



Participant Tips – Multi-Day Trips

Multi-day trips (as opposed to day trips) pose special needs and considerations for the success of the trip's planning and outcome.

Outings are designed to explore the outdoors while combining fitness, fun, socializing and safety. As such your ability to do the outing as described and realistic self assessment is important 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 also do your *own* research re: duration of total trip and *each* day's activity (will you be biking 8 hours a day or 2? Backpacking 7 hours every day or 5 or day hiking from a base camp?) What are the elevation gains, type of surfaces to be encountered (traversing a snowfield, ice, exposed scrambling etc), minimum number of participants needed, *total* time commitment (three full days with travel time at each end for example), experience/fitness/challenge level, equipment needed, costs (gas, ferry, etc), transportation/car pooling options.

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

Sharing equipment. A benefit of multi-day trips is pooling equipment; let your leader know what you can contribute or what you lack (tent, kayak, water filter, stove) to see what can be shared. Get to know your fellow trippers and contact them with inquiries as to what you can share and what you may need. At the same time expect to own some of the equipment needed without counting on others for the essentials.

Assess your overall fitness level. Assess whether you are fit enough (mentally and physically) to ably do the whole trip. Avoid using the outing as a way "to get fit" which may substantially slow down the group's progress. Train for the trip ahead of time. Multi-day trips are more strenuous than day trips and you will enjoy the trip that much more if you are ready for it.

Commit to the trip. Many people sign up for a trip in order to "reserve" a spot without having a true commitment to participating in the trip. This approach creates a lot of planning headaches for the leader and other participants. Recall that leaders are volunteers and also participants. Organizing a trip is a breeze when everyone is on board. On multi-day trips your commitment is extremely important to the leader and the other participants. Waitlists, minimum and maximum numbers, carpooling plans, names on tickets or park passes, camping sites, ferry, gas and other costs are adversely affected when you cancel (more so when it's last minute). If you have to cancel— a sudden illness or injury, a death or illness in the family — 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.

Transportation. Let the trip leader know if you are willing to take your vehicle. Once participants are assigned to a vehicle, they should discuss how to share vehicle costs. Unlike the suggested rate for day trips (hourly base rate) it is more common for the driver and occupants to equally share costs: gas, ferry, park entrance fees, etc.

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. Share your health care contact numbers with someone on the trip (if you're unconscious you can't help). Be familiar with avalanche safety, wilderness first aid, etc. Plan to stay with the group for the whole trip. If during the planning stage you absolutely need to leave earlier than scheduled let the trip planner know and they will let you know if this is going to work for their trip; it may not unless you have your own transportation.

You're on a team for several days. When you sign up for a trip please remember that you are participating as part of a team with the same goals as you: fun, socializing, safety. There is no "I" in the word *team* which means please park your ego at the trailhead. Bring a helpful attitude, leave your troubles and stresses at home, share your ideas and knowledge, be positive, supportive and encouraging. Circumstances (trail conditions, weather, equipment issues, etc.) may mean a change of plans and require everyone to adapt to new conditions. If you have concerns about safety or the decisions of the leader bring them up to him or her. Take some responsibility for your communication: If you present a problem, question or concern try to think of what might be the solution before talking to the leader or others. When in doubt about any aspect of the trip: communicate!