

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

## **Welcome & Introductions - Roy Carter**

- Name, where from, one brief question

## **Introduction to Hiking with SaddleBrooke Hiking Club – Frank Brier**

- Adjustment to desert climate, elevation, new terrain
- Show info in Hiking Club newsletter. Handouts will be provided later.
- Start with fitness walks, D & C hikes
- Choosing hikes – terrain, questions for guide, guide's questions
- Pace and hike rating system (including use of “+ and –“ to describe special conditions)
- Goal: matching hiking readiness with appropriate hike; happy hiking!

## **Preparation for Hiking – Jan Wilson**

- 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 Shields**

- 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 – Roy Carter**

- 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 – Roy, Frank, Walt, and Jan**

- Joining the club, hiking club socials, trail work days, picnics.
- Have fun exploring and enjoying the outdoors with our volunteer Guides.

**Handouts:**

- The one Elisabeth gave me.
- The article and pace
- The web site
- Hike rating system
- Database