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## Challenge and Adventure Trip Planner Instructions

### Type of Trip/Outing:

Provide information on what you plan to do on your trip. Such as “Day Hike” or “Backcountry back packing.” Include all activities that will be included such as geo-caching, or snowshoeing.

### Trip Date/Time:

Provide the date and time you plan to leave and the date and time you plan to return.

### Location:

- **Name of Recreational Area:** List the state (Oregon, Washington etc.) and name of the county, state or national public lands you will be using. **[Smith Rock State Park, Mt Hood National Forest]** If accessing private land provide the name and address of the land owner, in addition to the location, if different.
- **Parking Area:** If the parking area has a specific name, provide that or provide mileage to the parking area from a specific entrance location. **[Fourmile Trail Head, Forest Road 2207 to the gate, 22.5 miles from Hwy 22]**
- **Trail Head/Route:** Provide the name of the Trail Head or location where you will begin your trip. **[Eagle Creek Trail Head, Timberline Lodge]** What direction will you be traveling on the trail? For example, you can access the Pacific Crest Trail at multiple trail heads. It is possible to travel either north or south from a starting trail head. **[PCT Lolo Pass Road Trail Head, north to Bridge of the Gods Trail Head, Cascade Locks]**
- **Returning to:** Provide the name of the Trail Head or location where you will end your trip. **[Eagle Creek Trail Head to Tunnel Falls and return]**
- **Camp locations on route:** Provide the name of all the camping areas you plan to use for each night of your trip. **[Eagle Creek Trail, camp just past 4 and half mile bridge]**
- **Ranger District phone #:** Provide the Public Land management agency phone number. **[Zig Zag Ranger Station, 503.622.3191]** If accessing private land provide the name and phone number of the land owner. **[Baker Ranch, 541.321.456]**
- **Nearest Hospital/ER and phone #:** This information can be found by using a Google map search. **[Mt Hood Medical Center, 24800 SE Stark St., Gresham, OR Phone: 503.674.1122]**
- **Locator Contact system:** There are several options for facilitators to choose. The most reliable options are satellite based devices.

- **Mountain Locator Unit or MLU** - is a radio transmitter designed to be used by mountain climbers as an emergency locator beacon, specific to Mt Hood.
- **SPOT** – is a satellite system that allows you to update from the field and request different levels of assistance. The SPOT requires an annual service fee.  
<http://findmespot.com/en/index.php?cid=100>
- **ResQLink+** - a buoyant, GPS-enabled rescue beacon. Registration is required with the National Oceanic and Atmospheric Administration (NOAA)  
[https://www.acrartex.com/products/.](https://www.acrartex.com/products/)
- **License Plate # and state of each vehicle:** Provide the license plate number and state of each vehicle that will be left at the trail head. If vehicles will be left in more than one location, for the purpose of shuttling the group, provide that information. **[123 ABC, OR left at Multnomah Falls Trailhead and 789 XYZ, OR at the Wahkeena Trailhead]**

**Equipment:**

List any equipment that will allow for safe and effective care of members/group in the event of a situation/emergency that delays or prolongs the trip and time in the elements. The planned time of the activity/outing will determine the level of ‘extra gear’ that is necessary.

- Day Hike: light source, option for water (stove or filter), food and shelter.
- Snowshoeing: light source, option for water (stove or filter), heat source or means of creating one, food and shelter.