

A scenic landscape featuring a mountain peak, a forested valley, a lake, and a hiking trail. The mountain peak is rugged and rocky, with some snow patches. The valley is filled with dense evergreen forests. A calm lake is visible in the middle ground, reflecting the surrounding greenery. In the foreground, a dirt hiking trail winds through lush green bushes and trees, with some fallen branches on the path.

The Olympia Branch

of

The **Mountaineers**

Presents the

Conditioning Hiking Series

Conditioning Hike Series

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Introduction

The Conditioning Hiking Series has been designed to prepare hikers currently experienced at the easy/moderate level for the challenges of more strenuous, longer distance day hiking. It is also designed to provide a group trip environment in which hikers can build friendships by hiking with some of the same people on each trip. CHS hiking trips are generally limited to the participants in the course.

This course is for you if you:

- Have hiked before and already are in fairly good shape (able to do hikes rated as Easy and Moderate),
- Would like to progress to longer and harder hikes as a challenge,
- Are willing to build physical fitness and spend time outside of the course keeping yourself in shape,
- Are able to commit to a summer-long course, and
- Would like to be part of a small group that hikes together.

The purpose of the course is to provide you with at least two opportunities to hike with an experience Mountaineer hike leader per month. Hikes will be offered approximately 4 times per month to allow for the greatest flexibility and opportunity to make your choice of the two hikes that work best for you each month. Generally, the hikes will be offered on Saturday or Sunday of each week with an occasional mid-week offering as the hike leader schedules.

Contact Information:

Mountaineers website to sign up for courses and trips:

www.mountaineers.org

Questions about the Conditioning Hiking Series course, contact:

Donna Kreuger

djkreuger@comcast.net

Hike Schedule

The hike list is available on the Mountaineers website (on the Conditioning Hiking Series Course page) under "Course Materials". Please note that this is a list that is subject to change. For a current list of hikes available to CHS participants, please visit the Mountaineers website and choose:

- Explore
- Find Activities
- Day Hiking and (scroll down on the same selection page)
- Olympia Branch

All CHS Course hikes will carry the notation "Priority Given to Olympia CHS Participants" in the description, making it easy for you to identify.

Hikes will be listed with an "open for registration date" that provides CHS participants priority registration for all CHS hikes. CHS participants can enroll any time after the 15th of the month prior to the hike by e-mailing the hike leader, identifying yourself as a CHS participant, and requesting to be added to the roster. General members may sign up, at leader discretion, for hikes that are not filled by CHS participants during the last week prior to the hike date.

Hike Registration Dates

All CHS hikes in a given month open for sign up on the same day (the 15th of the month prior to the hike). You can sign up for both of your month's hikes starting on that day.

You may only register for two hikes per month when sign up begins unless you are wait listed for one or both of your hikes; only then may you sign up for a third hike during the initial two-hike registration period. If you wish to go on three or more hikes in a month, you may, but you must wait until the initial two-hike registration period ends (one week prior to the hike date) to sign up for the additional hikes (again, unless you are wait listed on one or both of your required hikes). This gives everyone an equal chance to sign up for their required two hikes when the hikes first open for registration.

Here are the pertinent dates for each month of hikes:

<i>Hike Month</i>	<i>CHS Sign Up Begins</i>	<i>Sign Up Opens for All</i>	<i>Sign Up for More than Two Hikes Available</i>	<i>Sign Up Closes</i>
May	April 15	5 days prior to the hike date	5 days prior to hike date	2 days prior to hike date
June	May 15	5 days prior to the hike date	5 days prior to the hike date	2 days prior to hike date
July	June 15	5 days prior to the hike date	5 days prior to the hike date	2 days prior to hike date
August	July 15	5 days prior to the hike date	5 days prior to the hike date	2 days prior to hike date
September	August 15	5 days prior to the hike date	5 days prior to the hike date	2 days prior to hike date
October (Graduation hikes)	September 15	5 days prior to the hike date	5 days prior to the hike date	2 days prior to hike date

If you have difficulty signing up for the required 2 hikes in a given month, please contact Donna Kreuger at djkreuger@comcast.net for assistance. Hikes throughout the duration of this course may be substituted with prior approval.

Hike Descriptions

Hike descriptions provide more detail on hike characteristics than you will find in the Mountaineers database. In the event of a discrepancy between the Mountaineers database and the hike description on mileage and gain, the hike description on this web site is the authoritative source.

Hike Destinations

A tentative hike schedule for the course will be provided at the first evening class. Destinations may include season-appropriate hikes in the Central and South Cascades, the Mt. St. Helens area, the Olympics, and everywhere in between! Note that unforeseen circumstances such as high snow years or forest fires and floods may necessitate the destination of a particular hike change. Changes for safety reasons are always at the discretion of the hike leader.

You can get information about the hikes from guidebooks or from the hike leaders. All hikes will be on trails and may be on rough boot paths part of the way, or may involve a few creek crossings. Any challenging conditions beyond that will be explicitly mentioned beforehand.

You can also research hike destinations you are unfamiliar with using the [Washington Trails Association](http://www.wta.org) web site at www.wta.org.

Please contact the listed hike leader with any questions about specific hikes.

How to Sign up for hikes

As a CHS Course participant, you get priority in signing up for hikes! Hikes will open for your registration (as a CHS participant) on the 15th of the month prior to the hike date. It is important that you sign up for only those hikes you know you can make. One week prior to the hike date, the registration will open up to all Mountaineer members to fill any empty slots on the hike, including CHS participants who want an extra hike or two.

ON or AFTER the 15th of the month prior to your desired hike date, you may “pre-register” by contacting the hike leader directly, identifying yourself as a CHS participant and requesting that the leader add your name to the hike. This action provides you the preference in registration prior to the registration opening to all members.

To see those dates, see the “Hike Schedule” page of this book.

You may also sign-up for all CHS hiking trips via the Mountaineers web site at www.mountaineers.org on or after the registration opening date (after receiving leader permission).

Wait List Procedures

If the hike is full, you may choose to place your name on a wait list, but you can only be on one wait list for any particular date. If your plans change, you must cancel yourself from the wait list (the same as though you were on the roster), otherwise you may take up a spot that someone else could have had.

If you are wait listed for one or both of your two required monthly hikes, you may sign up for a third open hike at the same time. Late cancellations do often occur and you may still make it on the desired trip.

An automatic email is sent to you if you have moved from the wait list to the roster. If you have made it onto the trip and you do not show up for the hike, you will be considered a "no-show".

Hike Cancellations

Canceling Prior to Hike Registration Closure:

If you need to cancel from a hike prior to the registration closure date for the hike (Thursday before the weekend hike or two days before mid-week trips), go to The Mountaineers web site and cancel the hike from your profile.

Canceling After Hike Registration Closure:

If you must cancel out of a hike after registration closes, contact the hike leader and any carpool partners preferably by phone or otherwise via email, at least by the night before. You can use the course roster to find contact information.

If you do not show up at the designated meeting spot, and do not contact your drivers/riders and the leader, you are considered a "no-show", and more than one "no-show" may result in dismissal from the course.

Car pooling

Carpooling is strongly encouraged. It will save gas, decrease the number of cars at the trailhead, and provide additional socializing (and napping) opportunities.

Carpooling pairing is done at the initial meeting location or pre-arranged by participants. The responsibility of finding a ride to the meet up location is the participant's responsibility, not the hike leaders.

Riders and drivers are expected to share the costs of transportation plus a share of any park entry fees, ferry fares, etc. The cost of gas may fluctuate due to the number of people in the car, the cost per gallon of gas, the miles driven, and the mileage the driver's car gets. Drivers are encouraged to keep the amount fair if they have several passengers—this isn't a capitalistic enterprise. Please consider being a driver as often as you can.

Passes Required

If you are driving, you will need either an America the Beautiful National Park Pass or a Northwest Forest Pass for your car to park at all improved trailheads in wilderness and national forest areas in Washington. The cost is reasonable for an annual pass and may be purchased at the Mountaineers Bookstore or many other locations. If the hike is in a national park such as Mt. Rainier, Olympic or North Cascade National Parks, an entrance fee may be required and the Northwest Forest Pass does not apply. You can buy a combined pass that covers both National Park entrance and improved trailheads. The pass is called America the Beautiful – National Parks and Federal Recreational Lands Pass and you can obtain one here: http://www.nps.gov/fees_passes.htm. The America the Beautiful Pass can be purchased at the Forest Service at 1835 Black Lk Blvd SW, Olympia, WA 98512, REI, The Park gate, or other locations.

Trailheads located in areas managed by Washington State Parks, Department of Natural Resource, or Department of Fish and Wildlife require a Discover Pass for each parked vehicle. If you frequently hike in these types of areas we recommend buying a yearly pass (\$35 in 2018).

The hike leader will inform you of any additional fees beyond a Northwest Forest Pass when they send out hike information. All participants in the carpool are expected to help pay any additional fees.

CHS Hike Standards

CHS was conceived as being about getting people in shape for moderate hiking. It turned out to be about a lot more. What is CHS about? We call it "The CHS Way." This is our code for behavior on hikes and toward our fellow participants and hike leaders.

We Are a Community

- We are a Community of Hikers and Leaders. Being part of a community is life-enhancing.
- Participants desire community at least as much as the physical challenge. We want to continue to support both reasons for the community.
- Your hike leaders and course administrators are all volunteers; they do this because they enjoy it.
- We spend time with each other after the hike, often having a meal together.
- We leave our social media at home--no using mp3 players or PDAs on the trips.

We Support Other Hikers and the Group

- Rude, discriminatory or predatory behavior is not tolerated.
- CHS is difficult physically and socially. It's a big commitment by each participant. Your hike partners are putting themselves out there and risking failure.
- The leaders strive to support the hikers at all times.
- The hikers must support each other at all times. Stay positive and inclusive even when there are challenges and people are having bad days.
- Remember the Mountaineers' Goals: Be Safe; Have Fun; Reach the Destination. In that order.
- We teach on the trail (pace; water and food management; stopping at set times).
- On some days, the challenge is showing up. You get credit for attempting the trip.

We Bring Personal Responsibility to the Group

- Be responsible for your own attitude and needs. Speak up when you need something.
- Do not treat your hike leader as a tour guide whose personal mission is to make sure you personally have a good time; they are there to guide the trip in a safe and fun manner for everyone.
- Follow the rules: Do as the leader says; pay attention to routes and other instructions.
- Bring the proper equipment on every trip: proper footwear, clothing, food/water, Ten Essentials*.
- Be physically fit enough for each trip; keep your fitness up and work on developing it.

Be prepared for each trip: get good sleep, don't arrive hung over, buy gas beforehand, and be on time.

Pre and Post Hike Responsibilities

Pre Hike Responsibilities

Participate in pre-hike communications (confirming car-pool arrangements, etc.), arrive on time at the meeting location fully prepared for a fun day hiking. "Fully prepared" means that you are dressed for the weather conditions (generally that means no cotton or tennis shoes!), carrying the Ten Essentials, and exhibiting a good sense of humor.

Post Hike Responsibilities

Do not plan activities for the evening after the hike. We will not rush the group to accommodate individual schedules and it is not acceptable to let a hiker go back to the car by themselves. Bring a bag with comfortable clothing and shoes to change into after hiking. Bring water to drink, a light snack, and personal cleanup supplies, such as wet wipes, for after the hike.

We wait for every driver to start their car and leave the trailhead. We want to make sure there are no car mechanical issues after the hike.

Plan to eat dinner with the group after the hike if that is the plan. If you're watching costs, then bring your own food to munch on in the car and plan to have something to drink in the restaurant or order something small. Hike leaders try to pick establishments that have a variety of moderately priced items on the menu.

Photographs

Please be considerate of others when sharing photographs. Rather than e-mailing pictures and clogging up your fellow hiker's e-mail, please consider using a social media site or photo sharing site and then e-mailing a link to everyone to share your pictures.

A great way to share your CHS hike photos is to upload them to the Conditioning Hiking Group - Olympia Branch - Mountaineers Facebook Group located at <https://www.facebook.com/groups/1468079543267155/>. All CHS participants and hike leaders are invited to be part of this private group.

Course Dismissal

Removal from the course may occur for reasons listed below (or other egregious violations of Mountaineers standards of conduct):

- Rude, discriminatory, or predatory behavior. Please let the Donna Kreuger or your hike leader know if you are uncomfortable with another hiker's behavior.
- Violations of the CHS Hike Standards code.
- More than one unexcused "no show" on a CHS hike.

Graduation Requirements

Participants will be expected to attend the initial classroom session and Ten Essentials Check in April, complete two hikes each month from May-September that meet the progressively challenging parameters of the course, and one graduation hike in October. Each participant will also be required to fulfill one half day (minimum 3 hours) of trail maintenance/conservation work in order to graduate.

Conservation Requirement

All participants are required to do one day of trail maintenance/conservation work in order to graduate from the course. It's hard work, but you'll gain a tremendous sense of pride and accomplishment when you see the trail before and after!

Mountaineers Conservation opportunities

The Olympia Branch of the mountaineers has several conservation events each year and The Mountaineers organization also posts events. Keep your eye open for one that interests you and join the fun! www.mountaineers.org

Washington Trails Association

Because they operate the largest volunteer trail maintenance program in the country and host over 700 work parties a year, Washington Trails Association (WTA) offers your most convenient route to fulfilling the trail maintenance requirement. On WTA work parties, safety comes first, then fun, then work. You will be put to work doing jobs you can easily accomplish such as clearing clogged trenches, pruning branches, moving debris off of the trail, etc. Rest breaks are frequent. Work party schedules generally appear four to six weeks in advance. Go to www.wta.org and click Volunteer > Trail Work Parties. Soon after

your trip, you will receive a recap thank you e-mail from the crew leader. Forward that email to Donna Kreuger as proof of your participation.

Other trail maintenance alternatives

We strongly encourage you to participate in one of the Mountaineers or WTA work parties. However, there are a number of other organizations that offer trail maintenance events throughout the summer. You can join any of their work parties to fulfill the trail maintenance requirement:

- Pacific Crest Trail Association - www.pcta.org
- Mountains to Sound Greenway - www.mtsgreenway.org
- Volunteers for Outdoor Washington - www.trailvolunteers.org
- Pacific Northwest Trail Association - www.pnt.org
- Issaquah Alps Trails Club - www.issaquahalps.org
- Friends of the Trail - www.friendsofthetrail.org

Let Donna Kreuger know if you decide to join an organization other than WTA for your work party, and be prepared to provide proof of your participation.

Mountaineers Waiver Agreement

All CHS course participants must have a current Release and Indemnity Agreement on file. If your Waiver Agreement is expired or if you want to check your renewal date, simply sign on to the Mountaineers website at www.mountaineers.org. Once signed on to the website, click on your name at the top right of the screen and select "My profile".

Once your profile shows, select "Waiver" on the left side of the screen and you will see the dates of your waiver. This waiver is required annually.

Hike Registration FAQ

Hike Leader Screening

Your hike leader's primary concern is that you have a safe outdoor experience. Many leaders will contact participants that have not hiked with them before and ask a series of questions to be sure that the hike you are registering for matches your capabilities and experience. This is particularly true for hikes that are more strenuous.

You may be asked questions such as:

- *Tell me what hikes you have been on recently?*
- *What distance/elevation gain have you achieved?*
- *When did you last hike?*
- *Will you be prepared with your ten essentials for this hike?*

These questions, and others that the leader may ask you are designed to let the leader know if your experience and physical capabilities, will allow you to safely participate in the hike. This is also a great time for you to ask the leader any questions you may have regarding the hike.

What if the scheduled CHS hike dates don't work for me?

If you are unable to make any of the scheduled days or if the ones you are interested in are already full when you sign up, then you may go on another club-sponsored hike in the same month as long as it is the same level of difficulty or harder as the CHS hikes for that month.

Your hikes are tracked to make sure that you fulfill course requirements and the course administrator will contact you if they don't see that you have completed two CHS hikes in the month.

Substitution hikes: The course offers many hikes prioritized for CHS participants. As mentioned elsewhere, each participant must go on eleven hikes throughout the course -- two hikes each month May-September, and one graduation hike in October.

Do CHS hikes ever get canceled?

We do not cancel for weather-related reasons unless the weather possibility is extreme or potentially dangerous (high wind warnings, for example), and even then, the hike leader will most likely choose to go to an alternate destination where the weather is not as big of an issue.

Hike leaders may also need to cancel for their own personal issues--they have lives too. If we cannot find a substitute hike leader, then if there is ample time, we may refer you to a different hike. Alternatively, if you are unable to make up the canceled hike during the month, then we will credit you for the canceled hike.

What if I'm not feeling well; should I still go on the hike?

Do not go on hikes (especially the more demanding ones) if you are not feeling well or if you have been out late the night before; you must get a good night's rest to do these hikes. It is not fair to the other hikers to hold them back because you are dragging a

hung-over or sick body around. Be fair to yourself as well and get decent rest the night before a hike--you'll need it. A common factor in not feeling well when you are working hard on a hike is lack of nutrition or hydration.

How far will we have to drive to get to trailheads? Will we have to get up really early?

This is totally up to the hike leader. They choose their hike destinations using the parameters for the month given on the Hike Schedule. Some trailheads may be a two or three hour drive one-way. Although these arrangements may sound intimidating, the hikes will be worth it. You'll be going to some beautiful, remote places and travel is part of the deal for these.

As the hikes get longer and the weather gets warmer, meeting times for hikes will become earlier. It is not unusual to meet at 5:00 AM or 6:00 AM some mornings in order to get to the trailhead before it starts getting hot or the parking lot fills. It is much easier to get in mileage and elevation gain in the cool of the morning.

Is it possible that the planned destinations could change?

Leaders may change the destination at their own discretion. In any given year, we may have to deal with snow in the high country later into the hiking season. This may affect some of the planned hiking destinations. Going into snow isn't necessarily a deal-breaker on the hike, but we do try to minimize the amount of snow encountered. This is hiking after all, not snow scrambling, and not everyone is comfortable traveling on snow.

Getting Ready for your Mountaineers Day Hike

Thinking about what to wear and carry can make your hike not only comfortable but also safe.

Before packing your daypack, consider the season, weather forecast, terrain, estimated hiking time, exertion level, your fitness, medical considerations, and remoteness of the trip. Provide for your own clothing and gear needs, do not depend on others.

Always consider what you would need to survive a night out.

SECTION ONE

Essential items to always wear or carry

Daypack	One large enough to carry your gear inside the pack.
Clothing	Use a layering approach to maintain temperature control. Stay dry and comfortable by adding and removing layers while hiking and when stopped for breaks. Base layers wick moisture, mid-layers provide insulation and warmth, and outer layers protect you from wind and rain.
Underwear	Synthetic
Base Layer Bottom	Wicking and quick-dry synthetic pants, shorts or convertible pants (zipper converts long pants to shorts). Use warmer options (wool, warm synthetic pants or long underwear) in cold weather.
Base Layer Top	Short or long sleeved, wicking and quick-dry top – synthetic, wool or silk. Carry second base layer if you sweat heavily or are hiking in cold or wet weather.
Mid Layer(s)	Vest, jacket, or both -- wool or fleece. In cold weather add a fourth layer -- wool, synthetic, or down
Outer Layer	Jacket and pants -- rain/wind resistant or waterproof <i>There are garments that combine the Mid Layer and the Outer Layer into one garment. Soft-shell or windproof fleece can be used as an alternative to wearing a separate mid</i>

layer and outer layer. These garments are usually not waterproof.

Hat	Synthetic or wool <i>Consider adding a headband, cap with visor, wide-rimmed sun hat, or rain hat.</i>
Gloves or Mittens	Insulated gloves and/or mittens in cold weather. Also, consider glove liners or waterproof over-mitts. <i>One or two extra pairs are good to have, depending on weather.</i>
Hiking socks & Liners	Wool or synthetic <i>You may need extra socks if it is rainy, if you are blister-prone, or if there are stream crossings.</i>
Hiking Boots	Suitable for the terrain

Ten Plus Essentials

Navigation	Navigation: map, altimeter, compass [GPS device: phone with GPS app or dedicated GPS device], Personal Locator Beacon, satellite communicator, or satellite phone], [extra batteries], battery pack]
Headlamp	Headlamp: plus extra batteries
Sun Protection	Sunglasses, sun protective clothes & sunscreen
First-aid	Foot care and insect repellent (if required)
	Wound Care (Band-Aids, Gauze, Antibiotic ointment, Tape)
	Blister Care (e.g. Moleskin, small scissors)
	Personal Medications
	Bandana
	Ace Bandage
	Pain Relievers
	If allergic to bees, bring an injectable epinephrine kit.

If asthmatic, bring your inhaler.

If diabetic, bring sugar.

Tell the leader if you have these or other medical problems.
Do not bring drugs that will make you drowsy or dizzy.

Knife	Plus repair kit: Knife or multi-tool, Duct tape, Safety pins, wire. Zip-ties
Fire	Matches, lighter and tender or stove as appropriate
Shelter	Carried at all times (can be lightweight emergency bivy)
Extra Food	Beyond minimum expectation
Extra water	Beyond minimum expectation or the means to purify
Extra clothes	Beyond minimum expectations; varies by the season

Food & Water

Lunch Place in pack where it will not get crushed -- consider using light-weight plastic container

Snacks Snack ideas for hiking breaks: candy, nuts, dried fruit, or trail mix.

Remember to bring an energy bar for emergencies (See Ten Essentials)

Carry at least 1-2 quarts/liters of water for use on the trail. You may need to carry more water depending on your exertion level, the length of the hike, the temperature, availability of water sources, remoteness of hike, and sun exposure.

Water In addition, always bring extra water (or treatment options if you are sure of your water sources) for emergency use (See Ten Essentials).

Hydration systems keep water readily available for drinking while hiking. Remember not to fill these to the top due to leakage problems or use a system with a switch-off valve.

Personal Items Keys, driver’s license, money, identification/emergency contacts, cell phone – turned OFF or put in airplane mode. Keep in zip type plastic bag or other safe place in pack.

SECTION TWO Optional or Essential items (depending on conditions)
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Optional Gear:

Watch, altimeter	
Trekking poles	Especially for steep terrain, knee issues, snow/ice and stream crossings
Camera and binoculars	In a case or zip bag
Insulating sit pad or roll	
Toilet Kit	Toilet paper, zip bag to pack out waste (“blue bag”), a small trowel. Extra plastic bags.
Notepad and pen/pencil	In zip bag or waterproof paper/pen
Extra bandana(s)	For handkerchief or cold compress
Water shoes	For stream crossings
Water filter and/or	For long day hikes if water sources available
Water purification tabs	
Gaiters	Short ones for dusty trails and avoidance of ticks Long ones for snow or stream crossings
Other First Aid items	Tweezers, zip plastic bags for wound irrigation or cold compresses, butterfly bandaids, non-latex gloves, anti-sting product
Mosquito and fly repellent	

Insect head-net	Especially for trips after recent snowmelt
Signal Mirror	
Eyewear Retainer Cord	
Hand Sanitizer	
Lightweight rain and wind resistant anorak or jacket	
Description of hike from guidebook	Wildflower or other guides

For Cold or Windy Days:

Wear or pack two bottom, full-length layers	Layer 1: Warm pants, long underwear, or running tights
	Layer 2: outer layer wind or rain pant
Additional pair of warm gloves or mittens	
Chemical warmers	
Balaclava or neck gaiter	

For Rainy Days:

Waterproof rain hat	
Waterproof jacket with hood and pants	
Additional pair of warm gloves or mittens	
Waterproof over-mitts	
Pack cover or second large trash bag	To cover pack if raining
Insulating sit pad	

Extra base layer

Use a large trash bag inside your pack or use waterproof dry sacks or plastic zip bags to hold clothing and gear inside your pack.

For Hot, Sunny Days:

Wide-brimmed sun hat or baseball type cap or visor

Bandana(s)

Use under hat to protect neck from sun. Use soaked in water around head or neck to keep cool.

SPF 30 or above sunscreen and lip balm

Extra water or sport drink

Salt tabs or salty snacks

Sunglasses with side panels

If above timberline or in the desert

Cotton top is an option -- will keep you cool

Always carry a synthetic replacement base layer. Cotton will not retain any warmth when wet. No blue jeans

SECTION THREE

Helpful Tips

Clothing Tips:

Bring enough clothes and gear to survive a several hour break or overnight stay.

While hiking, wear clothing that will not get you hot and sweaty. Otherwise, you can get cold even in summer. If you tend to sweat heavily, bring an extra base layer you can change into during the hike.

Add a layer, hat and/or gloves before hiking windy, exposed areas.

Keep items of clothing you know you will use easily accessible in your pack. Put extra clothing items you probably will not use in a separate plastic bag – roll or compress to minimize size.

Especially for hikes here in the Pacific NW, invest in waterproof rainwear, boots, hat, and hand covers.

Wool, silk, and synthetics maintain some of their warmth when wet. Cotton and down do not maintain warmth when wet. Down vests/jackets are warm, compressible and lightweight but must be kept dry -- store in a waterproof bag. DO NOT wear blue jeans or other cotton clothing on trail trips, backpacks, scrambles, or climbs. When wet, cotton clothes will make you cold, and they take a long time to dry. It is true: Cotton can kill.

Footwear – use over-the-ankle boots with lug soles for rough terrain and wet or snowy weather. Always wear light hikers or boots with traction soles.

Before You Leave Home:

Check the weather forecast to see upcoming trends. Rainy and cold weather often lasts longer or comes in earlier than forecasted. Consider wind, exposure, length of trip, and altitude in planning since ambient temperature can change significantly throughout the day. Hypothermia can easily occur in rainy or windy weather at temperatures in the 30s, 40s and 50s. Weather sources online: National Weather Service at www.wrh.noaa.gov, and WSDOT at www.wsdot.wa.gov.

Try to keep pack weight as light as you can but do not leave essentials at home. Adjust what you wear and carry based on expected conditions.

Consider bringing clothing and gear options to the trailhead.

Review a description of the hike and map before you go.

Let someone know where you are going and when to expect you to return.

Explain whom to notify if you are over-due. For example, some experienced day hikers will tell family members to expect them by 6:00 p.m., but if they have not arrived by midnight, they should call the

authorities (National Park Service if in a park or Sheriff's Dept. in the county where the hike is if not in a national park.)

Bring a change of clothing, snack and drink for after the hike.

Bring a trash bag for dirty boots – a courtesy to drivers.

Bring cash for food stops and to help with mileage reimbursement to driver.

Last but not least: "Leader Treats" are always welcome!

At the Trailhead:

Hang NW Forest Pass, Discover Pass, or other permit if required.

Do not leave valuables in the car.

Let leader know if you have any medical concerns.

On the Trail:

Keep together – think of yourself as part of a team.

Follow your leader's instructions and let the leader know your needs.

If you stop for photos, say "Stopping for photos" so the person in front of you will know and the group can stop.

If you need a party separation break, do not just step off the trail. Make sure the Leader or co-leader know you are off the trail and the group will stop.

Stop at junctions to let persons behind you know which way to go. Do not go past a junction unless you know which way to go – wait for sweep if uncertain.

If you get lost, stay on the trail and stay put. Do not panic. Keep warm and hydrated and use your whistle. Use three short whistle blasts if you are hurt (emergency) or one long whistle intermittently until found.

Parting Thoughts

Each hike and each hiker are different. You will learn what works for you.

These are guidelines to help you pack and hike smart.

HAPPY TRAILS!

Leave No Trace Principals



The Leave No Trace Seven Principles

1. Plan Ahead and Prepare

- Know the regulations and special concerns for the area you will visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2. Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.

- In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.
- 3. Dispose of Waste Properly
 - Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
 - Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
 - Pack out toilet paper and hygiene products.
 - To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.
- 4. Leave What You Find
 - Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
 - Leave rocks, plants and other natural objects as you find them.
 - Avoid introducing or transporting non-native species.
 - Do not build structures, furniture, or dig trenches.
- 5. Minimize Campfire Impacts
 - Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
 - Where fires are permitted, use established fire rings, fire pans, or mound fires.
 - Keep fires small. Only use sticks from the ground that can be broken by hand.
 - Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.
- 6. Respect Wildlife
 - Observe wildlife from a distance. Do not follow or approach them.
 - Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
 - Protect wildlife and your food by storing rations and trash securely.
 - Control pets at all times, or leave them at home.
 - Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.
- 7. Be Considerate of Other Visitors
 - Respect other visitors and protect the quality of their experience.

- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Safety Tips for Beginners

Plan Ahead.

Know your hike and your terrain. Plan for the journey by researching the area on the web. Be sure to talk to a local Ranger prior to the hike, and ask for information regarding safety and environmental issues. The Park Ranger knows the area well enough to steer you clear of danger and toward the best sites on the trail.

Know your environment.

Whether you are hiking the mountains, or the back yard, you must know your environment. Any time humans interact with nature, there is a chance of injury. It's best to know which plants and animals in the area should be avoided. It's also important to be very aware of weather. Research the weather patterns in your park before the hike. This way you can avoid the camping nightmare of waking up in a flooded tent.

Start small.

The first hike of the season should be a short excursion. Those who are just learning about surviving a night in the wilderness should not be very far from their base camp (home, car, campsite). Until a hiker completes their first aid training, they should never venture very far from proper medical attention.

Know your water.

We all have visions of drinking from the crystal clear mountain brook babbling over the rocks after a hot hike, but beware of the water! Although it appears safe and clean to drink, most natural water sources have huge amounts of bacteria that can make brave adventurers very sick. Be sure to bring your own water or water filter for drinking. Although it may be fine to wash in the stream, a smart hiker will only drink purified water.

Be smart with food.

Whether hiking in an area known to have bears or sloshing through streams, it's a good idea to keep all food in tightly sealed containers. If animals can smell your rations, they may want to explore further.

Have a fire source.

Whatever the weather, a hardened hiker will be able to spark a fire. The fire-bearer should be well-versed in fire safety regulations, should know where they can build fires in the park, and should NEVER leave the fire unattended.

Learn First Aid and carry a kit.

The best medicine for adventurers is that of prevention. By avoiding injury in the wild, everyone has fun and no one ends up in the hospital instead of swimming in the lake. But hikers can't plan for every instance, and sometimes there are accidents. Know what to do in case of emergency.

Think before you step.

Complete common sense is sometimes lost in the excitement of the adventure. A mesmerized hiker may be staring at local wildlife, and trip over a tree root causing serious injury. This doesn't mean adventure walkers should stare only at the trail while hiking, but rather that they should be constantly aware of their surroundings.

Always carry out what you carry in.

The first rule with interacting with the environment is: Leave it as you found it. This rule applies to the trees, the earth, the animals, the campsite, and even the flowers. Carry out all of the garbage you carry in, don't feed the animals, and leave only footsteps when you go.

Never hike alone.

Beginners should not venture into the woods by themselves. Outdoor adventures are fun for the family, but hiking is typically a group sport. The chances of becoming lost, sustaining injury, or losing supplies is much higher when alone, making the sport extremely dangerous. Always go with a group, tell someone where you are going and when you plan to return, and check in at the ranger station so they are aware of your location.

Put the slowest hiker in front and pace the group to that person (That is the traditional advice. Experience, however, has shown that if you put the slowest in front, they speed up and wear themselves out. Put a leader in front and the slowest person directly behind the

leader in position #2. This allows that leader to monitor the person's condition without putting them in a position to fail.)

This works great in a group of differing ages! With the fast hikers in the front, they have a tendency to spread out too much. Then someone small at the back gets exhausted running to keep up. If you do divide into faster and slower groups, the one ahead should never get too far ahead and should stop and let the others catch up on a regular basis.

Take regular breaks.

Make sure that you are drinking water and taking regular breaks. In very hot areas, dehydration is especially dangerous.

Avoid sunburn.

Wear head and arm coverings in sunny or high altitude areas, and use sun block.

Pace Yourself!

Encourage a moderate pace to avoid exhaustion early in a hike. Practice the Rest-step if needed on steeper terrain.

Water

Water is an essential of life and nowhere is that more clear than on a hot day on a long hike.

Drink water when you get up in the morning, before the hike (from water kept in your car) and drink frequently on the trail.

Most hikes will need two liters of water and if it is hot, three. Avoid "sport drinks", coffee and juices. What you need is water.

Fitness for hiking

Some basic exercise for hiking and backpacking fitness are:

1. Crunches.
2. Squats.
3. Lunges.

4. Push-Ups.

5. Step-Ups. Lightly weight a pack and step onto a park bench 16 to 18 inches high. Add 5 pounds a week until you're at your desired weight (day hiking will be less weight than backpacking). Add to your workout three times a week until you can do 700 steps in less than 30 minutes.

Three Best Exercises to Get in Shape for Hiking

1. Lunges

Hold equal weights in both hands (pro tip: buckets of nails look tough). From a standing position, step forward until both legs are bent at 90 degrees. Push up, bringing rear foot forward. Repeat with the other leg.

2. Poor Man's Leg Curl
















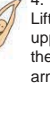












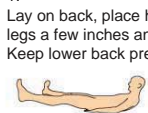




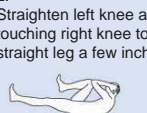

Lay flat on the floor and scoot your hips toward an elevated bench. Place your left foot on the bench. Lift your right leg up as high as you can bear. Press lefty down into the bench, clench your glutes and hamstrings, and raise your hips off the ground. Do 10, then repeat for other leg.

3. Band Walks

Tie a resistance band around your legs, mid-shin, so there's tension while you stand with legs at hip-width. Stand straight, tuck abs, put hands on hips, and walk forward while maintaining the band's tension between your shins.

adventX Daily Dozen

12 exercises in 12 minutes: Do each exercise for 45 seconds, then rest for 15 seconds.

1 STEAM ENGINE Active Stretch: Warms up front and side core muscles, upper back, and hip flexors.	1. Stand with hands behind head. 	2. Left elbow to right knee. 	3. Return to standing. 	4. Right elbow to left knee. 	Repeat.
2 TOE TOUCHER Active Stretch: Warms up the core and hamstrings.	1. Stand with legs apart and arms out to sides. 	2. Bend at hips, touch right hand to left foot. 	3. Return to standing. 	4. Touch left hand to right foot. 	Repeat.
3 TWISTER Works the oblique (side abdominal) muscles and the core.	1. Stand with legs apart and arms straight out to sides. 	2. Keep hips facing forward, twist upper body to the right. 	3. Pulse. 	4. Pulse and turn a little further. 	Repeat to the left.
4 HALF MOON Works the abdominal and side muscle groups.	1. Stand with legs together and arms straight above head, palms together. 	2. Lift and bend upper body to the right, keeping arms straight. 	3. Return to standing. 	4. Lift and bend upper body to the left, keeping arms straight. 	Repeat.
5 3/4 SQUAT Strengthens the quadriceps (front upper leg muscles).	1. Stand with legs together and hands at sides. 	2. Bend knees as if you were sitting in a chair. Sweep arms forward and up above head. 	Repeat.		
6 LUNGES Strengthens and increases flexibility in quadriceps and hamstrings.	1. Stand with legs together and arms on hips. 	2. Step right leg forward bending front and back legs to 90-degree angle. Sweep arms forward. 	3. Return to standing, arms on hips. 	4. Step left leg forward. Sweep arms forward. 	Repeat.
7 PLIÉ Makes your butt tight.	1. Stand with legs apart, feet turned out. 	2. Bend knees out to sides. Sweep arms forward and up. 	Repeat.		
8 PUSH UPS Strengthens core, abs, pectorals (chest), shoulders, and arms.	1. Place arms below shoulders. If necessary lower knees to ground. 	2. Keeping body straight, lower down until chest is 2 inches from ground. 	Repeat.		
9 CROCODILES Strengthens and flattens lower abdominals, strengthens lower back.	1. Lay on back, place hands under buttocks, lift right leg high, left leg a few inches, keep lower back pressed in to floor. 	2. Switch position of legs, moving left leg up and right leg down. Keep straight leg lifted off floor. 	Repeat.		
10 SCISSORS Strengthens abs, lower back, and thighs.	1. Lay on back, place hands under buttocks, lift legs a few inches and spread them wide apart. Keep lower back pressed in to floor. 	2. Cross right leg over left, keeping legs raised. 	3. Return legs to straddle, keeping legs raised. 	4. Cross left leg over right, keeping legs raised. 	Repeat.
11 STEAM ENGINES ON BACK Strengthens full range of abdominals.	1. Lay on back, hands behind head. Hold right leg a few inches off the ground. Bend the left knee and touch to the right elbow. 	2. Straighten left knee and bend right knee, touching right knee to left elbow. Keep straight leg a few inches above the ground. 	Repeat.		
12 PLANK The ultimate tummy flattener.	1. Clasp hands together and balance on fore arms and toes. Hold position, keeping body very straight. 				



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Hiking and Backpacking

This standard applies to Mountaineers sponsored trips on established hiking routes longer than 2 miles round trip. It does not apply to outings in city and suburban settings. This standard applies to any committee sponsoring a hike or backpack trip as part of a course or not, including but not limited to: Hiking, Backpacking, Climbing, Lodges, Photography, Naturalists, Retired Rovers, Singles, or other such committee dedicated to hiking activities.

TRIPS

Hiking and Backpacking trips are restricted to maintained and unmaintained trails with the following exceptions:

- Travel may proceed on snow-covered trails unless the route exposes the party to terrain where a slip is likely to result in an uncontrolled slide.
- Parties may make off-trail excursions as long as the route does not expose any party member to terrain that is unreasonably hazardous for them to cross given their skills and experience.

DIFFICULTY RATINGS

The difficulty of a hike or backpack route will be rated using this scale as a general guide, and the rating must be entered on the activity listing with the specific distance and elevation gain communicated to participants in pre-trip communications.

- Easy (E) Up to 8 miles round trip with less than 1200 feet of elevation gain
- Moderate (M) Up to 12 miles round trip, with 1200-2500 feet of elevation gain
- Strenuous (S) Up to 14 miles round trip, with 2500-3500 feet of elevation gain
- Very Strenuous (VS) Over 14 miles round trip or with over 3500 feet of elevation gain

LEADER RATING

In addition to the route difficulty, a ***Leader Rating*** must be specified for each activity. This provides the leader with a way to modify the baseline route difficulty based on specifics of how they will lead the trip or for whether it is a hike or a backpack. The following are examples of criteria a leader may consider in setting the **Leader Rating**.

- For beginners: Average pace under 1 mph¹ and 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 with an overnight pack, or some route challenges (e.g. rough trail, log crossings, steep terrain)
- Challenging Average pace >2mph OR a moderate route with an overnight pack, OR

¹ Counting rest breaks but not counting lunch.

significant route challenges or skills requirements (e.g. fixed ropes, very rugged terrain, steep scree descents, snow or ice crossings; snow camping, bear canister requirement, carrying water to a dry camp)

It is recommended that the leader clearly specify the distance and elevation gain for the route as well as their planned pace, any special technical challenges and special gear, skills and conditioning requirements of the trip in the trip posting within the activity summary and/or the leaders' notes.

PARTY SIZE

The minimum party size for a hike or backpack is 3 and the maximum party size is 12 unless other party limits apply.

LEADER MINIMUM QUALIFICATIONS

Leaders must be Mountaineers members, at least 18 years old, with an up to date waiver on file.

Leaders must be approved to lead hikes or backpacks by a Mountaineers branch hike, backpack or combined hike-backpack committee, and entered on their committee's leader list. Once approved by one branch committee to lead hikes or backpacks, the leader is qualified to lead hikes / backpacks for any branch but must request to the committee chair to be added to another branch's leader list.

Leaders must demonstrate basic competency in each of the following key elements before being approved to lead a Mountaineers hike or backpack. Under each key element, bullets highlight examples of the skills, behaviors, or knowledge factors expected of a Mountaineers hike or backpack leader within that element.

KEY ELEMENT 1: Group Leadership – examples of expected competencies

- Planning and organization
- Screening of participants (as appropriate)
- Communication (clear and effective)
- Ensures that all party members are accounted for periodically and at the trip conclusion
- Respectful, caring, considerate
- Sound judgment and decision making skills
- Establishes trust
- Focuses on group well-being and success as a whole
- Adapts as required / situational leadership
- Teaches / coaches and also learns from others

KEY ELEMENT 2: Technical Skill – examples of expected competencies

- Has experience and physical abilities commensurate with the trip being led
- Practices Minimum Impact Procedures / Leave No Trace 7 Principles
- Practices good Trail Etiquette
- Knowledge and use of 10 Essentials

KEY ELEMENT 3: Navigation– examples of expected competencies

- Effectively navigates trail routes with map and compass and any other appropriate tools to “stay found” (altimeter, watch, GPS)

KEY ELEMENT 4: Mountain Safety Skills– examples of expected competencies

- Shows good understanding of major summer and winter backcountry hazards and how to assess the level of risk
- Shows good understanding of methods to prevent, mitigate or manage major risk factors

KEY ELEMENT 5: First Aid and Emergency Preparedness – examples of expected competencies

- Able to handle common first aid situations likely to be experienced on a hike
- Know the “7 steps of Emergency Response” as described in Freedom of the Hills , or an equivalent emergency management process
- Exhibits a good understanding of how to handle emergency situations such as Late return/after dark/lost hiker/off route/lost
- Demonstrates problem solving and leadership skills relating to medical emergencies or unexpected weather and trail conditions
- Knows how to communicate /summon help

KEY ELEMENT 6: Knowledge of Standards and Policies– examples of expected competencies

- Familiar with applicable Mountaineers standards or procedures such as carpoools; liability; waivers, postings and closings; ratings
- Knows Incident reporting expectations
- Familiar with maximum group size, permitting, camping, food storage, and other applicable land management agency regulations

PROCESS TO QUALIFY AS A MOUNTAINEERS HIKE OR BACKPACK LEADER

Sponsoring committees must have a documented and transparent process, available to any interested member, by which a prospective leader can qualify as a Mountaineers hike or backpack leader.

Committees are responsible to verify that prospective leaders are competent in the key elements listed above using a structured, objective method. The following are examples of avenues that could be used:

- Data from application form and/or activity /course history
- Other leader badges (e.g. Climb or kayak leader or other)
- Documented completion of classes (Red Cross First Aid, Wilderness First Aid, “Staying Found” or Wilderness Navigation or equivalent external class)
- Hike Leader seminar or equivalent
 - Take home test following leader seminar or as a “equivalency” in lieu of seminar
 - Structured interview with Committee Chair or designate to validate knowledge
- Mentored hike in which the mentor evaluates against the standards to the degree possible

Committees have flexibility to use different combinations of the above methods appropriate to individual leader candidates, maintaining flexibility to recognize experience and training from another activity or from outside the club where it directly applies to the key leader competency requirements.

However, the committee must maintain a mechanism to document their evaluation of a leader candidate against the key criteria so that any outside party can understand the objective method used to qualify the person.

It is strongly recommended that each hike or backpack leader attend a hike or backpack leader seminar including an overview of the minimum standard and all the key leader criteria and expectations, even if they have led other activities for the Mountaineers. Because hikes have no pre-requisites, hike and backpack leaders often have to face much greater challenges in screening participants, ensuring basic preparedness, providing first aid and navigation expertise for the group, and managing safety and pace during the activity than leaders of many other activities that have significant pre-requisites for participation.

PARTICIPANT QUALIFICATIONS

Unless specified by the leader there is no prerequisite for signing up for a hike or backpack.

Participants are responsible for signing up only for trips that are within their capabilities, wearing suitable clothing / bringing suitable equipment as specified by the leader, and carrying the ten essentials.

Related Clubwide Minimum Standards

General Standards for All Club Activities

Comparable Standards

UIAA Standards for Voluntary Leaders and Instructors, October 2006

- Activity Standard 1: Mountain Walking and Trekking
- Leadership Requirements and Guidelines; Appalachian Mountain Club, March 15, 2015

Becoming a Hike Leader

After completing CHS, many of our participants feel moved to serve as hike leaders. There is a great need for hike leaders both for CHS and for the club's general-membership outings. Becoming a Mountaineers hike leader is not difficult; it does not require extensive training or exotic certification.

Hiking & Backpacking Committee

Hike Leader Qualifications

Qualifications for Hike Leaders:

- ❖ Be a current Mountaineers member.
- ❖ Lead two mentored hikes with a qualified Hike Leader as mentor. For the first hike, be Assistant Leader with the mentor as Leader. For the second hike – choose the trip, handle logistics, and be the Leader with the mentor assisting.
- ❖ Current Red Cross First Aid/CPR certification. Send copy of card to the Committee Chair. Exception to this for MOFA graduates and/or medical professionals.
- ❖ Demonstrated knowledge of The Mountaineers club culture and processes, as well as enthusiasm for leading hikes (e.g. Graduation from courses, volunteerism, participating in trips).
- ❖ Demonstrated ability to meet club wide minimum standards, which include:
Leaders have competence in the following as appropriate for their trips:
 - Group leadership
 - Use of topographical maps and compass
 - Mountain safety, including identification of hazards and actions to avoid injury
 - First Aid
 - Emergency preparedness (how to summon help should it be needed)
- ❖ The Committee as a whole will review qualifications prospective hike leaders as appropriate.

Recommended but not required:

- Graduation from a Mountaineers Leadership course.
- MOFA or Wilderness First Aid, especially for someone planning to lead difficult/strenuous/very strenuous hikes.
- Attend a New Hike/Backpack Leader Seminar with the Mountaineers. This does not substitute for a Leadership course.

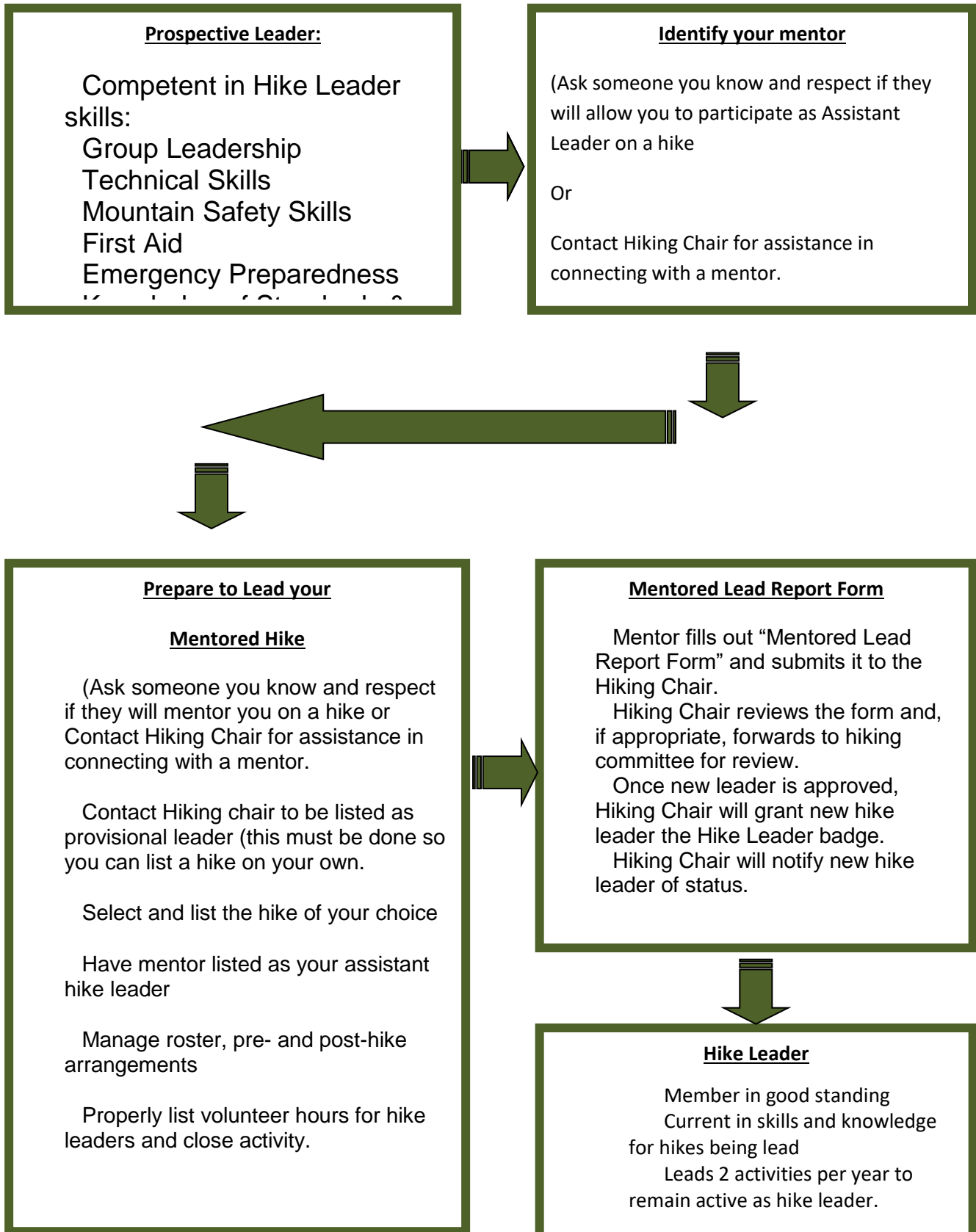
Process for becoming a new hike leader:

1. New Hike leader is paired with a mentor – either an experienced hike leader that the new leader has contacted or by contacting the Committee Chair for assistance in connecting with a hike leader mentor.
2. First hike – the new hike leader will act as assistant lead on a hike that the mentor sets up, observing and asking questions. This is an opportunity for the mentor to communicate why they are setting things up a certain way, how they go about screening participants, trailhead discussion, methods of leading and safe return to the trailhead after the hike. During both mentored hikes, the Mentor may also advise the mentored leader of issues, tips, and advice that will help the mentored leader succeed as a hike leader. The Mentored will also advise the new hike leader on the process of updating the Mountaineers activity to reflect any issues. This includes how to set individual results (turn-around, needs improvement, successful, etc.) and how to close out the trip.
Once this first mentored hike is completed successfully and the new leader is ready to list their mentored hike, contact the Hiking Committee Chair to have the new leader added to the leader roster, which will allow them to list their hike for the 2nd mentored hike.
3. Second Hike – Mentored Hike leader now chooses the hike, lists the hike on the Mountaineers.org website, screens the participants, prepares the pre-trip communications, leads the trailhead meeting, leads the hike, leads the post-trip meeting at the trailhead, records individual results, and closes the hike on the Mountaineers website.
4. Once the new hike leader has completed both hikes (one if a graduate of a Mountaineers Outdoor Leadership course (the new hike leader seminar does not substitute for this), the Mentor will fill out the attached *Mentored Lead Report Form*.

Upon successful completion of the two hikes, determination by Mentor that the hike leader is ready and submission of the First Aid/CPR card to hiking chair, the new hike leader is ready to lead their own hikes.

New hike leaders are encouraged to contact their mentor or the Committee Chair with any questions or concerns. The new hike leader is also encouraged to limit the size of their hikes to 8 participants or less and to have an assistant hike leader designated until they feel comfortable leading hikes on their own.

Becoming a Hike Leader



MENTORED LEAD REPORT FORM (Rev.8.2014)

Name of Mentored Hike Leader: _____

Name of Mentor: _____

Date of Outing: _____ Type of Outing: _____

Mentor Signature: _____

Mentored Hike Leader Ratings (mark one for each quality)

QUALITY	EXCELLENT	GOOD	FAIR	POOR
Personal Organization				
Attitude				
Interpersonal Communication				
Taking Responsibility				
Resolving Conflicts				
Exhibiting Sensitivity				
Good Sense and Awareness				
Anticipated Problems / Offered Ideas				
Showed Patience				
Made Sound and Prudent Decisions				

Other comments including student strengths and opportunities for improvement

Student appears ready to lead approved activities?

Yes

No

Not Sure

Stewardship Project Report form

Olympia Branch Conditioning Hiking Series

(Please Print)

IMPORTANT!

Take this form to your Stewardship Project
Have the Project Leader / Contact sign the form
Keep the Form and submit it with your graduation
application

Stewardship Project Report

Student Name:

Date:

Location:

Agency/Facility:

Houses of Services:

Type of Project:

- Trail Maintenance Park Cleanup Writing/Calling Teaching
 Habitat Restoration Facility Repair Info Display Learning

Briefly describe:

Project Authority:

Project Leader / Contact

Name:

Phone:

E-Mail:

Signature:

Important Contacts

**Return Completed
Report with
Graduation
Application to:**

**Donna Kreuger
djkreuger@comcast.net
253-318-0731**

Application for Graduation

Olympia Mountaineers Conditioning Hiking Series

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

I have met the following requirements (please Fill in date):

DATE COMPLETED

_____	Attended required lectures(s)
_____	Completed May hike #1
_____	Completed May hike #2
_____	Completed June Hike #1
_____	Completed June hike #2
_____	Completed July hike #1
_____	Completed July hike #2
_____	Completed August hike #1
_____	Completed August hike #2
_____	Completed September hike #1
_____	Completed September hike #2
_____	Completed October graduation hike

NOTE: If all hikes are with Mountaineers, then you only need to fill out the date. If a private hike, please note date, hike name, distance, elevation gain and hiking partners.

My recommendations for the Hike Leader of the Year are:

1. _____ 2. _____

Complete and send this application to:

Donna Kreuger djkreuger@comcast.net