



GUIDELINES FOR HIKERS

BEFORE HIKING:

- Pay club dues promptly at the beginning of the season or upon joining the club.
- Be sure there is a signed waiver on file for you.
- Complete File of Life and place inside backpack. You should have it clearly marked and easily accessible. Update it at least yearly and with changes in medications/health.
- Make sure all the mandated items are in your backpack.
- Carry sufficient water and electrolytes for the length and difficulty of the hike and the weather. Desert hiking is all about the water.
- Assess your physical condition. Do not attempt to hike if you may not be able to complete the hike due to an injury or illness.
- Read hike descriptions carefully for elevation and distance. Decide if the hike is appropriate for your fitness and endurance level.

WHILE HIKING:

- Stay on the trail between the hike leader and the sweep.

- Keep at least six feet between you and the hiker in front of you. This is particularly important when going up or downhill.
- Listen for instructions from the hike leader or sweep about circumstances on the trail.
- If you use poles or a hiking stick, be careful to keep them away from others on the hike.
- Stay on the right when other hikers or bikers are passing. It is important that all hikers go to the same side of the trail to make it easier and less confusing for oncoming traffic.
- Hikers going uphill have the right of way. If you are on the downhill trail, you may need to step aside to accommodate those coming uphill.
- When meeting a horse, get off the trail on the downhill side.
- Whatever you pack in, pack out. Pick up litter on the trail if possible. Leave the trail better than you found it.
- Leave only footprints; take only pictures.
- Do not hesitate to ask the hike leader for a break or to slow down the pace.
- Immediately report to the hike leader or sweep if you do not feel well, feel dizzy or faint. Be honest and open about your condition. It is better to be safe than sorry.

AFTER HIKING:

- Honestly evaluate your ability to do the hike that you completed. Was it the appropriate pace for your level of fitness and abilities? Was it too fast or too slow for you? Were you holding up the group? Were you pushing the hikers in front of you? Do you need to move up or down a level?