

Hiking Guidelines

By Jim Marquart

The PPOTHG Hike Leaders have really enjoyed hiking with all of you. We have made some great treks together and want our hikes to be safe and fun for everyone. In the interest of safety and fun, we ask that you read and follow these guidelines.

1. A few days prior to the day of a scheduled hike, a reminder will be sent by the Hike Leader to everyone in the club. The Reminder will include more detail about the hike, the meeting place and time and directions to the trailhead. If you want to participate, email or call the Hike Leader. If you have a change of plans, notify the Hike Leader.
2. Hikes are described by length, elevation gain, and level of difficulty. If you have questions about your ability to complete a hike, you should check with the Hike Leader before deciding to participate. Being unable to complete a hike or keep up is frustrating for you as well as the other hikers.
3. Changes to the schedule may be made because of potential bad weather or other hazardous conditions and will be announced by email. On the day of the hike, check your email to make sure the hike is on as scheduled. Arrive at the designated meeting place about 15 minutes before the departure time in the hike reminder.
4. If carpooling to the trail head, everyone should offer to drive sometimes. If you carpool, it is expected that the driver be reimbursed for the cost of fuel.
5. Stay with the group at all times. While we have never lost anyone, people have gotten lost (later to be found). As you can imagine, this can be very frustrating for the Hike Leader and other participants.
6. Stay on the designated trail. Short cutting can cause erosion and trail damage.
7. Wear/bring the proper equipment for the hike. At a minimum, wear sturdy hiking shoes with hiking socks, a good hat, and bring a day pack with food, water, emergency medications, a light rain jacket and Emergency Contact Information. Other items to consider when hiking in the mountains are listed by REI as [The Ten Essentials](#).

Our hiking program is all about fun and safety, so please help us meet those two very important objectives. If you have any suggestions about the hiking program I would certainly like to hear from you.

We look forward to seeing you on a hike soon.