



#NCG50for50



GOALS

- To introduce you to the **San Diego Sierra Club North County** and **San Diego North County Wilderness Basics Course (WBC)** groups and celebrate their collective 50th anniversaries!
- To get you, your family and friends outside enjoying local North County San Diego hikes.



DETAILS

- **Participation in this challenge is your decision and at your own risk.**
- Hike the 50 North County San Diego hikes between June 1, 2021 and May 30, 2022.
- You must take and then post, **a picture of yourself** with the **NCG Printout** around the half way point of the hike.
 - In the post/email please **identify the hike name**
 - The **number of hikes** completed (ex. 1 of 50, 2 of 50...)
 - Use the **hash tag #NCG50for50** - on the social media platform of your choice or via email below:



FACEBOOK:

WBC North County or
Sierra Club San Diego North
County Group



INSTAGRAM:

@sierraclubncg



EMAIL:

events@sierraclubncg.org

By posting your pictures using the #NCG50for50 hash tag you consent to the use of the photo by the Sierra Club San Diego North County Group or Wilderness Basics Course on any of its social media sites or for its advertising purposes.

- There is no registration or fee to sign up. Consider joining the Sierra Club NCG or make a donation to support the NCG efforts to protect our local environment. Sierraclubncg.org
- **You must post or email your hikes to get credit for them. Prizes will be provided as follows:**



Columbia Store
Pass for those who
complete and post
5 of 50 hikes



50 Hike Challenge
Sticker for those who
complete and post
10 of 50 hikes



50 Hike Challenge
Patch for those who
complete and post
25 of 50 hikes



“Finisher” Surprise
prize for those who
complete and post
50 of 50 hikes

*** To redeem your prize you must email the request to events@sierraclubncg.org**
Include your address and social media name where you posted your photos #NCG50for50
or forward a collage of your hike pictures for verification purposes.
Requests for prizes must be received no later than July 31, 2022.



DISCLAIMERS & ADVICE

- San Diego Sierra Club North County Group and San Diego North County Wilderness Basics Course are in no way responsible for any consequences attributable to hikes done during the challenge and cannot be held responsible or liable for any injuries that occur while pursuing these hikes.
- Know your physical limits - the hikes are listed with basic information - but do your own research!
- Review the trailheads and the trails and understand where you are and where you are going. This includes knowing if you need a permit and observing any closures. These hikes are “known” and write ups are provided on various web pages.
- Use resources like Google Earth and CalTopo to get familiar with the terrain.
- Always hike with the 10 Essentials: <https://wbc.sierraclubncg.org/10-essentials/>
- Leave no trace.
- Respect the trails and the neighborhoods the trails are located in.
- Observe all posted rules, stay on designated trails, and avoid trespassing onto private lands.



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10 ESSENTIALS BE PREPARED FOR ANY SITUATION

- 1 | NAVIGATION [Map & Compass]
- 2 | ILLUMINATION [Flashlight/Headlamp]
- 3 | SUN PROTECTION [Sunscreen/Glasses/Hat]
- 4 | NUTRITION [Extra Food]
- 5 | HYDRATION [Extra Water]
- 6 | INSULATION [Extra Clothes]
- 7 | FIRE [Waterproof Matches/Firestarter/Lighter]
- 8 | EMERGENCY SHELTER [At all times]
- 9 | REPAIR KIT & TOOLS [Knife/Duct Tape, Etc]
- 10 | FIRST-AID KIT [Foot Care/Insect Repellent]



50th ANNIVERSARY