

# Rudolf Steiner High School Hiking Club

## Expectations of Adult Trip Chaperones

The Hiking Club can only take trips, and provide this valuable outdoor experience to students, with the support of adult chaperones, and we appreciate your interest in participating. Multiple-day backpacking trips are inherently serious activities and we ask that you consider these expectations, and your ability to meet them, as you consider accompanying us. As the adults we need to be over-prepared so that we can safely manage any situation that develops during the trip. Once that is done we can all enjoy the hiking and the company of the students.

### Physical Expectations:

- Able to hike at least 10 miles a day comfortably (leaving you with energy for in-camp supervision of students)
- Hike at a pace allowing you to stay with the high school students reliably
- Carry a pack of at least 30 lbs. with all of your own gear (including your own tent or sleeping shelter) and your share of group gear

### Supervision Expectations:

- Hike in a group with one other chaperone taking responsibility for ensuring that all students stay between you and on the correct trail
- Carry a map at all times and be aware of where on it the group is
- Always have a first aid kit easily accessible in your pack
- Monitor students at all times to ensure that they are adequately dressed – especially in wet or cold weather. Hypothermia is the biggest risk we encounter on these trips
- While hiking, observe students and interact with them to ensure that they are healthy, encourage them to eat and drink and care for any blisters or “hot-spots”
- While hiking, help students begin to tune into the outdoor world around them – pointing out natural features, sights, sounds, etc.
- While camping, work with the other chaperone to supervise food preparation, camp set-up, in-camp activities, reasonable bed-times, quiet hours and wake-up times
- Monitor students to ensure that all are healthy and eating and drinking sufficient food and water
- Monitor students to ensure that all are emotionally supported, especially in adverse weather conditions

### Additional Details

- Wilderness First aid and Wilderness First Responder training is very helpful, please share what training and experience you have with Gary
- All chaperones should be familiar with the stoves, water pumps, tents and other equipment that we will be using, so that they can support students in their use. If you need training in any area, please just ask Gary
- Chaperones cannot be consumed with their own physical needs in adverse conditions; therefore, chaperones are expected to bring full outdoor gear in excellent shape to every trip, including rain and cold-weather gear
- A positive attitude goes a long way with teens – please make every effort to handle rain, snow or long, difficult days with humor and warmth