

---

# TRAIL TIPS

---

## Helpful Hints for Hiking



Happy New Year! As we kick off a new year of hiking here in Arizona, I'd like to share with you a helpful tool I include in my backpack on every hike; the humble Kerchief.

On the trail in Sedona, Overnight Trip, SCH, Spring 2016

---

A kerchief?! Really? What is so useful about a kerchief, besides blowing your nose with it?

Well, I'll tell ya. There are many uses for this little piece of cloth whilst ambling along on the scenic trail. If you're getting a little too warm, as we often do, just wet your kerchief with a little water, drape it over your head,

and put your hat on over it. Instant evaporative cooler. And if your hat doesn't have a wide enough brim in the back to cover your neck, the kerchief can be used as a sunshade over your neck.

Forget to bring a paper towel with you for the lunchtime break? Break out the kerchief to wipe your digits after munching on that delicious apple you brought with you.

Want to dabble your piggies in that delightfully cool pool at the end of your arduous trek, but don't have a towel to dry them off before stuffing them back into your boots? No problemo, whip out the kerchief.

Got stuck being the sweep, and you're tired of breathing the dust of the 20 hikers ahead of you? Fold your kerchief in half diagonally, and tie it around your lower face, bandito-style. Works great! Just remember to take it off before walking into your local bank branch.

Medical emergency? You can fashion one or more kerchiefs into arm slings, dressing wraps, tourniquets, and signaling flags for that helicopter coming your way.

Many of the National Parks are even printing trail maps on souvenir kerchiefs for you to purchase. Multi-purpose tool at its best!

Oh, and you can blow your honker with it, too.

There are endless uses of the oft-neglected kerchief in the wilds of the outdoors. I always have at least two in my backpack at all times. (I refrain from using the one I blow my honker with on open wounds, you'll be glad to know) So pick up a couple of these linen tools when you get the chance. Liven up your wardrobe a little with colorful ones. Get a bright one for signaling that chopper when the time is right.

I'll see ya on the trail!

Burton Hill



A couple of my useful kerchiefs