



Guidelines for Hikers

Safety is the prime consideration.

Follow the instructions of the volunteer leader and respect his/her responsibilities. Be concerned for and considerate of fellow hikers.

Communicate

Let the leader know if the pace is too fast, or if you need to adjust clothing, or tend to personal matters. Inform the leader if you are injured or feeling unwell.

Stay with the group

It creates difficulties for the leader if you surge ahead of the group. Any member participating on a club trip needs to remember that they are hiking with a group. Each participant is responsible for themselves AND each other participant. You must keep in contact with the person ahead and behind you at all times, verbally and visually. If you need to take a break for ANY reason you must always inform another member so that the group can be stopped until you are ready to continue again and then everyone can move on together.

Members are expected to be self-sufficient.

You are responsible for providing all your own gear and supplies, including a first-aid kit that contains everything you would wish to be available if you were injured. Have an emergency kit in case you have to stay overnight (see equipment list).

*****Please note that leaders do not necessarily have any special training in First-Aid or Rescue.*****

Hikers should know their own physical limitations.

Do not attempt trips that exceed your fitness level as it will spoil the trip for others. Inform the leader if you feel unsafe at any time and do not attempt something that is beyond your comfort level or capability.

New members

Let the leader know so that a buddy can be arranged to hike with you.

Footwear

Wear strong sports clothing and sturdy boots.

As a courtesy when carpooling have an extra pair of shoes so that trail debris does not soil the vehicle.

Weather changes - be prepared.

Always have good rain gear, a warm hat and a warm sweater with you.

Clothing

Keep dry clothes in your pack.

Have a complete change of clothing on snow or water trips.

Water - always bring plenty.

A minimum 1 litre and know how and/or where you can obtain more that is safe to drink. It is recommended that all wilderness water be treated.

Food

Always bring adequate snacks, lunch and some extra food for delays or emergencies.

******Keep your backpack with you at all times, even when returning by the same route.******

Water Travel

A life jacket must be with you at all times when in a canoe, kayak or small water craft and it is strongly recommended that they are worn, particularly on ocean trips.

Each boat must have; 1) a 15 m. buoyant heaving line, 2) a bailer or manual pump, 3) a whistle, air horn or similar signaling device.

Dogs

Not permitted on trips for safety reasons.

Children

6 years and older are welcome as a paid member, under your personal responsibility and control.

Garbage

Carry out ALL your garbage including any organic litter. Practice no-trace hiking and camping. Be scrupulous about sanitation in the backcountry.

Campfires

No campfires on club trips except in official park or forestry campfire rings when fire bans allow.

Smoking

No smoking on club trips.

Return with the same car pool. Drivers should know the route to the trailhead and account for all passengers on the return trip. Do not leave until instructed by the leader who will make sure that all vehicles are running and free to return.

**NEVER BE A LITTERBUGGER
HAPPY AND SAFE HIKING**