

## HIKING WITH THE TRAILS CLUB OF OREGON

Welcome to the Trails Club's hiking program. Trails Club members share a passion for the outdoors and are pleased to have you join them.

These guidelines will help your hiking experience be fun, safe and alert you to your responsibilities as a participant on a trip sponsored by The Trails Club of Oregon. It will also alert you to your responsibilities to your companions. If you have any questions ask your leader for an explanation.

In addition to following the guidelines, you should be mindful that there are certain inherent risks for injury or harm involved in any activity, including club-sponsored activities. Each participant in club sponsored activities must understand, agree with, and sign a consent form releasing the club, board members and individual members from liability.

### APPRECIATE OUR LEADERS!

Leadership requires organizational skills, the willingness to accept responsibility, commitment and the ability to make a decision. As the group size increases, the work required of the leader increases. The leader's priority is the safety of the party and to get everyone back to the trailhead in good health. Reaching the intended destination must take a back seat to the first goal.

The Trails Club is not a big group and the members who volunteer their time are very important. Assist us with developing and retaining our leaders. Be nice to them and follow their directions. Thank them for leading you, allowing you to experience a new area, and helping you to have a good time.

### HIKER TIPS (MUCH OF THIS APPLIES TO OTHER ACTIVITIES WITHIN THE CLUB BESIDES HIKING)

Be in adequate physical condition for the hike or activity you are attempting and select trips that match your abilities.

Each activity will have a rating when listed in the club newsletter.

“A” hikes are the easiest and are usually easy to moderate with good trails. Typically the A hike will be 4 to 8 miles and no more than 1,500 feet elevation gain.

“B” hikes are moderate to difficult and are usually 6 to 12 miles in length with up to 3,000 feet of elevation gain.

“C” hike are very difficult. They are usually over 10 miles and there is much elevation. Sometimes the trail itself is in poor condition.

Backpacks also use the A, B, C classification. However, the daily hiking mileage and elevation gain will usually be less than the day trip to qualify for the same class.

Biking, Kayaking, Skiing, and Snow Shoe trips all use a variation of the A, B and C classification with “A” being the easier trip.

If you have signed up for an activity before hand, let the leader know as soon as possible if you must cancel. Arrive at the meeting area ten to fifteen minutes before the announced time. The Leader will handle sign in, collection of trip fees (\$1 members & \$2 guests) and carpooling so that the group can leave at the time posted in our newsletter or on our web site. If you are late, the group may leave without you.

### BRING PROPER CLOTHING AND EQUIPMENT

Be aware of the danger of hypothermia (subnormal temperature of the body) caused by exposure to COLD, WETNESS and WIND.

Hypothermia is not just a winter hazard; most cases happen when the air temperature is between 30 and 50 degrees Fahrenheit.

Bring clothes that can be added in layers according to your body temperature. Cotton, including blue jeans, is not warm when wet.

Clothing that wicks moisture away from the skin is best. Remember that it is usually cooler at higher altitudes and it may be windy.

All hikers should carry the **TEN ESSENTIALS**. These are the things that you would need to survive spending an unexpected night on the trail. The Ten Essentials actually include more than ten items.

For starters, ***all participants should wear appropriate footwear and clothing; carry lunch, water, rain gear, warm sweater/jacket, and the following items:***

Insulation – extra clothing that can be layered and wicks moisture away including a hat and gloves.

Navigation – map and compass, know how to use them.

Sun Protection – sun block, sunglasses and a wide brimmed hat, even on overcast days and when in the mountains.

Illumination – flashlight or head lamp with extra batteries.

First Aid Supplies – for emergencies, “Request for Rescue” card, paper and a pen in a zip-lock bag.

Fire – matches and fire starter.

Repair kit – including a knife. Duct tape is very helpful.

Nutrition – extra food.

Hydration – extra water. (filter or purification tablets)

Shelter – space blanket, large trash bags plus a piece of insulation or form.

Whistle and mirror – to signal for help

Insect repellent – to keep the bugs and ticks away.

Toilet paper – a zip lock bag to carry out used paper.

Be familiar with your equipment and keep it in good condition.

If you are not adequately prepared, the leader has the right to leave you at the meeting place. The leader is concerned with your safety, as well as that of the entire group.

### **ON THE TRAIL**

Trail Club hikes are a group activity. Stay with the group, between the Hike Leader and the person the leader appoints to bring up the end. Follow the leader’s instructions regarding hiking ahead or behind or leaving the group.

Let someone know if you step off the trail for a bathroom break. Leave your pack on the trail to indicate where you left the trail.

Don't litter and pick up any litter you see. Carry out used toilet paper in a zip lock bag.

Please leave your pets at home unless the hike is specifically announced as welcoming dogs.

Smoking is not permitted on hikes. Please restrict your smoking to the parking lot.

Help maintain a naturally balanced ecosystem by not feeding birds or animals.

If you get lost, stay where you are. Do not panic. Stay warm and hydrated. Use your whistle (three blasts = emergency) and mirror to signal your location.

### **WHEN YOU GET BACK TO THE TRAILHEAD**

When you get back to the trailhead don't drive away until the entire group has returned.

Carpool passengers are asked to share the cost of driving. The current suggested donation is 10 to 15 cents per mile per passenger with a car cap of 20 to 30 cents per mile. Bridge tolls are also paid for collectively. Bring small bills as drivers are not expected to make change.

Carpool passengers are responsible for helping the driver stay awake and alert on the trip home. Taking a nap might be hard to resist, but if you are sleepy, the driver might be too.

### **ENJOYMENT**

Trails Club hikes are designed to give participants safe and fun outdoor experiences. We are not intent on setting speed or distance records. Rather, we promote awareness, appreciation and enjoyment of our beautiful Pacific Northwest.

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