

## **Orientation to SaddleBrooke Hiking Club – Desert Hiking**

### **Welcome & Introductions - Elisabeth Wheeler**

Name, where from, one question

### **Introduction to Hiking with SaddleBrooke Hiking Club – Dave**

Adjustment to desert climate, elevation, new terrain

Show info in Hiking Club newsletter. Handouts will be given you later.

Start with fitness walks, D & C hikes

Choosing hikes – ratings, terrain, questions for guide, guide's questions

Goal: matching hiking readiness with appropriate hike = happy hiking!

### **Preparation for Hiking - Karen**

Clothing

Pants, shirts, jackets, wide brim hat, gloves, bandana – layers.

Shoes –

Boots or Trail Runners – comfort & good traction important

Foot care – liners, Vaseline, powder, etc.

Packs & Poles –

Fanny packs, hydration packs, poles

### **Essentials in Pack – Walt**

Water, spray bottle for hot weather hiking

Food – snacks and lunch, mixture of protein and carbs

Electrolyte replacement - liquids, gels or powder

First Aid Kit – bandaids, tape, tweezers, antibacterial gel, ibuprofen, etc.

Identification, copy of medical card, medications, allergy pills

Sunscreen, insect repellent

Toilet paper in baggies (used toilet paper is carried out in baggies)

### **On a Hike – Karen**

Drink water before and during a hike. Snack to keep up energy.

Let guide or sweep know if you need a bathroom break or are having a problem. Guides don't provide medical care but will adjust hike and give suggestions for staying hydrated and nourished.

### **Other Questions & Summary – Elisabeth**

Joining the club, hiking club socials, trail work days, picnics.

Have fun exploring and enjoying the outdoors with our volunteer Guide.