

Hike with Worship

Why are we doing this?

To provide an opportunity to experience the Spirit while being active in nature among Friends.

How?

Each hike may be different, depending on the route. In general, the hikes are 7 to 10 miles long and "moderately strenuous" due to the terrain. We will plan to take short breaks at scenic view points and a lunch stop. When we find a spot that feels quiet and serene, we will sit for worship.

Fitness requirements:

- Approved by your doctor to engage in vigorous activity.
- Exercise four times per week at a vigorous pace, for at least 30 minutes at a time.
- Low risk of cardiac or respiratory incident.
- No pre-existing conditions that could prevent you from safely completing the hike.
- Able to walk without stopping for four hours straight and for eight hours with breaks.
- Able to walk seven to ten miles on rough, uneven and hilly terrain at two miles per hour.
- Able to ascend 1,500 feet (the equivalent of 150 flights of stairs) over 3 to 4 miles while carrying eight lbs. of water, warm clothes, lunch and snacks.

Participants will be asked to sign a liability waiver. This is to help protect trip leaders, other participants and the Meeting from being sued (for example, by insurance and medical providers) in case there is an accident.

Note: There is no immediate and nearby emergency care or taxi service. Injuries, illness, allergies and discomfort that may seem minor in the city can have serious consequences "in the woods."

Note 2: There are no toilets in the woods. We will take occasional breaks to heed the call of nature. To do so, step off the trail for privacy and do your thing. Pack out any used toilet paper in a plastic bag.

Note 3: We do not leave a slow or injured hiker behind to fend for him or herself (agreed?), however public transit is limited on weekends and the day may end with a very fast-paced exit to catch the last train of the day and/or hiking after dark (agreed?).

If there are questions, participants should feel free to call or write Robert Matson. Phone: (646) 233-1219 Eml: RMatson@TheInnovationWorks.com.

Standard Hiking Gear List (required):

Daypack

Hiking clothes: pants and shirt (depending on weather, long pants recommended as protection against ticks)

Warm sweater (wool or fleece)

Warm jacket (wool, fleece, poly or down)

Warm hat

Rain-proof and wind-proof pants and coat

Sturdy shoes or hiking boots

Strong tick and insect repellent

Lunch

Snacks

2-3 quarts of water per person. 3-5 qts. on hot days.

Whistle (loud, for safety)

Headlamp or small bright flashlight

Personal medications that you need including allergy meds, epi pen, asthma inhaler, etc.

Small first aid kit with Band-Aids, pain killers (like ibuprofen), moleskin for blisters, ace bandage, sharp tweezers to remove ticks

Enough toilet paper for your personal use

Plastic bags for carrying out your own trash (including used toilet paper and personal hygiene products)

Optional and recommended items:

Kleenex

Sunscreen

Hand sanitizer

A few feet of duct tape rolled onto a pen (for repairs)

Foam sit-pad or cushion to sit on during worship and breaks

Lightweight foil space "solar" blanket for extra warmth

Gloves, warm

Sun hat

Sunglasses

Trail maps and compass

Hiking poles

Avoid cotton clothing as it feels cold when wet with sweat and can make for a chilly worship break and ride home. Wool or synthetic clothing feels warmer and more comfortable.

In Friendship,
Robert