

Trail Etiquette

Follow “leave no trace” ethics: Do not discard trash of any kind. Take only pictures, leave nothing but footprints.

If you have to “go” - ask the leader to call for a “separation” (men and women go to different locations). Please be conscious of the environment, and considerate of hikers who will be in the woods after you leave. For solid waste, dig a hole at least 6” deep, and more than 200 feet from all water sources. When you are done bury the tissue with the waste; then cover the hole completely with soil and other organic matter. Women, please put all tampons and all tissue used for urination in a plastic bag and carry it out (wrapping the item in a leaf helps to eliminate odors).

No smoking while hiking. Smoking is discouraged at all times; but if you must smoke, do so only at lunch or rest stops, away from the group. Be sure that all matches and cigarettes are completely extinguished.

Keep cell phones on “mute” or “vibrate”, and limit cell phone use to emergency situations. If you must have a cell phone conversation do so quietly, away from the group.

Dogs or other pets are not allowed on hikes UNLESS a hike is stated in the writeup to be “dog friendly”. Any “dog friendly” hike listed in the schedule must be in an area where dogs are allowed, and dogs must be kept on a leash throughout the hike.

Follow the leader and keep in sight of the person ahead of you. In fairness to yourself and to the rest of the group, be honest about your hiking experience and abilities and choose an outing within your abilities. Contact the leader in advance if you have any questions about pace, terrain, or any other aspect of the hike.