Instructions

Think of one activity you know how to do, such as figure skating, cooking, or shooting a basketball. Write an essay for your teacher that explains all about how to do this activity. Be sure to include step-by-step instructions so that someone else could do this activity.

If you are tired of school routines, a hike might be just what you need. There’s nothing like tramping through the woods or along a shore to make you feel energized and refreshed. Personally, I recommend a good long hike, not just a stroll around the block. To have a successful all-day hike, you need to do some planning. Here’s how to begin.

First, get together with the people who will hike with you, and bring some paper for making notes. Decide where you want to go. You might hike to the top of a nearby mountain, take a trip around a lake, or follow a trail along a river. Consider these questions as you talk about the possible choices. How difficult will the hike be? If someone suggests a steep uphill climb, think about the group members. Is everyone fit enough to enjoy that amount of challenge? Does everyone have rugged boots with good ankle support? For your first time out as a group, it’s a good idea to pick a hike that won’t be too hard.

Also, think about how much ground you can cover in one day. If you plan to hike in a familiar area, you can probably estimate how much time your trip will take. Make sure to get information about an unfamiliar place. Recreation departments, park rangers, maps, and travel books can give you an idea of the distance and level of difficulty of a particular trail. Get the details before the day of the hike so you’ll know what to expect.

Okay, you’ve picked a hiking destination. Everyone in the group is excited about going. After choosing a date, everyone just needs to show up at the location and start moving their feet, right? Wrong! Next you need to plan what supplies to bring with you. This is an important step, especially if you’ll be hiking for several hours. You and other group members can make a list and then decide who will bring what.

To begin with, remember that you’ll definitely get hungry and thirsty. Bring plenty of drinking water. Everyone should have his or her own supply. You should also pack a healthful lunch. My favorite hiking lunch is a roll-up
sandwich loaded with spinach, cheese, and tomatoes. You might also want
snack food, such as peanuts or granola bars, because hiking can work up an
appetite! You'll feel like a ravenous bear after hiking for hours.

Another thing to remember is a first-aid kit. Adhesive bandages will
come in handy if someone gets a blister or scrapes an elbow. Also, bring
some medication to rub on bug bites or scratches. Sun block is a necessity
too, and you'll have fewer problems with bug bites if you bring some insect
repellent.

Although no one needs fancy clothes on a hike, you do need to think
carefully about what you will wear. Include sturdy shoes and socks if the
hike will be at all strenuous. It's also a good idea to pack a light jacket in case
the weather changes. You don't want to get totally soaked by rain or frozen
stiff by the wind. Some people like to wear a cap with a visor to keep the sun
out of their eyes. Backpacks are easy ways to keep all the things you need in
one place.

Now that everyone knows what to bring, you're all set for your hike. As
long as nature cooperates by sending good weather, you should have a great
experience. I have just one more word of advice for you. Avoid the poison ivy!