

# PRIDE ADVENTURES

# HIKING 101



## 01 Prepare

The best way to have fun is to be prepared.

The hikes are posted with a rating such as easy, all the way to challenging/hard – the more difficult hikes will require some level of previous hiking experience to enjoy fully.

On most hikes there is no location for water, food or rubbish. When I go on a hike, I usually bring appropriate hiking boots/shoes, 2L of water, sunscreen, snacks, a pocket pack of tissues, any medicine I may need, all in a small backpack.

A light raincoat is great for rain and wind. The longer the hike, the more water.

## 02 Location

Every hike will have a meeting point. Aim to be there 10 minutes early to make the most of the day.

If you are running late or something came up last minute, let the organiser know on the phone number provided in the hike description.

Some locations have no mobile reception, its great to download any offline maps and the All Trails route.

## 03 Roll Call

Before we set out, we will perform a quick roll call and count of people. The organiser will introduce themselves and explain what the plan is for the day.

While this sounds formal, it is not, just need to make sure we don't leave anyone behind at the start or during the hike. We stay safe by staying together, never wander off on your own.

## 04 The Hike

During the hike people are friendly, will introduce themselves and share stories. Not a social butterfly? No problem!

Feel free to take photos of the amazing flora and fauna. Hikes that are dog friendly will clearly be marked. It is important we care for the environment, take any rubbish home so it can be disposed of correctly.

## 05 Post-Hike

It is not uncommon for people to gather after the hike in a local café or bakery, this is entirely optional. It is good to show our support for rural businesses. If you are carpooling, check with the driver about their plans.