

BEFORE GOING WITH THE GROUP

STARTING TRAILS CLUB OF OREGON ACTIVITIES

Welcome to the Trails Club's activity program. Trails Club members share a passion for the outdoors and are pleased to have you join them. These guidelines will help your hiking, bicycling, snowshoeing, cross-country skiing, backpacking, kayaking and multi-day outing experience fun and safe. Also it will alert you to your responsibilities as a participant on an activity sponsored by The Trails Club of Oregon, and alert you to your responsibilities to your companions. If you have any questions ask your leader for an explanation. In addition to following the guidelines, you should be mindful that there are certain inherent risks for injury or harm involved in any activity including club-sponsored activities. Each participant in club sponsored activities must understand, agree with, and sign a consent form releasing the club, board members, and individual members from liability.

APPRECIATE OUR LEADERS!

Leadership requires organizational skills, the willingness to accept responsibility, commitment, and the ability to make a decision. As the group size increases, the work required of the leader increases. The leader's priority is the safety of the party and to get everyone back to the trailhead in good health. Reaching the intended destination must take a back seat to the first goal. The Trails Club is not a big group and the members who volunteer their time are very important. Assist us with developing and retaining our leaders. Be nice to them and follow their directions. Thank them for leading you, allowing you to experience a new area, and helping you to have a good time.

WHICH LEVEL OF ACTIVITY TO JOIN

Be in adequate physical condition for the activity you are attempting and select trips that match your abilities. Harsh or unusual conditions may greatly increase the exertion and skill required. Contact the leader if you have any questions about the trip. Many activities will have a rating when listed in the club newsletter. **Paying attention to the level of activity may be the difference between a great day for you and an uncomfortable day.**

HIKE

A hikes are the easiest and are usually an easy to moderate pace with good trails. These hikes will be 4 to 8 miles and no more than 1500 feet elevation gain.

B hikes are moderately paced and are usually 6 to 12 miles in length with up to 3000 feet of elevation gain.

C hikes are long, possibly difficult, and have a strong pace. They are usually over 8 miles with over 3000 feet of elevation gain. Sometimes the trail itself is in poor condition. Boots are recommended for B/C hikes.

BICYCLE

A rides are from 20 to 30 miles without hills.

B rides are from 20 to 40 miles with small hills.

C rides are longer and have more hills.

SNOWSHOE AND CROSS-COUNTRY SKI

These events all use a variation of the hikers **A**, **B** and **C** classification with **A** being the easiest trips.

BACKPACK

A trips may include beginning or 1st-time backpackers. Typically two days and one night in length. Less than 1000 feet elevation gain per day. Daily mileage in single digits. Trails in generally good condition.

B trips should have strong hikers and have some backpack experience. Multi-night trips. Elevation gain of up to 2000 feet per day. Daily mileage may reach double digits. Trails may range from good to rugged condition.

C trips should have strong hikers with considerable backpack experience. Multi-night trips. Elevation gain may exceed 2000 feet per day. Daily mileage may reach double digits. Trails may range from good to rugged condition. May include off-trail or cross-country travel.

KAYAK

Check with the leader for distance and difficulty.

MULTI-DAY OUTING

These activities may include some hikes, bike rides, snowshoes, x-c skies, backpacks or kayaks depending on the leader's plans.

BRING THE RIGHT STUFF

Please, no alcohol. Pets are allowed on designated trips only. Good equipment for the specific activity is required for all events.

Be aware of the danger of **hypothermia** (subnormal temperature of the body) caused by exposure to cold, wetness and wind. Hypothermia is not just a winter hazard; most cases happen when the air

temperature is between 30 and 50 degrees Fahrenheit. Bring clothes that can be added in layers according to your body temperature. Cotton, including blue jeans, is not warm when wet. Clothing that wicks moisture away from the skin is best. Remember that it is usually cooler at higher altitudes and it may be windy. All hikers should carry the **TEN PLUS ESSENTIALS**. These are the things that you would need to survive spending an unexpected night on the trail. For starters, **all participants should wear appropriate footgear and clothing; carry lunch, water, rain gear, warm sweater or jacket, and the following items:**

Insulation – extra clothing that can be layered and wicks moisture away including a hat and gloves.

Navigation – map and compass, know how to use them.

Sun Protection – sun block, sunglasses and a wide brimmed hat, even on overcast days and when in the mountains.

Illumination – flashlight or head lamp with extra batteries.

First Aid Supplies – for emergencies. Also your completed “Emergency Contact & Medical Information Form,” paper and a pen in a zip-lock bag.

Fire – matches and fire starter.

Repair kit – including a knife. Duct tape is very helpful.

Nutrition – extra food.

Hydration – extra water. (filter or purification tablets)

Shelter – space blanket, large trash bags plus a piece of insulation or form.

Whistle and mirror – to signal for help.

Insect repellent – to keep the bugs and ticks away.

Toilet paper – a zip lock bag to carry out used paper.

Be familiar with your equipment and keep it in good condition. If you are not adequately prepared, the leader has the right to leave you at the meeting place. The leader is concerned with your safety, as well as that of the entire group.

AT THE MEETING PLACE

If you have signed up for an activity beforehand, let the leader know as soon as possible if you must cancel. Arrive at the meeting area ten to fifteen minutes before the announced departure time. The leader will handle sign in, collection of trip fees (\$1 per day for members; \$2 per day for guests), and carpooling so that the group can leave at the time posted in the Trail Blazer and website. If you are late, the group may leave without you.

ON THE ACTIVITY

Stay with the group, between the leader and the person the leader appoints to bring up the end. Follow the leader’s instructions regarding going ahead or behind or leaving the group. Let someone know if you step away for a bathroom break. Leave your pack on the trail to indicate where you left the trail. Don’t litter and pick up any litter you see. Carry out used toilet paper in a zip lock bag. Smoking is not permitted on hikes. Please restrict your smoking to the parking lot. Help maintain a natural balanced ecosystem by not feeding birds or animals. If you get lost, stay where you are. Do not panic. Stay warm and hydrated. Use your whistle (three blasts = emergency) and mirror to signal your location.

BACK AT THE CARS

When you get back don’t drive away until the entire group has returned. Carpool passengers are asked to share the cost of driving. Check with the leader to find out the current suggested donation. Bridge tolls are also paid for collectively. Bring small bills as drivers are not expected to make change. Carpool passengers are responsible for helping the driver stay awake and alert on the trip home. Taking a nap might be hard to resist, but if you are sleepy, the driver might be too.

ENJOYMENT

Trails Club activities are designed to give participants safe and fun outdoor experiences. We are not intent on setting speed or distance records. Rather, we promote awareness, appreciation and enjoyment of our beautiful Pacific Northwest.