

## Port Ludlow Hiking Club

### Hiker General Information

- All hikers should be at the Bridge Deck by 8:15 a.m. unless otherwise indicated.
- Hikes are held regardless of weather. Bring appropriate gear in the event of bad weather at the trailhead.
- Bring a lunch and water. Snacks are recommended.
- Appropriate shoes that give support and protection are highly recommended.
- Essential items for your backpack:
  - Emergency food (granola bar, candy, fruit, crackers, etc.).
  - Extra clothing (windbreaker, sweatshirt, wool sweater, etc.).
  - Rain gear.
  - Large plastic garbage bag which can serve as a poncho, ground cover, etc.
  - Small flashlight.
  - Firestarter kit: candle stub, matches or a BIC lighter in a plastic bag.
  - First aid kit.
  - Sunglasses/sunscreen.
  - Pocket knife.
  - Toilet paper.
  - Hat (for shade or warmth).
  - Whistle for emergencies.
- Stay on designated trail. If you must leave the trail (for a pit stop), ask the sweep to wait for you on the trail.
- **DO NOT HIKE ALONE!!** If the trail is a well-known trail and you want to hike ahead of the main group, ask the leader if you may do so. Find out where the stopping place is for lunch so you don't bypass it. *You must take a hiking buddy with you.* This same procedure applies if you decide to return to the trailhead before the rest of the group.
- Offer to pay for trailhead fees (if any) and gas if you are a passenger.
- Inform hike leader if you have a Golden Age/Eagle Pass or a Discovery Pass.
- Hint to make your hike easier on your body:
  - Wear sock liners in addition to regular socks. Liners will wick moisture away from the skin and keep your feet dry.
  - Take an ibuprofen just before starting the hike to prevent aches and pains, especially on a tough hike.
  - Consider using a walking stick to protect your knees when going up and down the trail; to assist in crossing questionable ground or water, and to knock down cobwebs, wet brush, etc. It can also serve as a weapon against any ferocious critters.