



## Banff National Park – Learn to Hike

### ESL Activity #3 – Plan Ahead and Be Prepared

#### **Activity #3 - Plan Ahead and Be Prepared**

**Hiking Knowledge Objective:** Increase knowledge of appropriate articles to bring on a hike based on Hiking Trip Tips

**Language Focus:** Speaking – Discussion Skills; Argument and Persuasion; Showing Agreement and Disagreement. Vocabulary Development. Writing

**Material:** Cards with the names of articles associated with hiking (some will be appropriate and some not) – one article per card

**Groupings:** Divide the larger class into small groups of 4 or 6

**Time:** 80/90 Min

#### **Activity Outline:**

**Part 1: 30 Min** - All cards are placed on the table in front of a small group. The group will divide the cards into known and unknown articles. If only one person in the group knows the article, it is their job to explain it to the group. Any unknown articles will be put aside and the instructor can explain what these are.

**First Adaptation:** can do the **Whiteboard Activity** with these articles before the activity begins.

**Whiteboard Activity** - Group in teams of 2 or 3. Have one person in each team sit with their back to the board. Write a word from the list on the board. The team member(s) that can see the word must give hints to their partner. They may not use gestures. The round stops when the first group gets the word. Discuss the meaning with the group as a whole (Wow! You got that quickly. What hints did you give to your partner? Etc) Switch seat within each group so that another student has their back to the whiteboard, put up a new word and you are ready for the next round. Make sure that all students giving the hints know the word before you start the round. Use the illustrations provided if needed.

**Second Adaptation:** students pick up known articles and write a brief description of what it is on the back of the card. Continue until all cards have a description written on the back. When subsequent students pick up the card, they can read the description to learn about the article or correct the description if needed.

**Part 2: 30 Min** - Divide the group into pairs and distribute one set of cards evenly to the pairs. In pairs, discuss each article in turn and decide to bring or not bring this article based on Hiking Trip Tips.

**Part 3: 20-30 Min** - Bring pairs back and form the small group again. Each group should discuss which articles they decided to bring and not bring presenting your pair's rationale. Group can discuss any differences of opinions and create a Top 10 List.

Examples of Articles: Ziploc bag, lighter, whistle, gaitors, tin of beans, etc.



**parkscanada.gc.ca   parcscanada.gc.ca**

**Optional Homework Activity:** write about what you will bring and why and what you decided to leave behind and why.

**Optional Review Activity:** do the “Whiteboard” activity with the articles as a warm up the following day (if not done as an adaptation to the activity).



**parkscanada.gc.ca   parcscanada.gc.ca**

### **Speaking Points for the Equipment List:**

#### **Ziploc Bag**

Light and compactable good for keeping toilet paper dry or map dry

#### **Lighter/ Matches**

Won't get wet like matches but does need fuel/ Will get wet but light and small

#### **Gaiters**

Great for allowing you to stay on main trails even when wet and muddy

#### **Map**

Yes!

#### **First Aid Kit**

Make sure to have a small light one and think about any special needs of your group

#### **Flashlight**

Headlamp would be more practical

#### **Compass or GPS**

For Safety

#### **Sunscreen**

Nothing worse than a sunburn and being 2 hours from home

#### **Water Bottle**

Absolutely – don't need to carry all 2L (usual amount needed for a day hike) in one bottle

#### **Make Up**

Don't need it but might want to throw in some lip balm

#### **Insect Repellent**

Absolutely in the spring/summer/fall

#### **Box of granola**

Reduce the waste (cardboard box) before leaving and put granola into a Ziploc bag

#### **Roll of Toilet Paper**

Don't need a whole roll but bring some in a Ziploc

#### **Backpack**

Make sure it fits well with the weight at the bottom and worn on your hips

#### **Gloves or Mittens**

Anything can happen in the mountains so be prepared for weather



**parkscanada.gc.ca   parcscanada.gc.ca**

**Cell Phone**

Think about reception – might be better to have a charged phone in the car

**Candles**

Would be appropriate for an overnight trip but matches/lighter a better option for a day hike

**Cotton T-Shirt**

Cotton is not the best choice of material for a hike – if it becomes wet, it can't keep you warm – try a quick dry material

**Cup**

Don't need it if you have a water bottle

**Soap**

Shouldn't be used in the backcountry unless it is biodegradable and not needed for a day hike

**Jacket**

Need it even on a hot summer day – never know what weather will come in the mountains

**Binoculars**

Good for watching wildlife from a distance

**Dog Leash**

Absolutely, if you are bringing your pet

**Hiking Poles**

Saves your knees and leg fatigue

**Extra socks**

Saves you from getting blisters if your socks get wet

**Pocket Knife**

Great for all types of eventualities

**Warm Hat**

Never know what weather the mountains will bring – great for keeping warm (it is said that you lose 60% of heat from your head)

**Warm Sweater**

There are better options to wool which won't keep you warm when wet and is bulky

**Sunglasses**

A great idea in all seasons

**Bag of Potato Chips**

Bulky and not very nutritional

**Swimsuit**

Don't need it – have a dip in your underwear or quick dry shorts!

**Pen and Paper**

Never know – it is light and compact

**Camera**

Great idea to capture memories and snap a picture of the flower you can't pick– think about size and weight and battery capability

**Bear Spray**

Need it on any hike and make sure it is accessible and not in the bottom of your pack – keep it out of your pack and at your hip

**Rope**

Very heavy and not necessary

**Warm Blanket**

Warm layers of clothing is a better choice than a blanket

**Wind Pants**

Very light and compact but not a necessity

**Duct Tape**

Don't bring a whole roll but a few turns around a water bottle could come in *very* handy for shoe repairs, pole repairs or even blisters

**Axe**

Not very compact and extremely heavy. A pocket knife is a much better choice.

**Ball Cap**

Great way to keep the sun or rain off of your head and compact and light if in your backpack

**Hiking Boots**

More sturdy than a pair of running shoes and will help protect your ankles from injury

**Can of Pop**

Creates garbage that needs to be packed out

**iPod**

No need to carry music on your hike. You want to hear all the sounds of the forest and other hikers don't want to hear your music. Not recommended to have ear buds in when hiking for safety reasons.

**Cooler**

Very heavy and not compact. Leave this wonderful car camping necessity at home when out for a hike.



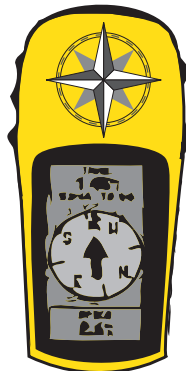
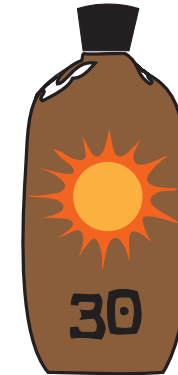
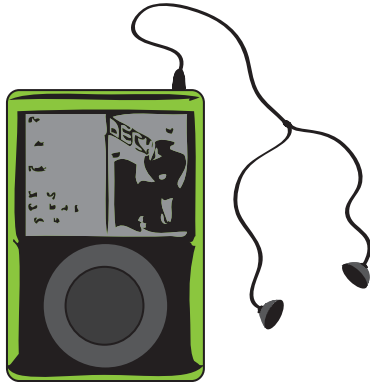
**parkscanada.gc.ca   parcscanada.gc.ca**

**Skateboard**

Not a practical item to bring on a day hike. You won't be able to ride on it, it is cumbersome to carry and hard to fit in your backpack.

**Snacks**

You always need more than you think. Make sure they are high energy without much packaging and light and easy to carry in your backpack. Hiking gives you a good appetite!



Map

Compass or  
GPS

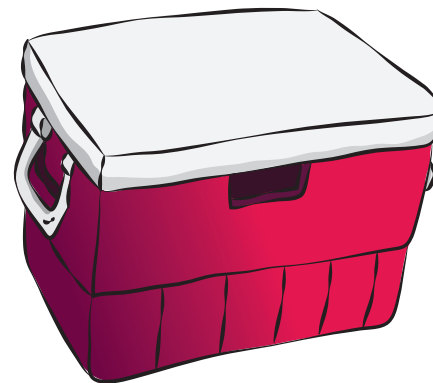
Sunscreen

1 Pod

First aid kit

Can of pop





Warm jacket

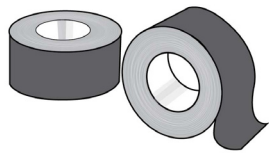
Binoculars

Backpack

Cell phone

Cooler

Insect repellent



Extra socks

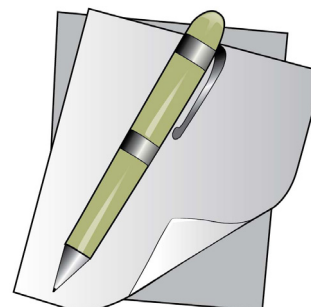
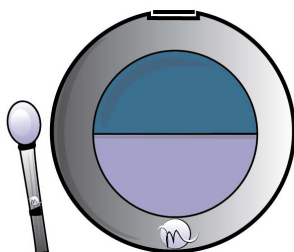
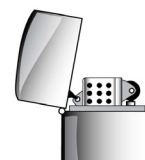
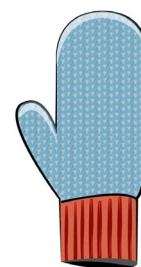
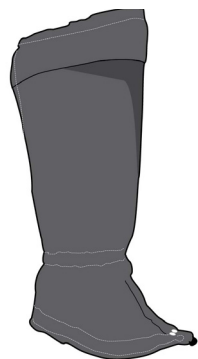
Cup

Candle

Duct tape

Cotton  
T-shirt

Box of  
granola



Pen and paper

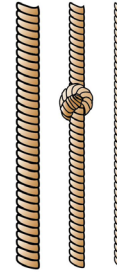
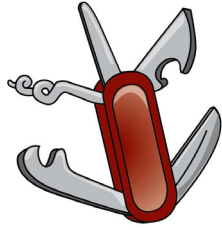
Lighter or  
matches

Mittens or  
gloves

Make-up

Hiking poles

Gaiters



Warm hat

Warm  
blanket

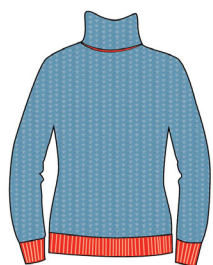
Bathing suit

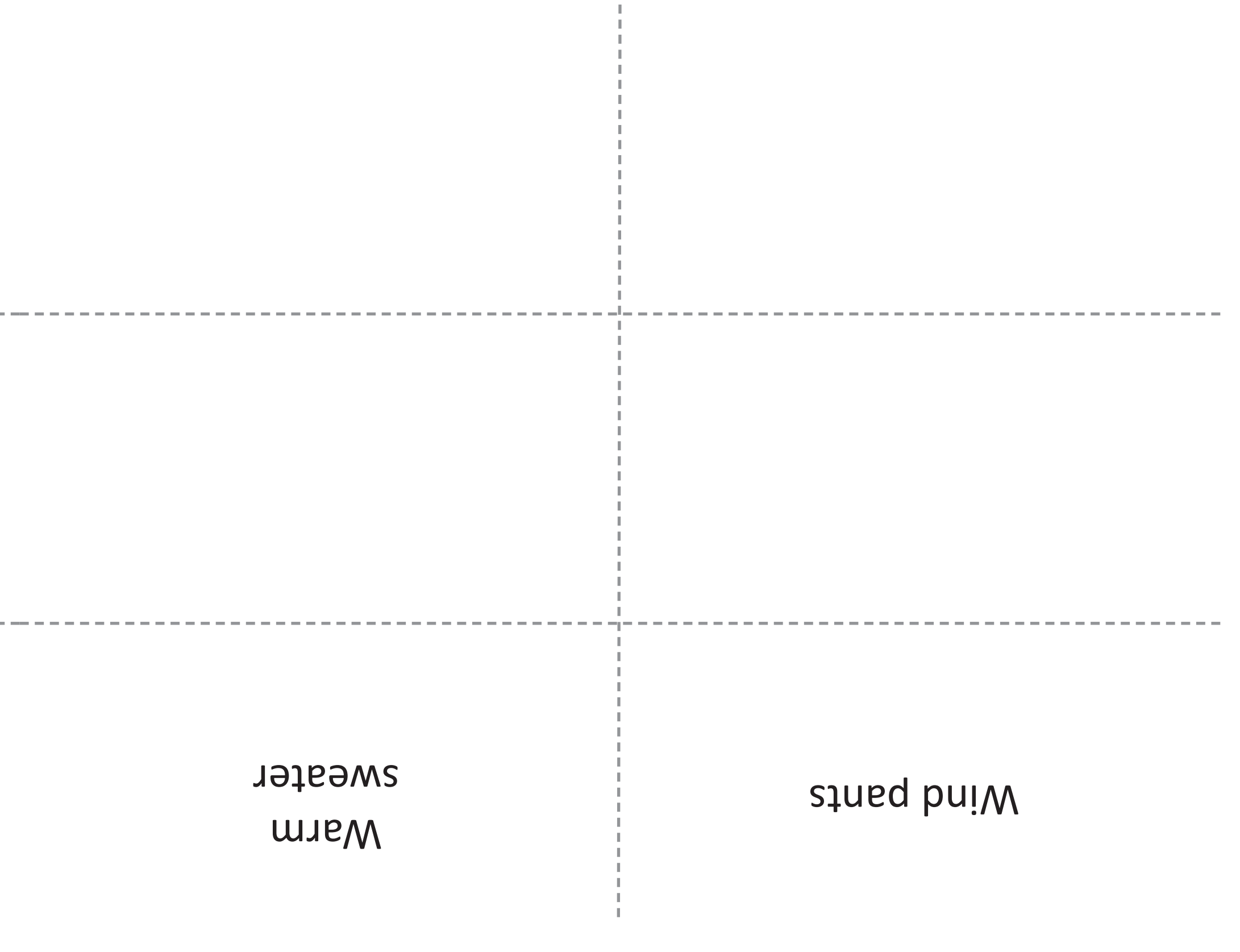
Soap

Rope

Pocket knife







Warm  
sweater

Wind pants