

Please no pets unless the hike is published as dog friendly.

Smoking and intoxicants are not permitted on our hikes.

Help maintain a balanced ecosystem by not feeding animals.

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

Remember that 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.

### **BACK AT THE TRAILHEAD**

When you get back to the trailhead, stay 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 a 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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## **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 you to enjoy your hiking experience with the club and it will also alert you to your responsibilities as a participant. If you have any questions about the information in this document ask your leader for an explanation.

### **APPRECIATE OUR LEADERS!**

Leadership requires organizational skills, commitment, the willingness to accept responsibility and the ability to make decisions. As the group size increases, the work required of the leader increases. Our Trails Club members who volunteer their time are very important to us so please assist us in 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.

### **FINDING THE RIGHT HIKE**

We sponsor year round weekend and Wednesday AM Hikes, along with Wednesday PM Hikes running from spring to fall. Occasionally, we have other day hikes during the week. Our activities take place both inside and outside of the Portland Metro area.

Our events are listed on our web site at [www.trailsclub.org](http://www.trailsclub.org) and published in our monthly newsletter "The Trail Blazer". Our trip write ups include important information that you will need to know; such as, approximate hiking miles, elevation gain, difficulty rating of the trip, driving miles to the activity, any permits or special equipment that you will need.

One of the most important factors to enjoying a hike is to find the right hike for you. First, decide how much time you have available. Do you wish to hike for a few hours or for the whole day? Are you interested in going somewhere remote or close to home? What level of hike best suits you?

To help you determine that question, our hikes are rated as follows:

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

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

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

All of our activities use a variation of the A, B and C classification with “A” being the easier trip.

**Always be in adequate physical condition for the hike that you are attempting.** Remember that harsh or unusual conditions may greatly increase the exertion and skill required for any trip.

When you have selected a hike, we suggest that you contact the leader to sign up for the trip. This lets our leaders know how many hikers to expect and who to call if for some reason they have to cancel the event. If you must cancel, let the leader know as soon as possible.

#### **GETTING READY -**

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

***All participants should wear appropriate footwear and layered clothing; carry lunch, water, rain gear, a warm sweater/jacket and the Ten Essentials.***

**TEN ESSENTIALS** – *what you would need to survive an unexpected night on the trail.*

**Insulation** – extra clothing that can be layered and wicks moisture away including a hat and gloves. Cotton, including blue jeans, is not warm when wet.

**Protection** – insect repellent, sun block, sunglasses and a wide brimmed hat, even on overcast days and especially when you are in the mountains.

**Illumination** – flashlight or head lamp with extra batteries and blub.

**Nutrition** – extra food or emergency use energy bars.

**Hydration** – extra water in non-breakable bottle. (filter or purification tablets)

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

**Shelter** – small mylar space blanket, large trash bags, piece of insulation or form.

**Emergencies** - First Aid Kit, “your medical/contact information”, a whistle or mirror to signal for help (3 whistles or flashes of light).

**Fire** – fire starter, matches in waterproof container or lighter.

**Repair Kit** – knife or multi-tool, duct tape, safety pins, toilet paper with a zip lock bag to carry out used paper.

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

Remember that it is usually cooler at higher altitudes and it may be windy. 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.

#### **AT THE MEETING PLACE**

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.

#### **ON THE TRAIL**

Trail Club hikes are a group activity. Stay with the group, between the Hike Leader and the (sweep) person the leader appoints to bring up the end.

Follow the leader’s instructions regarding hiking ahead, 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.