

## **Hill 'N Dale Hikers Guidelines**

### **Revised April 2011**

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 Secretary.
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. **ALL MEMBERS SHOULD BE WILLING TO DRIVE OCCASIONALLY.**
5. After the hikes, we may eat at a restaurant or bring a sack lunch and picnic outdoors.

#### **Membership Requirements:**

1. Be physically able to complete the hike that you choose to attend.
2. Pay annual dues of \$10 prior to March 15. Dues are \$5 if you join after the summer break. Dues for the current year are not required if you join in December.
3. Be at least 16 years old.
4. No pets allowed on hikes.
5. Guests are welcome, but local residents must join when they hike with the club a second time.
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.

#### **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. 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 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 requested to obtain an official club name tag at Oscars Award and Engraving in Bentonville.