

HIKE PREPARATION

CHOOSING A HIKE

- Select a hike from the current list based on your realistic capabilities to handle the distance, elevation gain, degree of difficulty, and your ability to maintain a reasonable pace.
- A detailed trail map is a valuable reference for choosing a hike (e.g., "Green Trails Maps"* and others).
- Contact the Guide to register for a hike (see hike description for contact information).
- You must receive an email confirmation from the Guide that you are on the hike list regardless of how you signed-up.
- The latest time to register for a hike is 4:00pm two days before the hike (unless otherwise specified).
- Discuss with the Guide the degree of difficulty if you are unfamiliar with the selected hike.
- Ask the Guide for the expected return time to S.C.O.V.
- Do not schedule any other appointments for the day of the hike since return times are rough estimates (especially for longer hikes).
- Tell the Guide if you are available to be a driver and the seating capacity of your vehicle.
- Privately inform the Guide, when you register for a hike, about any physical limitations or medical conditions that you have.
- The Guide has the discretion to accept or reject a hiker based on the Guide's determination of the hiker's capability to do the hike. Please accept the Guide's decision as final.
- The Guide may cancel a hike for weather or other considerations. Please accept the Guide's decision as final.

*"Green Trails Maps" may be purchased at Catalina State Park, Sabino Canyon, Summit Hut, REI, and web sites.

- If you have a medical condition and/or are taking prescribed medications, please fill out the Emergency Medical Card and carry it in your pack while hiking (see web site for form).
- A medical I.D. wrist band, if updated, is recommended for hikers with a medical condition (from RoadID.com, other web sites, and most pharmacies).
- Have proper equipment: hiking boots, hiking socks (wool blend type), wide-brim hat, layered clothing, hiking poles (optional), light-weight poncho (if rain is forecasted), sunglasses, name tag, sweat towel (optional).
- Use sunblock and lip protection with sunblock.
- Do not use any fragrances (e.g., perfume or cologne).
- Bring adequate water for the duration of the hike and the temperatures expected.
[a minimum of 1 liter (34 oz.) for every 5 miles]
- Water should be accessible without having to remove backpack or fanny-pack.
- Bring adequate food and/or snacks to sustain your energy including a salty snack (as appropriate for this hike).
- Bring electrolyte drink for higher temperatures (or electrolyte powder or tablets) and a carbohydrate snack to take with the electrolyte drink.
- Bring your medications; a first-aid kit; and, if applicable, a bee sting allergy kit.
- Recommended to bring: moleskin, compass, knife, whistle, fine tooth comb, tweezers, duct tape (last 3 for cactus needles).
- A cell phone is recommended (for emergencies only); also, the Guide usually carries a cell phone for emergencies.
- A GPS unit is informational but not required.
- Bring toilet paper and a zip-lock bag for disposal of the used toilet paper (carry-out).
- Extra socks are useful for hikes with stream crossings or long hikes in higher temperatures.
- Cameras may be used but without slowing the pace of the group (see "While On A Hike").
- A backpack or fanny-pack is required for the carried items.
- Bring after-hike clothing and shoes if desired (leave in the vehicle).
- Pets, firearms, and smoking are not allowed on VHC hikes.

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