



SHORELINE PARKS, RECREATION & CULTURAL SERVICES TRIP AND HIKE PARTICIPANT GUIDE

Thanks for registering for a trip and hike through the Shoreline Parks, Recreation and Cultural Services department. This handout will help you prepare for the trip and give you an idea what to expect.

THINGS TO BRING CHECKLIST

This is a quick checklist to make sure you bring all the items necessary to be safe and have a fun time on your hiking trip. More detail about certain items is below. For trips that do not involve hiking, all these items are not necessary, but many will still keep you comfortable.

Necessary Equipment

- 1 Liter of water
- Comfortable hiking boots / sneakers with good traction (if hiking)
- Backpack to carry items
- Layers of clothing (see "What to Wear" for details)
- Extra pair of socks
- Sack lunch and money for food (Recreation guide description will say which to bring)

Recommended Equipment

- Hat & gloves (for cold weather)
- Sunblock
- Sunglasses / Hat (for sun protection)
- Additional snacks
- Walking poles for stability (if needed)
- Toilet paper or tissues (we'll stop where there are bathrooms, but it's good to be prepared just incase)
- Extra dry clothes to change into after trip

THINGS YOU SHOULD KNOW

- The Spartan Recreation Center likely will not be open when you arrive for your trip. We will meet in the parking lot in front of Spartan.
- Please arrive early. The sooner we have all the pre-trip details taken care of and the vehicle loaded the sooner we can get on the road and have fun!
- Most trips go as scheduled, but sometimes conditions force us to make changes. Be sure when registering you give reliable phone numbers, so we can alert you of any changes ahead of time. Trips are rarely, if ever, cancelled for weather but sometime there are changes to times or certain parts of the trip.
- Trips have a rating scale so that you can decide whether the trip is suitable for your fitness level. If your level of conditioning is inadequate for the trip or if you do not bring the necessary equipment, you will not have any fun and it could be unsafe for you and the group. If this is the case, the trip leader may decide you cannot participate in the trip.
- Our trip leaders will have navigation materials, safety equipment and first aid kits, but it's good to know equipment that should also be considered for hikes and nature trips. These include: Map of the area, whistle, flashlight with extra batteries, compass, extra food, fire starters (matches, candles), extra clothing, pocket knife and a first aid kit.

CLOTHING AND FOOTWEAR DETAILS

Footwear

Comfortable walking shoes or boots are necessary for hikes. Hiking boots/sneakers with good gripping soles will provide the best traction in all trail conditions. A lightweight-hiking boot is the best choice. Tennis shoes may be OK for short hikes on well-maintained trails, but they can be marginal for hiking on trails that are rugged or sloppy. Shoes should fit well with plenty of room for 2 layers of socks. Next to shoes, socks can be your most important piece of gear. Choose socks that are made of a breathable material. Again, you want your feet to stay dry, so cotton isn't usually the best choice. High-performance socks, including wool, can help with comfort, breathability and blister prevention. Steer away from thin socks, which might not provide enough cushioning. A thick sock might be better—just make sure it's not so thick that your shoe fits too tightly.

Walking Poles

For additional stability on uneven ground or for longer distances, consider using walking poles.

Dress in Layers

Weather conditions can change at any time. Layering is great because it keeps your body temperature comfortable. It allows you to add layers (to stay warm as needed) and remove layers (to cool off) at any time. In general, these three layers will keep you comfortable in most conditions:

1. A **base layer** should be light and breathable. Choose a high performance fabric that will draw sweat away from the skin so it can evaporate and cool you without making you feel wet. Stay away from cottons, as they retain moisture (sweat), which can keep you cold in the winter and hot in the summer. A good cold-weather material is polypropylene; in warm weather, fabrics that “wick” away moisture are best.
2. An **insulating layer** goes on top of your base layer. It adds warmth and provides temperature control. This layer should be easy to remove in case you get too warm.
3. A protective **outer layer** goes on top of your insulating layer to protect you from elements like wind, rain, and snow. Choose waterproof fabrics that are made of breathable materials (so your sweat can evaporate).

Other Necessary Items

A ventilated and/or brimmed hat can protect your head from the sun during the summer. A winter hat will help regulate your body temperature, since a lot of body heat escapes through your head. Gloves also help regulate your body temperature. And lastly, be sure to protect your skin (and eyes) from damaging rays. Sunglasses offer excellent protection even if it's not sunny out.

REFUNDS OR CANCELLATIONS

Trips can be cancelled due to low enrollment but are rarely cancelled due to weather. If a trip is cancelled you will receive a full refund. If you need to cancel, please see the refund policy in the current Shoreline Recreation Guide to know when you need call the Spartan Recreation Center (206-801-2600) in order to receive a refund.

QUESTIONS

If you have any questions or concerns regarding the trip, we encourage you to call the Spartan Recreation Center at **206-801-2600**. Office hours are Mon-Thur 8am – 9pm, Fri 8am-5pm, Sat 8am-4pm.