

# COBBLE CREEK HIKERS

## Hiking 101 Basic Guidelines

- **Proper Clothing, Equipment, & Gear**
  - **Boots:** Supportive, properly fitted, good tread, large enough to accommodate hiking socks. Water proof boots are recommended but not required.
  - **Weather Protection:** Sunscreen and a hat are necessities at this altitude. “Layering” is recommended. It is often much colder in the mountains than at lower elevation. A windbreaker is often needed as is rain gear.
  - **Pack:** A basic, comfortable pack (waist or back) is needed to carry water, extra clothing, nutritious snacks (to boost flagging energy), tissues, simple first aid supplies, etc., leaving hands free. (See Hiking Pack/First Aid Kit attachment). As we are often out past lunch time, lunch items are recommended.
  - **Poles:** Hiking poles are useful especially in crossing water and in hiking downhill. They help with balance, provide stability, & may relieve pressure on the knees. **Note:** For safety, when not using your poles, carry them in front of you with the tips pointed down.
  
- **Safety – Most Important Element**
  - Ensure safety thru proper apparel, adequate equipment, and choice of an appropriate hike level
  - Hike levels (Easy, Moderate, and Strenuous) are based primarily on mileage, elevation gain, and roughness of terrain. Read descriptions thoroughly and, if in doubt, check with the hike coordinator. Be sure to share any medical problems, physical limitations, or terrain discomforts, e.g., fear of heights.
  - Most important to safety is **water**. One quart is the minimum for a short hike, with amount increasing along with length and difficulty of hike and with trail temperature. Each hiker should start on the trail fully hydrated and carry his/her own water – as well as snacks and lunch.
  
- **Other Information**
  - Buy a **Colorado Outdoor Recreation Search and Rescue (CORSAR) Card** (available locally at Colorado Dept. of Wildlife on S. Townsend as well as at Ridgway State Park).
    - By purchasing a CORSAR card you are contributing to the Search and Rescue Fund, which will reimburse teams for costs incurred in your search and rescue. Anyone with a current hunting/fishing license, or boat, snowmobile, ATV registration is already covered by the fund.
  - We practice a **“Leave No Trace”** policy. Leave nothing behind, including tissue and peels (there is little breakdown of food in our arid climate).

If there is CC community interest, we will schedule introductory hikes for those who are unsure of their fitness level or “aptitude” for mountain hiking. These will be easy hikes for the purpose of introducing new hikers to the pleasures as well as to the possible pitfalls of hiking. Emphasis will be on apparel, gear, and safety. Questions are encouraged.