

OUTINGS GUIDELINES

How to LEAD an outing:

It's easy! Confidence low? Ask to co-lead with an experienced ADK leader before you lead.

BEFORE THE OUTING:

- Choose an area you are familiar with and would like to share. Invite a friend to be a co-leader if you'd like.
- Scope it out before the outing to learn about trail, road or water conditions, driving directions, parking, etc.
- Submit the outing details to the Outings Chair (date, time, meet-up place, outing description, rate the difficulty, what to bring, RSVP information) by the 15th of the month before the outing, so it can be advertised in the monthly newsletter. Submissions after the 15th of the month will only appear in the weekly email reminders.
- Be prepared with a map, basic first aid kit, and any essentials you might need.
- If you need to cancel your scheduled outing due to illness or inclement weather, communicate with the participants the night before or the morning of the outing.

DURING THE OUTING:

- Be at the meeting place 15 min early.
- Ask participants (including trip leader) to sign the ADK waiver form (printed out in advance).
- Introduce yourself to the group, give helpful background information on the area, and appoint a person to be the sweep, the last person in the group.
- Enjoy the outing and the new people you will meet!

AFTER THE OUTING:

- Send the completed waiver form to the Outings Chair, and submit a trip report if possible for inclusion in the next newsletter. You can also ask a participant to write a trip report for you.
- If someone is injured on the outing, even if it is minor, please notify the Outings Chair so an accident report can be completed.

How to be a RESPONSIBLE PARTICIPANT: Please come! Participate in outings! It is so much more gratifying to a leader to have enthusiastic participants along!

- RSVP to the outing leader that you are coming.
- Feel free to BRING a FRIEND!
- Dress for the weather, wear appropriate clothing and footwear, and bring water, a snack and any other items the leader suggests.
- Pack your 10 essentials.
- Make sure you are physically qualified to complete the outing and to take care of your needs. If you are not sure, ask the leader.

-Bicycle helmets (for bike outings) and PFD (life jackets for paddling outings) are mandatory.

-Arrive on time. Sign the ADK waiver form. Stay with the group, and have fun!

-Show your appreciation to the trip leader by offering to write an informative and/or humorous trip description for the next newsletter.

Outings Rating:

A: strenuous, for the duration and level of fitness and skills needed

B: moderate difficulty

C: easy, good for beginners, shorter length

10 Essentials include:

map/compass

snack, water

sun/insect protection

whistle

insulation (emergency blanket minimum) and/or extra clothes

Rain protection

flashlight

fire making kit

first aide kit

knife