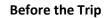
Mountaineers Trip Checklist







	Introductions: preferred name, pronouns, fun fact or question	
	Try to connect members with each other (Facebook group, GoogleDoc, meeting)	
	Tone setting: Clearly stated expectations for your trip (self-care, group culture)	
	Introduce 5 finger contract and SMART goals	
	Trip Logistics: route, length, meeting spot, time, bathroom situation, skill level	
	Recreating to your lowest skill level – how will you get this info	
	Picture/route description	
	Gear conversations	
	Safety concerns for the trip	
	Create a confidential way to capture any limitations or accommodations	

During Trip



On the ground

-
In-person introductions: preferred name, pronouns, fun fact or question
Quick icebreaker at the parking lot or trailhead
Reiterate the expectations for your trip (self-care, group culture)
Revisit 5 finger contract & SMART trip goals
Have a one on one check in with each member at the beginning of the trip
Discuss Trip Logistics- has anything changed? Route, timing, conditions, plan
Safety- agree about turnaround times, hazard assessment, purpose of trip
Gear check
Reminder about avoiding group think/expert think
It is imperative that members feel they can come to you or speak up
Reminder about recreating to your lowest skill level
Immediately address any negative behaviors or interactions

Post- trip



Trip End

Reflection: Ask questions that challenge members to evaluate their own performance
Rose, bud, thorn
Celebrate the accomplishment/effort: celebrate your turn around time!
Shout outs within the group, specific praise for each person
Debrief: Get feedback about gear, teamwork, decision making, physical/ emotional safety, and other aspects of the trip