



802 E Mukilteo Blvd., Everett, WA 98203

Office: 425-257-8300, Ext 2 M-F, 9-5

Late notice cancellation line: 425-257-8319

HIKING TRIPS

Thanks for signing up for this Everett Parks and Recreation hiking trip. This handout will help you prepare for the trip, and give you an idea what to expect.

THINGS YOU SHOULD KNOW

- Most trips go as scheduled, but sometimes conditions force us to make changes. Be sure we have reliable **DAY** and **EVENING** phone numbers for you, so we can alert you to any changes ahead of time. Trips are rarely if ever cancelled by weather.
- If your level of conditioning is inadequate for the trip, you won't have any fun, and you could become a safety hazard for yourself and the group. These **aren't** extremely difficult trips by most people's standards, but they usually aren't totally flat and effortless either. The trip description in the guide should give you some idea of the length and elevation gain involved. If you're not sure whether you're capable of doing the trip, talk with us **BEFOREHAND**. The important thing is, we want you to enjoy yourself!
- **TRY TO ARRIVE 15 MINUTES EARLY ON THE MORNING OF THE TRIP.** The listed time is the **Departure Time** from Forest Park. We need you to fill out a hold harmless form, and you'll need time to unload your gear and get it into the van. If we delay the departure time and wait for people who are late, we are unfairly depriving the rest of the group of time they would like to have for hiking.
- If you decide to cancel at the last minute, and it's after regular office hours, and you cannot reach anyone at the Parks Department, **PLEASE DON'T JUST BE A NO-SHOW!!!** You can leave a voice mail at 257-8319. The trip leader will be able to retrieve your message on the morning of the trip. **IMPORTANT:** You may only use that voice mail number within 24 hours of the departure time of the trip. Cancellations prior to that **MUST** be through the Recreation Office (257-8300).

THINGS THAT WE PROVIDE

- Van-- You'll travel to and from the trip in a nice, comfortable, 15-passenger van that is fully equipped for driving in the mountains.
- Trip Leader-- Our experienced leaders will see to it that you have a safe, enjoyable, and informative time.

THINGS THAT YOU MUST BRING

- Comfortable walking shoes or boots. Hiking boots with good vibram soles will provide the best traction, and protection from rocks, mud, and water. A lightweight-hiking boot is the best choice. Tennis shoes may be OK for short hikes on well-maintained trails, but they can be marginal for hiking on trails that are rugged or sloppy.
- Socks. Most hikers prefer two layers: a thin polypropylene liner sock against the skin, and a warm, cushiony wool sock over that. Cotton socks are not recommended.
- Plenty of clothing to keep you warm and dry. Dress with the layering system for the most comfort. The layers allow you to adjust your clothing for the level of your activity. Start with (1) an underwear layer. The best materials (polypropylene, polyester) will transport moisture away from your skin. The next layer (2) provides insulation, which traps the warm air near your body. Down, wool, and polyester fabrics all work well, while cotton and denim do not. Jeans are discouraged. The outer layer (3) provides wind and water protection. It will preferably have a hood, cuffs that close, drawstrings and material that repels water and wind. Gore-Tex or coated nylon garments are best.

(Continued on reverse)

- Hat & gloves. Even on warm days, unpredictable weather changes can bring a chill.
- Sunglasses (very important, whether the sun is out or not).
- Food & Water.
- A daypack to carry everything in.

THINGS WE RECOMMEND YOU BRING

- Foam sitting pad
- Whistle
- Hiking stick
- Sunscreen
- Toilet paper
- Dry clothes and comfortable shoes to change into after the hike
- A few dollars (we usually stop for a snack afterwards, and sometimes before too)
- Ten Essentials – Safety items that will help you survive the unexpected
 1. Map of the area
 2. Compass
 3. Extra food
 4. Extra clothing
 5. Pocket knife
 6. Flashlight (extra batteries, bulb)
 7. Sunglasses (required)
 8. Fire starter (candle, etc.)
 9. Matches (waterproof container)
 10. First aid kit (see list)

Suggested First aid kit contents:

Band-Aids, wide tape or gauze, disinfectant, gauze bandage or compress, large triangular bandage, razor blade or scissors, mole skin, lip protection, Ace bandage, butterfly bandage, safety pins, tweezers, aspirin, needle, salt tablets, tape. Optional items: Pain killers, allergy medicine, and antacids

A FEW FINAL NOTES

- Don't worry if you don't have top-of-the-line equipment. We don't expect everyone to run out and buy everything on the list. Be we don't want you to be miserable either. Please be sure, at a minimum that your boots and your rain gear are going to be reliable.
- When driving to and from the trip, we try to be accommodating in regards to restroom stops. If you need a stop, don't be afraid to speak up. Bear in mind also that the restrooms in remote areas can be somewhat primitive, so it may even be wise to carry a little extra t.p. in a jacket pocket, just in case.
- We try to make it back to Everett by the scheduled return time, but the unpredictable nature of outdoor trips sometimes makes this difficult, so we ask for your patience and understanding. If you get in a jam because of a late-returning trip, we'll make sure you can access a phone to notify the appropriate people.
- All participants should be aware of the Parks Department Refund policy. It is printed in the quarterly guide. If you have any questions or concerns regarding the trip, we encourage you to call us at 425-257-8300. Office hours are Mon. - Fri., 9 am – 5 pm.
- Andy Boos, who schedules and leads most of the hiking trips, maintains a web site that pertains to the Everett Parks outdoor trip programs. Visit the site at www.AlpineAndy.com. Particularly valuable is the "Upcoming Trips" page, which gives info about upcoming trips, including links to destination-specific weather forecasts. We recommend you check it out before your trip, to be alert for detailed conditions to expect.

FOR CANCELLATIONS WITHIN 24 HOURS OF
TRIP DEPARTURE TIME, LEAVE MESSAGE AT 425-257-8319



MINIMUM IMPACT HIKING PRINCIPLES

On Everett Parks and Recreation hiking trips, we take very seriously our responsibility to travel with minimum impact on the land. These are special, and often very fragile places that we visit, and we must do all we can to make sure we leave them in as good of condition, or even better condition than when we arrived.

We expect our trip participants to:

- Leave no litter behind. If you pack it in, you must pack it out. In addition, pick up and pack out litter that others have left behind.
- Stay on established trails and impacted areas. Avoid cutting trail switchbacks.
- Protect all vegetation by taking care where you step. Choose resting spots carefully, and avoid sitting or placing your gear on the vegetation. This is especially crucial in higher elevation meadows where growing seasons are shorter, and damage can take years to heal.
- If you must move off a trail, protect the vegetation by using rocks, bare dirt, or snow to step on.
- If no established restroom or toilet is available, protect water sources by moving at least 200 feet away from all lakes and streams when you "do your thing." It is best to urinate on rocks, snow, or bare areas. Solid human waste must be buried in the ground, preferably at least 6-8" deep. Pack out all tissues and other garbage, leaving only human waste.
- During winter weather when snow is on the ground we practice pack it out practices and the guide will provide blue bags for carrying waste.
- Respect other trail users and understand that you have an impact on their experience too. Avoid making loud noises, allow faster trail users to pass by, and be courteous and pleasant to those you meet.
- Pack it in, pack it out. Make sure that all your trash comes back with you and is properly disposed of. Help leave a cleaner environment by picking up trash found on the trail.
- Leave all natural areas as you find them, or better. Leave what you find. Even picking flowers denies others the opportunity to see them and reduces seeds.

Very often, our group is the largest one on the trail, so we are very visible and our impact is noticed. If we all do our part to travel with minimum impact, and care well for the places and people we encounter, we will be thought of well and will be welcomed back to these special places.

S:Rec/Outdoor/InfoSheets/MinimumImpact

SAFETY ISSUES FOR HIKERS

Over a period of many years, the Everett Parks and Rec outdoor trip program has had an excellent safety record. However, participants on trips must be aware that because we often travel to backcountry areas that are many hours from outside help, a cautious attitude and careful attention to safety principles is a must.

**A WONDERFUL HIKE ON A GLORIOUSLY BEAUTIFUL
DAY CAN QUICKLY TURN INTO A VERY SERIOUS
SITUATION IF SOMETHING GOES WRONG.**

The following safety principles are used on Everett Parks and Rec trips to promote the safety and enjoyment of you and your group:

- The trip leader has ultimate responsibility for the safety of the group. They are an experienced person, and they will base their decisions and directions to the group on safety. Cooperate with the leader.
- Hikers must know and understand the required equipment for their trip, and carry (or have access to) these items at all times. Hikers also understand that many “recommended” equipment items (hiking stick, whistle, the ten essentials, etc.) will greatly improve their safety. See the “Hiking Trips” handout.
- Hikers travel with the group. In some instances, temporary separations are fine, as long as their whereabouts are clearly understood by the leader and the group.
- Hikers do not travel alone. (Occasional exceptions may be made with leader instruction and walkie-talkies in communication range)
- Hikers do not attempt maneuvers that are difficult or hazardous for them without the consent and/or assistance from the trip leader.
- Hikers who travel AHEAD of the leader must stop at all trail junctions, challenging maneuvers, or where instructed to by the leader.
- If a participant travels ahead of the leader and does not have instructions on where to stop and wait, then they need to remain within visual and/or voice contact of the leader.
- Hikers must understand their personal responsibility for their safety, and the safety of others. Be well prepared, use caution, pay attention to your surroundings, ask questions, and watch out for others in your group who may be getting into hazardous situations.

Thank you for your care and understanding.

EVERETT PARKS AND RECREATION DEPARTMENT

Program: **2017 Programs,**

Instructor: **All**

Participant: _____ Age: _____ Birth Date: ____/____/____

Address: _____ City _____ Zip _____

Home Phone: (____) _____ Cell: (____) _____

MEDICAL HISTORY

Do you have or have you had any of the following: (Please indicate with a check mark √.)

If yes, please indicate what precautions should be taken.

- | | | |
|--------------------------|----------------------------|---------------------------------------|
| _____ Any Heart Problems | _____ High Blood Pressure* | _____ Diabetes |
| _____ Stroke | _____ Low Blood Pressure* | _____ Excessive Bleeding |
| _____ Anemia | _____ Circulatory Problems | _____ Hepatitis |
| _____ Nervous Problems | _____ Psychiatric Care | _____ Ulcer |
| _____ Malignancies | _____ Radiation Treatments | _____ Measles |
| _____ Typhoid Fever | _____ Tuberculosis | _____ Allergies to Anesthetics |
| _____ Tonsillitis | _____ Sinus Problems | _____ Allergies to medications/ drugs |
| _____ Asthma | _____ Arthritis | _____ Allergies to: |

Please describe any current medical treatment, impending operations, or any other medical or dental information that may possibly affect your treatment (including prescription medications). _____

EMERGENCY CONTACT

Name _____ Relationship _____

Phone (Day) _____ Cell _____ Phone (Evening) _____

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the fullest extent permitted by law, in consideration of the City of Everett granting me/my child the opportunity of attending or participating in **Everett Parks Recreation Programs** for the purpose of leisure enjoyment; and recognizing the fact that no benefits are derived by the City of Everett by allowing me/my child to attend or participate, I hereby release and hold harmless the City of Everett, its officers, employees, agents and volunteers from any and all liability claims, damages, costs, and expenses for both personal injury and/or property damage which may arise as a result of my or my child's participation in the program. I agree to assume all risks associated with the program.

In case of any emergency, and you are unable to contact me/us and/or you believe it is necessary to obtain the services of a doctor and/or hospital without first contacting me/us, I hereby authorize you and my doctor or hospital to immediately render all services and treatment deemed necessary at my/our expense.

I certify that the above information is true, correct, and complete. I understand that I/my child may become ineligible for any misrepresentations, falsifications or omissions in the above statements.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release printed above.

★ _____
 Signature of Participant or Parent/ Guardian if participant is under 18 _____ Date _____

PHOTO/VIDEO RELEASE: I hereby grant permission and authorize the City of Everett to use, publish, copyright, and re-publish my photograph/video or my child's photograph/video in whole or in part, unchanged or modified, in all media that exists now or later, for purposes of promoting, describing and advertising City facilities and events and programs sponsored by the City of Everett. I also release and waive any and all claims against the City for such use, publication and re-publication. I have read, understood, and voluntarily accepted the conditions of the Photo/Video Release printed above.

★ _____
 Signature of Participant or Parent/ Guardian if participant is under 18 _____ Date _____ 

REGISTRATION NOT VALID WITHOUT SIGNED WAIVER

I hereby affirm that the information on this Hold Harmless and Medical History is current and correct.

2017

	DATE	TRIP DESTINATION	LEADER	PARTICIPANT SIGNATURE
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