



Participant Day Trip Tips

Chilliwack Outdoor Club outings are non-motorized group events of all types including hiking, biking, kayaking and others. The leaders are volunteers and are also participants. Outings are designed to explore the outdoors while combining fitness, fun, socializing and safety. Your ability to do the outing as described requires a realistic self assessment since the group's needs (not the individual's) will, in most cases, prevail.

What can I expect. Review the stats of the trip as presented and do your *own* research re: *total* time needed (travel *and* the outing), elevation gains, type of surface (traversing a snowfield, ice, exposed scrambling etc), turnaround time, fitness/challenge level, equipment needed, costs (gas*, ferry, etc).

Level of intensity. Find out the trip leader's approach to the trip: leisurely, breaks included, time for photos, or "the end is the journey"; everyone is different so does it fit with your needs? If information is missing or you need clarification contact the leader.

Assess your overall fitness level. Are you are fit enough (mentally *and* physically) to ably do the outing. Avoid using the outing as a "way to get fit" if you are just starting out. Consider training for the trip ahead of time if you're in doubt.

Commit to the trip. 1. Once you sign up your commitment to the trip is important to the leader and other participants. Waitlists, minimum and maximum numbers, carpooling plans, *gas costs are adversely affected when you cancel (more so when it is last minute). If you must cancel let your trip planner know as far ahead of time as possible so that alternate plans for someone else to take your place can be made and things rearranged in time for the trip. 2. Stay with the group for the whole trip. If you must leave earlier than scheduled let the trip planner know.

You are responsible for your own safety. Ensure your equipment is in good working condition and that you have the appropriate safety and survival gear: first aid kit and the knowledge to use it, bear spray or whistle, navigation aids (map, compass, tracking device (Spot, InReach, GPS). Do not assume the leader or others will have this equipment or knowledge.

You're part of a team. When you sign up for a trip please remember that you are participating with others who have the same goals as you: fun, socializing, safety. Bring a helpful attitude; be positive, supportive and encouraging. Circumstances (weather, trail conditions, emergencies etc.) may dictate changing plans. Work as a team to address the issue and come up with solutions.

Communicate. If you are feeling ill or need to rest, or someone else is having difficulties communicate to the leader or other participants. If you have concerns about safety or decisions being made by the leader speak to them and/or the other participants.

Guest policy. Guests (non-members) are welcome on day trips, however, they will need to sign a waiver of liability before starting the planned activity.

Register. Prior to starting the activity (generally at the parking lot) you will "register" for the event with your name, an emergency contact name and number and your signature.

* Carpooling is encouraged and supported by the Chilliwack Outdoor Club. Gas costs (wear and tear and/or extra insurance may be a part of the cost) per individual for day trips is suggested at \$8. per hour of travel (not travel distance). This is because it may take 2 hours to travel a rough 4X4 gravel, high elevation, cross ditched road and only 30 minutes to travel the same distance on a paved highway. Generally day trips range from \$15. to \$30 for trips to and from the Coquihalla, Manning PP, Mt. Baker and the North Shore. The above rate (\$8.00 per hour) is based on 4 people per vehicle with the driver contributing equally to the vehicle costs. However, if there are 5 people the occupants should discuss a lower hourly rate. Ultimately, the cost is at the driver's discretion so it is very important that all occupants understand the rate before departing for the trip. If anyone is unhappy with the costs they have the option to ride with someone else or take their own vehicle. Riders should bring cash with them to settle up at the conclusion of the trip.