I have for a very long time been an avid hiker... I like freedom it provides and the skills you learn every time you go out on an adventure. It is not without its dangers tho, one of the most common dangers is a mechanical injury, then it turns into a survival situation. which is the last thing you want to happen.

I have found a great article that gives great basic advice that applies to hiking in general but which can also help in a SHTF situation and you have to bug out. Remember knowledge weighs nothing.

Photo Credit: Martin Cathrae / Flickr

Trail Tips: General Hiking / Bugging Out Advice