



2nd Annual Inland NW Winter Ruck

sponsored by American Long Distance Hiking Association- West (ALDHAWest.org)

- Are you planning a long-distance hike or know someone who is?
- Is your pack too dang heavy?
- Have questions about how to re-supply on trail, or your gear?
- Are you PCT, AT or PNT curious?
- then the Inland NW Winter Ruck is the place for you to be!

Register online at ALDHAWest.org

\$5 for members, \$10 non members

2nd Annual Inland NW Winter Ruck

Where: Merge Room

Lake City Community Church

6000 N. Ramsey Rd

Coeur d'Alene, ID 83815

When: Saturday, February 13, 2016

Time: 9am-4pm, doors open at 8:30

Topics Include:

Lightweight Back Packing

The PCT, AT, PNT, and other trails, and what you need to know

Trail and Town Etiquette

Food and Re-supply

Safety and Navigation

Presentation on the Pacific Northwest Trail

One on One & Group Q&A with experienced long distance hikers and "Triple Crown" members of ALDHA-West who will be on site to help.

Bring your current pack/gear setup and have us walk through it with you.

Morning bagles and coffee, chili lunch, and refreshments will be provided. \$10 , \$5 for ALDHAWest members.

Register at ALDHAWest.org