

# Trip Planning

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February 9, 2009

Yale Winter School 2009

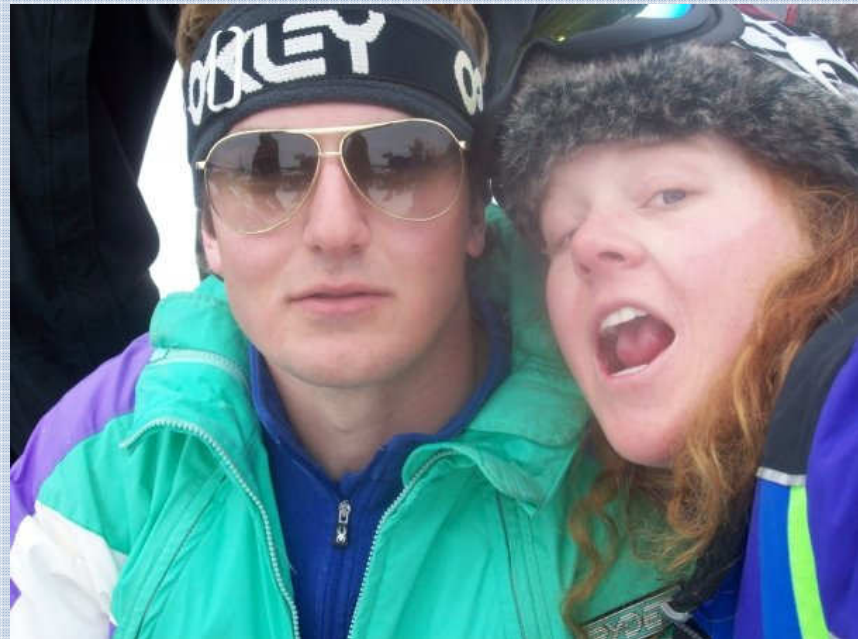
# Things to Consider

- Who
- What
- When
- Where
- Why
- Weather
- Safety



# Who

- Find other people through Winter School, YMC, YO, 100% or the CT Rock Gym:
- Plan an appropriate size
- Group composition
  - Experience
  - Endurance



# Why

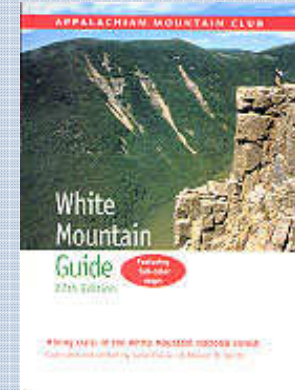
- Be conscientious of everyone's goals
  - Hiking, snowshoeing, ice climbing or mountaineering?
  - Looking to learn new skills or willing to teach new skills?
  - Nothing less than the summit?
- What's your hiking preference?
  - Faster, few stops
  - Slower, stops for photos, scenery

# What

- Hiking, snowshoeing, skiing, climbing
- Stay within your ability!
  - Distance
  - Elevation gain
  - Trail conditions
  - Terrain demands
- Checklist for gear, food, safety items

# Where

- Trail Map
- AMC White Mountain Guide
- Vermont ~ Green Mountains
- Maine ~ Katahdin & Acadia, 100-Mile Wilderness, and Bigelow, Saddleback and Mahoosuc Ranges
- CT ~ Bear, Talcott and Ragged Mountains, Taconics
- NY ~ Adirondacks, Catskills
- Mass ~ Berkshires (Mt. Greylock), Middlesex Fells, Blue Hills
- NH ~ Cardigan and Monadnock Mountains
- Check trail conditions at [viewsfromthetop.com](http://viewsfromthetop.com)



# When

- Plan ahead:
  - When does the sun rise and set?
  - What are road and traffic conditions?
  - Cancel if necessary
    - Weather, other unforeseen circumstances



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# Weather



- Check frequently before the trip, including the morning of the trip
- Remember, weather can be much different at higher elevations and can change rapidly
- Start at [mountwashington.org](http://mountwashington.org)

# Safety

- First aid kit
- Extra food, water, fuel, clothing, and emergency gear
- If conditions get bad... TURN AROUND
- If someone is slow, injured, etc. do not continue without them
- Establish a turnaround time and stick with it
- Designate a WIMP, Worry-if-missing Person

# WHIMP

## How IT WORKS



Your WIMP will be notified



Your plans are e-mailed to your WIMP



If you don't return when expected...



...your WIMP will be reminded that you're missing

# Credits

Thanks to MITOC, Rob Jagnow and Tomas Izo