

Brian Kendall, M.D.

What are the most common medical problems or injuries that hikers might encounter?

0:06

So some of the most common things that we see while people are out hiking is ankle sprains, blisters and insect bites, that's usually what we encounter most often.

What are some of the most common mistakes that new hikers make that could lead to problems or injuries?

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Think not wearing proper equipment, so not having proper footwear, not knowing the trail that they're going to be going on. And the difficulty level that that trail is going to be, I think not taking water is a big one too, and becoming dehydrated, and then not preparing prior to the hike, making sure that your shoes are broken in that you have the physical ability to do everything that's necessary.

How should hikers prepare themselves when it comes to first aid?

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I think having some basic knowledge before you go of what first aid is, either by watching a YouTube video or taking a class online, learning some of those basic first aid techniques. And then taking some of the supplies that you would need to treat those simple ailments like ankle sprains, blisters, and then common things like headaches, you know you want to have some Advil or Tylenol or for allergic reaction would have benadryl handy. Some just very simple things is usually all you need for most day hikes.

What do you usually take in your first aid kit?

1:34

So I have a first aid kit that has a lot of different things on it. Anytime I go camping, or hiking, people always look to me to be able to take care of any emergency. But things like lots of gauze bandages, and Ace wraps, you can use those for a lot of different things like making a sling or bandaging up a wound, or, you know, helping to splint an ankle or a knee. I also have all sorts of different anti nausea medicine or anti itching medicine, or cream, things for headaches and those types of things as well.

Why is staying hydrated so important for hikers and what else should be considered for hydration besides just water?

2:12

It's very important to stay hydrated while you're on a hike and preparing for that hike by staying being hydrated prior to your hike as well, mainly because that's what helps your body function at its peak performance. If you're dehydrated, your brain isn't gonna be able to function as well, your heart won't be able to function as well, your kidneys won't function as

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well. And that's going to decrease your physical performance on the hike. Just plain water is totally fine for something like a simple day hike. If you're planning a multiple day excursion, then probably having some electrolyte tabs or something that you can add to that water every once in a while would be useful as well. But you don't have to do that for most of the day hikes that most people do.

How much weight should hikers carry with them?

3:00

I think it's really gonna depend on your skill level. I think what you need to be mindful of is something that feels like 10 pounds at the beginning of a hike is gonna probably double and wait, you know, that's just the way it feels by the end of that hike. So you want to pack as light as you can and take only the essentials. You know, take that first aid kit. Take water, and make sure that you have things like sunscreen, but if you can put on sunscreen prior to the hike, then do that and leave the sunscreen back at camp

Anything else to add?

3:34

I think the biggest issue that you can get yourself into the most trouble is by hiking in an unfamiliar place without somebody else there with you. So always when you go on a hike, make sure that you go out with a partner and make sure you know where you're hiking. And if there is a emergency that happens know where you're going to go.