

WAIKAMOI PRESERVE HIKE INFORMATION

Rapid 'Ōhi'a Death (ROD): if you have travelled to Hawai'i and or Kaua'i Island within the past six months, we **will not allow access into our preserves** due to the deadly fungus. Maui and the other islands do not have ROD and we are being very diligent in keeping it that way. Ōhi'a covers 80% of our watershed, therefore, it's our water resource tree that produces up to 60 billion gallons of water each year.

Most trips range from **moderate to strenuous hiking** levels, in **high elevation, uneven terrain**. The air is thin, and even physically fit people can get winded on the trails. Weather is unpredictable, so come prepared (it's not unusual to have rain in the *rainforest*). You should be in good physical condition with a tolerance to variations in weather, and not be afraid to get dirty. **For Safety; No infants or small children under age 7 are allowed.**

Be prepared to **stay with your group and hike leader for the duration of the hike.** There are not enough hike leaders available to escort individuals wishing to leave the group early. Hike participants are not allowed to leave or separate from the group on their own since they may get lost or locked inside access gates.

Prior to the hike, please let hike organizers know **if you have any physical limitations** (such as asthma or other breathing difficulties, allergies, leg/knee problems, heart conditions, etc). Take necessary medications, especially if they help you with challenges associated with hiking in high elevation, uneven terrain. **Seniors who could have difficulty hiking uneven, steep inclines may need to evaluate this information and reconsider if they should show up for the hike.**

---If you are unsure that you will be able to handle these physical challenges, please talk with the organizer to confirm your ability. In some cases, it may be better to decline the hike rather than put yourself or the group through unnecessary stress---

WHAT YOU NEED TO BRING:

- Sturdy footwear (good traction and ankle support preferred)
- Long pants, layered clothing in the event of cold weather
- Raingear or ponchos
- Water, snacks or lunch
- Sunblock and/or hat
- Binoculars or camera
- Backpack to carry it all and leave your hands free
- And a good attitude!

--All gear should be cleaned of mud and other debris that could carry hitchhiking weed seeds--