

## **BCOS Etiquette Guidelines**

1. Be prepared. Food, water, medications, appropriate activity gear including basic first aid items and safety gear.
2. No illegal substances of any kind.
3. Be mindful and respectful of the group leader's decisions.
4. Be prepared to pull your own weight.
5. Know your physical limits, notify peers immediately when issues/needs arise.
6. Plan for your NON-AGGRESSIVE animals' needs and public use stipulations/laws.
7. Follow Hiking or Paddle Etiquette as established by BCOS.
8. Minors must be accompanied by an adult assuming responsibility.