

Speech Outline Example

General Purpose - To Inform

Specific Purpose - To inform audience on how to prepare for a hiking trip

Central Idea: Hiking can be a good experience if you prepare ahead of time in a responsible way.

Title - Take a Break and Take a Hike

Introduction:

How many of you have gone hiking? Great, I hope you had a good experience. If you've done it before, you know it takes a lot of planning. If not, there are a few simple steps to follow that will make your adventure a trip to remember.

First, you have to know how to plot your course. Get all the information you can on logistics, foot trails, weather, time, etc.

Next, you have to plan your menu and make sure you have the right type of food and nutrition. What do you need to stay hydrated? What are the healthiest and easiest foods to prepare? Will you have enough food in case something unexpected happens?

And finally, it is essential to have the proper equipment. You will need a map, compass, rain gear, lights, whistles, first aid kit, sun screen, simple cooking utensils, tent, etc.

Main Point #1.

The first step in preparing your trip is plotting the course.

Where would everyone like to go? Is it feasible?

a. Choose a course suitable for everyone in the hiking group. According to outdoors.org, 60 % of first-time hikers have a bad experience because of course difficulty.

b. Check up-to-date maps so you can identify obstacles on your course. An article in National Geographic states that
_____. In fact,
_____.

c. Consider the climate of the hiking area when plotting your course. A recent hospital survey reveals that
_____.

Main Point #2.

The second step in preparing is getting the right food that is both nutritious and easy to prepare.

- a. Plan a menu that covers all meals on the trip.
FoodNetwork.com states that planning a menu save time, money and can_____
- b. Shop for the food. In the same article, FN provides
the best sources for this type of food and nutrition.
- c. Pack the food in waterproof bags. They are easy to find in _____ and online at _____
(Fact) And speaking of waterproof, make sure you have more than enough water so you stay hydrated!

Main Point #3.

The third part is choosing the right equipment. There are multiple brick and mortar stores and online as well where you can learn how to choose the equipment you need for your particular needs. (Provide some examples.)

a. Choose a tent that is lightweight yet spacious and easy to assemble and take down. According to The American Hiking Society,

b. Look for strong, comfortable hiking boots. As we know,
there is nothing worse than shoes that don't fit properly
and walking with blisters and bleeding sores because we
are wearing the wrong shoes. _____,
75 percent of first time campers experience

c. Make sure you have proper clothing and supplies for the terrain and the climate. There's nothing more uncomfortable than being too hot or too cold for more than a few minutes, in addition to it being a health hazard. The CDC states that campers, mountain and rock climbers, and sometimes, people who spend a lot of time with outdoor sports, experience serious sunburn or frostbite because they were wearing the wrong type of clothing for the event.

Conclusion

Hiking can be the adventure of a lifetime if you plan well before you hit the trail. Following a few smart tips, being prepared, and having everything you need, will help you connect with nature in a responsible way.

You must plot a course that's suitable for everyone, you need to have enough nutritious food that is easy to prepare, and you should buy or rent the proper equipment so that everyone is safe and comfortable.

Following these three easy steps can

[Bibliography \(apa or mla style\)](#)

- 1.American Hiking Society
- 2.National Geographic Society
- 3.National Park Service
- 4.Outdoors.org