

Mountaineers Trip Checklist

Pre- Trip



Before the Trip

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

During Trip



On the ground

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

Post- trip



Trip End

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