



Leading 3-season hikes with MITOC

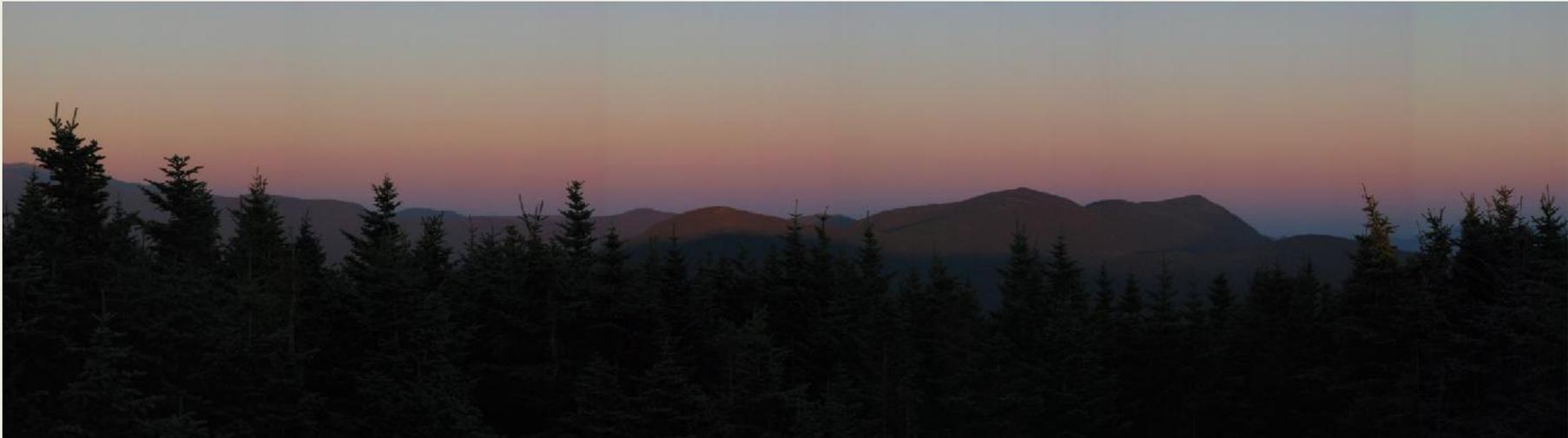
Basic standards for running smooth and safe non-winter trips.

Motivations

Purpose of having official MITOC trips—to give people a route to join the club who otherwise would not.

Purpose of having standards for leaders of official trips—to make sure official trips go *smoothly, safely, and enjoyably* for all participants...to prevent common problems during loosely-organized trips and to present MITOC as a well-run organization where people know what to expect.

Purpose of this presentation—to define the standards for running official trips during the seasons when there is no frozen water on the ground.



Organizing a MITOC Trip

Why organize an official trip?

- Incentives provided by the club:
 - Gas + wear & tear reimbursement (\$0.13/mile)
 - Free gear rentals for your trip
 - WFA subsidy
 - Early signup for Circuses
- Meet new friends!
- Promote the MIT *OUTING* club, not the MIT *GEAR* club or MIT *CABIN* club.



Organizing a MITOC Trip

How to organize an official trip...

- 1) Become a 3-season leader
 - Apply via <http://web.mit.edu/mitoc/www/#leadtrip/3s.html>
 - Attend new leaders' pizza/safety seminar
- 2) Come up with a fun idea for a trip and find a co-leader (optional, but recommended)
- 3) Email the current Hiking Chair (3s-hiking-chair@mit.edu) to let him/her know about the trip.
- 4) Go to <http://scripts.mit.edu/~mitoc/signup/index.php> and create a new trip sign up. Include the destination, route, pace, level of difficulty, etc. Max # of participants is up to you.
- 5) Advertise your trip by emailing mitoc@mit.edu.
- 6) Pre-trip meeting: optional, but a good chance to meet your group ahead of time, plan logistics, and increase likelihood that everyone will show up.

Organizing a MITOC Trip

Organizing transportation...

- On the sign up page, request that participants say whether or not they have a car and how many people it can hold (including gear).
- If you have lots of participants but not enough cars, you can rent a car, but MITOC will not reimburse for that, so make sure your participants are ok with splitting the cost. There are some MIT discounts for renting cars.
- Zipcar is also an option, but note maximum distance policies. Also note that only Zipcar members are allowed to drive the Zipcar.
- Arrange for drivers and participants to meet in a central location.



3-Season Hiking Gear

Each participant on an official hike should have...

- Topo map of the route (can be provided by leader)
- Compass (optional)
- Light source
- Food, more than enough
- 2 liters of water minimum for full day
- Waterproof jacket
- Non-cotton sweater/fleece
- Warm hat

The group must also carry...

- First aid kit
- Foam pad (optional)
- At least one pocket knife



These are minimal standards appropriate for northern New England mountains in June–September. Leaders should specify additional gear for early and late season (esp. more insulation and full non-cotton clothing). Of course, additional gear is necessary for overnight trips.

The Day of the Trip

Start the day on the same page—has everyone eaten breakfast?

- Einstein Bros Bagels, I-93 exit 14 in Concord, 1 hour north of Boston
- Dunkin' Donuts, I-93 exits 23, 26, 28, 32...
- White Mountain Bagel Co., I-93 exit 32 in Lincoln
- Bagels Plus, NH-16 in North Conway

Caravan is recommended—some trailheads are not obvious, and cell phones don't always work. Drive together from Boston, or meet at a Dunkin' Donuts or other easy landmark. In case you get separated, exchange phone numbers and make sure all your drivers have directions to where you are going.



On the Trail

Manage the group for everyone's safety and enjoyment.

Route

Before leaving the trailhead, make sure everyone is clear on and agrees with route choice.

Keep all group members within earshot at all times

Regroup at all trail junctions and anywhere the path is ambiguous...*do you really want to find yourself wondering whether everyone went the correct way?*

Make sure everyone is comfortable with the pace

You won't get to the top any faster by exhausting the slower members of your group.

Keep track of time

Setting a turnaround time is recommended unless everyone has agreed that hiking out at night is okay.

On the Trail

Think carefully before splitting up a group

- Make sure there's a competent leader in each subgroup
- Make sure each subgroup has a map
- Make totally clear where and when to regroup
- Many accident reports begin with "Some of us were going too slowly so we decided to split up the group."



On the Trail

In case of mishap or emergency...

No matter what, stay calm and don't make any rash decisions.

In the wilderness, the one thing you have plenty of is time.

Emergency contacts:

- AMC at Pinkham Notch (603-466-2721, 2727, 2725)
- NH Fish and Game Dept Dispatch (603-271-3361)
- NH State Police: 911, *77 Cell Phone (also for MA and ME), 603-271-3636
24 hr, 1-800-525-5555 24 hr in-state



After the trip

Getting reimbursed for gas

- Follow instructions here:

<http://web.mit.edu/mitoc/www/#rentals/reimbursements.shtml>

- Screenshot a Google map sheet showing where you went and the round-trip mileage for submission to Concur
- Reimbursement is \$0.13/mile
- Come to office hours, scan gas receipt **and** submit physical receipt

Finer details...

- Trip must have at least one official leader, and at least 2 non-leader participants to be eligible for reimbursement.
- Round trips greater than 350 miles might not be approved by the Hiking chair.

Post your photos on MITOC Trip Gallery! Write a trip report!

<http://mitoc.mit.edu/gallery/main.php>

Now go out and lead some trips!

- Email summer-leaders@mit.edu to find a co-leader
- Intro Circus, Fall Circus, Spring Circus, Acadia, June Circus
- Lead your own trip!

