

Trip Trailhead Talk

Goals & Overall Plan

- Introductions (if needed)
- Overview of what to expect
- General timing plan
- Each individual shares their goals and any concerns for the trip
- Discuss group gear
- Discuss personal gear

Roles & Responsibilities

- Designate Assistant Leader (who will act as leader should something happen to the leader)
- Designate First Aid Lead (who will tend to an injured participant while the leader manages the rest of the group)

Safety & Emergencies

- Review Forecast
- Make sure everyone knows where the first aid kit(s) are as well as emergency beacon
- Make sure everyone knows where all the car keys are
- Discuss who the call out person is and when they are expecting us out
- Any previous injuries? Allergies (food, bees, medications)? Anyone get cold easily?

General Expectations

- Group generally stays within sight of one another (you should be able to see the person in front of and behind you)
- Always see if there's something you can do to help
- Look out for one another - make sure others are eating/drinking water
- Ask questions if you see something you're not familiar with
- Speak up if you're unsure/uncomfortable about something

Back at the cars

Quick Debrief (if the trip was uneventful)

- Highlights
- Anything you learned
- Anything you'd change

If the trip was particularly challenging or unusual, spend some time debriefing those components

Sort gear as a group.

No one leaves until all cars have started