

## **ROANOKE APPALACHIAN TRAIL CLUB**

### **GUIDELINES FOR CLUB-SPONSORED OVERNIGHT HIKES**

- 1. All hikers must have proper hiking equipment. This includes the following:**
  - **Tent**
  - **Sleeping bag**
  - **Appropriate foot wear (e.g. hiking boots)**
  - **Adequate food**
  - **Adequate water (or water treatment tablets or filter system, if water will be available on the trail)**
  - **Appropriate clothing (particularly in cool weather)**
- 2. Children should be at least 12 years of age and be accompanied by at least one parent.**
- 3. There will be a maximum number of 10 hikers per overnight trip.**

