

## Hike Leaders & Shepherds Are:

- ✓ Ambassadors of Friends of the Columbia Gorge
- ✓ Knowledgeable of Friends' Hike Program policies and guidelines
  - Signed Hike Manual Acknowledgement Agreement
- ✓ Always setting good examples & over-prepared
  - *See back for Pre-Hike Planning*
- ✓ Willing to provide feedback in Trip Reports (now digital)
- ✓ Continuously informed: Hiking Enews | Monthly Enews | Action Alerts | Stewardship Enews
- ✓ Understanding of their power to influence participants in great ways!

### A Great Hike Leader:

- Is a strong, experienced hiker
- Represents Friends of the Columbia Gorge
- Knows the trail well – scout beforehand!
- Knows the drive route to the trailhead – confirm driving directions in advance
- Is a good communicator
- Talks (or hikes) with your shepherd before date of outing
- Is a confident decision maker
- Goes the group pace; flexible to change your typical pace as needed
- Has contingency plans; shortens or re-routes the hike due to weather or other circumstance
- Educates on trail
- Passionate about the Gorge
- Is Emergency response trained
  - Required: Basic First Aid & CPR
  - Recommended: Wilderness First Aid (WFA)
- Is a role model and has good hiker ethics

### A Great Hike Shepherd:

- Is a strong, experienced hiker
- Represents Friends of the Columbia Gorge
- Knows the trail – scout or get information from hike leader
- Knows the drive route to the trailhead – confirm driving directions in advance
- Is a good communicator
- Talks (or hikes) with your leader before date of outing
- Assists Hike Leader as needed - Ready to take over if necessary
- Passionate about the Gorge
- Emergency response trained
  - Required: Basic First Aid & CPR
  - Recommended: Wilderness First Aid (WFA)
- Is a role model and has good hiker ethics

## Pre-Hike (Outing) Planning

**Leader and Shepherd: Discuss who will do what. *There is no set separation of duties.***

- Who is in charge of: sign-in sheets, roster, trailhead briefing, Gorge issues talk, etc
- **See Hike Leader Documents online: [gorgefriends.org/hikeleaderdocuments](http://gorgefriends.org/hikeleaderdocuments)**
  - Before the Hike
  - During the Hike
  - After the Hike
- Directions for drivers
- Meeting where? 1<sup>st</sup> (Gateway) or 2<sup>nd</sup> Meeting Place?
- Who will bring: first aid kit & first aid knowledge, extra food/water, maps, etc
- Carry the “10+ Essentials” ([gorgefriends.org/essentials](http://gorgefriends.org/essentials))

### Each outing is a two-day commitment

- Day 1 = Scouting Trip
  - Plan route to the trailhead (check against driving directions given)
  - Plan stops on the trail (breaks, lunch, viewpoints, etc)
  - Get to know each other
  - Report back any bad conditions or changes needed before official outing, and any pertinent information to add to reminder email for participants (*ex: do driving directions need editing? Do participants need to be prepared for poison ivy/ticks/trail hazards/etc?*)
- Day 2 = Official outing

### Know Hike Program Policies, Procedures & Expectations

- [gorgefriends.org/hikeprogram](http://gorgefriends.org/hikeprogram)
- [gorgefriends.org/hlsmanual](http://gorgefriends.org/hlsmanual)
- Any questions contact Outdoor Programs Coordinator:
  - [katel@gorgefriends.org](mailto:katel@gorgefriends.org) or [hikes@gorgefriends.org](mailto:hikes@gorgefriends.org)
  - 971-634-1264 (desk) | 203-644-2775 (cell)