

Hike Requirements for Overnight Trips

In order to better ensure the safety of our hikers, participants of a planned overnight hike are required to hike 10 times at the level they intend to hike on the overnight trip during the year leading up to the hike. Of these 10 hikes, 3 must be completed within the 30 days prior to leaving on the trip.

For **fall** trips, the previous hiking club year plus the beginning of the new year will serve as the basis for the 10 hikes. For the spring trips, the present hiking club year will be the basis. For example, if the fall trip is planned for November 1-5, then the basis year will include hikes performed from late Sept of the previous year through October 31 of the present year.

If a **spring** trip is scheduled for March 10-15, the basis year will include hikes performed from the beginning of the hiking year in late Sept through March 9. For any hikes to count, they must be done within the auspices of the Club i.e., not on your own.

If a participant elects to drop down a level from what they prepared for, that is completely acceptable. The reason for this requirement is based on past bad experiences when participants were ill prepared for the rigors of the trip, were not well known enough by other hikers to effectively communicate to prevent or respond to safety incidents or who were simply on the trip to enjoy a planned vacation with little interest in hiking.

Overnight trips planned and sanctioned by the Club are intended to be a perk for hikers who regularly participate on Club hikes throughout the hiking season.

Posted January 26, 2017