



Introduction to the Natural World 2019

Pre-Lecture 1: The 10 Essentials, Using the Website,
and Carpooling

A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen and deciduous trees in the middle ground, and a range of rugged mountains with patches of snow in the background under a clear blue sky.

Map

Compass

Sunglasses and sunscreen

Extra clothing

Headlamp or flashlight

First-aid supplies

Firestarter

Matches

Knife

Extra food/Water

The Ten Essentials

Managing Expenses if you need to build your 10 Essentials

Try looking around the house for items you already have

- Your light source can be a flashlight you already own and does not need to be a headlamp
- For Naturalist trips, we tend to move very slowly, so rain slickers are adequate; you do not need to the expense of GoreTex type fabric
- You can use a knapsack or backpack you already own; it does not need to be fancy or new
- Some Mountaineers like to use water bladders, but water bottles you already own are fine



What not to bring or wear!

Some of these are personal preferences and some are safety-related.

- No jeans or cotton fabrics. If they get wet, you will be uncomfortable.
- Leave behind heavy items, such as guidebooks. Phone apps and paper identification charts are much lighter. Also think about camera equipment. Will a phone be adequate? Can you use a point and shoot instead of a larger SLR camera?

What to Bring

Naturalist-related

- Plant list (and you will learn more about this in the class)
- Smart phone apps
- Identification charts
- Binoculars if you own them. Ask a leader if you can borrow an extra pair if you don't have them. There is a guide on the website for buying them.
- Jeweler's loupe, if you have one. See binoculars, above

Pause to look at Danielle's Essentials

- What to put in your first aid kit: <https://www.mountaineers.org/blog/time-to-restock-your-first-aid-kit>
- Additional items to bring:
 - Trekking poles
 - Water purification for a hot day
 - Chemical hand warmers and extra gloves for cold and rainy days

Carpooling

Passengers

- Be ready. Have your gear tidy.
- Be on time (remember to exchange cell phone numbers).
- *Offer to pay for the ride - don't wait for the driver to ask!* This should include consideration of wear-and-tear on the car, fuel prices, the distance, and the inconvenience. This is a carpool, not a taxi service.
- Don't ask for special stops.
- Bring plastic bags or other provisions to keep mud from getting in the car.
- Keep your drinks and snacks tidy and non-smelly. Ask if it is okay to eat and drink in the car.
- If you are planning on napping, let someone else sit in the front seat to keep the driver company.
- Do not assume the leaders will drive.
- You cannot reserve a spot in a car when you sign up.

Drivers

- Be on time (remember to exchange cellphone numbers and prearrange how long you are willing to wait if someone is late).
- Drive safely.
- Be clear about your reimbursement expectations.
- Don't make unnecessary stops for yourself.
- Carry adequate insurance.
- If you are concerned about cleanliness, consider providing rubber mats or other provisions to protect the interior and provide a place for muddy boots.

Carpooling locations

- Most Mountaineers carpools meet at Park and Rides.
- Drivers should not be expected to pick participants up at their homes.
- Passengers should get themselves to a Park and Ride that is convenient for the driver.
- Park and Ride parking lots can be big so allow yourself extra time to park and locate your group. Be sure to communicate with your group exactly where you plan to meet and what type of vehicle you will be driving.

Setting your carpool preferences

This is beyond the scope of the time we have today, but this page on the Mountaineers website is very helpful: <https://www.mountaineers.org/activities/good-carpooling-practices>

CARPOOLING

Your carpool preference: **Drive or Ride**

(Coming from Wallingford/Fremont area, have car with high clearance good for all roads.)

[Edit Carpool Preferences](#)

Learn about [good carpooling practices](#).

Party Separations

This is what the Mountaineers' call bathroom breaks

- When you need a separation, let your leader or someone else know you are stepping off the trail
- Leave your backpack where you stepped off. That way the group will know someone is using the facilities and can wait for you
- Pack out toilet paper in a ziplocked bag. Bury human waste at least 200 feet from a water source if you are in a forested area.
- Above treeline and in fragile alpine areas, you will need to pack out all of your waste. Blue bags or dog poop bags work well for this.
- There is more information about this in the Low Impact Recreation course offered by the Mountaineers and required to graduate from this course



How to use the course webpage

Registering for field trips:

<https://www.mountaineers.org/locations-lodges/seattle-branch/committees/seattle-hiking-backpacking/seattle-hiking-committee/course-templates/conditioning-hiking-series/course-materials/how-to-register-for-chs-hikes/view>

This is a link to the Conditioning Hiking Series course registration. Ours will look similar.

This is a link to our course materials page, where you can find all sorts of information, including this presentation which I will post:

<https://www.mountaineers.org/locations-lodges/seattle-branch/committees/seattle-naturalists-committee/course-templates/introduction-to-the-natural-world-course/inw-course-materials>

Questions?

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