

SCG GRAND HIKERS HIKING CLUB
INFORMATION FOR NEW & PROSPECTIVE MEMBERS

Revised 10/15/2022

Hiking Club Website: www.scghikers.org

General Notes

- The Hiking Club offers a variety of hikes Tues/Wed/Thurs and sometimes other days.
- Hike Leaders are club volunteers who follow strict guidelines for safe hiking.
- For safety, hike leaders keep the group together and carry fully stocked first aid kits.
- Upcoming hikes are listed on the club website under **Hikes/Hike List**.
- Advance signup is required for all hikes. Club membership is required to access the hike descriptions and advance signup form.
- Prospective members will need to contact the Hike Director at hikedirector@scghikers.org to get signed up for a hike in advance.
- The membership application is available on the website at www.scghikers.org under **Prospective Members/Apply Online**. Dues can be paid online under **Members/Pay Dues**. Annual dues (Jan to Dec) are \$15 plus a one-time charge of \$8 for name badge.
- Prospective members can hike 3 times as a guest of a club member in order to evaluate club hiking before joining the club.
- All hikers (including non-members) are required to sign the hiking club waiver form before hiking with the club. This is done online on the club website under **Members/Waiver Form**
- An Introductory Hike is required for all new hikers. These hikes are scheduled on the first Wednesday each month following the club's membership meeting. Alternate hikes can be arranged with the Hike Director in lieu of the Intro Hike if necessary.
- Meeting place for all hikes is the back parking lot of the Spirit of Grace Lutheran Church at the corner of Clearview and Rim Drive (15820 W Clearview Blvd) in Sun City Grand (building w/green roof)
- A hike leader may refuse to allow anyone on the hike if they are not prepared (proper hiking shoes, adequate water and appropriate clothing). Required and recommended hiking equipment is listed below.
- Most hikes are completed, and hikers return to the church parking lot by early afternoon or earlier. Hikers should not plan other activities until late afternoon on the day of hikes. We cannot let hikers leave the group during a hike unless accompanied by a hike leader.
- Carpool and parking/entrance fees are shown on the hike list and are payable to driver with exact change. The fee is determined based on the price of regular gas on the first of each month.
- MONTHLY MEETINGS are generally held first Monday/month @3pm in Cimarron Center. Upcoming hikes and social events are discussed at the membership meetings.

- Prospective members who may have concerns about their level of fitness for desert hiking should complete the Fitness Evaluation Self-Assessment Walk in Sun City Grand. The description and map are on the website under ***Prospective Members***.

Required Clothing and Hydration

- Hiking boots or hiking shoes designed specifically for hiking, w/thick soles for good gripping power and shock absorption. Cross-trainers, court shoes, trail runners, etc. will not be allowed except on the Introductory Hike.
- Water bottles or hydration systems filled with water or sports drink. Bring twice as much water as you think you need, even in cold weather. We could be delayed on the hike and the desert air is DRY. Each hiker should carry their own water and preferably in a manner where it is accessible without stopping to remove a pack.

Recommended Clothing and Equipment

(See website for more detail)

- A daypack
- Vial of Life, or other form of emergency contact information in daypack. Ask the Hike Leader
- Loose fitting layered clothes. Wicking fabric (not cotton) is recommended
- Wide-brimmed hat, a windbreaker
- Hiking stick(s). These are personal preference but can be helpful for balance on steep downhill sections and water crossings. Can be carried in pack when not required for hiking
- Sunglasses, sunscreen, hand sanitizer, face mask
- Snacks such as fruits, crackers, nuts, energy bars
- A basic first aid kit to include bandages, gauze, tape and tweezers
- Lip balm, a few band aids and a pocket comb which are handy (in your pocket)
- Prescription medications in case of delays

Hiker Safety

- Refer to the **Safety** dropdown on the club's website for information on basic first aid kits, hydration, sun safety, snake bites, lightning safety and cactus spine removal tips

We look forward to having you hike with the SCG Hiking Club!