

**At The Meeting:** Discuss the hike with the trip leader, the Outings Committee Chair, or the Meeting Coordinator and then sign up for the outing. Make sure that this is a trip that you want to take and is one that you can physically complete. Some important things to discuss are: the reason why this outing is rated easy, moderate or strenuous (not the same for all hikers); water requirements, probable weather conditions, appropriate clothing, food, special equipment.

You are responsible for your own health and safety! However, for the good of the group it is wise to alert the trip's leader of any health conditions you have that might flare up during a hike. You are responsible for calling the trip leader to cancel or to ask questions. Please call as soon as you know that you must cancel a trip, this allows members on a waiting list to go on the hike. Non members must pay the outing fee when signing up for a hike.

**The Day of the Hike:** Leaders usually allow 45 minutes for breakfast. If you arrive late, do not expect the group to wait for you. This is especially important during the winter months when the days are shorter. Sign the **Trailhead Registration Form**. This form contains Medical Authorization and Release and waiver conditions. Do not show up without a reservation.

**Carpooling:** The driver should keep track of round-trip mileage. As a courtesy to the driver an appropriate donation, divided among the passengers, is recommended.

**Right of Refusal:** If, in the leader's judgment, a hiker is unprepared, lacks the proper equipment, or does not seem physically able to complete the trip, the leader has the right not to permit the individual to participate in the outing.

**Responsibilities:** The trip leader's responsibility is to lead members on a pleasant and safe trip. Remember, our trip leaders are volunteers. They are not rangers who spend the work week hiking the back country. Unforeseen conditions such as bad weather or washed out trails may change elements of a hike such as routes, trails, total miles hiked, etc. It is impossible to give advance notice of such changes. Members that leave the group are considered to be on their own.

**Equipment:** The following items are important for your personal comfort and safety during the outing and in the event that you must spend the night on the trail.

**Essentials for hikes and backpacks**

Photo ID, health insurance card, \$20 cash  
Boots  
Daypack  
Food for the trip and 1 or 2 extra powerbars  
for an emergency  
Water—2 to 3 liters/day; more for the desert  
Hat, jacket, sunglasses, gloves and sunscreen  
Matches, candle and Metal cup  
Flashlight and spare batteries  
First Aid Kit with Moleskin, scissors and repellent  
Toilet paper, ziplock bag, trowel  
Pocket knife, tweezers  
Compass, signal mirror, whistle  
Space blanket or trash bag (rain gear)

**Essentials for Backpacking only**

Backpack  
Sleeping Bag  
Mattress or foam pad  
Tent and ground cloth  
Water purification system  
Stove and fuel  
Cooking utensils  
Extra clothing  
Personal toiletries  
Rain or snow gear