

## The Cascadians Participant Guidelines

1. Check the on-line [calendar](#) for updates and let the leader know you plan to join the activity. Sign up on the calendar if that is required.
2. Contact the leader if you have any questions regarding a trip.
3. Be in adequate physical condition for the outing.
4. If the trip requires special equipment, be sure you know how to use it.
5. Arrive at the meeting area early, posted times are when the group leaves the meeting area.
6. Read and sign the Release of Liability Form at the meeting spot.
7. When carpooling, reimburse the driver for fuel (the rate is per mile driven, as of July 2023 it was 10 cents/mile)
8. Be equipped with all gear in good condition and layers of clothing appropriate to the season, weather forecast, and destination. The leader has the right to refuse participation to any ill-prepared participants.
9. Take the [13 essentials](#)
10. Pay attention to directions and follow decisions made by the leader.
11. Keep the leader informed of your plans. If you decide to leave the outing early, tell the trip leader or sweep.
12. Basic knowledge of first aid is encouraged.
13. Behave in a manner that will reflect favorably on The Cascadians.
14. Be respectful and kind to the leaders (and everyone else).
15. Have fun!

### Hiking Etiquette and Safety

1. Downhill hikers yield to uphill hikers.
2. Let hikers ahead of you know if you want to pass them.
3. Mountain bikers yield to hikers and horses, hikers yield to horses. Hikers go to the downhill side to let horses pass. Use common sense and adjust for safety or courtesy if needed.
4. If you step off the trail, leave your pack or poles, and let someone know.
5. Best practice for bathroom breaks is to go at least 200 ft from the trail or campsite or any lakes or streams. It is recommended to pack out used toilet paper. See the website <https://www.trailspace.com/articles/backcountry-waste-disposal.html> for additional guidance.
6. Leave no trace, don't cut switchbacks, stay on the trail. Consider picking up other people's litter.
7. Talk with companions quietly, avoid loud cell phone notifications.
8. When the group stops to let others catch up, give everyone time to rest before moving on.
9. Stop at all trail junctions to let the group catch up and take a head-count.
10. Be aware of where your hiking pole tips are, keep them pointing down when other hikers are near. Don't drag poles behind you.
11. When crossing water wear footwear to protect your feet, and in deeper water unbuckle your pack waist belt.
12. If you need help, and no one is in view, blow your whistle (3 short blasts is a call for help).
13. Inform the leader if you have insect sting allergies or other medical issues that may come up during the hike.

14. Know how many people are in the group in case you need to help count.
15. At the end of the hike, make sure all hikers are accounted for and all cars start before leaving the trailhead.

### **Additional Information for Backpacking, Skiing, Bicycling Paddling and Technical Climbing**

#### **Backpacking**

1. Consider sharing overnight equipment if desired.
2. Bring an extra day's worth of food.

#### **Skiing**

1. Take a repair kit (screwdriver, strong waterproof tape, wire).
2. Take any ski wax that may be needed.
3. Fill your holes when you fall.
4. Remember, skiers going downhill have the right-of-way.

#### **Bicycling**

1. Bicycle helmets are required on all trips.
2. Take a tire repair kit and basic tools, know how to use them.
3. Have a bike light.

#### **Paddling**

1. Wear a life jacket and carry a whistle.

#### **Technical Climbing**

1. The leader may refuse participation based on training and qualifications.
2. Helmets are required on all rock climbs, and on other climbs as designated by the leader.
3. Take other special climbing equipment as designated by the leader.
4. The leader may inspect your pack.
5. Stay with the party and obey the leader.
6. Never climb beyond your ability and knowledge.
7. Never let judgment be overruled by desire when choosing the route or turning back.
8. Follow the precepts of sound mountaineering as set forth in recognized textbooks such as 'Mountaineering: The Freedom of the Hills', published by the Mountaineers.