

SOME OF HIKING GUIDELINES



1. Match the hike to your physical ability.

- *on really long hikes, an excessively slow pace may prevent the group from finishing the hike.
- *if you have to quit mid hike, then other hikers will need to return with you.
- *if you have a condition that could cause collapse on a hike, please let the hike leader know.
- *start with some easy hikes and work your way up.

2. Allow enough time to complete the hike.

- *if you leave a hike early for an appointment, then other hikers or even the whole group may need to return with you, depending on the location.
- *our policy is not to let anyone walk out of the woods alone.

3. Bring the proper equipment for the hiking conditions.

- *this may include water, food, headlamp, proper footwear, ice grippers, snow shoes, insect repellent, bug nets, rain gear, hunters orange, trekking poles, first aid kit, compass, etc.

4. Arrive a few minutes early at the meetup point.

- *we normally leave 5 minutes after the stated time, so please arrive early enough to sign in and arrange carpooling if needed.

5. Stay with the hike leader and don't go ahead of the group.

- *even though the group has various levels of ability and fitness, we should all arrive at the destination together. This is a team effort!
- *remember it's a group hike and not a race.

6. Don't get too focused on the destination and miss the journey.

- *take time to look around as you walk.
- *move about in the group and talk with other hikers.

7. If you find the pace too easy.

- *don't leave the group behind, but move around and encourage other hikers.

8. If you find the pace too difficult.

- *don't suffer in silence, but ask the leader to slow down a bit.
- *don't get discouraged, but keep on hiking so your pace will improve.

9. Smoking & Vaping.

- *this is discouraged during club events, but if you must do these things for medical reasons, then mention it to the hike leader and do it away from the other hikers.