



# CONTRA COSTA HILLS CLUB

## HIKER GUIDELINES

**Save for Reference**

### 1. Just as the hike leaders have responsibilities, so do the hike participants.

- a) **You should be at the meeting place** (the BART station or wherever) on time.
- b) **When requested, you should call the hike leader a day or so before the hike** to let him/her know if you need a ride, can take riders, or will meet at the trailhead.
- c) The club policy is that **hikers do not get ahead of the hike leader or behind the sweep**. Inform one of them if you must drop out.
- d) It is prudent to **read the hike description carefully** to see if the proposed distance and elevation of the hike match your ability.

### 2. What to Bring on a Hike

#### a) Wear loose, comfortable clothing.

- i. Dress in layers of protective clothing.
- ii. A soft cap or hat is helpful for sun protection and warmth. You lose most of your body heat through your head.
- iii. A bandana can also serve a variety of purposes.
- iv. A windbreaker or raingear comes in handy for a sudden change in the weather.
- v. Bring a sweater for those winter days when the temperature drops.

#### b) Wear sturdy, comfortable footgear.

- i. Lightweight boots or walking shoes provide traction on rough terrain.
- ii. Socks made of wool or a synthetic material wick moisture. (Cotton socks tend to get wet from perspiration and encourage blisters by rubbing on your foot. Some people prefer a thin, synthetic sock with a thick wool sock worn over that. Others prefer just one thick pair of socks.)
- iii. Gaiters could be worn over the socks if you are hiking in a area of high grass during tick season (The rainy season brings out ticks in the Bay Area).

#### c) Carry a day-pack or a fanny-pack containing:

- i. A quart of water (or more on hot days or long hikes).
- ii. Lunch/snacks
- iii. Your own small first-aid kit.
- iv. Sunscreen.
- v. Your emergency information.
- vi. Optionally, a camera and/or binoculars.



#### d) A lightweight hiking stick(s) can aid your balance on steep trails.

#### e) A large plastic trash bag can serve a variety of purposes:

- i. A makeshift rain poncho (just tear a hole in the bottom and slip it over you).
- ii. A ground cloth to sit on a lunchtime.
- iii. Storing litter that you pick up along the trail.

Reviewed March 13, 2009