

## <NAME OF HIKE / General Location>

<HIKE DATE>

**DIFFICULTY (Rating):** *Easy, Moderate, Strenuous (or combinations)*

**HIKE DISTANCE:** *Total miles: e.g., 8.2 miles (out-and-back or loop)*

**ELEVATION/GAIN:** *Start / Highest /Gain: e.g., start 7000' / highest 7280' / gain 280'*

**PACE:** *Relaxed/Moderate/Fast. Leader can define pace further.*

**TRAIL CONDITIONS:** *Steep drop-offs, steep rock step-ups, poison oak, stream crossings, mosquitos/ticks/bugs, rocky, dusty, etc. If unknown, state, "Pre-hike not done, so trail conditions unknown."*

**DESCRIPTION:** *Sell your hike! Include details: Wildflowers, shade, views, lakes, bring swimsuit, etc., lunch/snack and/or after hike options (e.g., optional stop at restaurant after hike).*

**FACILITIES:** *Rest stop, porta potty at trailhead, none, gas station before trailhead*

**DRIVE TIME/MILES:** *Time and distance to trailhead (e.g., 30 minutes, 20 miles)*

**DONATION:** *Suggested donation to drivers: refer to Transportation Cost link on website Policy/Procedure page.*

**LEADER/SWEEP:** *Leader Name, phone number, email / Sweep name or TBD*

**MEET/LEAVE TIME:** *E.g., Meet 6:30 AM / Leave 6:45 AM*

*[Include boilerplate text below:]*

### **PREPARATION FOR HIKE:**

- Being prepared physically as well as having the right equipment makes for a better experience, not only for you, but for your fellow hikers.
- **If you have any health issues, please consider your condition before hiking at high altitude or at a fast pace.**

### **What to Bring:**

- **PLENTY OF WATER!** Recommend 50 oz. /1.5 liters minimum for 5-mile hike – more if longer. Electrolytes suggested. Higher altitudes are dehydrating even when cool.
- Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit. Wind/rain jacket always advisable in the mountains. Trekking poles recommended.
- ID (driver's license), health insurance card, emergency contact / phone number.
- Extra pair of shoes to change into after hike and a plastic bag for muddy/dusty hiking boots to keep your driver's car clean.

**Hike Route (Optional):** *ALLTRAILS map if applicable*

*[Webmaster will add links below]*

**Driving Directions:** *Link to directions. Note trailhead, parking, gravel or dirt roads. Include leader's cell phone and driver donation amount.*

**Hike Photos:**

*[Link to prehike photos and/or Photo Gallery](#)*