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.