

Hike Leaders Responsibilities

Send out an email at least 2 days prior to the hike. Include hike name, mileage, difficulty, where to meet, carpool donation (if applicable), suggested equipment and snack/lunch. RSVP is suggested. Include your phone number.

At the meeting location and/or trailhead, conduct introductions of hikers.

Coordinate carpool.

At the trailhead count hikers and ask for a sweep volunteer. Sweep travels last. As a sweep, if you can't see or hear the leader, call out for a slowing of pace or a pause in hiking.

Wait at every decision point in the trail until the sweep catches up.

Take sufficient breaks for water, snack and/or lunch.

Carry a first aid kit (if you do not have one please let me know), cell phone and a map if available.

Hike Participant Responsibilities

Know your capabilities as a hiker (pace, distance, difficulty).

Be prepared by bringing water, snacks, lunch, rain gear if needed, hiking poles if you use them.

Wear appropriate footwear depending on the trail conditions (hike boots are preferred but good walking shoes may be appropriate depending on the trail).

Bring adequate clothing for changeable weather conditions. Dress in layers. Hat, gloves and sunglasses are suggested.

Bring bug spray and wear sunscreen. Be aware of ticks.

Be on time. It is **your responsibility** to know the meeting time and meeting location. Most carpool location addresses are located at the end of the hike schedule. If you are not sure please contact the hike leader at least one day prior to the hike, not the morning of the hike. The hike leader is not obligated to wait for you if you are late.

Stay with the hiking group between the leader and the sweep. If you need to stop, let the hike leader know.

Pack it in, pack it out.

Leave your pets behind during scheduled hikes.

It is suggested that you print out the current hike schedule as a reference. The spring schedule runs from April through June. The fall schedule runs from September through December. At other times anyone can plan a hike by sending out an email to the group. All of the above responsibilities should be followed for these hikes also.