

Tips for Hike Leader and Followers

March 2017

Before the hike:

Hike Leaders:

- Find out as much about the hike as you can

Corollary-

- Check out the parking situation

- Have a car spotting plan.

Provide printed directions to the drivers—especially if traveling to the hike involves a highway.

Before the Hike

For Followers:

Pick the right hike for your current level of ability.
BUT-don't be afraid to challenge yourself.

For Hike Leaders:

Assess the abilities of your followers—don't be afraid to ask them questions. And follow-up questions.

Corollary for Followers:

Be prepared to give information to a hike leader who is unfamiliar with your abilities. Don't get offended. Tell the leader what you have done before and who you did it with.

Before the hike

Hike Leaders:

Rate your hike according to the general abilities of club members; not your personal ability.

Tell new hikers what they need to bring—be specific.

Don't be afraid to switch things up based on changing weather or group needs.

Followers:

Realize that there is no way the hike leader can tell you with certainty when you will be back.

Before the hike

Followers:

Avoid asking leaders to make special arrangements about the meeting spot on your behalf.

UNLESS:

- the meeting place would require you to drive many miles out of your way;
- you can come up with a VERY convenient alternative waiting place;
- you are willing to get there early so you wait for the group rather than vice versa

During the hike

Followers:

Hike the leader's hike—not the hike that you think would be better (you can always put it on the schedule in the future).

Crucial Exception:

You can see that the hike leader is about to do something disastrous.

Followers:

Wait at all trail intersections.

Exception:

You and the leader have agreed in advance that you will not wait at the intersection.

During the hike

Followers:

If there is a large group, volunteer to be the sweep (or lead).

Hike Leaders:

Don't start hiking right away when the slowest group/person catches up—give them a chance to rest too.

Really—let those people rest! They're tired.

Followers and Leaders:

Accept help if you need it. We all have bad days.

Pack your first aid kit as if you will actually need it.

After the hike

Followers

Be willing to wait to make sure that everyone has a ride back to their car/meeting place. Take your turn being the driver.

For Leaders and Followers:

Enjoy the ice cream!

Get ready for a new hike. What was missing from this one or what did you bring that was not needed.

Think about leading your next hike—or your first hike.