



Contributed photo/Haley Hueckman

Rashauna Workman, left, and Mike Lirette hike the Amelia Creek Trail in the Monument Rock Wilderness.

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EAGLE Q&A

Local adventurer shares hiking tips and experiences

By Cheryl Hoefler
 Blue Mountain Eagle

and backpacking in Grant County.

With thousands of miles of dirt and gravel under her boots, local hiking enthusiast Haley Hueckman knows plenty about both day trips

From tips and equipment to personal experiences and favorite spots – both beginners and advanced hikers can benefit from her knowledge and advice.

The Eagle talked with Hueckman recently, and asked her to share her passion and know-how for other trail trekkers.

Q. Let's start with some basics. What are some good tips, as far as supplies and safety equipment a beginner hiker should know before hitting the trail – either for a day or overnight trip?

A. The most important tip for day hikers and backpackers alike is water. Staying hydrated is crucial. Bring water when you start your hike, and if you suspect you'll need more later in the day, plan your trip according to natural water sources. If you carry water bottles, I suggest Nalgene bottles. Personally, I carry a 3 liter bladder. If you need to purify drinking water from a stream or creek, you have two options. You can use iodine drops or a pump. Both will suffice. It's also important you carry lightweight equipment. They make backpacking tents, sleeping

See TIPS, Page C3

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