

Lynnwood Senior Center Outdoor Recreation Program

Welcome!

Thank you for your interest in our recreation trips. Our goal is for you to have an enjoyable experience on our trips. The outdoor environment has inherent risks which we try to minimize. With this in mind, we would like to point out some important information and helpful tips before you go.

Before you go.....some things to know

For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first outing, think about choosing an activity under five miles in distance and 500 feet or less in elevation gain. If you have lung or heart concerns, see your doctor first. Try building up your cardio rate with exercise classes before you go. The Lynnwood Senior Center offers some great exercise classes that will get you in shape.

General information for the trip:

1. We have hikers of all abilities in our group. We hike in pairs or small groups to allow for the various hiking paces and to leave less impact on the trail. Tuesday hikes are for those who like a leisurely pace. Wednesday hikes are more difficult and a faster pace. **Don't hike alone**—always be in eyesight of one of the members of our group. We have a staff guide and hike assistants to lead and bring up the trail. If you feel you can't keep up with the group you are with, you may wait until the next group catches up with you to continue.
2. Please let staff know if you have any medical concerns. Inform the staff hike leader if you have emergency medicine and show where you keep it.
3. For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be worn-in before you go—don't plan to hike in brand-new shoes. Use waterproof boots to keep feet warm and dry. For both your safety and for the ability to keep up with the group, bring updated equipment that is in good condition.
4. We encourage you to bring a cell phone and/or a walkie talkie to keep in communication with the guides. Please bring a whistle with you and wear it at all times for emergencies.
5. Please don't pick wild flowers—just take pictures. Leave no mark behind—always pack your trash out.
6. Remember that the bus is an enclosed space. As your conversations may be heard by all, be considerate of others with your choice of topics. For everyone's comfort remember to keep your conversations on your cell phone to a minimum.
7. When you leave the bus look under, around and above your seat for your items and trash. There is a trash can at the front of the bus.
8. We usually make a pit stop before we get to the trailhead at a restroom facility such as a ranger station, visitor center or a fast food restaurant. Some times we stop for ice cream on the way home.
9. Due to the nature of the outdoor trips the return time is estimated—not guaranteed. Consider this when you plan appointments following a trip.

Important phone numbers to have:

Staff cell phone numbers are: 425-218-1561 or 0449 –ask the staff leader which phone number they are using.

Lynnwood Senior Center **425-670-5050**

Lynnwood Parks & Recreation Front Desk **425-670--5732**

If you have any questions about the outdoor program, please contact Janet Sigler at 425-670-5056. I am glad to talk with you about equipment, trips, and which activity is right for you.

Thank you for your participation.

What to bring and what to wear for hikes and other important information

Condense, don't pack too heavy and use a good, comfortable backpack with proper fittings-not a school backpack.

Clothing: Wear layers for weather changes, worn-in boots with ankle support (new boots and too tight or too loose boots can give you blisters), hat with rim, long pants (pants are better than shorts for skin protection), and don't forget to pack sunglasses, rain parka and an extra pair of socks. It is best to wear polyurethane fabric. Bring a plastic bag to put your muddy hiking boots in.

First Aid: The leader will have a first aid kit on them at all times, if you have one we encourage you to bring it. You should also include in your first aid kit sunscreen, bug repellent, Mole Skin, tissue, hand wipes. The trip leader can't provide any medication-this includes over-the-counter medication. Check with your doctor first before using the recommended over the counter medication: Ibuprofen, anti-diarrhea and Benadryl. Remember to bring any prescription medication you need while you are on the trip.

Other things: Lunch and plenty of drinking water, bags for garbage, walking stick, a pad to sit on to insulate you (most of the time rocks and trunks are what we sit on for lunch), cell phone if you have one (the leader will have a cell phone), whistle, small flashlight, a little Duck Tape, money for ice cream stops.

Safety

Always check with your doctor first if you haven't been hiking for two years and if you have heart, balance, lung or breathing problems before you sign up.

Hiking is different than walking in town. The differences are higher altitude, steeper climb (think of climbing stairs); you will have to step over roots, rocks and small streams. Remember, you will be using new muscles. Don't let this discourage you, we will offer level, short hikes throughout the year. Make sure you read the hike description in detail to make sure the hike is to your ability before you sign up.

Hike at a pace that is comfortable for you. We will break off in 3 groups to serve all hiking abilities. **Never hike alone.** If you are not able to keep up with your group stay put until the next group catches up to you. There usually is a leader and a sweeper-stay in between them.

Notify me if you injured yourself on the hike. If you are seriously injured, we will call 911.

Pre and Post

Before the hike trip: Do stretching exercises, eat a good breakfast, do not drink a lot of caffeine, apply sunscreen ½ hour before you go out in the sun.

After the hike trip: Do more stretching exercises, take a warm bath with Epsom salts, check body for ticks and drink plenty of water.

Return times may be later or sooner than the estimated time printed in the newsletter. Dates and itinerary of hikes may change due to weather and unforeseen events.