

Hike Leaders' Checklist

The hike

1. Welcome to [name of hike]
2. Description of ascent/descent routes
3. Challenges of the hike (i.e. scrambling, steep, exposure, length, heat etc.)
4. Duration of hike (estimated end time)
5. There will be regular stops to allow slower hikers to catch up, and regular breaks for water/refreshments etc. (describe)

Security

6. Has everyone signed the indemnity form?
7. We need your phone number as well as a number to call in case of an emergency (ICE)
8. Please keep behind the hike leader at all times
9. Please keep together. We hike at the pace of the slowest
10. If you feel early on that you won't be able to make it, tell the hiker closest to you or call the hike leader
11. If you need to pull out for any reason, don't just disappear. Discuss it first with the hike leader
12. Mention where the hike form is. It contains individual and emergency phone numbers
13. Appoint/name the back marker (sweeper), if any

Social

14. Introductions
15. After-hike activities (if any)

The hike leader should also check that hikers are appropriately equipped for the hike:

- Appropriate hiking shoes/boots
- Appropriate clothing (hat, jacket, jumper, waterproofs etc.)
- Water
- Food
- Sun protection