

THINGS TO HAVE FOR SPRING, SUMMER & FALL HIKING, **IMPORTANT INFO & WAIVERS**

- *Backpack
- *Water (reusable bottle preferred to be friendly to the environment)
- *A reusable coffee cup for when we have lunch, coffee, tea or hot chocolate will be provided.
- *Hiking Poles
- *Running Shoes or Hiking boots (no sandals, flip flops or unstable footwear)
- *Change of clothes (just in case)
- *Do not wear cotton clothes, quick dry, polyester clothing is best.
- *Wool or merino wool socks are the best & take an extra pair in case your feet get wet.
- *Hat, sunglasses, sunscreen, lip balm & bug spray.
- *Water proof coat
- *Depending on the season you may want a warm hat & gloves as Newfoundland weather is unpredictable.

THERE IS NO ALCOHOL OR DRUGS PERMITTED AT ALL!!!!!!!
WE ARE NOT RESPONSIBLE FOR DAMAGED, LOST OR STOLEN PROPERTY.

A General Waiver and Covid Waiver must be filled out for each person in the group.
Waivers can be found on the main page of the website at www.windatyourbacknl.ca , scroll down the main page to find them.

****Specific directions to the meeting place for your hike will be sent to you via email.**

PLEASE DO NOT LITTER ALONG THE ROADWAYS OR ON THE TRAILS, RESPECT
WHERE WE OPERATE OUR ADVENTURES!! ACTUALLY JUST DON'T LITTER
ANYWHERE, EVER!!