

Take a Hike!!

Hiking is a great way to get some exercise and meet others that share your passion for the outdoors. ODATC offers activities rated from easy to very strenuous and distances vary widely. It's important that you assess your own physical ability based on the rating of each hike so your experience will be pleasurable. If you are new to hiking, you may want to join activities that are less strenuous and shorter in distance and then work your way up as you gain stamina and confidence. All are welcome on Richmond area hikes and little preparation is required to ensure an enjoyable experience. For mountain hikes, or hikes involving greater distances, you will need to call the hike coordinator beforehand and the coordinator will help to determine if the hike will be a good match for your ability level. It is your responsibility to advise the hike coordinator if you have any health risks or if you take any medications that may need to be administered during a hike. The following list provides suggestions for longer and more strenuous hikes; however, the casual hiker may get some good tips as well.

What you should consider bringing in your Daypack

- Two quarts of water. Do not carry glass containers.
- Lunch and snacks w/ a plastic bag for trash.
- Hand sanitizer
- Rain gear. Do not rely on what you hear on TV or the radio!! Storms happen!!
- Extra pair of socks. Creek crossing may get your feet wet.
- Sunglasses. Winter or summer, you still need them.
- Cap (baseball or sun hat)
- Insect repellent
- Sunscreen. Winter or summer, you still need it.
- Personal first aid kit. Add any special medications. Mole skin for boot hot spots.
- Toilet tissue or wipes. Trash bag to carry out used tissue/wipes.
- Small flashlight or head lamp
- Whistle attached to the outside of your daypack
- Wallet/keys. Your wallet should have an ID and Health Insurance card in case of emergency.

Additional items to consider

- Even in summer, a long sleeve shirt can come in handy to provide warmth and keep bugs at bay.
- Bandanna (a go to piece of gear for all kinds of uses)
- Fleece vest or jacket for cooler temps
- Rain pants (in addition to rain jacket or poncho)
- Wool or fleece hat and gloves; pocket hand warmers
- Map and compass
- Hiking staff or poles
- Something to sit on during breaks

Post hike

- Change of clothes (even if just a clean shirt)
- Plastic bag for wet or muddy boots or clothing
- Car pool cash (normally \$5 to \$10 depending on distances driven)
- Cash for coffee/breakfast stops en route or post-hike dinner.

What You Need to Wear

- Appropriate footwear is important on mountain trails that are sometimes rocky or rooty.
- Dress in layers. **Cotton clothing is not recommended.** Make sure your daypack is large enough for anything not in use.