



Hiking

Hiking is a great way to enjoy the outdoors, increase physical endurance and socialize with friends and Family. Hiking can be beneficial to all Soldiers with any type of injury if done in a graded, systematic manner. The Adaptive Reconditioning Physical Therapist / Occupational Therapist will screen each Soldier for participation in hiking and determine the Soldier's ability level.

Resources are provided by:

- Adaptive Reconditioning (AR) team
- Warrior Transition Unit (WTU) Cadre
- Guide from local Parks and Recreation may be required for longer hikes

The AR Team should complete a re-con of the hike to determine length, terrain and get a working knowledge of the area for hiking.

Equipment/resources provided:

- Transportation— if collaborating with an organization/area outside of driving distance then air travel and overnight accommodations will be needed (AR team will help coordinate)
- Cell phones or radio system for communication
- Terrain map/GPS

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources Soldier brings:

- Sun protection /sunglasses
- Backpack (for shorter hikes)
- Matches/lighter
- Emergency shelter (large garbage bag)
- First aid kit
- Hiking boots
- Trekking poles (optional)
- Cold weather gear if needed (ski gloves, thermal hat, non-cotton clothing, ski jacket, ski pants, under garments, wicking socks, lip balm)
- Water/snacks

Location(s):

- Local hiking trails (on or off post)
- Urban setting
- Varies by location