



# Guided Hike Checklist and FAQ

## What should I wear and bring?

### Required

- Sturdy footwear (no open-toed shoes)
- Lunch and snacks
- Water – at least two liters
- Ways to deal with bugs
  - Long sleeves and pants, head net, bug spray, etc
- We're sorry, no dogs, please

### Recommended

- Long pants w/ long socks, as they are your best tick defense
- Sunscreen
- A warm layer, as different parts of the North Shore can have different temps
- Rain gear, as weather can change quickly
- Hiking poles
- Binoculars, hand lenses
- Field guides
- Phone/camera for photos

## What should I expect during the hike?

- Hikes will start and end at the same trailhead with an out-and-back or loop hike – no shuttling
- Two guides/naturalists will lead each hike
  - Guides are First Aid/CPR certified and carry a first aid kit and AED
- Out hike will include several stops and breaks, including short naturalist presentations (approximately 5 minute presentations)
- Minimum 20 minute stop at turn around or mid-point, for lunch, rehydration, group discussion, sharing photos
- Return/second half of hike will be at your own pace with checkout with lead guide before hikers leave the trailhead.
- Maximum of 15 hikers per trip
- These hikes are not designed for children under 10

## Weather considerations

- Hikes will happen rain or shine. Be prepared for weather to change quickly.
- Hikes will be shortened or cancelled if severe weather occurs. Severe weather is considered:
  - thunderstorms in the immediate area.
  - tornado watch/warning in the area.
  - smoke in the area causing an air quality index of 151 (Unhealthy) or higher. See AQI Basics at [AirNow.gov](https://www.airnow.gov).
  - wind speeds that could cause limbs and trees to fall. A good warning sign is if small debris from the ends of branches starts to be seen falling.