What to Bring on Your Table Rock Hike

A Checklist for Teachers, Program Leads, Parents and Volunteers:

Please review this list with your group, to help insure that everyone is prepared for their Table Rock hike.

1) **Comfortable clothes** appropriate for the weather. Spring weather can be unpredictable. Bring or wear layers of clothes. It is recommended that individuals sensitive to Poison Oak wear long pants and sleeves for protection.

2) **Comfortable shoes** for hiking. To make your hike fun and safe, participants must wear hiking boots or sturdy sneakers with good tread. This is very important! The trail is rocky and can be very muddy in wet weather**. *Sandals are not appropriate.*** Avoid wearing new shoes to reduce the risk of blisters.

3) **Name tags** to help the hike lead identify each student.

4) **Each hiker should bring at least a quart of drinking water.** Drinking water is not available on the Table Rocks and dehydration is a serious health risk! Hiking the Table Rocks takes a full day and you will get thirsty. ***Please do not freeze your water. You can get really thirsty waiting for the ice to melt.***

5) A **sack lunch with healthy things to eat** while enjoying the view from the top of the rock. ***All garbage will be packed out with us***. Be prepared to put your garbage back into your lunch sack or bag.

6) **A backpack** that can be carried over the shoulders is handy for carrying lunch, water, and any extra clothing. Do not bring bags or lunches that have to be carried in the hands. Hiker's hands should remain free for stability, safety, and ease of walking.

7) **Sunscreen, hat, or sunglasses** to protect your skin from nature's elements. A good portion of the hike involves little or no shade coverage. Hikers can be exposed to a lot of sunlight.

Happy Hiking!