

ITINERARY – SAMPLE HIKE AT INDIAN LAKE COUNTY PARK

(Agency and Date information here)

10:00 AM Meet at [agency name or meeting location]; leave for Indian Lake County Park
10:45 AM Arrive at Indian Lake; begin hike
12:00 PM Snacks; short orienteering lesson and scavenger course (see bottom of page)
1:15 PM Leave Indian Lake
2:00 PM Arrive at [agency name or meeting location]

WHAT TO BRING/WEAR

- Please wear comfortable, sturdy shoes that lace, and socks (no flip-flops).
- Dress for the weather – you may want to wear layers in case it gets too warm or cool.
- Bring a jacket and mittens/gloves in case it is cold.

WHAT NOT TO BRING

- No alcohol, cigarettes, drugs, or weapons of any kind are allowed on Inner City Outings trips.
- **NO iPods or cell phones!** We are planning to enjoy nature and one another's company – there is no reason to have "tune-out" devices.

SIERRA CLUB WILL PROVIDE

- Snacks
- First-aid kit
- Compasses and orienteering supplies

GENERAL GUIDELINES

- Always wear your seat belt while riding in the car or van.
- Always stay with the group and listen to the instructions of the leaders and volunteers.
- Always leave places **cleaner** than when they were found.
- Respect others' rights and others' property.
- There will be a whistle in the first aid kit. When it is blown, there is an important reason for the group to come together immediately.
- All of our garbage will be placed in trash bins or packed out of the area in garbage bags that the leader will provide. Please do not litter.
- Keep the noise level down - people go to the wilderness for peace and quiet. We will respect this.
- Please do not take anything (plants, fossils, etc) from the visited area. Let others enjoy them in their natural surroundings.

OTHER INFO

"Orienteering" is the act of using a map and/or compass to find your way around. We will learn to use a compass on this trip and will practice using it to find items that are hidden in the park.