

Hill 'N Dale Hikers Guidelines

Revised March 2019

Hill N' Dale Hikers was organized February, 1999 for hikers who have a mutual interest in:

1. Improving their health and quality of life,
2. Making new friends and enjoying each other's company,
3. Developing a better appreciation of our natural environment with all its flora and fauna, and
4. Providing service to the community in ways that help maintain natural resources.

Activities:

1. The main hiking seasons are March – June and September – December. We have several social events during the year and hear presentations on topics of interest to members.
2. Impromptu hikes are sometimes added on short notice. Any member can plan an unscheduled hike and notify other members through the Hill 'n Dale Facebook Page.
3. Members volunteer to help clean or clear trails.
4. The group leaves promptly at scheduled departure times. We carpool whenever possible and pool "gas money" for the driver.
5. After the hikes, we usually eat at a restaurant or bring a sack lunch to eat outdoors.

Membership Requirements:

1. Be physically able to complete the hike that you choose to attend.
2. Pay annual dues of \$14 prior to January 31st, or if you join in the fall, pay \$7 for the rest of the year.
3. Be at least 16 years old.
4. No pets are allowed on the hikes. Personal Therapy dogs are allowed for personal use by the hiker.
5. Guests are welcome but minor guests are the sole responsibility of the accompanying member.
6. Members are encouraged to participate and help with the various club activities and needs.
7. Anyone who participates in an overnight club hike must be a member or the spouse/ significant other of a member.
8. Sometimes there are club socials which cost a fee and usually the club pays part of that fee. If nonmembers attend, they will be required to pay the full amount.

Equipment and Dress Recommendations:

1. Daypack/fanny pack, lightweight rain gear, hiking socks, insect repellent, sun-screen, good quality hiking boots (preferably waterproof leather), moleskin, compass, tissue, matches, whistle, knife, and hiking stick.
2. Dress appropriately in layers so you can put on or take off clothes. Avoid cotton! This can cause chaffing and hold moisture causing the body to cool in the winter and hold heat in the summer.
3. Coolmax is an example of moisture-wicking material. Remember to clip your toenails before each hike.

Hiking Safety:

1. You are responsible for knowing your fitness level and making wise decisions about your limits. Disasters on the trail need to be avoided so the whole group's safety is not jeopardized.
2. If you have any doubts about your ability to participate in the planned distance or pace of a hike, please stay home.
3. If you have a medical condition or allergy, wear an Emergency Medical Alert tag
4. Carry your own personal emergency medication, such as Nitro, Epi pen, inhaler, etc.
5. The hike leader will carry a first aid kit.
6. The hike leader determines when to postpone a hike due to bad weather or other conditions. Always let the hike leader know if you will be attending so you can be contacted for any changes in plans.
7. Bring plenty of food and water in case the hike lasts longer than expected.
8. Members are encouraged to obtain an official club name tag at Oscars Award and Engraving in Bentonville.

Disclaimer!

Safety is a primary concern as every hike of the Hill N Dale Hiking Club involves some measure of inherent danger, either from the terrain, the weather, or from the lack of preparedness on the part of the participant.

It is the personal responsibility of each participant on a hike to ensure that he/she is physically fit enough for the conditions of a hike, as well as whatever unexpected conditions that may arise.

Everyone must be properly equipped with the correct personal gear appropriate to the hike, as well as snack food and water so that he/she may successfully deal with both normal and unanticipated circumstances of the hike.

Neither the Hill N Dale Hiking Club nor its volunteer leaders can 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 are accepting the above guidelines and agree to hold Hill N Dale Hiking Club harmless from any liability because of your participation in any club activities.

Bottom line: individual hikers are responsible for themselves but on the other hand, members do help each other when needed.