

## YCAAS HIKING RATING SYSTEM

Know your own physical, mental, and technical abilities AND your restrictions before you sign up for a hike. The ratings system below was developed so you have a good idea what you are signing up for. Trip Leaders may screen prospective hikers to evaluate whether each participant can finish the hike. Self-evaluation and screening are important because someone who can't finish a hike puts himself in danger, along with others. Remember we are doing these field trips as a GROUP to LEARN and to ENJOY! Answer the questions using the guidelines below, then sign up for hikes that you know you can successfully complete (and enjoy)! Each hike is rated for degree of difficulty and risk by the Trip Leader.

**EASY:** Easy walk on mostly flat trails/terrain or minor bushwhacking. Generally, elevation gain is 100 feet or less. Total hiking distance is less than a mile.

**MODERATE:** Overall a good hike without too much effort. May include some hills or portions that are steep and/or some loose footing. Vegetation generally OK and can be walked around. Elevation gain can be 100+ feet. Total hiking distance is usually less than 1.5 miles.

**STRENUOUS:** Includes some challenging portions and steeper terrain on some loose footing. Scrambling and use of your hands during the hike. Bushwhacking may have some difficult vegetation. Elevation gain can be 100+. Total hiking distance is .5 to 3.0 miles.

**DIFFICULT:** The terrain is often steep and dangerous! You may have to take several "rest stops". This is for ONLY the advanced hiker. Elevation gain can be 100+ feet. Hiking distance can range from 1.0 to 4.0 miles.

We encourage you to sign up prior to the field trip. Some sites are limited to the number of people visiting. If you provide your email address, you'll be contacted if there is a late trip cancellation.

If you leave the trip, with or without the leader's permission, you are considered to be on your own until you rejoin the group.

Remember, hiking is inherently dangerous! Due to dangerous terrain, heat exposure, loose rock, steep scree, snakes, "ugly" vegetation, etc., any hike can be a challenge! Always remember to take a hat, sunscreen, hiking stick, hiking boots (REQUIRED), camera, PLENTY of water, and snacks!

**Note on vehicles:** A minimum 8" ground clearance when high clearance (HC) vehicles are specified. Also, 4 Wheel Drive (4X4) when specified. [All Wheel Drive is NOT 4 Wheel Drive]. Some field trips may require carpooling.

NO PETS OR FIREARMS!