

Hiking Guidelines

- **All hikers must complete the Hill N Dale Waiver and Release of Liability before participating in a club hike.** The form is available under Club Info on the website or can be obtained from a club officer.
- A calendar of scheduled hikes is sent via email to all members. In addition to scheduled hikes, club members lead impromptu hikes and are encouraged to do so! Impromptu hikes are posted on the Hill N Dale Facebook page.
- Hikes leave promptly at the stated time. Please arrive for hikes with enough time to prepare for the hike.
- Carpooling is encouraged since many trailheads have limited parking. The club's Facebook page is a great place to post if you are looking for a ride or if you have room for riders.
- If a hike is postponed or cancelled due to inclement weather, an email announcement will go out to members and will be posted on the club's Facebook page.
- Hikers must be at least 16 years old. Hikers under the age of 18 must be accompanied by a club member.
- No dogs or other pets other than personal therapy dogs are allowed on club hikes.

Hiking Safety

Safety is of utmost importance as every hike involves some measure of risk. This risk can be minimized by preparedness on the part of the hiker.

It is the personal responsibility of each hiker to ensure that he/she is physically fit for the hike, as well as being prepared for unexpected conditions that may arise.

The Hill N Dale Hiking Club and its volunteer leaders cannot predict all situations that may be encountered on a hike. You assume all responsibility for your own preparedness, safety, medical care, and comfort.

When you sign the application for membership in the club, you accept the guidelines below and agree to hold Hill N Dale Hiking Club harmless from any liability because of your participation in any club activities.

1. You are responsible for knowing your fitness level and making the decision whether you can complete a hike based on the distance and terrain. It is better to skip a hike than risk an accident that can jeopardize the whole group's safety.
2. The hike leader will carry a first aid kit. However, it is always a good idea to have basic first aid supplies with you. You are responsible for bringing your own personal emergency medication,

such as Nitro, Epi pen, inhaler etc. If you have a medical condition or allergy, wear an Emergency Medical Alert tag 4.

3. All hikers should carry water and snacks. Bring more than you think you will need in the event a hike lasts longer than expected.
4. Hiking boots or trail shoes made specifically for rugged trails are highly recommended. New footwear should be broken in prior to a hike to prevent blisters and hot spots.
5. Dress appropriately for the weather. This includes dressing in layers that allow you to take off layers as temperatures warm or adding layers if the weather turns colder. Fabrics that wick moisture are recommended. Avoid cotton! This can cause chaffing and hold moisture causing the body to cool in the winter and hold heat in the summer.
6. Our hikes are often on rough, rocky, and hilly terrain. Hiking poles are recommended to help with stability and balance.
7. You should always inform the hike leader or another hike participant if you decide to leave a hike.
8. Members are encouraged to download the AllTrails hiking app or a similar app in case a member gets separated from the group.
9. We recommend having your emergency contact information on your hiking bag.
10. Tick-borne diseases are a risk when spending time outdoors in Arkansas. During warmer weather, insect repellent providing protection from ticks is recommended and/or spraying your clothing with an insect repellent such as Permethrin.

About Hill N Dale

Hill N Dale Hikers was organized in 1999 for hikers who are interested in discovering and enjoying the multitude of beautiful trails in the Natural State (and sometimes beyond) with other like-minded people.

Weekly hikes are scheduled from September to May each year with a break around the Christmas holiday. Hikes are generally within a 2-hour drive from the Northwest Arkansas metro area. In addition to scheduled hikes, members post impromptu hikes on the club's Facebook page. The club also organizes overnight hiking trips in the fall and spring, along with a few social outings each year.

Current dues can be found on the membership application form under the Join/Renew Membership on the club website. For more information about joining, email hillndalehike@gmail.com.