

Bear Tracks

Information For New Members

U.C. Hiking Club

Welcome to the Spring 1990 season of the U.C. Hiking Club! This Information for New Members was prepared especially for you to give you some idea of what the U.C. Hiking Club is and what we do. Keep in mind that our name has been retained on strictly historical grounds; the Club these days is involved in backpacking, day hiking, mountaineering, rock climbing, X-C skiing, downhill skiing, snow camping, road biking, mountain biking, canoeing, rafting, hot tubbing, fine dining, and good times. We are open to all members of the campus community, students and non-students alike. Included is a calendar of upcoming events and trips. Look it over and come along on a trip that sounds interesting. In fact, try to go on as many as you like. Membership is only \$3.00 for the semester, and trips cost usually less than \$20 for a weekend because you pay for only food and gas. For more information, come to our Spring slideshow on **Thursday, February 1st, 8:00 pm in 159 Mulford**, or to any of our Wednesday meetings, every week at 6:00 pm, **605A Eschleman Hall**. Come get to know us! It'll be worth your time! To become a member simply fill out the attached form and turn it in to any UCHC Member along with \$3.00. It's that easy.

Thank you for your support,

-Tom,
BEAR TRACKS editor



WHEELCHAIR
ACCESSIBLE

A General Description of the Club

The U.C. Hiking Club is a social and recreational organization designed to bring people together who enjoy outdoor activities. Through the Club, students are given the opportunity to visit unfamiliar areas of California and try many new outdoor activities. The U.C. Hiking Club is a misleading name for the group in that we are involved in many more activities than just hiking. This year our trips will include backpacking, day hiking, mountaineering, rockclimbing, cycling, mountain biking, backcountry skiing, snow camping, downhill skiing and ultimate frisbee games. Our social activities include barbeques, slide shows, parties, dinners, hot tubs, dancing and our weekly meetings. The Club is composed of undergrads, graduate students, and alumni of U.C. Berkeley and other universities. Most Club members begin with little or no experience in outdoor activities, thus members are encouraged to participate in learning new activities. The club allows individuals interested in trying something new to overcome many common problems such as lack of transportation, lack of equipment, lack of information, and lack of companionship. So, if the intense atmosphere of the Berkeley campus is getting you down, join us and get away from it all!

How Trips Operate

A \$3.00 membership fee entitles you to participate in all U.C. Hiking Club trips for one semester. The only other expenses involved are those which you incur yourself (equipment you might need to rent, your share of the food, your share of the gas). On average, if you have your own equipment, a weekend trip usually costs less than \$20. Transportation to all U.C. Hiking Club trips is by carpool. We try to limit trip size to 12 members. We feel that it is very important to teach a respect for the natural areas we visit, and so we strive to follow the guidelines for minimum impact. If more than 12 members wish to make a trip on a weekend, we will go in two or more groups to different locations.

An important point to remember is that we are not tour guides, nor do we lead a tour service. Members are encouraged to participate as much as possible in the planning of trips. Creativity is always welcome and when possible, preliminary planning is kept to a minimum in order to encour-

age spontaneity and active participation of all members. For this reason, the quality of the experience gained by participation will depend greatly on what you individually contribute to the trip.

Membership has its Privileges

As mentioned above, membership entitles you to participate in all Club activities. Members also receive copies of our newsletter, *Bear Tracks*. Also, the Club provides a roster listing the phone numbers and interests of all members. This helps members to plan trips and to keep in touch with each other after trips. The Club has access to many resources which make trips easier, less expensive, and safer for members, such as tents, cabins, and first aid kits. As a service to our members, we also have an extensive map collection, a library of books on outdoor activities, log books of previous adventures, a photo album and a collection of slides from many Club trips. Also, Official U.C. Hiking Club T-shirts will be available soon. All of these resources are available to you when you become a member of the U.C. Hiking Club.

Club Affiliations

The U.C. Hiking Club is affiliated with several local organizations. **Cal Adventures** provides us with equipment available for rental at student rates. They also provide leadership training for all of our official trip leaders. Hiking Club leaders have completed the wilderness first aid course offered by Cal Adventures and have American Red Cross standard first aid and C.P.R. certifications. All official U.C.H.C. trips have at least one certified leader participating. The **Sierra Club of California** supports us and provides us with local news of Sierra Club activities. And finally, the U.C.H.C. supports the **Mono Lake Committee**, an organization to protect the wilderness area in the Mono Lake Basin.

How to get Involved

Since the Club is socially oriented, the best way to get involved is to get to know us. Come to one of our weekly meetings. Meetings are very informal and often we show slides from the most recent trips. Meetings are held every **Wednesday at 6:00 pm** in our office in **605A Eschleman Hall**. There you can sit around on our couch and boulders and meet people who have participated in past Hiking Club adventures, as well as get information on upcoming trips. If you can't make it on Wednesdays, you can meet us **Fridays at 5:00 pm** at our frisbee field at **Williard Park** on the corner of Derby and Hillegas. We play ultimate frisbee every week, rain or shine, then converge upon someone's house for dinner and a party. If you can't make it on Wednesday or Friday, you

can find the latest news and trip announcements in *Bear Tracks*, the official Hiking Club Journal. Copies are usually available outside our office on the bulletin board at 605A Eschleman Hall. A calendar of upcoming trips is also posted on the **Bridge Board** on **Sather Gate Bridge**. If all else fails, call the U.C.H.C. Hotline at 527-8440 and ask for Mike for the latest trip information.

Welcome to our family,
Bio-Mike
President

A guide to happening weekends

Calendar of Coming Events

Friday, Feb. 9

Berkeley Hills Sunset Hike

A short early evening hike along the fire trails in the Berkeley hills. Wine and cheese optional, Sunset and view provided.

Saturday, Feb. 3

Aquarium and Tide Pool Day Trip

A visit to the Steinhart Aquarium in San Francisco followed by a stroll along the beautiful tide pools of Pillars Point.

Sat-Sun, Feb. 10-11

Winterfest Cabin Trip

A weekend in a rustic Sierra cabin with plenty of time for X-C skiing, sleding, snow-woman building, and singing around the fire.

Sat-Mon, Feb. 17-19

Big Sur Backpack Trip

A 3-day weekend into the Ventana Wilderness. Hiking through the misty redwood forests along the Big Sur River to **Sykes Hotsprings**. (Highly recommended)

MEMBERSHIP APPLICATION - U.C. HIKING CLUB

I. PERSONAL INTEREST SURVEY

Welcome to the U.C. Hiking Club. A very important part of our organization is the exchange of information about our interests. Please take time to fill out the interest survey below so we can plan trips accordingly. Check the level of experience for each activity you are interested in. The information you provide us will be listed in the club roster.

Name: _____ Beginning Experienced
Address: _____ Hiking
_____ Backpacking
_____ Mountaineering
_____ Rock Climbing
Phone: _____ Cycling
_____ Mountain Biking
_____ Back Country Skiing
SID Number: _____ Downhill Skiing
_____ Rafting
_____ Canoeing

Do you wish to have your phone number and interests listed in the club roster?

Yes _____ No _____

II. NOTIFICATION OF PERSONAL RISK

All of U.C. Hiking Club outings involve varying amounts and degrees of physical effort. The great majority of our outings are conducted in the outdoor environment with all its variables and unpredictability. Due to these factors, the participant should be aware of possible risks involved in our activities. She/he understands the risk of accident, illness or injury associated with participation in our activities.

U.C. Hiking Club cannot assume the responsibility for theft, loss or damage of personal property occurring on any of its outings. Please use discretion when selecting personal gear that you bring with you.

I have read and understand the above information.

Participant: _____ Date: _____

III. U.C. HIKING CLUB MEDICAL SURVEY

The purpose of this survey is to provide important information which will help us in the case of an emergency. Please fill it out completely. Please list anything which may help us in case illness or injury should occur. All medical information will be kept confidential.

In case of an emergency contact:

Name: _____ Insurance: _____

Address: _____ Coverage: _____

_____ Account #: _____

Phone: _____

Medications: _____

History of serious illness: _____

Allergies: _____

Special considerations (Diabetes, Epilepsy, etc.): _____

IV. MEMBERSHIP FEES

To complete this membership application simply fill out the information above and return it to a U.C. Hiking Club officer along with \$ 5.00. The membership is good for one year (two semesters) and entitles you to all club benefits.

(\$3.00 For Spring Semester)

(Please make checks payable to "U.C. Hiking Club")



*Hiking
Cycling
Backpacking
Skiing
Mountain
Biking
Wine Tasting*