

CONGRATULATIONS ON BECOMING A MEMBER OF TENNESSEE TRAILS ASSOCIATION!

The numerous hiking trails of Tennessee allow you to experience firsthand the beauty and variety of Tennessee's scenery. TTA exists to construct and maintain these trails through the Evan Means Grant Program and to promote responsible hiking throughout the state. We are a dynamic, volunteer group that attempts to address and respond to the ever-changing needs of Tennessee's trail system. Whether you are a new or long-standing member, your voice and your participation are needed to accomplish our goals. We hope our members will use this handbook to learn about their individual responsibilities to hike safely and softly.

Tennessee Trails Association, Inc. (TTA), a nonprofit charitable organization, was founded in 1968. We have local chapters throughout the state and as a member of TTA you are invited to attend any and all TTA hikes, meetings, and functions.

A statewide Annual Meeting is held in the last quarter of every year. Members are encouraged to attend for a fun weekend devoted to hikes and TTA business.

COMMUNICATIONS

Each month members receive a copy of *Tennessee Trails* containing information on upcoming hikes, trail projects, chapter meetings and other items of interest to the membership. Please renew your membership before it expires to avoid missing a newsletter. Members also receive this Hiking Handbook and Membership Directory.

TTA maintains a website at www.tennesseetrails.org. The TTA web site is updated frequently. The site allows you to:

- Join or renew your membership by navigating to the **To Join** page
- Submit membership information or change your current information (address, phone number, email)
- View the calendar and find upcoming hikes and events
- Review past issues of the newsletter and request a complimentary current newsletter for prospective members
- Obtain the **Release of Claims (Liability) Form** whenever you serve as a Hike Leader

- Visit the Chapter blogs and TTA's Facebook page
- Sign up for TTA's list server
- Link to contacts for all chapter representatives and members of TTA's Board of Directors
- Discover more about Tennessee's trails, for example, the Cumberland Trail, state parks, and the American Hiking Society
- Purchase merchandise through Amazon.com (TTA benefits by receiving a small commission on each item purchased). Simply go to the TTA web site and navigate to the **To Buy** page, then follow the link to the virtual bookstore or click on the **Amazon** tab. Commissions are earned solely on sales made through the TTA website, so please always enter Amazon.com from the TTA website. Do not sign up for Amazon's one-click service.

EVAN MEANS GRANT PROGRAM

TTA's Board of Directors established the Evan Means Grant Program to honor Evan Means, one of the co-founders of TTA and an originator of the Cumberland Trail. Each year TTA's Board awards grant money to support trail work and trail-related projects in Tennessee. Any non-profit group (including TTA chapters) may apply for a grant. Grant application forms are available on TTA's web site.

CUMBERLAND TRAIL CONFERENCE

Members are encouraged to support the Cumberland Trail with your time, money and skills. To learn more about CTC, visit the website, www.cumberlandtrail.org

RESPONSIBILITIES OF HIKERS

Hike Leaders:

TTA Hike Leaders are not paid professionals. They are hikers who are volunteering their time to plan and organize outings. However, a Hike Leader's preparation greatly increases the chances for a fun and safe outing. Below are recommendations for both experienced and novice Hike Leaders.

- One of the privileges of volunteering to coordinate a hike is that YOU get to choose your destination. Whether the trail is an old favorite or something new, try to scout your hike before the scheduled trip. A scouting trip allows you to master your desired route, familiarize yourself with current trail conditions, choose a suitable lunch spot, and write down traveling directions for your drivers. The scouting trip should take place in time for you to write a knowledgeable hike

description for the newsletter.

- Write a hike description and send it to your chapter's hiking Leader by the newsletter deadline a month before your trip. Your description should include: your name and telephone number, brief highlights of the trail (e.g., waterfalls, scenic overlooks, spectacular wildflower displays, etc.), any potential trail hazards that are likely to be encountered, post-hike plans (dinner), distance and difficulty. It's not always easy to assess the difficulty level of every hike. Everyone has his own idea of what constitutes an easy, moderate or difficult hike. Instead of simply labeling a hike "strenuous," explain why it is rated strenuous. For example, "This 10 mile trail is rated strenuous for the 2000 foot elevation gain in the first 2 miles."

- You may choose to include the meeting time and place for your hike in your newsletter description. If you include this information, hikers may not always RSVP. Instead they may simply show up at the meeting place on the morning of the trip. While this decreases the amount of calls you have to return, it also increases the chance that someone will not be prepared for your hike, especially if it is rated difficult. Also, if you must cancel the hike, unexpected people may be at the meeting spot wondering what happened.

- As the Hike Leader, you may limit the number of participants based on concern for group safety or as required by park regulations. For example, the Great Smoky Mountains National Park limits back country outings to eight participants.

- Prepare clear directions for your drivers. Photocopies of maps can really help. You may want to give drivers directions all the way to the trailhead or you may prefer to direct them to a rendezvous point where everyone will regroup and then caravan to the trailhead. This arrangement allows your carpools to make bathroom stops as necessary and to avoid the headache of trying to keep multiple cars in sight on long drives.

Answer calls about your hike as promptly as you can. Always keep a list of participants' telephone numbers in case the hike must be cancelled or changed. If your meeting spot is a large parking lot, direct people towards one end so that hikers are not parked in all four corners. Tell your callers if you have a rain plan (canceling or changing the route or destination), so that they can make a decision whether to participate if the weather looks rotten on the day of the hike.

- Talking to people will help determine whether they are physically prepared for the outing, particularly if they are visitors to TTA. If they are new hikers, ask them what trails they have hiked, and try to compare your hike to something they have already done. This approach gives people a more realistic idea of the trail's difficulty rather than just telling them, "Oh, there's a lot of uphill." Spend time talking to new people to make sure they have adequate gear, water and food. If someone decides your hike may be beyond his ability, suggest another scheduled hike better suited to his level.

- On the morning of your trip, try to arrive at the meeting location a few minutes early to greet any early birds. As people arrive, introduce yourself and **HAVE PEOPLE SIGN THE LIABILITY WAIVER**. Liability waivers are **mandatory** for all TTA outings. Copies of the Liability Waiver can be obtained from your Chapter Chair or downloaded from the TTA web site. Help form the carpools. Have your hikers introduce themselves before everyone drives off.
- On the trail, decide if you are going to lead from the front or the rear. If everyone is following you, try to assign a seasoned hiker to be the "sweep." No one should fall behind this person. Even with a sweep, take a headcount on rest breaks. If there are side trails, confusing trail junctions or false trails (e.g., old roadbeds), stop and let people catch up so that they can be directed along the correct route. If you are leading from the rear as the sweep hiker, make sure your lead hiker knows the route, and give him/her points along the way for stopping and regrouping. No one should get in front of the person designated as the lead hiker.
- Always watch your fellow hikers for signs of fatigue or other physical problems. If someone appears to be struggling, talk to him and assess what can be done to alleviate the problem.
- After the hike, make sure drivers know the return route. Invite everyone on another outing. Congratulate yourself on a job done well.
- Occasionally hikes must be cancelled due to weather or unforeseen and unavoidable, personal reasons. If you know in advance of the date that you will be unable to lead the hike, try to find an alternate leader so that the trip can still go on. Your chapter chair may be able to locate a veteran of that particular trail. If you must suddenly cancel the hike or the weather is nasty, contact all your hikers as soon as possible so they can make other plans for the weekend. If you published your meeting time and location, you may want to swing by in case there are unexpected people waiting.

Hikers

Hikers enjoy TTA outings because it gives them a chance to experience the beauty of the outdoors while socializing with old friends and meeting new people. Group hiking is also safer than hiking solo. Hike Leaders are there to facilitate the administrative details of an outing and to make decisions consistent with the welfare of the group. **THERE ARE RISKS AND RESPONSIBILITIES INVOLVED IN ALL OUTDOOR ACTIVITIES. ALL HIKERS ARE RESPONSIBLE FOR CONDUCTING THEMSELVES IN A MANNER THAT WILL PROMOTE A SAFE, SUCCESSFUL HIKE.** Below are guidelines for safe and courteous hiking on a TTA outing.

- Always RSVP by contacting the Hike Leader even if a meeting time and location are published in the newsletter. This gives the Hike Leader an idea of

the size of the group, and he/she will be able to contact you if there is a change in plans. Contact the Hike Leader in a timely manner, preferably not the night before the trip. If calling, speak clearly and slowly when leaving your name and telephone number. If the Hike Leader doesn't contact you in a reasonable amount of time, give him/her the benefit of the doubt and contact your Hike Leader again.

- Honestly assess your ability to participate in a hike. If you are unsure, talk with the Hike Leader and candidly discuss your level of experience. Not only is it very discouraging and potentially dangerous to get in over your head on a hike, you will also be inconveniencing everyone else on the trip. If you decide this hike is not for you, don't be discouraged. Choose another more suitable hike, and work up to the harder trails. You'll thank yourself for starting out slowly.
- If you have tight time constraints on the day of the hike, you probably should not go or you should at least drive yourself. Hike Leaders are not responsible for herding everyone along to meet your deadline. It's not fair to rush everyone else along the trail because you have plans for the afternoon or evening. Unforeseen trail conditions can also slow a hike's pace.
- Arrive at the meeting place a few minutes early. When you RSVP a hike, make sure you have accurate directions to the meeting place, and then allow yourself extra traveling time in case of road construction or traffic. Hike Leaders are not obligated to wait around wondering if you are showing up.
- If you do not sign the TTA Liability Waiver, you cannot participate in the outing. These waivers are mandatory for all participants.
- Be prepared with adequate gear, food and water!! Your clothing should be suitable for the weather forecasted for the day, but you should always anticipate more extreme weather conditions. Rain gear should be a staple in your pack. Your boots should be sturdy and broken in. **DO NOT WEAR NEW BOOTS ON HIKES**. Always carry more water and food than you think is necessary. Pack basic first aid supplies - particularly blister kits, bandages and the analgesic of your choice. It's always a good idea to bring along a map and/or trail description of your hiking destination.

This is only a beginner's list of the minimum requirements for every hiker. Remember that the Hike Leader is not the group's gear sherpa. Be self-sufficient when participating in a TTA outing.

- Unless your Hike Leader has announced otherwise, assume that there will be no breakfast stops on the drive to the trail. It's very time consuming, especially on long trips, for everyone to stop at a fast food restaurant. Do bring money if there will be a post-hike meal.
- Take your turn as a carpool driver. If you are a rider, always contribute to the

cost of gasoline. Consider bringing a change of shoes and clothing for your comfort and to protect the driver's upholstery. Grocery bags make nice "luggage" for muddy boots. Your driver is not a chauffeur. Assist him/her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing. All participants in a TTA hike must wear seat belts to minimize the risk of injury in case of an accident. The drive to and from a trailhead is generally the most dangerous part of any hiking trip.

- While hiking, observe all the "trail etiquette" rules. Do not leave the trail unless you have notified another hiker (even for bathroom breaks). Follow your Hike Leader's instructions and directions. He/she is making decisions based on the group's welfare. You can return on a different day to explore on your own.
- If you are having a problem while hiking (blisters, exhaustion, heat cramps, etc.), tell your Hike Leader at once. Do not let the problem intensify by trying to ignore it. Chances are the problem can be remedied or at least minimized by timely action.
- Keep up with the group's pace, by staying between the lead hiker and the sweep hiker. Don't feel like you must always stay at the front of the pack. If you are a fast hiker, be patient with hikers who do not travel as fast as you. TTA outings should be enjoyable for everyone, and we have room for different hiking levels.
- Children are our next generation of hikers, and TTA welcomes them on all trips that are appropriate to their level of fitness. However, all children must be accompanied on all outings by an adult. The accompanying adult is solely responsible for determining whether a trip is appropriate for the child's stamina and interest level and whether the child has the proper clothing, footwear and gear necessary for the outing. On the trail, the accompanying adult must supervise the child's actions. Hike Leaders and other participants are not babysitters.

TRAIL ETIQUETTE

Hikers have a duty to minimize their impact on the trails they walk and the surrounding environment, and TTA supports Leave No Trace Principles. The following guidelines will ensure that we do our part to maintain our trails.

- Stay on the established trails. Shortcutting a trail might save you 20 seconds of walking but will eventually erode the true trail.
- Try to walk single file in the middle of the trail. This protects fragile plant life on the sides of the trail. Also be careful not to "stab" the edge of a trail with your hiking stick.
- If you have packed it in, then you must pack it out. Bring extra zipper storage

bags to carry away your trash, leftover food, fruit peels, etc.

- Do not wash anything directly in a water source. Carry water away from the water source. and use biodegradable soap.
- When nature calls, dig a cat hole at least 6 inches deep and well away from the trail and any water. Use biodegradable toilet paper. Cover it completely when you are through or pack it out in a zipper storage bag.
- DO NOT PICK FLOWERS OR PLANTS. Leave them for others to enjoy this season and in the future.
- Observe wildlife, but do not feed them. Feeding animals teaches them that humans are a food source and eventually destroys their natural behavior patterns.
- When horses approach, hikers must yield the trail by stopping and stepping to the side.
- Please consult with the Hike Leader before assuming your dog is welcome on a trip. Dogs are not allowed on the trails in some state natural areas or most national parks. If you bring your dog, it must be controlled at all times. No one likes an unrestrained dog pushing past them, especially on trails with a steep drop-off. Dogs may also limit the group's chance to observe wildlife.
- Although we like to socialize, occasionally walk in silence so that we all can enjoy the beautiful sounds of nature.
- Carry an extra trash bag to remove the thoughtless litter of others. Leave the trail in better condition than you found it.
- Follow all rules and regulations established by park officials. If a trail is closed, do not use it. Comply with all permit requirements.

TRAIL HAZARDS

Responsible hikers need to be aware of potential problems when venturing into the wilderness. Almost all mishaps on the trail can be avoided with a little knowledge and adequate preparation.

SLIPS AND FALLS

Always wear hiking boots with good tread to provide traction on slick or uneven terrain. Hiking sticks will also help you maintain your balance. Assume that rocks may be slick or unstable until proven otherwise. Try not to leap or jump onto or down from rocks. Do not venture close to the edge of a waterfall. Keep a body's length away from the edges of bluffs. Help each other across unbridged water

crossings, and bring water shoes to give you good traction on slimy rocks. If the water looks too swift or deep, find another place to ford or come back on a drier day.

HYPOTHERMIA

Hypothermia is a lowered, core body temperature that leads to rapid physical and mental collapse. If left untreated, it can result in death. Most cases of hypothermia occur between 30-50 degrees Fahrenheit, but it can occur at warmer temperatures if a person is exposed to wind and/or water. You are more prone to hypothermia if you become exhausted or dehydrated. Although hypothermia is the leading killer of outdoor recreationalists, the good news is that it is preventable.

Wear clothing made of synthetic fibers (polypropylene, polyester fleece, nylon, capilene, etc.) that will insulate your body from cool air while wicking away perspiration from your skin. Layer your clothes so that you can remove a layer when you are perspiring and add a layer when you stop hiking. Always carry rain gear and a hat. Know your limits so that you do not become exhausted on a hike and take adequate rest breaks. Drink plenty of fluids and eat plenty of food to provide your body with the fuel it needs to generate heat.

HEAT RELATED AILMENTS

Avoid heat cramps, heat exhaustion and heat stroke by drinking a lot of fluid while hiking in warm weather. Drink before you feel thirsty. Always pack more water than you think you will need. Wear light-colored clothing to minimize solar heat. Take breaks in the shade (or a dip in a creek) to cool down.

BLISTERS

Properly fitted hiking boots are absolutely necessary to prevent blisters. Have your boots fitted by a trained professional and then break the new boots in before your first hike. A rule of thumb is to walk 50 miles in them before you consider them trail-ready. Hiking socks made of wool or synthetic fibers also prevent blisters by wicking away moisture from your feet. A pair of synthetic liners worn under your socks will also help the wicking process. Always carry some moleskin, and apply it at the first sign that you may be forming a blister.

SNAKES

Snakes are part of the wilderness food chain. They do not lurk trailside waiting for a juicy ankle to pass by. We rarely see them. However, if they feel threatened by a big hiking boot or an outstretched hand, even non-venomous snakes may strike out defensively. If you see a snake while hiking, alert other hikers, admire it from a distance, and then move on.

Recognize what kind of "snake weather" you are hiking in, and be alert for their potential hangouts. On hot days, cold-blooded snakes will cool themselves by lying under rocks, logs and leaf cover. On cool days, they will seek warm areas such as sunny spots and warm rocks. They are virtually non-existent on winter days. Always watch where you are placing your feet and hands. Thick socks, ankle-high boots, long pants and gaiters provide extra protection.

BLACK BEARS

Black bears are native to Tennessee and can be found throughout the eastern part of the state. Generally they shy away from human contact, and if you see one on the trail, it is usually a fleeting glimpse of a bear running from you. However, they are opportunistic foragers who are attracted to food smells, and their size makes them potentially dangerous.

If you are camping in an area populated by bears, **NEVER** leave your food unattended for a moment – even in a "civilized" campground. Store your food in the trunk of your car – never in your tent. If you are backpacking, cook away from your tent site and clean up any dropped food so that no appetizing smells linger after your meal is done. If bear pulley systems are available (like in the Great Smoky Mountains National Park), use them to hang your food (as well as your cooking gear and anything with a scent) not only at night, but also when you are even briefly away from your backpack. If no pulley systems are available, bring adequate rope to hang your food suspended between two trees or carry bear-proof food canisters.

Depending on your comfort level, carry a whistle and/or bear spray when hiking in bear territory during spring, summer and fall. If you see a bear, do not approach it, and do not offer any food handouts. If the bear does not immediately retreat, blow your whistle, make loud noises, shake your hiking stick, throw rocks if you must – basically make yourself look and sound like you're higher on the food chain than the bear. In the highly unlikely event that a black bear actually attacks, fight back with your bear spray, hiking stick or any available object. Running away will make you look like prey, and even a three-legged bear can climb a tree twice as fast as you can. Report any bear incidents to park authorities immediately.

TICKS

During warm months, ticks can attach to a hiker's clothes or body as he passes through grassy/brushy areas. Insect repellent sprayed on the skin or Permethrin sprayed only on clothes will deter the critters. However, you should check yourself if you have been walking through tick-infested areas. Light colored clothing makes them easier to spot. Long pants help keep ticks off your legs. If one has attached, remove it by grasping it with tweezers as close to your skin as possible. Try not to crush or squeeze the tick's body during removal. If you develop any type of swelling or redness at the bite area, see a doctor to rule out

any tick-borne diseases.

STINGING INSECTS

Bees, wasps and yellow jackets are usually preoccupied with earning a living and take little notice of hikers. Yellow jackets, however, tend to become ornery in the fall months, so give them a wide berth. Watch out for yellow jacket holes on or near the trail. If you are mildly stung, apply a local bee sting anesthetic. If you are severely or repeatedly stung, begin first aid treatment, including the administration of Benadryl. Occasionally, people will have a life-threatening reaction to stings. If you know you are severely allergic to bee stings, consult your doctor **before** you begin hiking and **always carry a prescribed antidote.** Alert your Hike Leader to your condition.

POISON IVY

Poison ivy contains an irritating resin called urushiol, and it is quite common along Tennessee's trails. Learn to identify its three-leafed shape, and do your best to avoid touching it directly or anything that has come in contact with it (your pack, hiking stick, etc.) even in winter. Carry alcohol wipes with you to clean any areas that have touched poison ivy. Wearing long pants and changing your clothes after a hike will minimize exposure. Wash well with soap and water after hiking. Launder your hiking clothes as soon as possible after exposure to poison ivy.

WATERBORNE AILMENTS

Giardia is one of many waterborne diseases that you can contract from drinking untreated water. Where there are animals or humans, there is potential for giardia. In Tennessee, experts recommend you filter, boil or chemically treat **all** water obtained in the wilderness. Water coming from a cave or spring can still contain giardia.

GETTING LOST

Always carry a trail map. Be familiar with your route before you start the hike, and orient yourself along the trail by consulting the map along the way. Stay with your hiking group, and let others know if you must leave the trail for any reason, including bathroom breaks. Stopping at all trail junctions and confusing intersections allows the group to reassemble and ensures everyone takes the correct path. If you become separated or lost, stay on the trail and don't panic. Professional rescuers always search established trails first. Trying to wander cross-country will only inhibit anyone searching for you. Carry a whistle which you can blow to alert others to your location.

HUNTING SEASON

State Natural Areas, National Parks and some privately owned lands forbid hunting. However, hunting is generally allowed in National Forests, National Recreation Areas and some State Parks. Find out when the hunting seasons occur before you venture onto the trail. Consider rescheduling your hike if it falls during a hunt. If you must go, wear as much international orange as you can.

CELL PHONES

Although many of our hiking destinations may be too remote for cell phone usage, carrying one can be helpful in an emergency. Please turn off your cell phone during a hike unless it is being used for emergency purposes.

TRAILHEAD VANDALISM

Unfortunately thieves are also well acquainted with isolated trailhead parking areas where cars may be left unattended for long periods of time. If you have heard that a parking area has a bad reputation for vandalism and theft, call the local authorities and/or park officials before you leave cars in the area – particularly if you are parking overnight. Try to leave all valuables at home, and take your wallet with you, if possible, when hiking. Never leave anything of value in your vehicle in plain view. If you see broken glass in the parking area, you may want to reconsider your hiking plans. If your car is vandalized, always report it to the local authorities and/or park officials so they can increase the surveillance of that area. Also report the problem to your chapter chair so that other hikers can be alerted to a potential trouble spot.

FIREARMS

Firearms and weapons (other than a standard pack knife) are **not** allowed on TTA outings. If you encounter suspicious people carrying weapons at the trailhead or on the trail (and it's not hunting season), move along and report them to the proper authorities.

HOW TO DEAL WITH EMERGENCIES ON THE TRAIL

We rarely have serious emergencies on TTA outings. However, there are inherent risks involved when hiking in the wild. This section cannot begin to provide medical procedures that will cover every emergency scenario. Instead, suggestions are presented on preparation and prevention as well as how to proceed if something goes wrong. All TTA hikers are encouraged to take a course in first aid and CPR. There are also many pocket-sized books you can carry in your pack that give basic instructions for dealing with wilderness emergencies. In the end, how you deal with a problem will depend on your advance knowledge and preparation, common sense and improvisation based on the situation at hand.

PREPARATION & PREVENTION

Everyone can reduce the chance of an emergency by being adequately prepared for the hike. Do not attempt hikes that are too difficult for your physical abilities. Dress appropriately for the weather, but also anticipate more severe weather than forecasted. Carry plenty of fluids and food. All hikers should pack basic first aid supplies such as bandages, analgesics, insect sting preparations, etc. Everyone should carry a working flashlight with fresh batteries. If you have a chronic health concern (e.g., Insulin-controlled diabetes) or a potential emergency health problem (e.g., a severe allergy to bee stings), please carry the medicine needed to correct or regulate the problem and **ALERT** the Hike Leader to your condition and the location of your medicine before starting the hike.

If there is an emergency and your cell phone will not pick up a signal at the scene of the problem, it may work if it is carried further up the trail or to the top of a ridge.

Ideally Hike Leaders should be familiar with shortcuts along the trail and alternative trailheads in case an injured hiker needs to be evacuated.

Help each other along the trail. Help less sure-footed hikers over obstacles and across water fords. If you are the first hiker to encounter a potentially dangerous situation (very slick rocks, yellow jacket holes, etc.), stop and alert the hikers behind you. Don't let them discover trail hazards the hard way. If you suspect someone is struggling to complete the hike, tell the Hike Leader. If there is an emergency, step up and do whatever you can to help make the best of a bad situation.

THE 10 ESSENTIALS

Don't Leave Home Without Them!

Before you head out on the trail, check your pack to be sure it contains the following essential items that every hiker should have and customize to meet their personal needs.

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| For your protection | <ul style="list-style-type: none">☐ Whistle☐ Water, and a way to purify it☐ Extra food☐ Rain gear and extra clothing (socks, sweaters)☐ Hat and Sunglasses – especially for hikes above tree line |
| For finding your way | <ul style="list-style-type: none">☐ Map☐ Compass☐ GPS☐ Flashlight and/or headlamp with extra batteries and bulb |
| For emergencies | <ul style="list-style-type: none">☐ First aid kit including moleskin, antibiotic ointment, mirror, anti-inflammation meds, personal meds, |

- “space” blanket
- ☑ Matches or lighter
- ☑ Locator beacon
- ☑ Mobile or satellite phone

In addition to the 10 essential items, consider including the following items on your list of “must haves.”

- Hiking poles
- Insect repellent
- Sun screen
- Toilet Tissue
- Trowel
- Twine or rope
- Sandals or water shoes for stream crossings.

Remember to tell someone your hiking plans, including when you expect to be back from your hike. Most important of all, always use common sense.

SERIOUS EMERGENCIES

To the best of your ability, assess the injury/ailment and apply basic first aid. If it becomes apparent that professional assistance is necessary, attempt to summon help with a cell phone. If you don't have a cell phone or it isn't working, send a minimum of two people to obtain help. Preferably one or more of these people should be familiar with the route back to the car. If not, make sure they carry a map with them. They can also carry the cell phone to see if it will work at a different location along the trail.

While that group is obtaining assistance, try to keep the injured person as comfortable as possible. Keep him warm and dry (unless he is suffering from a heat-related ailment). Everyone should stay calm and try to contribute to the rescue effort in any manner possible.

If the injured person can walk out without professional assistance, let him set the pace on the return trip. Also let him tell you what can be done to make his progress more comfortable. Relieve him of his pack and make sure you take plenty of rest breaks.

Thank you for your membership!

Please make this your organization by volunteering your time, talents and

participation. But most of all get out there and hike.

Uh-oh . . .

Are there changes and/or corrections that need to be made to your listing?

Here's how to make them:

- On the Internet: Visit our website (www.tennesseetrails.org), navigate to Member Services, select and fill out the Electronic Address Change Form.
- By Mail: Using the New/Renewal Membership Director (membership@tennesseetrail.org). Be sure to note the type of change you are requesting in the subject line of the email. Include your name along with the changes you are requesting.
- By Phone: Call TTA's Membership Director, The Membership Director's phone number is located in the listing of Officers, which appears on the inside back page of each monthly newsletter.

**Is your membership up for renewal?
Consider renewing online. It's easy, convenient, and insures that your
personal information is current and correct.**

Your mailing label or electronic newsletter contains your membership expiration date. To avoid any interruption with delivering your newsletter, we ask that you renew **at least one month before the date shown**. When you renew before the expiration date, your membership will be extended 12 months from your current expiration date.

Become a Supporting Member. Your generosity benefits all!

When you renew your Tennessee Trails Association membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the required dues. Your tax-deductible Supporting Member donations benefit trail projects throughout the state of Tennessee.