

These guidelines are provided to ensure the health, safety and enjoyment of all participants.

1. Participants are expected to be experienced backpackers/hikers – the outings and ratings are designed for this group. An “easy” outing may not be suitable for a beginner backpacker/hiker. Be aware that you participate at your own risk. Refer to the checklist on Page 2 to ensure you are prepared.

2. All participants are to notify the coordinator in advance of their intention to join the trip. The coordinator reserves the right to cancel the trip if he or she has not heard from anyone in advance.

When contacting the coordinator, new members, guests, and those members not familiar with the trip should discuss the trip requirements (equipment, fitness level, experience). The coordinator will advise the participant of the rigours of the trip and the likely conditions. You can then make an informed decision regarding your ability to participate and enjoy yourself. If you decide you are not prepared for a particular trip you are encouraged to join another, more suitable trip.

Coordinators have the right to refuse any participants deemed not to be adequately prepared for the trip. The health, safety and enjoyment of all participants are paramount.

3. Participants must tell the Co-ordinator in advance (by phone call, email, or at the meeting place) if they plan to return early, i.e. they know, in advance, that they do not plan to complete the outing with the group. A participant who plans to leave the outing early will have to arrange for someone to accompany them on their return; these plans should be in place before the group reaches the trailhead, as it affects all participants and the travel arrangements. The Co-ordinator must be informed of the arrangements. Once the Club leaves the trailhead no one should leave an outing unaccompanied.

4. Dogs are not permitted on trips. (Service dogs are permitted.)

5. Plan to arrive a few minutes early at the meeting place. Be sure to bring adequate footwear/equipment, clothing, lunch, water, sharp wit and cheery disposition.

6. Be prepared to contribute to the travel cost (this is posted on the touring schedule and website).

7. Acknowledge the role of the coordinator and the 'rules' of the trip.

8. If you need to turn back for any reason let the coordinator or sweep know. Someone will accompany you on the return.

9. The coordinator reserves the right to ask participants to withdraw from the trip should they conclude there is a risk to the participant or others. The health, safety and enjoyment of all participants are paramount.

10. When on the trail keep the person behind you in sight.

11. Understand you are part of a group. Be a team player!

12. If you have to step away from the trail (for example for a comfort stop) leave your pack on the trail as an indicator and/or let someone know.

13. Leave no trace of your journey (except tracks).

See Page 2 for Recommendations for your Backpack

RECOMMENDATIONS FOR YOUR BACKPACK - Bulkley Valley Backpackers Society

Experienced backpackers / hikers know the weather can change dramatically when travelling in the mountains; you may start out in shorts and a tank top ... 2 hours later you are wearing your toque / mitts / puffy jacket or full rain gear. And the temperature may have dropped several degrees. Having the proper gear in your backpack will help you to stay warm and comfortable and be able to deal with adverse conditions. Outings are several hours in duration and your level of preparedness affects the whole group.

Sturdy Pack (30-40 litres, sturdy hip belt, adjustable chest strap, refer to the following link on pack size and adjustment: <https://www.rei.com/learn/expert-advice/backpacks-adjusting-fit.html>)

Hydration + Nutrition	Water bottle or Hydration bladder / Thermos Extra food and healthy snacks
Extra layers	Down jacket Rain gear (jacket, pants or cape/poncho) Mitts or gloves (two pairs) Extra socks / plastic bags to put over socks in wet boots Fleece sweater Toque (warm hat)
Essentials	Sturdy footwear with good soles for mountain travel Hiking / trekking poles “Quick dry” clothing - cotton clothes and socks are cold when wet (synthetics or wool work best) Compass or GPS--map Whistle + knife or multi-tool Fire starter (lighter or matches, candle etc.) Small space blanket Headlamp Duct tape or twine Sunglasses Handwarmers (chemical or battery) Sunscreen + bug repellent Sit pad (provides warmth on cool ground)
Personal First Aid Kit	Blister protection (moleskin or 2nd skin) Band aids Tensor bandage Pain relief (eg. Ibuprofen)
Winter Preparation	For Winter travel in steeper terrain Avalanche gear: Shovel + Probe + Transceiver
Other recommendations	Basic first-aid course Basic avalanche training (for snowshoers and skiers)

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