

HIKE LEADER CHECKLIST



What to do with the group of hikers-before you start hiking

- ✓ Introduce yourself to the group, club news, offer Club brochure (obtain from Club VPO).
- ✓ Provide an overview of the hike including the level of difficulty, distance, elevation gain, terrain and points of interest, expected lunch spot/time
- ✓ Ensure everyone has signed the sign-in sheet
- ✓ If carpooling, give directions, maps, mileages and discuss suggested gas donation. Hike leader does not arrange carpools.
- ✓ Check everyone for water, ability, proper equipment. If not prepared, respectfully deny hiker from participating
- ✓ Ask if anyone has any special medical expertise
- ✓ Ask hikers to inform you immediately if they encounter any problems or have any medical issues
- ✓ Each person is responsible for their own safety
- ✓ Introductions and take a count of persons and vehicles

Responsibilities at Trail Head

- ✓ Introductions again, if needed
- ✓ Hike Leader can give out their cell phone number
- ✓ Take a count to see if all reached the trailhead. Try to contact missing hikers, but don't cancel hike
- ✓ Identify sweep & tell group what a sweep does
- ✓ Take the sign-in sheet with you
- ✓ Make sure they know that the group is to stay together
- ✓ Start at slower pace for warm up
- ✓ Power off cell phones if hiking in dense areas with no cell signals