***B3 Backpack Activity Listing Request, submitted by*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for Trip Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Please complete and submit this form for any backpack trip that you would like us to list for you in advance to our B3 students -- to Lori Heath at* [*lorieheath@live.com*](http://webmail.earthlink.net/wam/MsgReply?msgid=43592&action=reply&style=html&title=Reply&x=-646988973) *and Cheryl Talbert at* [*cascadehiker@earthlink.net*](mailto:cascadehiker@earthlink.net)*.*

1. **Please provide the Route-Place name from the Mountaineers Routes and Places Database[[1]](#footnote-1). (If you can’t find your route-place in the database, please submit a Route-Place Request form).**
2. **Activity Overview (this particular trip on the above route)**
3. Start and End Dates for trip:
4. Activity Summary (1-2 sentences including the duration, total miles and elevation gain, difficulty, and a few words to describe what’s special about the route and destination)[[2]](#footnote-2)
5. Do you want this to be offered to B3 students only? (alternative is to be open to any qualified Mountaineers member)
6. Leaders’ Notes (key details a participant should know in advance to choose a trip that’s right for them and understand the gear and preparation that is required):
7. Total Length in Miles:
8. Longest single-day mileage:
9. Total Elevation Gain in Feet (known/estimated):
10. Maximum elevation gain (highest gain day):
11. Highest elevation reached during the trip:
12. Leader Rating: (For beginners, Easy, Moderate, Challenging)[[3]](#footnote-3):
13. Co-Leader Requested? Y/N; (Name of co-leader if known)
14. Meeting Time & Place if known
15. Maximum number of participants (consider camping-spot availability assuming a high percentage of solo tents!):
16. Set trip with Leader Permission Required? (Y/N):
17. Participant Sign-Up Closing Date:

1. From the website main page, choose EXPLORE, then ‘Find Routes and Places’. Then use search function with several possible names, destinations along your planned route to find a similar one with different name. The route you use on the website does not need to be exactly the same as your activity but needs to include or overlap with your planned route . [↑](#footnote-ref-1)
2. Note that all content must be volunteer-written for copyright purposes, so please do not copy-and-paste information from someone else's book or website. Can include link to a hiking guide at [***www.wta.org***](http://www.wta.org)***,*** or other online description, if available. [↑](#footnote-ref-2)
3. For beginners: Average pace <1 mph - no technical challenges or special skills needed. Easy: Average pace 1-1.5mph and no technical challenges or special skills needed. Moderate: Average pace 1.5-2mph, OR an easy route and/or pace with some route or environmental challenges (rough trail, log crossings, steep terrain, cold rainy weather). Challenging: Average pace >2mph, OR a moderate route/pace but with significant route challenges or skills requirements (fixed ropes, very rugged terrain, steep scree descents, snow or ice crossings requiring microspikes, extreme weather, dry camp, snow-camp, complicated food storage requirements, etc.) [↑](#footnote-ref-3)