

Burnaby Outdoor Club

About our hikes and activities

- Non-members are permitted to participate in a maximum of one (1) outing. They should join the club if they want to continue to participate.
- If you have not hiked with the club before and are unsure of your abilities, please contact the trip coordinator before the hike. We want you to enjoy your hike.
- All participants must be appropriately prepared and equipped. The trip coordinator will not take any participants on the activity that he/she considers not sufficiently prepared either equipment wise or in good enough physical condition.
- **Smoking** is not permitted on a trip.
- **Pets** are not permitted on a trip.
- Please restrict the use of **cell phones** to emergencies.

Plan and Prepare - what to bring on a day hike

Why do some people carry large day packs (fully loaded) and others seem to be carrying hardly anything? The answer, the ones with the full packs are prepared for the weather and most emergencies that happen along the trail. They have brought spare cloths, a rain jacket, hat, adequate water and extra food in case they are out longer than they expect to be.

On all our hikes and activities, please strive to be suitably dressed with adequate footwear and clothing, and bring sufficient water and lunch. In addition everyone should carry what is commonly called the "Ten Essentials".

The Ten Essentials

What are the ten essentials? These are those items that are considered by most outdoors people to be essential for your survival if you become lost or waylaid on the trail. Everyone in the club should have and carry these items with them in their packs.

- Extra clothing (layers)
- Extra food
- Shelter - rain gear, emergency blanket or large orange plastic bag
- Pocket knife
- Water proof matches/lighter and fire starter
- Water bottles/water
- Map (topographic is best) and compass and know how to use them
- First aid kit
- Flashlight with extra batteries and bulb
- Signalling device (mirror and whistle)

What else should I bring?

What else you bring is up to you. Some members have found the following items useful.

- Hiking poles
- Mittens or gloves
- Togue or hat
- Gaiters (to keep mud, water and stones out of your boots)
- Snack foods for that extra energy
- Bum pad (for sitting on)
- Money (emergency phone, gas, refreshments after the hike, etc.)
- Camera
- Binoculars
- A change of clothing (left in vehicle)