

HIKER'S CHECKLIST

1. Check distance, pace and terrain of hike to ensure it is within your fitness level. Call the hike leader before the hike if you have any questions or concerns.

2. If you have any health problems that could affect your hiking performance, inform the hike leader.

Note: If you have any known asthma, allergies or hay fever, carry antihistamines. Asthma sufferers should carry their asthma medications or inhalers and, in winter, always carry an inhaler. Allergy sufferers should carry an EpiPen(s) and ensure someone on the hike knows where you carry these. Diabetics should carry their medication.

3. Wear comfortable boots/shoes. Hiking poles help on hills and with balance.

4. Take a spare pair of shoes to change into at the end of the hike or carry plastic bags to protect the car from muddy boots and **remember your car keys**.

5. Have a backpack or waist pack to carry the following:

- Cell Phone
- Water or other beverages in screw top containers (extra in summer or on longer hikes)
- Snacks (plus lunch if indicated in the hike write-up)
- Plastic poncho/rain gear to conserve heat and provide seating and rain protection
- Spare pair of socks and boot/shoelaces, duct tape, whistle, 2 aspirin
- In winter:** Thermal blanket/space blanket, extra layer of clothing
- In other seasons:** Insect repellent, sun block

6. Enjoy your hike.