

Participant Guide and Tips



Canadian Mental
Health Association
Ontario

1. Before leaving for the walk:
 - Ensure you are available for the full length of the walk (1 - 2 1/2 hours), as early return times cannot be guaranteed.
 - Dress appropriately for the weather and wear suitable footwear (no sandals please).
 - Pack essentials in your backpack including inhalers, medication or an epi-pen if needed, along with raingear, water, snacks, sunscreen, bug spray, and a hat.
 - Fill up your water bottle and use the washroom, as there may not be facilities on the trail.
2. Upon arrival, see a hike leader to sign the weekly waiver form.
3. Always listen to your group hike leader for instructions and safety guidelines.
4. If you are experiencing difficulties before, during, or after the walk/hike please speak with staff/volunteers immediately.
5. Smokers may be permitted (at the discretion of the group leader) to smoke or vape during breaks. Please be downwind and 20ft away from the group. Please pick up your butts to comply with our 'leave no trace' rule.
6. Nature photos are permitted; however, taking photos of group members requires prior consent. You should review your organization's policies and procedures to determine the appropriate permission forms and waivers to use.
7. Pets may or may not be permitted on your walk, as some participants may not be comfortable around them. Program leaders should discuss and establish clear guidelines for the group.
8. Lastly, but most importantly – Enjoy yourself!

Breathe in the fresh air, soak in the sights and sounds of nature, and find your inner peace.

Our #1 rule of importance – No one walks alone!