

UWFA TUESDAY TREKKERS INFORMATION SHEET

Leadership Team:

Sandy Wood – Hike Planner
Alice Cho Snyder – Carpool Coordinator

Hady DeJong, Anni Fuller – Special Trips
Libby Fiene – Data Coordinator

HIKING DAY: Tuesdays all year

DEPARTURE TIME AND DESTINATION: An email notice is sent on Sunday by 5 PM with details. Those without email should phone the trip coordinators.

IF YOU ARE GOING: Respond on Monday by email or phone to carpool coordinator by 5 pm

DESTINATIONS are usually within a 45 min.-2 ½ hour drive of the departure point, closer in during the winter. Hikes range from 3 – 12 miles and vary in difficulty. Many weeks two or more levels of hikes are offered. Selections are based on weather and variety of location and hike type. Suggestions are welcomed. Several multi-day “base camp” hiking trips are planned each year. Winters may include X-C ski or snowshoe trips.

MEETING PLACES: Carpool meeting locations are chosen for group convenience depending on hike destination.

DEPARTURE and RETURN TIMES: Please arrive 10 minutes early at meeting place to load cars. There will be a 10 min. courtesy wait for latecomers. We usually return to Seattle between 4 pm and 7 pm (sometimes later if ferry or long travel distance is involved, especially in the summer). If an unplanned late return will ruin your plans for the evening, please do not sign up for a hike on that day or drive yourself.

DOGS and CHILDREN: Please do not bring dogs or children under 12 on the hikes.

CELL PHONES: If possible, bring cell phone with you, along with the Trekker contact sheet, so that you can let the driver know if you are late, lost or have an emergency. Cell phones on the trail or in carpools are intrusive but exceptions for emergencies may be made. If a driver’s phone rings, the “co-pilot” should handle the call unless it is connected to a speakerphone.

CARPOOL and COSTS: The Carpool Coordinator organizes the carpools. **Riders need to carry cash in small bills** to reimburse the drivers’ expenses. A day hike usually cost from \$1 (in city) to \$20 or more depending on distance and/or state ferry travel. Compensation to drivers is calculated at \$.30/mile. Some adjustments in rate are made for exceptionally long drives.

Basic formula: mileage x .3 x # of cars, divided by # of passengers

One car: roundtrip mileage x .3 (30 cents per mile): by number of passengers in the car .

More than 1 car and uneven number of passengers: multiply the mileage by the number of cars and divide by the number of passengers.

TO ENJOY THIS ACTIVITY: All participants must be in good physical condition and have proper equipment. Please take responsibility for researching a given hike on the WTA website or consulting hike leaders to ascertain whether the hike is appropriate for you. If you feel that you might be slower than the main group, be sure to line up another hiker of your speed. All hikers should be aware of **TRAIL PROTOCOL** and share in the responsibility for all group members’ welfare on hikes, e.g. making sure slowest hikers are not left alone/behind, waiting at trail junctions for next sub-group of hikers, staying on trails (no “short-cutting”), etc. Groups larger than 11 need to split into smaller groups. Drivers should make sure that the last car can start before leaving a trailhead. All hikers should abide by the *Leave No Trace* principles. See: <https://Int.org/learn/7-principles>.

MEMBERSHIP: Guests are welcome on a space-available basis, and at the leaders’ discretion. It is preferred that guests come the first time with whoever told them about the group. Repeat guests are expected to join the UWFA, the UW Faculty Auxiliary (go to <http://www.washington.edu/uwfa/membership-programs/>) for form to download and send in to the membership chair.)

LIABILITY and EMERGENCY CONTACT FORMS: New members should also download and fill in the Tuesday Trekkers Agreement and Release of Liability form and the Emergency Contact Information form at http://www.washington.edu/uwfa/?attachment_id=851 and send these to the Tuesday Trekker leader listed on the form, keeping a copy of the Emergency Contact information in the top pocket of their pack. They should also include such things as health plan card, Med Alert bracelet, current medications, treatment wishes, etc. Members are encouraged to maintain current CPR certification.

Note: While an emergency contact list will be provided to the leaders, individuals are responsible for keeping their own information with them on hikes.

EQUIPMENT:

Day pack with waterproof liner or cover (plastic garbage bag or fitted cover)

Sturdy boots or shoes meant for trails with rocks and mud

Hiking poles if desired.

Lunch and water and/or other beverage

Layered clothing suitable for possible cold, wind, sun and/or rain

Cash in small bills

Cell phone (turned off during actual time together except for emergencies)

Whistle

Sit pad, if desired

Space blanket

TEN ESSENTIALS: All hikers must be familiar with the 10 Essentials and bring them on hikes, so all are prepared for emergencies, weather changes, etc. The 10 Essentials viewed from both the classic approach and a systems approach can be found at <https://www.mountaineers.org/learn/how-to/the-ten-essentials>. Or google 10 Essentials.

LEAVE IN CAR: Optional - Change of shoes, dry clothing, extra beverages, plastic bag for muddy boots

DRIVERS BRING: Northwest Forest Pass (or Golden Age/America the Beautiful pass) or Discover Pass as indicated, map, emergency first aid kit, extra blanket, newspapers or garbage bags (for dirty hiking boots).

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