



Friends of the Columbia Gorge Trailhead Checklist

Use this guide alongside the *Trailhead Talking Points* document

- Form a circle when all hikers have their gear. Drivers, display permits!
- Intro Leader and Shepherd (see script in *Trailhead Talking Points* doc)
- Have participants go around the circle and say their name, and maybe a fun fact.
- Announce the plan for today's hike and what the trail 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 VERY 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 everyone in your group.**
- Do you have? () liters of water? Lunch, snacks?
- Today's hike will be: () miles with () 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, you must officially sign out with the Leader or Shepherd.**
- Medical: Who has first aid kits and training?
- Special Medical Situations: You cannot ask for specific medical conditions but ask "if you have a specific medical condition, have you come prepared with remedy/treatment? (ex: asthma inhaler, allergy medicine or Epi Pen, medication, etc)
- Order of March: This is a group activity and participants will stay behind the Leader & in front of the Shepherd.
- 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! Know how many people total are in your group.