

The Tacoma Branch  
of  
The **Mountaineers**



# Tacoma Conditioning Hike Series

## Contents

Introduction	3
Contact Information:	3
Hike Signup	4
Wait List Procedures	6
Hike Cancellations	6
Carpooling	7
Passes Required	7
CHS Hike Standards	8
Pre and Post Hike Responsibilities	9
Photographs	9
Course Dismissal	10
Graduation Requirements	10
Stewardship Requirement	10
Washington Trails Association	10
Hike Registration FAQ	12
Getting Ready for your Mountaineers Day Hike	14
Helpful Tips	19
Leave No Trace Principals	22
Safety Tips for Beginners	23
Fitness for hiking	25
Stewardship Project Report form	27

# Introduction

The Conditioning Hiking Series has been designed to prepare hikers currently experienced at the easy/moderate level for the challenges of more strenuous, longer distance day hiking. It is also designed to provide a group trip environment in which hikers can build friendships by hiking with some of the same people on each trip. CHS hiking trips are generally limited to the participants in the course.

This course is for you if you:

- Have hiked before and already able to do hikes rated as Easy and Moderate,
- Would like to progress to longer and harder hikes as a challenge,
- Are willing to build physical fitness and spend time outside of the course keeping yourself in shape,
- Are able to commit to a summer-long course, and
- Would like to be part of a small group that hikes together.

The purpose of the course is to provide you with at least two opportunities to hike with an experienced Mountaineer hike leader per month. Many Hikes will be offered each month to allow for the greatest flexibility and opportunity to make your choice of the two hikes that work best for you. Generally, the hikes will be offered on Saturday or Sunday of each week with some mid-week offerings as well.

## Contact Information:

Mountaineers website to sign up for courses and trips:

[www.mountaineers.org](http://www.mountaineers.org)

Questions about the Conditioning Hiking Series course, contact:

Carlanna Livingstone

[Carlanna74@comcast.net](mailto:Carlanna74@comcast.net)

# Hike Signup

All CHS hikes in a given month open for signup on the same day. You can sign up for both of your month's hikes starting on that day. Signup for hikes begins on the 15<sup>th</sup> of the month prior to the hike at 8am.

You may only sign up for two hikes when sign up begins for each month unless you are waitlisted for one or both of your hikes; only then may you sign up for a third hike. If you wish to go on three or more hikes in a month, you must wait 5 days from the hike registration opening date to sign up for the additional hikes (again, unless you are wait listed on one or both of your required hikes). This gives everyone an equal chance to sign up for their required two hikes when the hikes first open for registration.

The hike list is available on the Mountaineers website on the Conditioning Hiking Series Course page.

***All CHS Tacoma Hikes will be moved to the main website for registration for any mountaineer 7-10 days prior to the hike, based on availability.***

Here are the pertinent dates for each month of hikes:

Tacoma CHS Hike Registration Dates for 2022		
Activity	Sign Up Opens	
April Hikes (select 2 only)	Tuesday, March 15, 2022	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Sunday, March 20, 2022	@ 8:00am
May Hikes (select 2 only)	Friday, April 15, 2022	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Wednesday, April 20, 2022	@ 8:00am
June Hikes (select 2 only)	Sunday, May 15, 2022	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Friday, May 20, 2022	@ 8:00am
July Hikes (select 2 only)	Wednesday, June 15, 2022	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Monday, June 20, 2022	@ 8:00am
August Hikes (select 2 only)	Friday, July 15, 2022	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Wednesday, July 20, 2022	@ 8:00am
September Graduation Hikes (select 1 only)	Monday, August 15, 2022	@ 8:00am
- Sign Up Allowed for Extra Hikes (2 or more)	Saturday, August 20, 2022	@ 8:00am

If you have difficulty signing up for the required 2 hikes in a given month, please contact Carlanna Livingstone at [carlanna74@comcast.net](mailto:carlanna74@comcast.net) for assistance.

The screenshot shows the website interface for 'The Mountaineers'. At the top, there is a navigation bar with 'The Mountaineers', 'Mountaineers Books', a search bar, a user profile for 'Carlanna', and a 'DONATE' button. Below this is a main navigation menu with 'ACTIVITIES', 'COURSES', 'CONSERVATION', 'VOLUNTEER', and 'MORE'. The main content area features a 'DAY HIKING COURSE' titled 'Conditioning Hiking Series'. A callout box labeled 'Step 2: Navigate to the CHS Course Page' points to this title. To the right, a 'REGISTRATION STATUS' panel shows the user 'CARLANNA LIVINGSTONE' with the role 'Leader' and status 'Registered'. A callout box labeled 'Step 1: Log in' points to the user name 'Carlanna' in the top right. Another callout box labeled 'Step 3: Click Manage registration' points to the 'Manage registration' button in the registration status panel.

**Step 2: Navigate to the CHS Course Page**

**Step 1: Log in**

**Step 3: Click Manage registration**

This screenshot shows a modal window titled 'CHANGE OR CANCEL COURSE' for the 'CONDITIONING HIKING SERIES - TACOMA - 2020'. The modal includes a 'SAVE CHANGES' button at the top right. A callout box labeled 'Step 5: Click "Save Changes"' points to this button. Below the title, there is an information icon and a message: 'You are registering Carlanna Livingstone as a Leader.' Under the heading 'CHS TACOMA CLASSROOM SESSION', there is a list of activities with checkboxes, including 'Mountaineers Tacoma Program Center - Mon, Apr 20, 2020 - 0 spots'. Under the heading 'CHS TACOMA MAY HIKES', there is another list of activities with checkboxes, including 'Snoquera Falls Loop - Sun, May 17, 2020 - 8 spots'. A callout box labeled 'Step 4: Check the 2 hikes you'd like to sign up for' points to the 'Snoquera Falls Loop' checkbox. The background shows a blurred view of the course page from the previous screenshot.

**Step 5: Click "Save Changes"**

**Step 4: Check the 2 hikes you'd like to sign up for**

**\*\*Find your courses by Clicking on your name in the upper right-hand corner and selecting My Courses and Programs\*\***

# Wait List Procedures

If the hike is full, you may choose to place your name on a wait list, but you can only be on one wait list for any particular date. If your plans change, you must cancel yourself from the wait list (the same as though you were on the roster), otherwise you may take up a spot that someone else could have had.

If you are wait listed for one or both of your two required monthly hikes, you may sign up for a third open hike at the same time. Late cancellations do often occur and you may still make it on the desired trip.

An automatic email is sent to you if you have moved from the wait list to the roster. If you have made it onto the trip and you do not show up for the hike, you will be considered a "no-show".

# Hike Cancellations

Canceling Prior to Hike Registration Closure:

If you need to cancel from a hike prior to the registration closure date go to The Mountaineers web site and cancel the hike from your profile.

Canceling After Hike Registration Closure:

If you must cancel out of a hike after registration closes, contact the hike leader by phone or email, at least by the night before. You can use the course roster to find contact information.

If you do not show up at the designated meeting spot, and do not contact your drivers/riders and the leader, you are considered a "no-show", and more than one "no-show" may result in dismissal from the course.

# Carpooling

Carpooling is strongly encouraged. It will save gas, decrease the number of cars at the trailhead, and provide additional socializing opportunities.

Carpooling pairing is done at the initial meeting location or pre-arranged by participants. The responsibility of finding a ride to the meet up location is the participant's responsibility, not the hike leaders.

Carpooling Suggestions:

- Offer to pay driver! Bring cash to pay driver (small bills – do not expect driver to make change)
- Recommend \$0.12/mile 1-2 passengers
- Recommend \$0.24/mile divided by 3+ passengers
- Ask before eating in vehicle
- Bring a plastic bag for wet/muddy items

## Passes Required

If you are driving, you will need either an America the Beautiful National Park Pass or a Northwest Forest Pass for your car to park at all improved trailheads in wilderness and national forest areas in Washington. The cost is reasonable for an annual pass and may be purchased at the Mountaineers Bookstore or many other locations. If the hike is in a national park such as Mt. Rainier, Olympic or North Cascade National Parks, an entrance fee may be required and the Northwest Forest Pass does not apply. You can buy a combined pass that covers both National Park entrance and improved trailheads. The pass is called America the Beautiful – National Parks and Federal Recreational Lands Pass and you can obtain one here: [http://www.nps.gov/fees\\_passes.htm](http://www.nps.gov/fees_passes.htm). The America the Beautiful Pass can be purchased at a Forest Service Office, REI, The Park gate, or other locations.

Trailheads located in areas managed by Washington State Parks, Department of Natural Resource, or Department of Fish and Wildlife require a Discover Pass for each parked vehicle. If you frequently hike in these types of areas we recommend buying a yearly pass.

The hike leader will inform you of any additional fees beyond a Northwest Forest Pass when they send out hike information. All participants in the carpool are expected to help pay any additional fees.

# CHS Hike Standards

CHS was conceived as being about getting people in shape for moderate hiking. It turned out to be about a lot more. What is CHS about? We call it "The CHS Way." This is our code for behavior on hikes and toward our fellow participants and hike leaders.

## We Are a Community

- We are a Community of Hikers and Leaders. Being part of a community is life-enhancing.
- Participants desire community at least as much as the physical challenge. We want to continue to support both reasons for the community.
- Your hike leaders and course administrators are all volunteers; they do this because they enjoy it.
- We spend time with each other after the hike, often having a meal together.

## We Support Other Hikers and the Group

- Rude, discriminatory or predatory behavior is not tolerated.
- CHS is difficult physically and socially. It's a big commitment by each participant. Your hike partners are putting themselves out there and risking failure.
- The leaders strive to support the hikers at all times.
- The hikers must support each other at all times. Stay positive and inclusive even when there are challenges and people are having bad days.
- Remember the Mountaineers' Goals: Be Safe; Have Fun; Reach the Destination. In that order.
- We teach on the trail (pace; water and food management; stopping at set times).
- On some days, the challenge is showing up. You get credit for attempting the trip.

## We Bring Personal Responsibility to the Group

- Be responsible for your own attitude and needs. Speak up when you need something.
- Do not treat your hike leader as a tour guide whose personal mission is to make sure you personally have a good time; they are there to guide the trip in a safe and fun manner for everyone.
- Follow the rules: Do as the leader says; pay attention to routes and other instructions.
- Bring the proper equipment on every trip: proper footwear, clothing, food/water, Ten Essentials\*.
- Be physically fit enough for each trip; keep your fitness up and work on developing it.

Be prepared for each trip: get good sleep, don't arrive hung over, buy gas beforehand, and be on time.

# Pre and Post Hike Responsibilities

## Pre Hike Responsibilities

Participate in pre-hike communications (confirming car-pool arrangements, etc.), arrive on time at the meeting location fully prepared for a fun day hiking. "Fully prepared" means that you are dressed for the weather conditions (generally that means no cotton), carrying the Ten Essentials, and exhibiting a good sense of humor.

## Post Hike Responsibilities

Do not plan activities for the evening after the hike. We will not rush the group to accommodate individual schedules and it is not acceptable to let a hiker go back to the car by themselves. Bring a bag with comfortable clothing and shoes to change into after hiking. Bring water to drink, a light snack, and personal cleanup supplies, such as wet wipes, for after the hike.

We wait for every driver to start their car and leave the trailhead. We want to make sure there are no car mechanical issues after the hike.

Plan to eat dinner with the group after the hike if that is the plan. If you're watching costs, then bring your own food to munch on in the car and plan to have something to drink in the restaurant or order something small. Hike leaders try to pick establishments that have a variety of moderately priced items on the menu.

## Photographs

Please consider using our [Facebook Page](#) or photo sharing site and then e-mailing a link to everyone to share your pictures.

We would love to have hike photos shared on our Facebook Page!

# Course Dismissal

Removal from the course may occur for reasons listed below (or other egregious violations of Mountaineers standards of conduct):

- Rude, discriminatory, or predatory behavior. Please let the Carlanna Livingstone or your hike leader know if you are uncomfortable with another hiker's behavior.
- Violations of the [CHS Hike Standards](#) code.
- More than one unexcused "no show" on a CHS hike.

# Graduation Requirements

Graduation certificates are given to those who complete the following course requirements by September 30, 2022:

- One mandatory classroom session in March
- Ten CHS day hikes (two per month April – August)
  - At least 1 hike per month MUST be with Tacoma CHS, including Graduation Hike
- One CHS graduation hike in September
- One day of [Stewardship or trail maintenance/conservation work](#)
- [Low Impact Recreation Badge](#)

# Stewardship Requirement

All participants are required to do one day of Stewardship or trail maintenance/conservation work in order to graduate from the course. It's hard work, but you'll gain a tremendous sense of pride and accomplishment when you see the trail before and after! You will be required to complete your stewardship activity during the duration of the course.

## Washington Trails Association

Because they operate the largest volunteer trail maintenance program in the country and host over 700 work parties a year, [Washington Trails Association](#) (WTA) offers your most convenient route to fulfilling the trail maintenance requirement. On WTA work parties, safety comes first, then fun, then work. You will be put to work doing jobs you can easily accomplish such as clearing clogged trenches, pruning branches, moving debris off of the trail, etc. Rest breaks are frequent. Work party schedules generally appear four to six weeks in advance. Go to [www.wta.org](http://www.wta.org) and click Volunteer > Trail Work Parties. Soon after your trip, you will receive a recap thank you e-mail from the crew leader. Forward that email to Carlanna Livingstone as proof of your participation.

## **Other trail maintenance alternatives**

We strongly encourage you to participate in one of the Mountaineers or WTA work parties. However, there are a number of other organizations that offer trail maintenance events throughout the summer. You can join any of their work parties to fulfill the trail maintenance requirement:

- Pacific Crest Trail Association - [www.pcta.org](http://www.pcta.org)
- Mountains to Sound Greenway - [www.mtsgreenway.org](http://www.mtsgreenway.org)
- Volunteers for Outdoor Washington - [www.trailvolunteers.org](http://www.trailvolunteers.org)
- Pacific Northwest Trail Association - [www.pnt.org](http://www.pnt.org)
- Issaquah Alps Trails Club - [www.issaquahalps.org](http://www.issaquahalps.org)
- Friends of the Trail - [www.friendsofthetrail.org](http://www.friendsofthetrail.org)

Let Carlanna Livingstone know if you decide to join an organization other than WTA for your work party and be prepared to provide proof of your participation.

## **Mountaineers Waiver Agreement**

All CHS course participants must have a current Release and Indemnity Agreement on file. If your Waiver Agreement is expired or if you want to check your renewal date, simply sign on to the Mountaineers website at [www.mountaineers.org](http://www.mountaineers.org). Once signed on to the website, click on your name at the top right of the screen and select "My profile".

Once your profile shows, select "Waiver" on the left side of the screen and you will see the dates of your waiver. This waiver is required annually.

# Hike Registration FAQ

## ***Hike Leader Screening***

Your hike leader's primary concern is that you have a safe outdoor experience. Many leaders will contact participants that have not hiked with them before and ask a series of questions to be sure that the hike you are registering for matches your capabilities and experience. This is particularly true for hikes that are more strenuous.

You may be asked questions such as:

- *Tell me what hikes you have been on recently?*
- *What distance/elevation gain have you achieved?*
- *When did you last hike?*
- *Will you be prepared with your ten essentials for this hike?*

These questions, and others that the leader may ask you are designed to let the leader know if your experience and physical capabilities, will allow you to safely participate in the hike. This is also a great time for you to ask the leader any questions you may have regarding the hike.

## ***What if the scheduled CHS hike dates don't work for me?***

At least 1 hike per month MUST be with Tacoma CHS, including Graduation Hike. You may go one other club-sponsored hike in the same month or a private hike as long as it is the same level of difficulty or harder as the CHS hikes for that month.

Your hikes are tracked to make sure that you fulfill course requirements, and it is your responsibility to reach out to your Mentor if you want to count one private hike per month towards your graduation requirements.

## ***Do CHS hikes ever get canceled?***

We do not cancel for weather-related reasons unless the weather possibility is extreme or potentially dangerous (high wind warnings, for example), and even then, the hike leader will most likely choose to go to an alternate destination where the weather is not as big of an issue.

Hike leaders may also need to cancel for their own personal issues--they have lives too. If we cannot find a substitute hike leader, if there is ample time, we may refer you to a different hike.

***What if I'm not feeling well; should I still go on the hike?***

Do not go on hikes (especially the more demanding ones) if you are not feeling well or if you have been out late the night before; you must get a good night's rest to do these hikes. It is not fair to the other hikers to hold them back because you are dragging a hung-over or sick body around. Be fair to yourself as well and get decent rest the night before a hike--you'll need it. A common factor in not feeling well when you are working hard on a hike is lack of nutrition or hydration.

***How far will we have to drive to get to trailheads? Will we have to get up really early?***

This is totally up to the hike leader. They choose their hike destinations using the parameters for the month given on the Hike Schedule. Some trailheads may be a two or three hour drive one-way. Although these arrangements may sound intimidating, the hikes will be worth it. You'll be going to some beautiful, remote places and travel is part of the deal for these.

As the hikes get longer and the weather gets warmer, meeting times for hikes will become earlier. It is not unusual to meet at 5:00 AM or 6:00 AM some mornings in order to get to the trailhead before it starts getting hot or the parking lot fills. It is much easier to get in mileage and elevation gain in the cool of the morning.

***Is it possible that the planned destinations could change?***

Leaders may change the destination at their own discretion. In any given year, we may have to deal with snow in the high country later into the hiking season. This may affect some of the planned hiking destinations. Going into snow isn't necessarily a deal-breaker on the hike, but we do try to minimize the amount of snow encountered. This is hiking after all, not snow scrambling, and not everyone is comfortable traveling on snow.

# Getting Ready for your Mountaineers Day Hike

Thinking about what to wear and carry can make your hike not only comfortable but also safe.

Before packing your daypack, consider the season, weather forecast, terrain, estimated hiking time, exertion level, your fitness, medical considerations, and remoteness of the trip. Provide for your own clothing and gear needs, do not depend on others.

**Always consider what you would need to survive a night out.**

## SECTION ONE

**Essential** items to always wear or carry

Daypack	One large enough to carry your gear inside the pack.
Clothing	Use a layering approach to maintain temperature control. Stay dry and comfortable by adding and removing layers while hiking and when stopped for breaks. Base layers wick moisture, mid-layers provide insulation and warmth, and outer layers protect you from wind and rain.
Underwear	Synthetic
Base Layer Bottom	Wicking and quick-dry synthetic pants, shorts or convertible pants (zipper converts long pants to shorts). Use warmer options (wool, warm synthetic pants or long underwear) in cold weather.
Base Layer Top	Short or long sleeved, wicking and quick-dry top – synthetic, wool or silk. Carry second base layer if you sweat heavily or are hiking in cold or wet weather.
Mid Layer(s)	Vest, jacket, or both -- wool or fleece. In cold weather add a fourth layer -- wool, synthetic, or down
Outer Layer	Jacket and pants -- rain/wind resistant or waterproof <i>There are garments that combine the Mid Layer and the Outer Layer into one garment. Soft-shell or windproof fleece can be used as an alternative to wearing a separate mid</i>

*layer and outer layer. These garments are usually not waterproof.*

Hat	Synthetic or wool <i>Consider adding a headband, cap with visor, wide-rimmed sun hat, or rain hat.</i>
Gloves or Mittens	Insulated gloves and/or mittens in cold weather. Also, consider glove liners or waterproof over-mitts. <i>One or two extra pairs are good to have, depending on weather.</i>
Hiking socks & Liners	Wool or synthetic <i>You may need extra socks if it is rainy, if you are blister-prone, or if there are stream crossings.</i>
Hiking Boots	Suitable for the terrain

## **Ten Plus Essentials**

Navigation	Navigation: map, altimeter, compass [GPS device: phone with GPS app or dedicated GPS device], Personal Locator Beacon, satellite communicator, or satellite phone], [extra batteries], battery pack]
Headlamp	Headlamp: plus extra batteries
Sun Protection	Sunglasses, sun protective clothes & sunscreen
First-aid	Foot care and insect repellent (if required)
	Wound Care (Band-Aids, Gauze, Antibiotic ointment, Tape)
	Blister Care (e.g. Moleskin, small scissors)
	Personal Medications
	Bandana
	Ace Bandage
	Pain Relievers
	If allergic to bees, bring an injectable epinephrine kit.
	If asthmatic, bring your inhaler.

If diabetic, bring sugar.

Tell the leader if you have these or other medical problems.  
Do not bring drugs that will make you drowsy or dizzy.

Knife	Plus repair kit: Knife or multi-tool, Duct tape, Safety pins, wire. Zip-ties
Fire	Matches, lighter and tender or stove as appropriate
Shelter	Carried at all times (can be lightweight emergency bivy)
Extra Food	Beyond minimum expectation
Extra water	Beyond minimum expectation or the means to purify
Extra clothes	Beyond minimum expectations; varies by the season

## **Food & Water**

Lunch Place in pack where it will not get crushed -- consider using light-weight plastic container

Snacks Snack ideas for hiking breaks: candy, nuts, dried fruit, or trail mix.

Remember to bring an energy bar for emergencies (See Ten Essentials)

Carry at least 1-2 quarts/liters of water for use on the trail. You may need to carry more water depending on your exertion level, the length of the hike, the temperature, availability of water sources, remoteness of hike, and sun exposure.

Water In addition, always bring extra water (or treatment options if you are sure of your water sources) for emergency use (See Ten Essentials).

Hydration systems keep water readily available for drinking while hiking. Remember not to fill these to the top due to leakage problems or use a system with a switch-off valve.

**Personal Items** Keys, driver's license, money, identification/emergency contacts, cell phone – turned OFF or put in airplane mode. Keep in zip type plastic bag or other safe place in pack.

## SECTION TWO

**Optional** or **Essential** items (depending on conditions)

### Optional Gear:

Watch, altimeter	
Trekking poles	Especially for steep terrain, knee issues, snow/ice and stream crossings
Camera and binoculars	In a case or zip bag
Insulating sit pad or roll	
Toilet Kit	Toilet paper, zip bag to pack out waste ("blue bag"), a small trowel. Extra plastic bags.
Notepad and pen/pencil	In zip bag or waterproof paper/pen
Extra bandana(s)	For handkerchief or cold compress
Water shoes	For stream crossings
Water filter and/or	For long day hikes if water sources
Water purification tabs	available
Gaiters	Short ones for dusty trails and avoidance of ticks
	Long ones for snow or stream crossings
Other First Aid items	Tweezers, zip plastic bags for wound irrigation or cold compresses, butterfly bandaids, non-latex gloves, anti-sting product
Mosquito and fly repellent	
Insect head-net	Especially for trips after recent snowmelt
Signal Mirror	
Eyewear Retainer Cord	
Hand Sanitizer	

Lightweight rain and wind resistant anorak or jacket

Description of hike from guidebook

Wildflower or other guides

### **For Cold or Windy Days:**

Wear or pack two bottom, full-length layers

Layer 1: Warm pants, long underwear, or running tights

Layer 2: outer layer wind or rain pant

Additional pair of warm gloves or mittens

Chemical warmers

Balaclava or neck gaiter

### **For Rainy Days:**

Waterproof rain hat

Waterproof jacket with hood and pants

Additional pair of warm gloves or mittens

Waterproof over-mitts

Pack cover or second large trash bag

To cover pack if raining

Insulating sit pad

Extra base layer

Use a large trash bag inside your pack or use waterproof dry sacks or plastic zip bags to hold clothing and gear inside your pack.

**For Hot, Sunny Days:**

Wide-brimmed sun hat or baseball type cap or visor

Bandana(s)

Use under hat to protect neck from sun. Use soaked in water around head or neck to keep cool.

SPF 30 or above sunscreen and lip balm

Extra water or sport drink

Salt tabs or salty snacks

Sunglasses with side panels

If above timberline or in the desert

Cotton top is an option -- will keep you cool

**Always** carry a synthetic replacement base layer. Cotton will not retain any warmth when wet. No blue jeans

## SECTION THREE

### Helpful Tips

**Clothing Tips:**

Bring enough clothes and gear to survive a several hour break or overnight stay.

While hiking, wear clothing that will not get you hot and sweaty. Otherwise, you can get cold even in summer. If you tend to sweat heavily, bring an extra base layer you can change into during the hike.

Add a layer, hat and/or gloves before hiking windy, exposed areas.

Keep items of clothing you know you will use easily accessible in your pack. Put extra clothing items you probably will not use in a separate plastic bag – roll or compress to minimize size.

Especially for hikes here in the Pacific NW, invest in waterproof rainwear, boots, hat, and hand covers.

Wool, silk, and synthetics maintain some of their warmth when wet. Cotton and down do not maintain warmth when wet. Down vests/jackets are warm, compressible and lightweight but must be kept dry -- store in a waterproof bag. DO NOT wear blue jeans or other cotton clothing on trail trips,

backpacks, scrambles, or climbs. When wet, cotton clothes will make you cold, and they take a long time to dry. It is true: Cotton can kill.

Footwear – use over-the-ankle boots with lug soles for rough terrain and wet or snowy weather. Always wear light hikers or boots with traction soles.

## **Before You Leave Home:**

**Check the weather forecast** to see upcoming trends. Rainy and cold weather often lasts longer or comes in earlier than forecasted. Consider wind, exposure, length of trip, and altitude in planning since ambient temperature can change significantly throughout the day. Hypothermia can easily occur in rainy or windy weather at temperatures in the 30s, 40s and 50s. Weather sources online: National Weather Service at [www.wrh.noaa.gov](http://www.wrh.noaa.gov), and WSDOT at [www.wsdot.wa.gov](http://www.wsdot.wa.gov).

**Try to keep pack weight as light as you can but do not leave essentials at home. Adjust what you wear and carry based on expected conditions.**

**Consider bringing clothing and gear options to the trailhead.**

Review a description of the hike and map before you go.

Let someone know where you are going and when to expect you to return.

Explain whom to notify if you are over-due. For example, some experienced day hikers will tell family members to expect them by 6:00 p.m., but if they have not arrived by midnight, they should call the authorities (National Park Service if in a park or Sheriff's Dept. in the county where the hike is if not in a national park.)

Bring a change of clothing, snack and drink for after the hike.

Bring a trash bag for dirty boots – a courtesy to drivers.

Bring cash for food stops and to help with mileage reimbursement to driver.

Last but not least: "Leader Treats" are always welcome!

## **At the Trailhead:**

Hang NW Forest Pass, Discover Pass, or other permit if required.

Do not leave valuables in the car.

Let leader know if you have any medical concerns.

## **On the Trail:**

Keep together – think of yourself as part of a team.

Follow your leader's instructions and let the leader know your needs.

If you stop for photos, say "Stopping for photos" so the person in front of you will know and the group can stop.

If you need a party separation break, do not just step off the trail. Make sure the Leader or co-leader know you are off the trail and the group will stop.

Stop at junctions to let persons behind you know which way to go. Do not go past a junction unless you know which way to go – wait for sweep if uncertain.

If you get lost, stay on the trail and stay put. Do not panic. Keep warm and hydrated and use your whistle. Use three short whistle blasts if you are hurt (emergency) or one long whistle intermittently until found.

## **Parting Thoughts**

Each hike and each hiker are different. You will learn what works for you.

These are guidelines to help you pack and hike smart.

**HAPPY TRAILS!**

# Leave No Trace Principals

## The Leave No Trace Seven Principles

### 1. Plan Ahead and Prepare

- Know the regulations and special concerns for the area you will visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### 2. Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
  - Concentrate use on existing trails and campsites.
  - Walk single file in the middle of the trail, even when wet or muddy.
  - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:
  - Disperse use to prevent the creation of campsites and trails.
  - Avoid places where impacts are just beginning.

### 3. Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

### 4. Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

## 5. Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

## 6. Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## 7. Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

# Safety Tips for Beginners

### *Plan Ahead.*

Know your hike and your terrain. Plan for the journey by researching the area on the web. Be sure to talk to a local Ranger prior to the hike and ask for information regarding safety and environmental issues.

### *Know your environment.*

Whether you are hiking the mountains, or the back yard, you must know your environment. Any time humans interact with nature, there is a chance of injury. It's best to know which plants and animals in the area should be avoided. It's also important to be very aware of weather. Research the weather patterns in your park before the hike.

### *Start small.*

The first hike of the season should be a short excursion. Those who are just learning about surviving a night in the wilderness should not be very far from their base camp (home, car, campsite). Until a hiker completes their first aid training, they should never venture very far from proper medical attention.

*Know your water.*

We all have visions of drinking from the crystal clear mountain brook babbling over the rocks after a hot hike, but beware of the water! Although it appears safe and clean to drink, most natural water sources have huge amounts of bacteria that can make brave adventurers very sick. Be sure to bring your own water or water filter for drinking.

*Be smart with food.*

Whether hiking in an area known to have bears or sloshing through streams, it's a good idea to keep all food in tightly sealed containers. If animals can smell your rations, they may want to explore further.

*Have a fire source.*

Whatever the weather, a hardened hiker will be able to spark a fire. The fire-bearer should be well-versed in fire safety regulations, should know where they can build fires in the park, and should NEVER leave the fire unattended.

*Learn First Aid and carry a kit.*

The best medicine for adventurers is that of prevention. By avoiding injury in the wild, everyone has fun and no one ends up in the hospital instead of swimming in the lake. But hikers can't plan for every instance, and sometimes there are accidents. Know what to do in case of emergency.

*Think before you step.*

Complete common sense is sometimes lost in the excitement of the adventure. A mesmerized hiker may be staring at local wildlife, and trip over a tree root causing serious injury. This doesn't mean adventure walkers should stare only at the trail while hiking, but rather that they should be constantly aware of their surroundings.

*Always carry out what you carry in.*

The first rule with interacting with the environment is: Leave it as you found it. This rule applies to the trees, the earth, the animals, the campsite, and even the flowers. Carry out all of the garbage you carry in, don't feed the animals, and leave only footsteps when you go.

*Never hike alone.*

Beginners should not venture into the woods by themselves. Outdoor adventures are fun for the family, but hiking is typically a group sport. The chances of becoming lost, sustaining injury, or losing supplies is much higher when alone, making the sport extremely dangerous. Always go with a group, tell someone where you are going and when you plan to return, and check in at the ranger station so they are aware of your location.

*Put the slowest hiker in front and pace the group to that person (That is the traditional advice. Experience, however, has shown that if you put the slowest in front, they speed up and wear themselves out. Put a leader in front and the slowest person directly behind the leader in position #2. This allows that leader to monitor the person's condition without putting them in a position to fail.)*

This works great in a group of differing ages! With the fast hikers in the front, they have a tendency to spread out too much. Then someone small at the back gets exhausted running to keep up. If you do divide into faster and slower groups, the one ahead should never get too far ahead and should stop and let the others catch up on a regular basis.

*Take regular breaks.*

Make sure that you are drinking water and taking regular breaks. In very hot areas, dehydration is especially dangerous.

*Avoid sunburn.*

Wear head and arm coverings in sunny or high altitude areas, and use sun block.

*Pace Yourself!*

Encourage a moderate pace to avoid exhaustion early in a hike. Practice the Rest-step if needed on steeper terrain.

*Water*

Water is an essential of life and nowhere is that more clear than on a hot day on a long hike.

Drink water when you get up in the morning, before the hike (from water kept in your car) and drink frequently on the trail.

Most hikes will need two liters of water and if it is hot, three. Avoid "sport drinks", coffee and juices. What you need is water.

## **Fitness for hiking**

## **Some basic exercise for hiking and backpacking fitness are:**

1. Crunches.
2. Squats.
3. Lunges.
4. Push-Ups.
5. Step-Ups. Lightly weight a pack and step onto a park bench 16 to 18 inches high. Add 5 pounds a week until you're at your desired weight (day hiking will be less weight than backpacking). Add to your workout three times a week until you can do 700 steps in less than 30 minutes.

## **Three Best Exercises to Get in Shape for Hiking**

### **1. Lunges**

Hold equal weights in both hands (pro tip: buckets of nails look tough). From a standing position, step forward until both legs are bent at 90 degrees. Push up, bringing rear foot forward. Repeat with the other leg.

### **2. Poor Man's Leg Curl**

Lay flat on the floor and scoot your hips toward an elevated bench. Place your left foot on the bench. Lift your right leg up as high as you can bear. Press lefty down into the bench, clench your glutes and hamstrings, and raise your hips off the ground. Do 10, then repeat for other leg.

### **3. Band Walks**

Tie a resistance band around your legs, mid-shin, so there's tension while you stand with legs at hip-width. Stand straight, tuck abs, put hands on hips, and walk forward while maintaining the band's tension between your shins.

# Stewardship Project Report form

## Tacoma Branch Conditioning Hiking Series

**IMPORTANT!**

Take this form to your Stewardship Project  
Have the Project Leader / Contact sign the form  
Keep the Form and submit it with your graduation  
application

### Stewardship Project Report

**Student Name:**

**Date:**

**Location:**

**Agency/Facility:**

**Houses of Services:**

**Type of Project:**

- Trail Maintenance    Park Cleanup    Writing/Calling    Teaching  
 Habitat Restoration    Facility Repair    Info Display    Learning

Briefly describe:

**Project Authority:**

**Project Leader / Contact**

**Name:**

**Phone:**

**E-Mail:**

**Signature:**

### Important Contacts

**Return Completed  
Report with  
Graduation  
Application to:**

**Carlanna Livingstone  
Carlanna74@comcast.net  
206-214-7151**