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| <p>Pocket Checklist for Women Outdoors Events</p> <p><i>Before you start, plan End to End</i></p> <p><u>Beginning the event...</u></p> <ul style="list-style-type: none"> ❖ Introduce yourself as the trip leader and identify co-leaders. ❖ Ensure each individual has sufficient water, food and clothing for weather and terrain. It's appropriate to turn away a participant who is not prepared for the trip. ❖ Review trip plans, co-leader responsibilities, pace and goals. Select an alternate route if appropriate. ❖ Have everyone sign the WO Assumption of Risk form. ❖ If the group will, or might, split up, check the following before starting out: <ul style="list-style-type: none"> • Make sure everyone is comfortable about breaking into smaller groups. • Identify a leader for the second group. • Stay on planned route. • Establish a home base checkpoint time. | | <p><u>During the event...</u></p> <ul style="list-style-type: none"> ❖ Carry in and carry out ❖ Modify pace as necessary ❖ Recognize special needs of individuals ❖ Watch the weather ❖ If plans change, communicate them clearly to all participants ❖ Make sure everyone is between the lead and sweep person <p><u>Ending the Event...</u></p> <ul style="list-style-type: none"> ❖ Account for everyone in the group. ❖ Complete Incident Form if needed. ❖ Thank all participants. ❖ Send the completed Assumption of Risk form to your Regional Contact. | |
| <p>Ten Essential Items Leaders Should Have</p> <p><i>From AMC Leadership School</i></p> <ol style="list-style-type: none"> 1. Extra clothing 2. Emergency food and water 3. Pocket knife 4. Compass 5. Maps 6. Flashlight 7. Matches & fire starter 8. First aid kit 9. Whistle 10. Rain Gear  <p>Women Outdoors, Inc www.womenoutdoors.org</p> | <p>First Aid Kit:</p> <p>Aspirin/Motrin Moleskin Scissors Alcohol prep pads Band aids Ace bandage Tweezers Splints Thermometer Notebook and pencil</p> | <p><u>Event Specific Additional Items to have</u></p> <p>Cycling Pump Patch kit (glue, patches, abrader) Spare tube(s) Tire levers Chain tool Cell phone or coins for emergency phone call All participants must have a properly fitting helmet</p> | <p>Hiking Water Food Boots Extra socks 2 whistles (one for lead, one for sweep) Cell phone or coins for emergency call</p> <p>Kayaking Personal flotation device-PFD Water Food Bilge pump Tow rope Rescue skills (capsizing, etc.)</p> |