

Hiking Equipment

- **Hiking Boots:** Hiking boots are durable, supportive footwear specifically designed for hiking on rough terrain to provide stability, comfort, and protection.
- **Trekking Poles:** Trekking poles are lightweight, collapsible poles used by hikers to provide stability, support, and reduce strain on the joints.
- **Water Bottle:** A portable container typically made of plastic or metal used to carry and drink water while hiking or backpacking.
- **Compass:** A compass is a navigational tool that uses the Earth's magnetic field to determine direction, essential for hiking and outdoor activities.
- **Headlamp:** A headlamp is a portable light source worn on the head, used by hikers to illuminate the trail in low light conditions.
- **First Aid Kit:** A first aid kit is a portable package containing medical supplies and equipment for treating minor injuries while hiking.
- **Backpack:** A backpack is a durable, lightweight bag worn on the back that holds essential gear and supplies for hiking.

Overnight backpacking trips

- **Gear:** Gear refers to the equipment and supplies needed for an overnight backpacking trip, such as tents, sleeping bags, cookware, and clothing.
- **Shelter:** Shelter on overnight backpacking trips refers to a tent, tarp, or other structure used to protect hikers from the elements.
- **Wilderness:** Wilderness refers to remote, undeveloped natural areas where hikers can experience solitude, wildlife, and primitive camping during backpacking trips.
- **Hiking:** Hiking in the context of overnight backpacking trips refers to walking on trails and carrying all necessary gear for camping.
- **Camping:** Camping refers to the act of setting up temporary shelter, such as a tent, in the wilderness during overnight backpacking trips.
- **Trips:** Overnight backpacking trips involve hiking and camping for one or more nights, typically in wilderness or remote areas.
- **Backpacking:** Backpacking is the activity of hiking and camping overnight, carrying all necessary gear and supplies in a backpack.
- **Overnight:** Overnight refers to backpacking trips that last for one night, typically involving camping outdoors and hiking during the day.

Multi-day thru-hikes

- **Thru-hike:** A thru-hike is a long-distance hike that covers an entire trail or route from start to finish without interruption.
- **Trail:** A trail in the context of multi-day thru-hikes is a marked path or route for long-distance hiking adventures.
- **Wilderness:** Wilderness refers to remote, undeveloped natural areas that are typically rugged, isolated, and difficult to access, perfect for thru-hiking.
- **Camping:** Camping in multi-day thru-hikes refers to setting up temporary shelter and sleeping outdoors along the trail during overnight stops.
- **Resupply:** Resupply refers to the act of restocking food, water, and other essential supplies during a multi-day thru-hike.
- **Ultralight:** Ultralight refers to a minimalist approach to hiking, focusing on reducing pack weight to increase comfort and efficiency on long-distance treks.
- **Navigation:** Navigation in multi-day thru-hikes involves using maps, compasses, GPS devices, and trail markers to stay on course and reach destinations.

Peak bagging

- **Peak:** Peak bagging is the activity of summitting multiple peaks in a single trip, often pursued by hikers and mountaineers.
- **Challenge:** A challenge in peak bagging refers to the difficulty or obstacles encountered while attempting to summit a particular peak.
- **Hiking:** Hiking in the context of Peak bagging involves climbing to the summit of multiple peaks within a specific range or region.
- **Climbing:** Climbing in the context of Peak bagging refers to ascending steep or challenging terrain in order to reach a summit.
- **Altitude:** Altitude refers to the height above sea level of a particular peak or summit being bagged during a hiking trip.
- **Elevation:** Elevation in peak bagging refers to the vertical distance between a peak's summit and its base or the surrounding terrain.
- **Summit:** The highest point of a mountain or hill, reached by hikers as a goal during peak bagging adventures.
- **Mountain:** A peak or summit that can be hiked or climbed as part of peak bagging, typically involving reaching the highest point.

Trail running

- **Endurance:** Endurance in trail running refers to the ability to sustain physical activity over long distances and varying terrains.
- **Strava:** Strava is a popular app used by trail runners and hikers to track, analyze, and share their outdoor activities.
- **Terrain:** Terrain refers to the physical features of the land in trail running, such as hills, rocks, and vegetation, impacting difficulty.
- **Hydration:** Hydration in trail running refers to maintaining optimal fluid levels in the body to prevent dehydration during physical activity.
- **Singletrack:** Singletrack refers to a narrow trail typically only wide enough for one person at a time, often found in wilderness areas.
- **Technical:** Technical in trail running refers to challenging terrain that requires agility, balance, and skill to navigate safely and efficiently.
- **Elevation:** Elevation in trail running refers to the vertical gain and loss of a trail, measured in feet or meters.
- **Ultramarathon:** An ultramarathon in trail running is a race longer than a traditional marathon, typically ranging from 50 to 100 miles.

Nature walks

- **Hike:** A hike is a long walk or trek, typically taken in nature, often on trails or through rugged terrain.
- **Trail:** A trail is a path or route through a natural environment, typically marked and maintained for walking, hiking, or biking.
- **Forest:** A dense area of trees, plants, and wildlife, providing shade and shelter while exploring nature trails and hiking paths.
- **Wildlife:** Wildlife refers to all living organisms that are not domesticated, including animals, birds, insects, and plants, found in natural habitats.
- **Scenery:** Scenery refers to the natural surroundings or landscape that can be observed during a nature walk or hike.
- **Landscape:** Landscape refers to the visible features of an area of land, including mountains, valleys, forests, and bodies of water.
- **Flora:** Flora refers to the plant life found in a particular region or habitat, often observed and appreciated during nature walks.

- Fauna: Fauna refers to the animal life present in a specific region or habitat, often observed during nature walks or hiking.

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