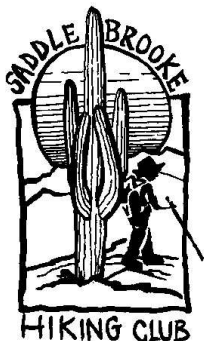


SaddleBrooke Hiking Club

Newcomer's Orientation



Spring and Fall Picnics

Plan on attending.
Watch newsletter for details.

SaddleBrooke Hiker's Social Hour

4:00 PM

MountainView Club House
Third Wednesday of Every Month



General Information:

- Newsletter is available via e-mail, online at www.saddlebrooke.org, and at the clubhouses. You need to provide an e-mail address in order to receive it via e-mail. The newsletter contains articles and more detailed information for your review.
- Membership is required for SaddleBrooke residents. Members must accompany their guest(s) and all guests will be required to sign a Release Form prior to hiking.
- Call early to reserve a spot on a hike - most hikes are limited in number. Many hikes can be quite difficult due to steepness and/or altitude. ASK guide on phone about type of trail altitude change, and starting altitude if not in newsletter or if you question your ability to do the hike.
- The time listed for the hike is the departure time. Arrive 10 to 15 minutes before posted time. We meet at the Mountain View parking lot.
- Driver donation is a suggested amount and is noted for each individual hike. It is recommended that any payment to the driver be made upon return to Mountain View. Some areas require a user/parking fee. Inform guide if you have a pass for the particular area.
- A Hikes > 14 miles or > 3000 feet climb
B Hikes > 8 to 14 miles or > 1500 to 3000 feet climb
C Hikes > 4 to 8 miles or > 500 to 1500 feet climb
D Hikes < 4 to 4 miles and < 500 to 500 feet climb
- A trail guide (sweeper person) will be assigned on a hike. That person is at the very back of the group. No one is to get behind them.
- Stay on the trail for ecology reasons, unless bushwhacking is required where there is no trail.
- Carry out what you take in - even apple cores - leave only your footprints.
- When horses are passing, back up and stay on the uphill side of the trail keeping yourself and hiking stick still.
- Snakes/Scorpions - walk around rocks and bushes - not over if possible. Do not put your hand where you can't see.
- Use nature's restroom rather than being uncomfortable. If you are not stopping for bathroom break, you may not be drinking enough water.
- Keep the person in front of you in sight - let guide know if you are having trouble. The guide should ask how everyone is doing.
- Use good common sense and do not over extend yourself. Know how fit you are today; LISTEN to your body and alert guide ASAP.
- Check with your doctor and know your medical condition/restrictions.
- We stop for viewing and lunch/snack but we are a hiking club and that is the primary goal.
- ENJOY YOURSELF!!

Suggested Items for Hikers:

- Water - drink it - When you begin to take more difficult hikes, take minimum of 2 quarts. Powdered electrolyte mix or sports drinks replace lost electrolytes. Drink early - water before or at the beginning of a hike is recommended.
- Lunch/snacks - high complex carbs, nuts, trail mix, fig newtons, and etc. Power Gel or Gu are great to have in your pack.
- Carry IDENTIFICATION, medication, and alerts.
- Misc. Items: Wide brim hat, sunglasses, bandanna, sun block, chapstick, kleenex/TP, tweezers, fanny pack or back pack, whistle (Emergency signal: long, short, long), Band-Aids, moleskin, ace bandage, emergency blanket, matches (water/windproof), flashlight, insect repellent, camera/film, binoculars.
- Trekking poles (hiking sticks) are optional. Many members are finding them very helpful. Flex knees - especially when going downhill.
- Layered clothing works well due to the change in weather conditions possible on hikes. Hiking shorts for warm weather, pants for cold weather or for brushy trails, short or long-sleeved shirt, rain jacket or poncho, fleece jacket or sweater or sweatshirt (zip front is handy). Gloves may be needed on hikes where you will be bushwhacking, rock scrambling or when it is cold.
- Hiking boots are strongly suggested. Toe should not touch the end on downhill. Hiking boots should be bought in afternoon - also ask how to tie boots.
- Socks - wool blend or hiking blend - solid cotton may cause blisters. Liners - a thin sock under hiking sock to wick away moisture. Use powder in socks or shoes.
- Places to buy boots and clothing: Summit Hut - great for hard to fit. Also: Big 5, Sports Authority, REI (Tempe) or rei.com site.
- Some people like to bring sandals to change into after hike or a change of clothes if you expect to get wet.

We look forward to seeing you on future hikes!