Hike Leaders & Shepherds Are:

- Ambassadors of Friends of the Columbia Gorge
- Knowledgeable of Friends’ Hike Program policies and guidelines
  - Signed Hike Manual Acknowledgement (required)
- Always setting good examples & are 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
- 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
- Go the group pace – you may need to change your personal pace
- Shorten or re-route the hike due to weather or other circumstance
- Your goal is to have a safe, enjoyable outing; if that means you need to cut it short or re-route, so be it.
- Educates on trail
- Is passionate about the Gorge
- Is Emergency response trained
  - Basic First Aid required (2019)
  - Wilderness First Aid (WFA)
- Is a role model and has good hiker ethics

A Great Hike Shepherd:

- Is a strong, experienced hiker
- 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
  - Basic First Aid required (2019)
  - 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
  - Before the Hike
  - During the Hike
  - After the Hike
- Directions for drivers
- Meeting where? 1st (Gateway) or 2nd Meeting Place?
- Who will bring: first aid kit & first aid knowledge, extra food/water, maps, etc
- Carry the “10+ Essentials” (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
- gorgefriends.org/hlsmanual

Any questions contact Outdoor Programs Coordinator:
  - katel@gorgefriends.org or hikes@gorgefriends.org
  - 971-634-1264 (desk) | 203-644-2775 (cell)