



CHALLENGE AND ADVENTURE ACTIVITY

DAY HIKING

Programs will only ascend and descend routes that do not have technical sections. They will only walk up peaks with first, second and third class terrain that does not have exposure or potential for significant rock fall.

See: <http://www.14ers.com/classes.html> for definitions of terrain.

- Type of footwear that is best for trail conditions.
- Teach map and compass and map reading.
- Teach material on GPS type units.
- Have a list of minimal clothing and gear that each participant is expected to carry with them. Check to make sure participants actually have it with them. Having a practice pack day at least one week before the trip can help assure youth will be prepared properly.
- Check/confirm water sources if you are relying on refilling during the activity/event.
- Bring food and water for participants or assure that water is available. Do not allow participants to drink untreated water.
- Research route areas to make certain trails are accessible.
- Know the symptoms of and remedies for dehydration, exhaustion of participants. Check for symptoms at regular intervals.
- Be familiar with evacuation routes and techniques in case of an emergency.
- Carry emergency food, clothing, and shelter.
- Repair kits should include repair tools and materials for the type of equipment that the group is using: backpacks, trekking poles, day packs, headlamps, etc.
- Be aware of weather-specific access and travel considerations.
- Check the weather forecast for the area. Within 48 and then 24 hours of beginning a trip.
- Consider how the youth are transported to the activity.
- Do volunteer drivers have OSU Driver Authorization?
- Teach proper LNT¹ and trail practices.
- Are permits required on the trail?
- Does the parking area/trail head require permits?
- Practice LNT¹ for travel, waste control, consumables and trash.

References

1. Leave No Trace Center for Outdoor Ethics: www.LNT.org