

To Our Guests: Welcome! Please read the followings for a more enjoyable hike.

I-MAC conducts hikes for the enjoyment of all who go along. The overall safety and enjoyment of the group is paramount in the conduct of all trips. As with many activities, hiking exposes individuals to certain elements of risk. In order to minimize some risks and provide a margin of safety for others, I-MAC has established guidelines under which its trips are run. **YOU ARE PERSONALLY RESPONSIBLE FOR YOUR SAFETY.** Please assume this responsibility by following the guidelines and obeying the trip leader.

Practice Safety First:

- Stay with the group. Keep the party together except as the leader approves other plans.
- Never go beyond your ability and knowledge or that of other members of the party. If in doubt, consult the leader.
- Never let judgment be swayed by desire when choosing the route or turning back.
- Carry at all times the equipment necessary for each trip, including the Ten Essentials.
- Solo trips are not allowed, except that with leader approval short solo hikes may be permitted. I-MAC policy is not to permit solo climbing on club trips.
- Always allow a generous margin of safety.
- Know and follow the precepts of sound mountaineering as set forth in textbooks of recognized merit, especially Mountaineering: The Freedom of the Hills and Backpacking: One Step at a Time.

Practice Good Conduct:

- Behave in a manner that will reflect favorably on I-MAC and on the sports of hiking and mountaineering. Abide by all laws, Forest and Park Service regulations and good sportsmanship.
- Practice no-trace travel and camping; pack out all garbage.
- Illegal substances and excessive alcohol consumption are not allowed.
- Please leave your pets at home.

Participation:

- When accepting signups for any trip, the leader must consider physical conditions and the condition of the individual and the group.
- The leader of any club event may refuse participation to any person who has previously ignored any of these guidelines. In addition, participation may be denied to anyone who lacks the skill or stamina needed.

The Ten Essentials

1. Extra clothing for warmth (wool or synthetic pile, no cotton) & rain protection.
2. Extra food for an unexpected bivouac.
3. Drinking water.
4. Sunglasses & sunscreen.
5. Pocketknife.
6. Matches & fire starter.
7. First aid kit
8. Flashlight, spare batteries & bulb.
9. Map (topographic is best).
10. Compass with straight edge.

Also: day pack, whistle, watch, chapstick, and toilet paper.

Please be sure the leader has your name and address so you can receive a complimentary yodeler and membership information. We hope you enjoy the trip and come again!