

Trailhead Checklist

- Form a circle when all hikers have their gear. Drivers, display permits!
- Intro Leader and Shepherd
- Welcome to this hike with the Friends of the Columbia Gorge!
Today's hike will feature: waterfalls, flowers, mountain views, animals, geology, etc. We will talk about the Friends and some current issues in the Gorge at lunch.
- Ask: Has anyone hiked this trail before? Is this your first Friends' hike? Are you a member of Friends? (Helps you to assess the group)
- Visual check of hikers: footwear, rain gear. Cotton and jean material are **HIGHLY** discouraged. Speak to poorly equipped hikers privately after the briefing, just before the hike. Don't hesitate about telling them they can't go on the hike, if necessary. Your goal is a *safe hike for all*.
- Do you have? () liters of water. Lunch.
- Today's hike will be: () miles. () feet elevation gain.
- Trail conditions: steep, slippery, muddy, stream crossings, steep drop-offs, etc.
- Weather - esp. if expecting changes or high heat, cold, wind, rain, snow, etc.
- Safety/hazards: ticks, poison oak, rattlesnakes, etc.
- We expect to return to the trailhead/off-trail by about () pm. (*but no guarantees!*)
- Is there anyone who does not plan to do the whole hike?
If you leave early, please officially sign out with the Leader or Shepherd.
- Medical: Who has first aid kits and training?
- Special Medical Situations: reaction to insect bites, allergies, asthma, other?
Tell the Leader and Shepherd your condition and where you carry any medication
- Order of March. A group activity.
Please stay behind the Leader; ahead of the Shepherd.
- Stops: Bio-Break, photo-op, drop/add clothing layers, etc
We will make stops on trail to adjust clothing (after an initial 30 mins), at every trail junction, for breaks, for lunch. If you need a bio-beak: drop back, tell the Shepherd, catch up after. Leave your pack by the trail.
- Introduce any botanists, birders, geologists, etc.
- Turn off your cell phones! If you must use it, do so at a break.
Be safe! Be considerate of others!
- Count off! Your Name, your number, where you live.