

Trailhead Talk Card

This card can be used at the beginning of your hikes to help you remember the points to cover during the trailhead talk:

Appalachian Mountain Club—Trailhead Talk Topics

Before your boots hit the trail, remember to take time to cover these topics with your group!

Welcome and Introductions

- Gather the group
- Introductions

Set Expectations!

- Explain the leader's role and responsibility to the group
- Describe your expectations for the group
- Discuss the applicable LNT principles for the day



Paperwork

First, describe the inherent risks involved in the activity of the day and make sure all participants are comfortable with those risks.

Then, present the Liability Waiver and discuss:

1. By signing the document, you acknowledge there are risks associated with the activity and that you knowingly accept those risks.
2. You are agreeing to release the AMC from liability associated with the activity.
3. Give participants the opportunity to ask questions about the document.

Route and Travel Plan

- Describe day's route/show on map if possible
- Designate "point" and "sweep" and set rules for travel.
- Explain how the group will deal with bathroom issues

Safety Issues

- Explain what to do if one becomes separated from the group
- Describe any environmental risks the group may encounter
- Distribute any group safety gear, if applicable.

First Aid

- Point out which leader is in charge of first aid
- Point out the location of the first aid kits
- Ask the participants if there are any relevant medical issues you should know about (and provide a time for participants to discuss these in private if they do not feel comfortable sharing them with the group)

Equipment, Food and Water

- Make sure all the participants are adequately prepared!
- Do a quick equipment check for longer activities.

Remember the AMC's Priorities:

Be Safe, Have Fun, Reach the Goal!