, symbolism, irony)</i>	2, 3				
LA 7.1.6.d <i>Summarize, analyze, and synthesize informational text using main idea and supporting details</i>	2, 3		1		1
LA 7.1.6.e <i>Apply knowledge of organizational patterns found in informational text (e.g., sequence, description, cause and effect, compare/contrast, fact/opinion, proposition/support)</i>	2		1		1
LA 7.1.6.f <i>Apply knowledge of text features to locate information and gain meaning from a text (e.g., index, annotations, maps, charts, tables, graphs, headings, subheadings)</i>	1, 2				

<p>LA 7.1.6.g <i>Explain and make inferences based on the characteristics of narrative and informational genres (e.g., textbooks, myths, fantasies, science fiction, drama, periodicals, essays)</i></p>	2				
<p>LA 7.1.6.j <i>Generate and/or answer literal, inferential, critical, and interpretive questions, analyzing prior knowledge, information from the text and additional sources, to support answers</i></p>	1, 2, 3	2		2	4