

SUPPLEMENTARY MATERIAL

For:

Injuries Sustained while Hiking 14,000ft Peaks in Colorado

By:

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Note: Questionnaire was administered originally through Qualtrics XM

1. How many 14ers have you done total? (peaks may be counted more than once)

Number of 14ers

2. How many of the 14ers have you done solo (without a partner or group)?

Number of solo climbs

3. How many of the 14ers have you done with a partner or a group?

Number of partner/group climbs

4. Have you ever been injured while hiking a 14er?

a. Yes

b. No

5. Please mark any of the injuries you have had (check all that apply)

a. Blister

b. Bruise

c. Cut

d. Dehydration

e. Muscle Strain

f. Sunburn

g. Broken Bone

h. Bug Bite

i. Felt Cold

j. Felt Hot

k. Abdominal Pain

l. Nausea / Vomiting

m. Diarrhea

n. Ligament Tear

o. Torn Meniscus

p. Dislocation

q. Tendon Tear

r. Other – Open answer

6. How many times have you broken a bone while hiking a 14er?

Number of times

7. Which bone(s) did you break?

Open answer

8. How many 14er peaks had you climbed the first time you broke a bone?

Number of 14ers

9. Which ligament did you tear?

Open answer

10. Which tendon did you tear?

Open answer

11. How many 14er peaks had you climbed the first time you tore a ligament?

Number of 14ers

12. How many 14er peaks had you climbed the first time you tore a tendon?

Number of 14ers

13. Do you carry any medical supplies when you hike? (check all that apply)

- a. Bandaid***
- b. Bandages***
- c. Sunscreen***
- d. Ace Wrap***
- e. Pain Relievers***
- f. Blister Pad***
- g. Insect Repellent***
- h. Elastic Strap***
- i. Antiseptic Cream***
- j. Tweezers***
- k. Tourniquet***
- l. SAM Splint***
- m. Other – Open answer***

14. Have you ever witnessed someone get seriously hurt while hiking a 14er?

- a. Yes***
- b. No***

15. Have you ever been helped off a 14er by Search and Rescue?

- a. Yes***
- b. No***

16. What was the reason you were helped by Search and Rescue?

Open answer

17. Have you ever run out of water while hiking a 14er?

- a. Yes***
- b. No***

18. Have you ever decided to turn back early before summiting a 14er?
a. Yes
b. No
19. If you have turned back early before summiting, what was the cause? (weather, injury, etc.)
Open answer
20. Do you use an app or website to check trail conditions before hiking?
a. Yes
b. No
21. Which app or website do you use to check trail conditions?
a. 14ers.com
b. AllTrails
c. Other – Open answer
22. Do you use an app or website to check the weather forecast prior to hiking?
a. Yes
b. No
23. Which app or website do you use to check the weather prior to hiking?
Open answer
24. Have you ever been lost on a 14er?
a. Yes
b. No
25. Do you use a trail app to help you find the correct route? (Alltrails, 14ers.com, etc.)
a. Yes
b. No
26. Which trail app do you use?
Open answer
27. Have you ever taken an outdoor wilderness preparedness class? (NOLS, BOSS, AIARE, etc.)
a. Yes
b. No
28. How often do you inform someone who is not hiking with you where you are hiking and when to expect you back?
a. Always
b. Sometimes
c. Never
29. What piece of safety advice would you give someone who is hiking their first 14er?
Open answer