

Daring Adventures

SECTION: Programs

TOPIC: Backpacking

REVIEWED: New

LAST REVISION: 07-26-2016

APPROVAL: Program Committee
07-26-2016

DATE:

1.0 PURPOSE:

- 1.1** To provide guidelines for conducting the backpacking program in a safe and effective manner.

2.0 POLICIES:

- 2.1** Trip leader must carry a multiple day first aid kit, a copy of all participant and volunteer applications, and a cell phone with them on the trip.
- 2.2** In case of any incident/accident, the Incident/Accident policies and procedures must be followed at all times.
- 2.3** Trip leader, staff, and volunteers must be cognizant of the disability/medical condition of the participants.
- 2.4** In the event of severe weather with the potential for road closures, Trip Leader should refer to and follow transportation policies and procedures and inclement weather policies and procedures.
- 2.5** Contact the Program Director upon your return to Phoenix.
- 2.6** Trip leader or a volunteer will remain with participants after the conclusion of the program until everyone has been picked up.

3.0 PROCEDURES:

Pre-Trip:

- 3.1** Conduct an orientation meeting to cover trip logistics, equipment, food, etc.
- 3.2** Coordinate a series of training hikes during which the participants wear their backpack with load. Increase the weight in the pack for each practice hike.
- 3.3** Group size should be determined by any area regulations but should not exceed proper ratio (participants, staff and volunteers).
- 3.4** Properly fit participants with a backpack and trekking poles.
- 3.5** Demonstrate how to properly pack the backpack and adjust it to stabilize the pack load.
- 3.6** Select a trail after you have held registration to ensure that it is suitable and safe for the participants. Check for any restrictions or permits for the

area.

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Trip:

- 3.7** Teach and follow the Leave No Trace Principles
- 3.8** Participants should pair up so that they can share the load of the tent (which they will share for sleeping), stoves, water filters, etc.
- 3.9** Monitor the weather for the trip location before and during the trip.
- 3.10** Have participants pack their backpack at the trip departure to ensure that they have everything they need.
- 3.11** Designate someone to be the lead hiker and someone to be sweep hiker. Each participant should be with a volunteer or in a group of hikers with a volunteer or staff. Try not to get too spread out. Lead hikers should stop until slower hikers catch up to ensure that there are no problems or issues with the slower groups.
- 3.12** Carry a map of the trail and the immediate area. Provide a copy of the map to all of the volunteers.
- 3.13** Take time to share your knowledge of the area, nature, etc and encourage your volunteers to do the same while hiking and during rest stops

Post-Trip:

- 3.14** All equipment/gear borrowed by the participants will be returned upon the completion of the event.
- 3.15** Conduct post-trip evaluations to be completed by each of the participants.
- 3.16** Clean, maintain and properly store equipment.