



PEACEFUL VALLEY VILLAGE

Collective Community

Before the Trip

- Check to see where we are going. Use all trails app or alltrails.com to see more about the hike, its distance and difficulty level. We will also post information but please do your own research as well.
- Make sure you have the proper equipment and fitness level to join and complete the event.
- Trail conditions vary. Be prepared for all conditions, check local weather where you will be hiking. Weather can still be unpredictable.
- If you need to cancel your RSVP, do so online asap.
- Before you leave, inform people where you are heading and your expected return time.
- Try to arrive early, potentially avoiding any unexpected road conditions on your way there. No one wants to hold up the activity.
- Some parks require a parking pass before hand, always bring cash if driving.
- Bring water– at least a quart per person. Some trips and weather conditions require more (32oz. for shorter trips, 64 oz. or more for all day outings.) Also leave water in your car for when you return.
- Do not leave valuables in the car at any trailhead.

During the Activity

- No firearms, illegal or alcohol are allowed on any hike or walk
- Follow the leader's instructions, pass it on pack down the line. Ask the leader if you have any questions or concerns.
- Stop if you need a break, always communicate that with the sweep (the person in the back who keeps count on group).
- Do not impede pedestrians while resting, move away from pathway and let someone near you or the sweep know you are resting.
- Wait at all intersections for entire group to catch up.
- Uphill traffic should, when possible, yield to downhill traffic.
- Do not make shortcuts. Stay on the trail as best as possible.
- Please avoid making excessive noise for the sake of others experience on the trail, no speakers or music please unless agreed upon by the group.
- Leave no trace. Never litter or leave trash while on a Peaceful Valley trip, that would be grounds for potential dismissal upon group vote.
- If you become lost, stay put and keep warm. Use your whistle to attract attention.
- It is hard to predict a return time due to unknown ability of all attendees. Please do not expect to be back early on a trip for your convenience, it's not guaranteed

Are you prepared for an emergency, a change in weather? Some trips may require a simple first aid kit and back up wind breaker, while some trips may require multiple nights worth of food and water and protection from harsh elements. Whichever trip you attend you will be given basic guidance but the level to which you prepare should depend on your research of the trip. Never let your safety and comfort be a mystery, do your research and be prepared. If an overnight trip, always pack for an extra night.

"The 10 Essentials"

1. First-aid kit
2. Flashlight or headlamp
3. Map & compass OR GPS
4. Sun protection - hat, sunglasses and/or sunscreen
5. Raingear - jacket and pants
6. Extra food and water
7. Backup clothing
8. Fire kit - waterproof matches, candle, etc.
9. Pocket knife
10. Whistle