

ARE YOU PREPARED FOR AN OBSIDIAN TRIP?

FOR COLD? FOR RAIN? FOR SUN? FOR EMERGENCIES?

*Remember – our trips are a shared responsibility.
Here are reminders and information that can help you have a safer and more enjoyable outing.*

Courtesy & Tips for Trips

Before the Trip

- Carefully read the leader's signup sheet. Make sure you have the necessary equipment and fitness level to complete the activity as described. Call the leader if you have any questions.
- Trail conditions vary with the season and the weather. Be prepared for all conditions.
- If you need to cancel your signup, do so online. If you cancel at the last minute, please call the leader – there may be people on a wait list. Don't be a "No-Show".
- Have your trip fee and money for your share of carpooling. The exact amount is always appreciated.
- Before you leave home, let others know where you are headed and your latest expected return time.
- The place and time of departure may vary. Arrive early so that everyone can leave at the designated time.
- It may be difficult for the leader to predict a return time. Don't expect group to return early to meet your needs.



- A Northwest Forest Pass is required at some trailheads in the Willamette and Deschutes National Forests. Some State Parks have their own permit system. Snow Park Permits may be required for winter trips. Other locations, such as Mt. Pisgah, may require parking permits.
- Bring all the water you will need – at least a quart per person. Some trips and weather conditions require more (32oz. for shorter trips, 64 oz. or more for all day outings.) Leave extra water in your car for your return.
- Do not plan to leave valuables in the car at any trailhead.
- Bring a bag for your muddy shoes at the end of the trip.



On the Trail

- No firearms, illegal drugs or alcohol are allowed on any Obsidian trip. Dogs only allowed on specific canine outings.
- Follow the leader's directions. Ask the leader if you have any questions or concerns.
- Leave no trace.
- Step off the trail if you need a break or to allow faster people or horses to pass.
- If you leave the trail for a "nature call", let the sweep or another participant know.
- Uphill traffic normally yields to downhill traffic.
- Do not shortcut switchbacks.
- Please avoid shouting and making excessive noise which could diminish the experience for others on the trail.
- Wait at all intersections for entire group to catch up.
- If you become lost, stay put and keep warm. Use your whistle to attract attention.

Trip Ratings

E (Easy) Up to 5 miles/1000ft **M (Moderate)** 5-10 miles/1000-2500 ft **D (Difficult)** 10+ miles/2500+ ft

What to Bring on Obsidian Trips

Leaders and participants should use common sense and reasonable judgment when selecting the proper clothing and equipment for a trip. A wilderness activity has different requirements than an urban activity. Consider more than just your own comfort. What if the activity does not go as planned? Are you prepared for weather changes? Are you prepared for an emergency? How long will it take for you to get emergency help? Are you prepared to spend the night with an injured companion? Our trips are a shared responsibility. Be prepared to provide for your own needs, as well as contribute to the group needs in an emergency.

“Even on the tamest hike, a surprise storm or a wrong turn can suddenly make the gear you carry very important. Always bring a pack with the ten essentials.” - - Bill Sullivan

Essentials

The 10 essentials make up a baseline list, but keep in mind that this list should be modified and/or expanded depending on the nature of the trip being planned. The extra food, water, and clothing should be above and beyond what you expect to use for your trip. Sometimes this is an extra water bottle, an energy bar, a windbreaker, and minimal survival or first-aid kits. Other times this may be an entire extra days' worth of food and water and enough clothing to spend an unexpected night out. It is best to always have enough supplies to spend at least one unexpected night in the wilderness.

- From "Emergency Survival"
- The Mountaineers Books

The 10+ Essentials

1. First-aid kit
2. Map & compass/GPS (know how to use them)
3. Small functional pocket knife
4. Flashlight or headlamp (extra batteries/bulb)
5. Sun protection - hat, sunscreen, sunglasses
6. Raingear; parka and pants
7. Extra clothing
8. Extra food and water
9. Fire kit - waterproof matches, candle, etc.
10. Whistle

Other Potentially Useful Items

Insect repellent, pencil, paper, cell phone, toilet paper, emergency reflective rescue blanket, water purification tablets, pocket tool, safety pins, duct tape, wire, bandana, gaiters

Socks are socks, right?
Wrong, Cotton's rotten.

Once it gets wet, it stays wet and cold.
That is true of all cotton clothing.

Maps



The outline maps in Bill Sullivan's books are helpful but he recommends that all backcountry travelers should carry a topographic map. Proper topographic maps provide the level of detail necessary for outdoor navigation. Maps should be carried in a waterproof map case. Maps are available at U.S. Forest Service offices, ranger stations, and online. Other sources are outdoor stores and online at www.topozone.com and others.

Emergency & First Aid References

Safety is an important concern in all outdoor activities. No book can alert you to every hazard, nor is it a substitute for formal instruction; but the following general guides provide quick information for outdoor safety and first aid. There are also suggestions and lists on how to be better prepared. Both are very compact and could easily be carried in your pack.

Pocket Guide to Emergency First Aid
by Ron Cordes
Emergency Survival; a Pocket Guide
by Christopher Van Tilburg, M.D.

The Obsidian First Aid Kit is available at the Y for leaders to check out and also contains a first aid pocket guide.

The Obsidian Safety Manual available on the Obsidian website (in the Members area) contains additional information about first aid, the ten essentials and other safety related information. www.obsidians.org.

Attitude

Bring a positive attitude and a spirit of cooperation. Take time to appreciate the scenery. Enjoy the group experience.

Suggestions about clothing: www.rei.com