



# MIT Outing Club

**3-Season Hiking Leader Training 2024**



Fill the attendance form (<https://forms.gle/Yg3CnJgxYBVGmYAr6>) ☐



# TABLE OF CONTENTS

## 1 - INTRODUCTION

- 1.1 Why you should lead trips
- 1.2 Who can lead trips
- 1.3 When these rules apply

## 2 - PLANNING A TRIP

- 2.1 Posting and announcing the trip
- 2.2 Transportation
- 2.3 Gear
- 2.4 Wimp
- 2.5 Pre-trip meeting

## 3 – Running a trip

- 3.1 Driving
- 3.2 On the trail
- 3.3 Splitting up
- 3.4 In case of emergency

## 4 - AFTER A TRIP

- 4.1 Feedback at the trailhead
- 4.2 Feedback on the website
- 4.3 Recommendations and upgrade

# INTRODUCTION

1.1 Why you should lead trips | 1.2 Who can lead trips | 1.3 When these rules apply

## **Official MITOC trips:**

Give people a chance to get outdoors safely even with little previous experience, finances, or time to commit.

## **Standards for leaders of official trips:**

Ensure official trips go smoothly, safely, and enjoyably for all participants while presenting MITOC as a well-run, safe, dependable organization.

## **What's in for you ?**

- Meet new people
- Decide destinations □ take peaks off your list or find companions for your crazy plans
- Free gear rentals
- WFA subsidy (\$200 vs \$300)
- Early sign up for circuses

# INTRODUCTION

1.1 Why you should lead trips | 1.2 Who can lead trips | 1.3 When these rules apply

## **To become a Co-Leader you must:**

- Participate in two MITOC hiking events (2 trips on same circus don't count)
- Attend leader training
- Submit an application

**Co-Leaders** can lead official trips only with a Full Leader

## **To become a Full Leader, a Co-Leader must:**

- Co-lead 2 official MITOC hikes
- On one of the hikes, handled the majority of the planning and group management
- Get a recommendation from a full leader from each hike
- Apply for an upgrade

**Leaders** can lead trips alone (5 group size max) or with Co-Leaders or other Leaders

# INTRODUCTION

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## 3-Season Hiking Leader

- General rule ☐ no snow or ice on the ground
- Depends on location
- Check w/ [mitoc-wsc@mit.edu](mailto:mitoc-wsc@mit.edu) or [3s-hiking-chair@mit.edu](mailto:3s-hiking-chair@mit.edu)
- Recent trail reports are useful! (newenglandtrailconditions.com, alltrails...)

Winter Safety Committee will announce the end of official Winter Conditions, but still be alert!



# PLANNING A TRIP

2.1 Posting and announcing the trip | 2.2 Transportation | 2.3 Gear | 2.4 Wimp | 2.5 Pre-trip meeting

## As a Co-Leader, how do I find a Leader to lead with?

- Circuses every 1-2 months in 3-season conditions
- Trip planning socials
- Email/Slack with suggestions, or respond to request for co-leader

## Who can lead what?

- 1 full leader □ max 4 participants
- 1 full leader + 1 co-leader □ up to 8 participants
- 2 full leaders □ “Spicy” trips with more difficult elements
- No official limit for leaders or co-leaders on 1 trip
  - **However**, likely only enough work for **one co-leader** to get a rec or count towards your upgrade



# PLANNING A TRIP

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## What should I plan?

- Take inspiration from previous mitoc trips or websites such as 4000footers.com
- Avoid type II fun unless specifically stated in signup!

## Create a trip description on [www.mitoc-trips.mit.edu/trips/](http://www.mitoc-trips.mit.edu/trips/)

- Settings and *lottery* vs *first-come, first-serve* are up to you

### Basics

Name \*

Activity \*

Max participants \*

Difficulty rating \*

Leaders

WIMP

Ensures the trip returns safely. Can view trip itinerary, participant medical info.

### Signup

☒ Membership required ⓘ

☒ Honor participant pairing ⓘ

☐ Allow leader signups ⓘ

☐ Let participants drop ⓘ

Trip date \*

Algorithm \*

Signups open at \*

Signups close at

Submit

Cancel

### About

Description \*

We'll be heading up into the [Whites][whites] for a ~day~ weekend of exploring!

### Why?

Because it's \_fun\_!

Prerequisites:

- Enthusiastic attitude
- Prior experience
- \*\*Proper clothing\*\*

[whites]: [https://wikipedia.org/wiki/White\\_Mountains\\_\(New\\_Hampshire\)](https://wikipedia.org/wiki/White_Mountains_(New_Hampshire))

Markdown supported! Please use HTTPS images sparingly, and only if properly licensed.

Prerequisites

Notes

1. Do you have any dietary restrictions?
2. What's your experience level?
3. What are you most excited about?

Participants must add notes to their signups if you complete this field. This is a great place to ask important questions.

# PLANNING A TRIP

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## Trip Difficulty Guidelines

### Trip Difficulty Rating Scale **NOTE: This document is a work in progress and may change**

Most trips at circus will fall in the Relaxed - Difficult range

Difficulty	Distance	Elevation Gain/Loss	Hike Time	Recommended fitness level:	Suitable for participants who:
Relaxed	< 3 mi	< 800 ft	< 1.5 hr	Any fitness level	Have no hiking experience. Balancing and coordination needs are minimal
Easy	3 - 5 mi	800 - 1500 ft	1.5 hr - 3.5 hr	Moderate exercise 1x /wk	Have hiked 2+ times before. Are comfortable on rocky uneven trails
Moderate	5 - 8 mi	1500 - 3000 ft	3.5 hr - 5.5 hr	Moderate exercise 2-3x/wk	Have hiked 5+ times on varied terrain. Are comfortable grabbing rocks/trees for support. Are comfortable with short scrambling sections on all fours
Difficult	8 - 12 mi	3000 - 4000 ft	5.5 hr - 8 hr	Strenuous exercise 1-2x/wk	Are experienced hikers comfortable in varied terrain and conditions. Are comfortable with scrambling, slides, and some exposure.
Advanced	12- 20 mi	> 4000 ft	> 8 hr	Strenuous exercise 2-3x/wk	Strenuous exercise 2-3x/wk
S+	Distances >20mi and/or gain >8000ft, scrambles class II or above, bushwhacks, major river crossings, and overnights require special approval from the 3SSC				

### Examples:

West Rattlesnake Mtn. (Holderness)	1.8	400		Relaxed
Lonesome Lake	3.2	1000		Easy
Mt. Waumbek	7.2	2800		Moderate
North and South Twin	11.2	3750		Difficult
Wildcat + Wildcat D	12.6	4300		Advanced
Mt. Adams via King Ravine and Subway	8.9	4500		Advanced S+



# PLANNING A TRIP

2.1 Posting and announcing the trip | 2.2 Transportation | 2.3 Gear | 2.4 Wimp | 2.5 Pre-trip meeting

## How do I share a trip once planned?

- Advertise the trip by emailing [mitoc@mit.edu](mailto:mitoc@mit.edu)
- Vet signed-up participants

The screenshot displays the MITOC Trips web application. At the top, a dark navigation bar contains the text 'MITOC Trips' followed by dropdown menus for 'Trips' and 'Participants'. On the right side of this bar are a user profile icon, a dropdown arrow, and links for 'Help' and 'Contact'.

Below the navigation bar, the 'Creator functions' section includes four buttons: 'Edit' (with a pencil icon), 'WIMP info' (with a person icon), 'Itinerary' (with a list icon), and 'Feedback' (with a speech bubble icon). A 'Delete' button with a trash can icon is positioned to the right of these.

Underneath are three tabs: 'Trip' (selected), 'Admin', and 'Rentals'.

The main section is titled 'Participants 12/12'. To the right of this title are three buttons: 'Add participant' (with a plus icon), 'Hide Feedback' (with a speech bubble icon), and 'Show Lapsed Members' (with a person icon). Further right is a box showing a group icon and the number '12'.

A list of participants is shown below. The first participant is represented by a redacted name and a car icon with '+4'. To the right of the name is a green 'Active' tag followed by a list of activities: '1. Cannon, Osceolas, Liberty+Flume and Wildcats in winter; Tom+Field+Willey in spring. 2. Bike commuting (almost every day), running (5km, 1-2 per week), bouldering (every 2nd week). 3. None 4. Hawaii pizza'. A 'Delete' button is to the right of this text.

Below the activities is a 'Feedback' section. It starts with 'Attended [redacted] on Mini boathouse orientation for existing desk workers'. This is followed by a paragraph: '8 miles, 3800ft e.g. Good conditions overall: sunny and clear on the ridge, then in the cloud for the descent from Lafayette. We used microspikes, full-face covering, and practiced self-arrest. [redacted] had no issue on the hike and seems ready for more challenging C trips. - [redacted] on Franconia Ridge Fun!'. The final line of feedback reads: 'Winter traverse of 8 mile Lincoln/Lafayette loop in 15F temps: cloudy at base but very sunny at summit over cloud inversion with'.

- Invite participants to MANDATORY pre-trip meeting and share all the logistics before hand, check gear, etc.

# PLANNING A TRIP

2.1 Posting and announcing the trip | 2.2 Transportation | 2.3 Gear | 2.4 Wimp | 2.5 Pre-trip meeting

## Transportation:

- Send a carsharing spreadsheet to participants before pre-trip meeting
- You'll be able to see if participants have cars: ask them if they are available to drive
- Finalize details during the pre-trip meeting

If not enough cars:

- Prioritize drivers
- Zipcar: requires membership, 80ish \$/day, limited free mile, gas included
- Avis/Budget/Enterprise: need notice, don't go to airport, **use [MIT business codes](#)** for official trips
- Turo.com: needs notice, limited availability

Pay the drivers/renters splitting costs evenly and **don't only charge for gas!**

- Most up-to-date cost suggestions are in [this tool from Bjorn](#) ☐ [Save this spreadsheet.](#)

# PLANNING A TRIP

2.1 Posting and announcing the trip | 2.2 Transportation | 2.3 Gear | 2.4 Wimp | 2.5 Pre-trip meeting

## Rule of thumb : 10 essential gear items

One for each person

1. Map ☐ Leaders print copies for participants (caltopo, gaia, ... ) and distribute them at trailhead.
2. Compass
3. Headlamp
4. Whistle ☐ check the buckle of your pack
5. Food
6. Water, 2+ liters ☐ On hot days leaders might want to carry extra for the group
7. Waterproof jacket
8. Warm layer(s)

Group kit (not necessarily carried by the leaders)

9. First aid kit ☐ Use the ones from MITOC desk, not yours!
10. Pocket knife

## Non-essential but useful

MITOC has WMNF parking permits that you can borrow for free

# PLANNING A TRIP

2.1 Posting and announcing the trip | 2.2 Transportation | 2.3 Gear | 2.4 Pre-trip meeting | 2.5 Wimp

## **Trip meeting with all confirmed participants**

Usually on Wednesday or Thursday □ people might need to rent gear

Make sure that everyone understand trip itinerary, transportation logistics, required gear list.

## **\*\*Circus trips are exceptions**

- Trip is described/pitched in Camelot
- Talk to people who want to join you
- Text your itinerary to the wimp

# PLANNING A TRIP

2.1 Posting and announcing the trip | 2.2 Transportation | 2.3 Gear | 2.4 Pre-trip meeting | 2.5 Wimp

WIMP = Worrying If Missing Person □ They ensure that trip participants return safely.

- If a trip is unaccounted for, the **WIMP must initiate an emergency response**.
- Search for someone available on slack: they are not hiking/travelling and have reliable phone service on that day

Provide your itinerary on the dedicated tab of the trip page.

- Specify who's driving and where you'll be parking □ 911 might start by searching the lots for cars.
- If you use rental cars ask renters to add car info on their account and list them as drivers.

Indicate a **TURN-AROUND** time.

- Example: hike of 5 hours out + 4 hours back + 1 hour breaks
- Start time : 8.00am | Expected return time : 7 pm
  - Turn-around time : 3pm □ You hiked for 7 hours. If you didn't summit yet, your group had problems and you should just turn around
- Worry time 9pm □ If they haven't heard from you, the Wimp will reach out to you, then call rescue



# RUNNING A TRIP

3.1 Driving | 3.2 On the trail | 3.3 Splitting up | 3.4 In case of emergency

## Driving:

Everyone in the car should support the drivers:

- Help with directions
- Keep them awake chatting
- Arrange music/snacks

Exchange phone numbers between all leaders/drivers and communicate delays

If leaving from different points, meet at breakfast places where you're sure you have cell service, then drive to trailhead together:

- White Mountain Bagel Co. (Lincoln)
- Bagels Plus (N Conway)
- Einstein Bros Bagels
- Dunkin' Donuts

# RUNNING A TRIP

3.1 Driving | 3.2 On the trail | 3.3 Splitting up | 3.4 In case of emergency

## At the trailhead

- Leader introductions, state first aid training
- Distribute maps, explain route
- Remind turnaround time
- Icebreakers

## While hiking

- Maintain a pace **comfortable for everyone** □ slower participants or a leader who can pace at the front.
- Break at all trail junctions
- Ensure people are drinking and eating □ Take adequate breaks, and **do not yoyo**
- Keep leaders evenly spaced within group and within earshot of each other
- Manage participants' physical/emotional safety & enjoyment: check in often with them and **listen/look** for warning signs

# RUNNING A TRIP

3.1 Driving | 3.2 On the trail | 3.3 Splitting up | 3.4 In case of emergency

## What leadership skills can I learn?

- What has worked in the past? What trips have you enjoyed, which not, and why?
- Look out for the **heuristic traps**:

*Heuristic 1*

### **FAMILIARITY**

I've skied this line a dozen times and it's always held.

*Heuristic 4*

### **EXPERT HALO**

The guide or the local guy must know what he's doing.

*Heuristic 2*

### **ACCEPTANCE**

I'm not gonna be the one to chicken out/ruin the day; or I need to please my sponsors.

*Heuristic 5*

### **TRACKS/SCARCITY**

Let's get the goods before someone else does!

*Heuristic 3*

### **COMMITMENT/CONSISTENCY**

We've come this far we might as well go the whole way.

*Heuristic 6*

### **SOCIAL FACILITATION/PROOF**

Those other guys, or my buddies, are ripping it—clearly it's safe.

# RUNNING A TRIP

3.1 Driving | 3.2 On the trail | 3.3 Splitting up | 3.4 In case of emergency

Splitting your group is **only** okay in case of emergency/illness/injury:

- Have a leader in each subgroup
- Clear plan of where/when to regroup
- Leave enough food/water to group with issue/staying behind
- Define contingency plans

Some participants being tired/slow vs some wanting to summit does **not** merit group splitting

# RUNNING A TRIP

3.1 Driving | 3.2 On the trail | 3.3 Splitting up | 3.4 In case of emergency

## **If an emergency happens on the trail:**

Stay calm and don't make rush decisions ☐ If weather is good, you have plenty of time

If it's a life-threatening emergency, call rescue:

- 911 ☐ even if you don't have service, other providers are required to take your call.
- NH State Police: 911, 603-271-3636 24h, 1-800-525-5555 24h in-state
- NH Fish and Game Dept Dispatch: 603-271-3361
- AMC at Pinkham Notch: 603-466-2721, 2727, 2725
- Text the WIMP.
- Taking a WFA/WFR course is not a bad idea

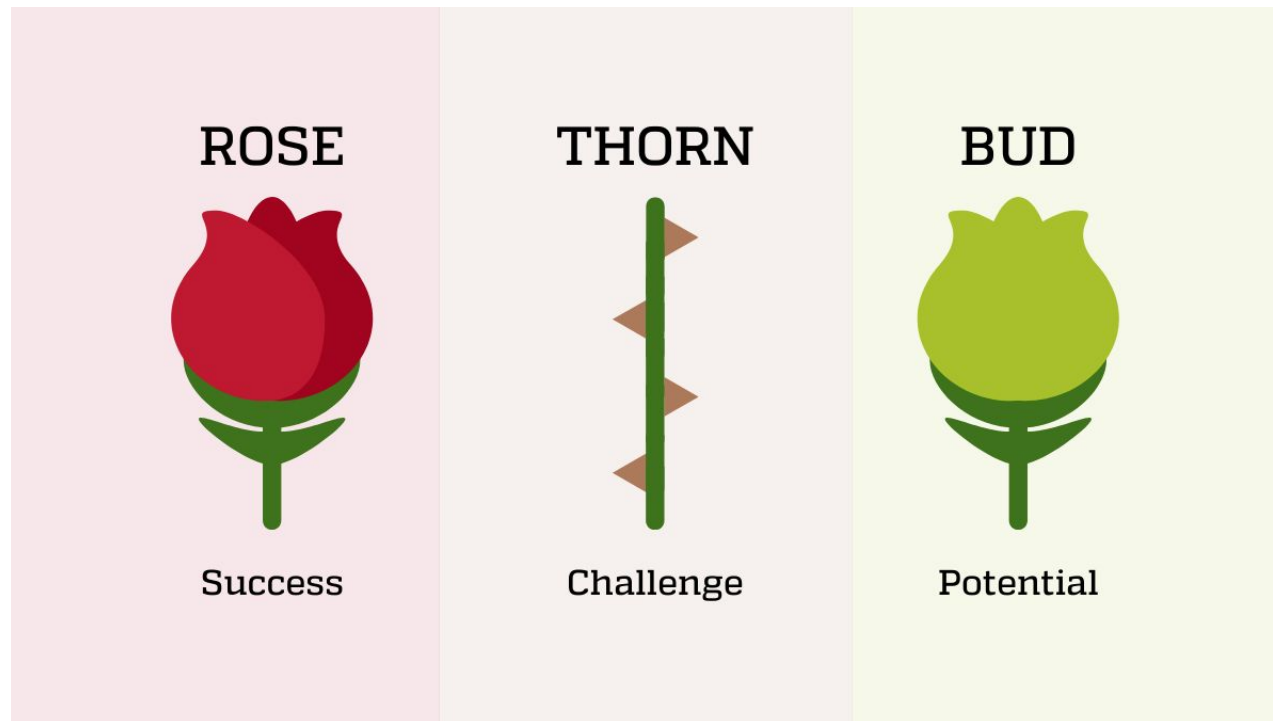


# AFTER A TRIP

4.1 Feedback at the trailhead | 4.2 Feedback on the website | 4.3 Recommendations and upgrade

**Immediately after the hike** try to have a rose, thorns, buds debrief:

- solidifies what the participants remember
- provides an opportunity to think about areas of growth for leaders and participants



# AFTER A TRIP

4.1 Feedback at the trailhead | 4.2 Feedback on the website | 4.3 Recommendations and upgrade

Send a follow-up email

- Link to a Google Photos album to share pictures
- Coordinate rideshare costs / remind to pay driver
- Remind to return gear
- Thank participants for joining you

Write trip and participants feedback on the mitoc-trips

# AFTER A TRIP

4.1 Feedback at the trailhead | 4.2 Feedback on the website | 4.3 Recommendations and upgrade

## How do I give feedback?

### Online (required):

- Include a brief description of trip - mileage, elevation, conditions,
- Note the growth - everyone did something well
- We are all here to learn - That's the point!

### In-Person (optional):

- Everyone like oreos! Make sure to include positive feedback as well
- Start with their observations and reflections
  - e.g. "What went well? What was challenging? What was something you learned?"
- Stick to "low inference observation"
  - Recall specific behaviors, without guessing the "whys" behind it
- Timing: your call. Immediately or a few days after both have pros / cons.

### Safety concerns about behavior of participants, co-leaders, or leaders?

- Please email the 3S Safety Committee with concerns!
- You can also email the mediation chairs - the 3SSC may involve them either way

# AFTER A TRIP

4.1 Feedback at the trailhead | 4.2 Feedback on the website | 4.3 Recommendations and upgrade

To receive an upgrade to full-leader status:

- Co-lead two trips
- Ask the leaders of each trip to submit feedback □ better telling them beforehand
- Submit a leaders application □ same form as before,
  - request for Leader status
  - describe your contribution in the trips
  - mention leader(s) who will be submitting a recommendation

All instructions and links to application and recommendation forms at  
<https://mitoc.mit.edu/get-involved/become-3-season-leader>

Remember that following these steps does **not** automatically guarantee an upgrade to full leader.

# FINAL NOTES

If you haven't yet, fill a leaders application!

Find a leader that can help you organize your first trip ☐ there's a social happening now.

Plan your WIMP/trip/itinerary on [mitoc-trips.mit.edu](https://mitoc-trips.mit.edu)

Remember the 10 essential gear pieces + MITOC first aid kit + knife

Facilitate driving costs splitting evenly among participants

Stay together, regroup at trailheads and don't split the group

Sign up for circuses as a leader, organize trips for all levels of ability and text your trip info to the WIMP

Fill the attendance form (<https://forms.gle/Yg3CnJgxYBVGmYAr6>) ☐

