

## TO HIKE LEADERS - A FEW SUGGESTIONS

A hike leader's responsibility is to ensure that fellow hikers have a good time and return home safely. To this end, the Piedmont Hiking and Outing Club encourages you to follow a few simple steps:

1. Make sure that everyone fills out the Release Form (Name and Phone number)
  - The phone number comes in handy when someone forgets an item in a carpooling car or if there is a need to follow up on someone later
2. Take a few minutes to introduce newcomers to old timers and to each other
  - Remember your first hike, when a friendly person took you under his or her wing?
3. Take a head count at the start of the hike and make sure everybody is back at the end of the hike
  - This is especially important on long hikes when people tend to spread out on the trail
4. Ask for a volunteer to act as the sweep and make sure that everybody is keeping up
  - This is especially important on long, more strenuous hikes in wilderness areas, or when you have rookies and/or people who prefer to hike at a more leisurely pace
5. Informally check that everybody has a sufficient quantity of fluid
  - This is especially important in the summer and on long strenuous hikes
6. Carry a few items that in a pinch will save a fellow hiker discomfort and give you peace of mind
  - an extra power bar
  - extra water or power drink
  - a bottle of pain reliever tablets
  - moleskin and band aid
  - a sting stick
  - sunscreen and bug repellent
  - duct tape
7. Carrying a cell phone or identifying who on the hike is carrying one is also a good idea
  - Although you may not get a signal on the trail, in an emergency you will get one sooner than driving to the nearest land line available

ABOVE ALL HAVE A GOOD TIME - THAT'S WHAT IT'S ALL ABOUT