Hike The Good Hike Community Guidelines

If you feel anyone has violated our community guidelines, please report the post/comment/message and alert a moderator.

This community is built on trust, care, and safety. By being here, you agree to the following:

1. Practice Radical Respect

Add trigger warnings to the top of your posts when discussing sensitive topics (E.g. TW: Suicide Attempt, Eating Disorder). Everyone is on their own healing journey; let's keep this a space where people feel comfortable.

No racism, sexism, transphobia, homophobia, biphobia, ableism, fatphobia, xenophobia, antisemitism, Islamophobia, classism, or any other form of bigotry.

We honor people's identities and how they express it.

2. Honor Lived Experience

Speak from the "I" — share your own story rather than labeling or diagnosing others.

Avoid giving unsolicited advice, especially around mental health, recovery, or trauma.

Remember everyone's capacity and history are different; what worked for you may not work for someone else.

3. Safety Around Mental Health Topics

Add trigger warnings to the top of your posts (E.g. TW: Suicide Attempt, Eating Disorder)

Share in ways that feel safe for you and that are mindful of others (avoid graphic detail, instructions, or content that could be triggering or unsafe).

This community is not a replacement for therapy, medical care, or emergency services.

If you are in crisis or considering harming yourself, please contact local emergency services or a crisis hotline in your area immediately.

4. Confidentiality & Consent

What's shared in this community is meant to stay in this community. However, whatever is posted becomes public and HTGH can not control how others use it. Please be mindful of sharing personal information on public platforms.

Do not screenshot or repost others' content without their consent.

5. No Harassment, Bullying or Doxxing

No threats, stalking, or targeted harassment of any kind.

No sharing of another person's private or identifying information without their explicit permission.

No racism, sexism, transphobia, homophobia, ableism, fatphobia, xenophobia, antisemitism, Islamophobia, classism, or any other form of bigotry.

6. Be Mindful With Advice & Information

Speak of gear and the companies that make them with respect. Give information and experiences, but avoid trashing and degrading.

You may share personal experiences with gear, training, medication, or mental health treatment, but:

Do not present yourself as a medical or mental health professional unless you are one and it's relevant.

Avoid telling others to start, stop, or change medication or treatment.

When in doubt, encourage people to check in with a licensed professional they trust.

7. Keep It Non-Commercial

No spam, MLMs, or unrelated self-promotion.

8. Respect the Moderation Team

HTGH moderators and hosts are here to keep the space safe and aligned with our values.

We may remove posts or comments, check in with members, or — if necessary — remove people from the community if behavior violates these guidelines.

Our goal is always care and repair when possible, but safety comes first.