



**LADIES  
ADVENTURE  
CLUB**

### ***Adventuring with the LAC in a pandemic***

- **For every adventure, you must bring a face mask and hand sanitizer.** If you don't have both at the start of the adventure, you'll be unable to join in the fun. Face masks are not required on LAC adventures while moving and active, but they are required at stopping points, unless you stay 6 feet apart.
- **Make the health of everyone in your community your priority.** Join an adventure only if you're feeling healthy and you have not had close contact with anyone who is sick or has tested positive for Covid-19. Wash hands often with soap and warm water for at least 20 seconds. If a sink isn't available, use a hand sanitizer that contains at least 60% alcohol. Avoid surfaces that are touched often, such as doorknobs and handrails.
- **Stay at least 6 feet away from others** when in a public setting, including the outdoors. This will be tricky when sitting down for lunch at the summit and it is important.
- **Be flexible.** We'll have a Plan A and a plan B. If our first-choice trail is full, we'll go to the next trail on our list. We'll try to adventure during off-peak hours like early in the morning or in the late afternoon. Some trails have been closed because of overcrowding. LAC Guides will do their best to find out this info before the adventure, but please have patience with unhappy surprises.
- **Be prepared.** Trailhead restrooms and other facilities are likely closed. Pack snacks and water, hand sanitizer, a face mask, and dress for ever-changing weather in Maine. Please don't share food, water or utensils during the adventure.
- **Don't carpool** with non-household members.
- **Engage in low-risk activities;** now is not the time to try something new or extreme (for you).
- **Please leash your dog!** If dogs are allowed on adventures they need to be leashed at all times. If this won't work for you or your dog, please leave the pooch at home.
- **Leave no trace** Follow LNT principles as we always strive to do in the LAC.

These thoughts are not my own but borrowed from a variety of resources including Maine Trail Finder and #RecreateResponsibly.