

# ARE YOU PREPARED FOR AN OBSIDIAN TRIP?

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

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

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## Courtesy & Tips for Trips

### Before the Trip

- Make sure you have the necessary equipment and fitness level to complete the activity. Call the leader if you have any questions.
- Trail conditions vary with the season and the weather. Be prepared.
- If you need to cancel at the last minute, please call the leader so that people on waiting list can be notified. Don't be a "No-Show."
- Have \$1.00 for trip fee and money for your share of car pooling. The exact amount is always appreciated.
- Before you leave home, let others know where you are headed and your expected return time.
- Arrive early at place of departure so that everyone can leave at the designated time.
- Don't expect the whole group to return early to meet your needs.



• A Northwest Forest Pass is required at most 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

- 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.
- Bring a bag, extra shoes for those wet, muddy trips.



### On the Trail

- Leave pets, firearms, alcohol at home.
- Let wildflowers live. Leave no trace.
- Step off the trail when you stop.
- Uphill traffic normally yields to downhill traffic.
- Slower hikers should step off the trail to allow faster hikers to pass.
- Step off the trail to let horses pass.
- Do not shortcut switchbacks. Stay on the trail.
- Please avoid shouting and making excessive noise while on the trail.
- Wait at all intersections for entire group to catch up.
- If you step off the trail for a "nature call," let the sweep or another hiker know.
- If you're lost, stay put and keep warm.

### Trip Ratings

**A** - Up to 5 miles/1000 ft.   **B** - 5 – 1-miles/1000-2500 ft.   **C** - 10 miles +/-2500 ft. +

# What to Bring on Obsidian Trips

Leaders and hikers should use common sense and reasonable judgment when selecting the proper equipment for a trip. 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 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.

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*“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

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## Essentials

There are essential items one should never be without, ever. These basic emergency items should be with you at all times, even on short trips. The essentials make up a base line 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 day’s 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 (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, coins for phone call, 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 and ranger stations, outdoor stores and online at [www.topozone.com](http://www.topozone.com).

## 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.

Edited by Christopher Van Tilburg, M.D  
Published by The Mountaineers Books - \$3.50 each.

First Aid; a Pocket Guide

Emergency Survival; a Pocket Guide

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

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](http://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](http://www.rei.com)