



*A Hike, a gift of Music, or a Gift
...An Opportunity
to help a Teen or Child in Care*

Hike / Event FAQs

Cannon Mountain - Kinsman Ridge Trail - August 16, 2009

Arrival Time and Place and Hike Details

Sunday, August 16, 2009 (Rain Date is Sunday, August 23, 2009)

Cannon Mountain – Kinsman Ridge Trail

Registration and Parking – Cannon parking lot

Start time – arrival as early as 7:00 a.m. – groups leave in intervals between 8:00 and 9:00 a.m.

AMC time and elevation gain – 2.1 hours and 2000+ feet

Bring snacks and lunch

Where can I meet to carpool?

Carpools may be available from Manchester, Concord, and other locations upon request, and as drivers are available. Drivers will coordinate directly with you on a pick-up time and location.

Hike Etiquettes

- Each group has a person in the front leading and a person at the back that ensures the group stays together.

Recommendations on What to Bring or Carry

In your backpack or within your team

- Enough water for the entire hike
- Spare footwear and clothes
- Rain gear
- Enough food or snack for the hike
- Hiking and nature gear – including compass, matches, maps, toilet paper, etc.
- Emergency rations for unexpected situations and delays
- Emergency equipment for unexpected situations
- First aid supplies
- Camera
- Spending money for Cannon facilities, fuel, and other emergency uses – including ice cream stand, chair lift, gift shop, etc.

Attire

- Layered clothing appropriate for all possible weather conditions (cold, wet, hot, etc.)
- Sturdy and appropriate footwear – preferably hiking boots – that avoid slipping on wet rocks or moss and that fit snug enough to avoid blisters and other foot injuries
- Bug spray (recommended) and sunscreen (optional)
- Sunglasses (optional)

In your car

- spare food, water, and emergency supplies
- gas, sun screen, bug spray, and any other backup supplies to ensure a safe trip
- road maps and other reference information
- Hike-a-thon submissions, including Pledge Forms, donations and pledges, etc.