

Hiking Tips

- Always stop at trail forks and wait for everyone in the hiking party so that you continue along the same path.
- Don't hike alone no matter how simple the hike. And carry ID, important emergency medical information and some money.
- Take some basic gear:
 1. Water
 2. Snacks/lunch will keep you going as you burn energy walking or climbing. Nuts, seeds, and chocolate are favorites on the trail.
 3. Sun protection which would include a hat.
 4. Rain Gear and Extra Clothing - Rain happens. So does cold. Be prepared for changing weather. Avoid cotton--it traps water against your skin and is slow to dry. If you are wearing wet cotton and must return to your starting point, you risk getting chills that may lead to a dangerous hypothermia. Choose synthetic shirts, sweaters and/or vests and dress in layers for easy on and off.
 5. First Aid Kit - Keep it simple, compact, and weatherproof.
 6. Light - A flashlight or small, lightweight headlamp will be welcome gear if you find yourself still on the trail when darkness falls.
 7. Knife or Multi-tool - You may need to cut a piece of moleskin to put over a blister, repair a piece of broken equipment, or solve some other unexpected problem.
 8. Bring a cell phone (although they do not always work in the forest) and exchange your number with others on the hike.
 9. And a day pack to carry the basic gear
- Check the weather forecast before you head out.
- Leave no Trace ethics:
 1. Pack it in, pack it out
 2. Hike on trails; do not cut corners
 3. Respect wildlife
 4. Be considerate of other visitors
 5. All human solid waste must be deposited at least 200 feet from water or trails. Solid waste must be deposited in cat holes dug 6 to 8 inches deep (hence the need for a trowel) covered and disguised. Urine has little effect on vegetation or soil; however animals are attracted to the salt content and may damage vegetation, so look for a durable surface of rocks or pine needles, if possible. Toilet paper and other hygiene products must be packed out. This is a good use for waterproof zipper bags.

