



802 Mukilteo Blvd., Everett, WA 98203

Office: 425-257-8300, M-F, 9-5

Late notice cancellation line: 425-257-8319

HIKING TRIPS

Thanks for signing up for this Everett Parks and Recreation hiking trip. This handout will help you prepare for the trip, and give you an idea what to expect.

THINGS YOU SHOULD KNOW

- Most trips go as scheduled, but sometimes conditions force us to make changes. Be sure we have reliable **DAY** and **EVENING** phone numbers for you, so we can alert you to any changes ahead of time. Trips are rarely if ever cancelled by weather.
- If your level of conditioning is inadequate for the trip, you won't have any fun, and you could become a safety hazard for yourself and the group. These **aren't** extremely difficult trips by most people's standards, but they usually aren't totally flat and effortless either. The trip description in the guide should give you some idea of the length and elevation gain involved. If you're not sure whether you're capable of doing the trip, talk with us **BEFOREHAND**. The important thing is, we want you to enjoy yourself!
- **TRY TO ARRIVE A LITTLE EARLY ON THE MORNING OF THE TRIP.** We need you to fill out a hold harmless form, and you'll need time to unload your gear and get it into the van. If we delay the departure time and wait for people who are late, we are unfairly depriving the rest of the group of time they would like to have for hiking.
- If you decide to cancel at the last minute, and it's after regular office hours, and you cannot reach anyone at the Parks Department, **PLEASE DON'T JUST BE A NO-SHOW!!!** You can leave a voice mail at 257-8319. The trip leader will be able to retrieve your message on the morning of the trip. **IMPORTANT:** You may only use that voice mail number within 24 hours of the departure time of the trip. Cancellations prior to that **MUST** be through the Recreation Office (257-8300).

THINGS THAT WE PROVIDE

- Van-- You'll travel to and from the trip in a nice, comfortable, 15-passenger van that is fully equipped for driving in the mountains.
- Trip Leader-- Our experienced leaders will see to it that you have a safe, enjoyable, and informative time.

THINGS THAT YOU MUST BRING

- Comfortable walking shoes or boots. Hiking boots with good vibram soles will provide the best traction, and protection from rocks, mud, and water. 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.
- Socks. Most hikers prefer two layers: a thin polypropylene liner sock against the skin, and a warm, cushiony wool sock over that. Cotton socks are not recommended.
- Plenty of clothing to keep you warm and dry. Dress with the layering system for the most comfort. The layers allow you to adjust your clothing for the level of your activity. Start with (1) an underwear layer. The best materials (polypropylene, polyester) will transport moisture away from your skin. The next layer (2) provides insulation, which traps the warm air near your body. Down, wool, and polyester fabrics all work well, while cotton and denim do not. Jeans are discouraged. The outer layer (3) provides wind and water protection. It will preferably have a hood, cuffs that close, drawstrings and material that repels water and wind. Gore-Tex or coated nylon garments are best.

(Continued on reverse)

- Hat & gloves. Even on warm days, unpredictable weather changes can bring a chill.
- Sunglasses (very important, whether the sun is out or not).
- Food & Water.
- A daypack to carry everything in.

THINGS WE RECOMMEND YOU BRING

- Foam sitting pad
- Whistle
- Hiking stick
- Sunscreen
- Toilet paper
- Dry clothes and comfortable shoes to change into after the hike
- A few dollars (we usually stop for a snack afterwards, and sometimes before too)
- Ten Essentials – Safety items that will help you survive the unexpected
 1. Map of the area
 2. Compass
 3. Extra food
 4. Extra clothing
 5. Pocket knife
 6. Flashlight (extra batteries, bulb)
 7. Sunglasses (required)
 8. Fire starter (candle, etc.)
 9. Matches (waterproof container)
 10. First aid kit (see list)

Suggested First aid kit contents:

Band-Aids, wide tape or gauze, disinfectant, gauze bandage or compress, large triangular bandage, razor blade or scissors, mole skin, lip protection, Ace bandage, butterfly bandage, safety pins, tweezers, aspirin, needle, salt tablets, tape. Optional items: Pain killers, allergy medicine, and antacids

A FEW FINAL NOTES

- Don't worry if you don't have top-of-the-line equipment. We don't expect everyone to run out and buy everything on the list. Be we don't want you to be miserable either. Please be sure, at a minimum that your boots and your rain gear are going to be reliable.
- When driving to and from the trip, we try to be accommodating in regards to restroom stops. If you need a stop, don't be afraid to speak up. Bear in mind also that the restrooms in remote areas can be somewhat primitive, so it may even be wise to carry a little extra t.p. in a jacket pocket, just in case.
- We try to make it back to Everett by the scheduled return time, but the unpredictable nature of outdoor trips sometimes makes this difficult, so we ask for your patience and understanding. If you get in a jam because of a late-returning trip, it is usually possible to make a call on the van's phone.
- All participants should be aware of the Parks Department Refund policy. It is printed in the quarterly guide. If you have any questions or concerns regarding the trip, we encourage you to call us at 425-257-8300. Office hours are Mon. - Fri., 9 am – 5:30 pm.
- Andy Boos, who schedules and leads most of the hiking trips, maintains a web site that pertains to the Everett Parks outdoor trip programs. Visit the site at www.AlpineAndy.com. Particularly valuable is the "Trip Status" page, which gives info about upcoming trips, including links to destination-specific weather forecasts. We recommend you check it out before your trip, to be alert for detailed conditions to expect.

FOR CANCELLATIONS WITHIN 24 HOURS OF
TRIP DEPARTURE TIME, LEAVE MESSAGE AT 425-257-8319