



- b. Show that you know first aid for injuries or illnesses that could occur while hiking, including hypothermia, frostbite, dehydration, heat exhaustion, heatstroke, sunburn, hyperventilation, altitude sickness, sprained ankle, blisters, insect stings, tick bites, and snakebite.

Hypothermia:


Frostbite:


Dehydration:


Heat exhaustion:


Heatstroke


Sunburn:


Hyperventilation


Altitude sickness:


Sprained ankle:


Blisters:


Insect stings


Tick bites:


Snakebite:


2. Explain and, where possible, show the points of good hiking practices including proper outdoor ethics, hiking safety in the daytime and at night, courtesy to others, choice of footwear, and proper care of feet and footwear.

Proper outdoor ethics


Hiking safety in the daytime


Hiking safety at night,


Courtesy to others,


Choice of footwear,


Proper care of feet and footwear.
























