

Recording Hours



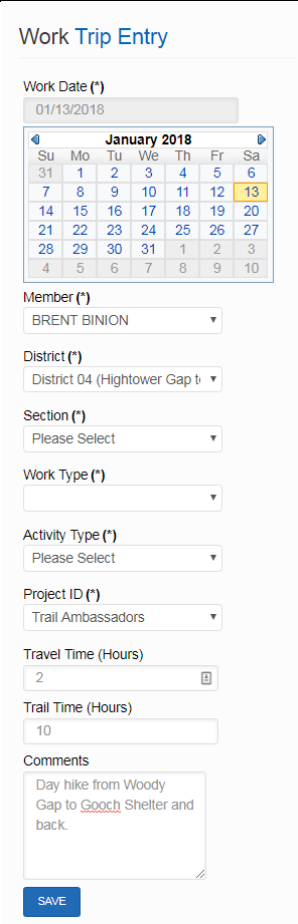
Reference Links

You can access the GATC Work Trip Database to enter your hours from the GATC website under Member Features > [Work Trip Database](#)

You will need to be added by the database administrator before being able to enter your hours.

Entering Hours in the GATC Work Trip Database

After each patrol you will need to enter your volunteer hours into the GATC work trip database. This will help to ensure that the GATC can report on all trail ambassador activities which helps with demonstrating the value of the program.

Actions	Screenshots
<p>After you have accessed the work trip database, fill in the Work Trip Entry form.</p> <ul style="list-style-type: none"> Record your hours under Project ID: Trail Ambassadors. For multi day patrols please record between eight and ten hours on the basis that you are not working full time. There are extenuating circumstances that would reasonable allow you to count more hours (for example, if you sit up all night with someone tending to a problem). Conversely, if you take a two hour nap in the middle of the day your hours should be adjusted. 	 <p style="text-align: center;">Entering Hours</p>

APPENDIX A. GATC DOCUMENTS

Location Resource Guide

**Trail Ambassador
Location Resource Guide
Georgia Appalachian Trail Club Section**

Trail ambassadors encourage and promote desired wildland ethics among Appalachian Trail visitors by offering interpretation on the natural or cultural significance of specific high-use areas and tips on best-practices for enjoying the Trail. High-use sites identified here within each club's maintenance section, has specific opportunities that leads to an enhanced connection with the land. Here are some suggestions for trail ambassador day or overnight location work.

Location	Resource Protection & Education	Notes
Springer Mountain: Many people, for many different reasons, make the pilgrimage to Springer Mountain annually. Many of them have heard of the A.T. and are just coming to check it out. The easily accessibility of Springer by road means we often find impressionable people longing for more information about the Trail and hiking (a great opportunity to stress the importance of adequate planning/prep and other LNT etiquette).	Pack-it-in, Pack-it-out Human waste Fires Encouraging use of designated overnight sites only	<ul style="list-style-type: none"> • Keeping a head-count of hikers. • Make sure they know how to find the register. • Great opportunity for a "what bugs you most?" poll at trailhead parking area to engage on values and best practices. • Fantastic way to mitigate bad habits before they start and make folks aware of important things they should know about (Norovirus, Bear Canister restriction, voluntary hiker registry, etc.)
Blood Mountain:	Wildlife protection Human waste Fires Know-before-you-go (regulations) Cultural History (CCC shelter, native peoples, etc.) Natural History	<ul style="list-style-type: none"> • Convey seasonal bear canister requirement for camping • Great opportunity to convey values of designated Wilderness • Identify groups (leaders) commonly utilizing this area so we can engage them in helping plan future hikes to mitigate future impact.
Other high-use sites (overnights best): Hawk Mountain Shelter Gooch Gap Addis Gap (during spring "feeding" season)	Minimize campsite and fire impacts Pack-it-in, Pack-it-out	<ul style="list-style-type: none"> • These sites are close to roads and heavily visited. • Know and share the Trail Magic suggestions • Great opportunities exist to engage with groups and share local knowledge

Setting up a SPOT Device

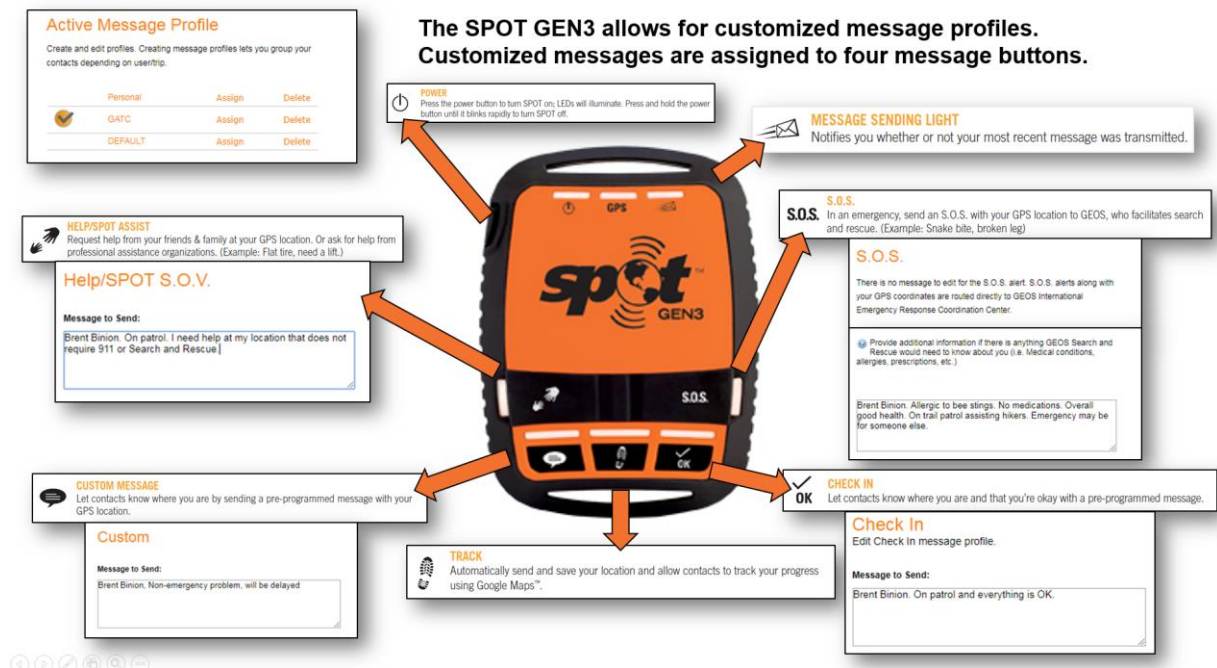


Reference [SPOT 3 User Guide](#)

Links Video: [SPOT Gen3: Getting Started](#)

There is an initial setup that is required online. This setup allows you to create customized messages and recipients to the four primary message buttons on the device. This also allows you to set up different messages under different profiles, depending on the use.

The following is an illustration of a GATC profile set up for the four buttons:



Personal SPOT Devices

For those with their own SPOT device, enter the following in Check-in, Custom, Help/SPOT buttons under Device Settings:

Send message to: gaatta12@gmail.com, as well as other people you want to inform.

Text: yourself (to confirm transmission)

Message to send:

OK: Your name, partner's name, "On patrol and everything is OK."

Custom: Your name, partner's name, "Non-emergency problem, will be delayed"

Help/SPOT S.O.V.: Your name, partner's name, "On patrol. I need help at my location that does not require 911 or Search and Rescue."

SOS: Add any relevant medical information.

Club SPOT Devices


For those using club SPOT devices, you can include additional email addresses, such as your emergency contact, to receive your check-ins, just let the trail ambassador scheduling coordinator know.

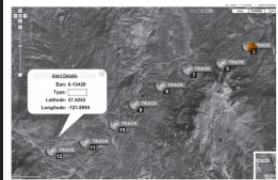
- ☐ Send the e-mail addresses you want included.
- ☐ Send your wireless carrier so you can receive confirmation texts.

It is always a good idea to run a test before your patrol to insure the batteries work and there are no other problems.

HOW SPOT WORKS

- 1 GPS satellites provide signals.
- 2 SPOT determines your GPS location and sends your location and pre-programmed message to communication satellites.
- 3 Communication satellites relay your message to specific satellite antennas around the world.
- 4 Satellite antennas and a global network route your location and message to the appropriate network.
- 5 Your location and messages are delivered according to your instructions via email, text message, or emergency notification to the GEOS International Emergency Response Coordination Center.





Powered by Google Maps™

When SPOT sends a text or email message to one of your contacts or to GEOS International Emergency Response Coordination Center (IERCC), it includes your GPS coordinates and a web link (email only) to view your location using Google Maps™.

SECTION 1: WELCOME

Welcome to the SPOT Family! SPOT devices provide satellite-based messaging capability so everyone who enjoys the great outdoors can communicate from remote locations around the globe, beyond the reach of cell phones. **Pretty cool, huh?**

HERE ARE A FEW IMPORTANT THINGS TO REMEMBER ABOUT YOUR SPOT GEN3

- ▶ SPOT needs a clear view of the sky to obtain a GPS signal to provide the most accurate location information. SPOT is not as reliable at the bottom of a deep canyon, in a cave, or in very dense woods. Sunshine is more fun anyway!
- ▶ Orienting SPOT so that the SPOT logo is facing up toward the sky will improve performance as the antenna is located directly under the logo. The coolest adventurers place SPOT on their backpacks.
- ▶ In order to ensure best performance, do not use SPOT immediately adjacent to other GPS devices.

To begin using SPOT, we recommend you spend a few minutes reading through this User Guide, then visit FindMeSPOT.com to select a service plan and activate your SPOT device.

SECTION 2: GETTING STARTED

Your SPOT Gen3 requires an active SPOT subscription to communicate. To do this, simply activate your device using the instructions outlined below.

WITH YOUR SPOT

WHAT YOU NEED

- Your SPOT Gen3
- One of these three power sources:
 - 4 AAA Energizer® Ultimate Lithium 8x batteries (L92); included
 - 4 AAA Energizer® NiMH rechargeable batteries (NH12)
 - Line Power with a 5v USB connection
- User Guide

INSTALL THE INCLUDED BATTERIES

1. Loosen the screws to open the battery cover.
2. Write down the ESN and Authorization Code for use during service activation.
3. Install 4 AAA Energizer® Ultimate Lithium 8x batteries or NiMH rechargeable batteries.
4. Replace cover, tighten screws with a screwdriver or coin. It is important that you fully tighten the battery cover to maintain SPOT's waterproof seal.
5. Keep your batteries installed, even when using line power, to ensure proper system performance in the event line power should fail.

CAUTION: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

AT FINDMESPOT.COM

WHAT YOU NEED

- Personal contact information
- Emergency contact information
- Valid email address
- Credit card information
- SPOT electronic serial number (ESN) and authorization code.

ACCOUNT SETUP

1. Go to FindMeSPOT.com/Activate.
2. Existing SPOT customers should login to their current SPOT account to add their new device. New customers will need to select: **Set Up New Account**.
3. Follow the instructions given within the activation portal; do not skip forms or pages.
4. Choose the services you wish to add to your SPOT device and confirm your order to finish the activation process.

SERIAL NUMBER (ESN) AND AUTHORIZATION CODE

These codes are located inside the battery compartment of your SPOT Gen3. You will need these codes when setting up your account on FindMeSPOT.com/Activate.





SECTION 3: USING SPOT

POWER

There are three ways you can power your SPOT: 4 AAA Energizer Ultimate Lithium 8x batteries (included), 4 AAA NiMH rechargeable batteries, or with line power through a 5v USB connection. Keep your batteries installed, even when using line power, to ensure proper system performance in the event line power should fail. Please note: NiMH batteries cannot be charged within the SPOT unit using line power, and SPOT Gen3 is not waterproof while being line powered.

TO TURN SPOT ON: Simply locate the Power button on the upper left corner of the device, press and hold the button; lights will illuminate.

TO TURN SPOT OFF: Press and hold the Power button until the Power light blinks rapidly.

TO CONSERVE POWER: Your SPOT unit will automatically turn off after one hour of inactivity unless the unit is being line powered.

SELF TEST

SPOT performs a self-test when you initially turn on your device. During self-test, all lights will blink green in a rotating manner to indicate self-test is in progress. If all visible lights flash red, the SPOT self-test has found a failure, please call customer relations.

If the Power and GPS light blink red in unison, SPOT has a GPS failure, but may still be able to transmit an S.O.S. or Help/SPOT S.O.V. message without your GPS location.

SECTION 3: FUNCTIONS



HELP/SPOT S.O.V. (SAVE OUR VEHICLE)

Request help from your friends & family at your GPS location. Or ask for help from professional assistance organizations. (Example: Flat tire, need a lift.)



CUSTOM MESSAGE

Let contacts know where you are by sending a pre-programmed message with your GPS location.



S.O.S.

In an emergency, send an S.O.S. with your GPS location to GEOS, who facilitates search and rescue. (Example: Snake bite, broken leg)



CHECK IN

Let contacts know where you are and that you're okay with a pre-programmed message.



TRACK

Automatically send and save your location and allow contacts to track your progress using Google Maps™.



POWER

Press the power button to turn SPOT on; LEDs will illuminate. Press and hold the power button until it blinks rapidly to turn SPOT off.



GPS LIGHT

Notifies you whether or not SPOT is able to see the GPS satellites & obtain your GPS location.



MESSAGE SENDING LIGHT

Notifies you whether or not your most recent message was transmitted.

INITIAL SYSTEM TEST

Perform an initial system test to evaluate your messaging system, from the operational condition of the SPOT to the readiness of those you've chosen to receive your messages.

- 1 Once you have set-up the message contacts for SPOT Gen3 in your **FindMeSPOT.com** account, go outside where SPOT has a clear view of the sky in all directions.
- 2 Turn SPOT on - press and hold the Power button; lights will illuminate.
- 3 Press and hold the Check In button until the function light blinks green.
- 4 Leave SPOT outdoors. The GPS light will blink green as SPOT acquires a GPS fix. Once SPOT acquires your GPS location, the Message Sending light and GPS light will blink green in unison for 15 seconds to notify you that your message is being transmitted with your GPS location. The Message Sending light will continue to blink green until the message cycle is complete.
- 5 Verify that the message was received in the email or SMS account(s) in your Check In contact list. You can also view your sent messages in your account at **FindMeSPOT.com**.

SPOT TIP

Add your email or phone number as a contact for system testing so you can hit the trail faster.



S.O.S.

SPOT's S.O.S. function should **only be used for critical, life-threatening situations**. Pressing the S.O.S. button sends an alert directly to GEOS International Emergency Response Coordination Center (IERCC). GEOS notifies the appropriate emergency responders of your S.O.S. based on GPS location and personal information. Depending on your GPS location, responders may include local police, highway patrol, the Coast Guard, your country's embassy or consulate, other emergency response centers, or search and rescue teams. Sending false S.O.S. messages may subject you to liability for additional charges.

USING THE S.O.S. FUNCTION

To send an S.O.S. alert, open the protective flap then press and hold the S.O.S. button until the function light blinks green. The GPS light will blink green when SPOT sees the GPS satellites and while obtaining your GPS location.

Once your GPS location is obtained, SPOT sends your S.O.S. message with GPS location. The GPS light and Message Sending light will both blink green. The Message Sending light continues to blink green until the next scheduled message to notify you that your most recent message was transmitted.

If no GPS signal is found, the GPS light will blink red. If possible, you should move to a location with a clearer view of the sky. The first message will be sent within one minute after activation with or without your GPS location. For all subsequent messages, SPOT will keep looking for your GPS location for up to 4 minutes. The S.O.S. message will send every 5 minutes (with or without GPS) until cancelled or the power source runs out.

TO CANCEL S.O.S.

Press and hold the S.O.S. button until the light blinks red. Let SPOT work until the S.O.S. button stops blinking red to finish sending the cancellation message. The Message Sending light will blink green indicating it has sent the cancel message. Turning off your SPOT while in S.O.S. mode DOES NOT send an S.O.S. cancel message.

HOW SPOT PRIORITIZES S.O.S.

S.O.S. messages are the top priority for SPOT. When you send an S.O.S. message, your SPOT stops sending all other messages to allow for uninterrupted transmission of the S.O.S. message.

SPOT TIP

Let your emergency contacts know when you are planning a trip. When GEOS receives an S.O.S. message, they will first call your contacts asking for pertinent details like your itinerary, planned route, or other identifiers. This information helps GEOS in working with local authorities to evaluate the appropriate response team needed and send rescue personnel fast.

APPENDIX B. LEAVE NO TRACE DOCUMENTS

The Leave No Trace Principles



Reference
Links

Leave No Trace:

[The Leave No Trace Seven Principles](#)

[Video: 7 Principles of Leave No Trace – Memory Device](#)

The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted so they can be applied in your backyard or your backcountry.

Note: click any of the headers below for a much deeper explanation on each principle.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Visit our Homepage to learn more about [Leave No Trace program](#).

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Authority of the Resource

TOOLS AND TECHNIQUES

Law Enforcement and the “Authority Of the Resource”

BY DR. GEORGE N. WALLACE

According to Webster, “authority” means “the power to influence or command thought, opinion or behavior.” Wild nature can be said to have its own authority. Nature has her own rules, operates in certain ways, and has certain laws; there are consequences when we violate that order. Wilderness areas are among the few places on earth where we have agreed to allow nature, for the most part, to operate on her own terms. Desirable behavior is more likely to occur if people understand how their actions affect the way nature operates.

Much of the undesirable behavior which managers must deal with in the wilderness is behavior that disrupts the natural order or the ability of others to experience wild nature. All too often in dealing with visitors who are causing some sort of impact to soil, vegetation, water quality, wildlife or the experience of others, we tend to focus on the authority of the agency. By this we mean the visitor ends up thinking about

laws, regulations, badges, and the ranger's presence rather than focusing on the natural authority inherent in the requirements of a healthy ecosystem.

The “Authority of the Resource Technique” (ART) attempts to compensate for this tendency. It *transfers the authority* (or that which asks a person to think or behave in a certain way) *from the manager ranger or agency, to those things in nature (resources) that have their own requirements.* Where Hammit and Cole (1987) and Hendee et al. (1990) have rightly emphasized the need to explain the reasons for wilderness regulations and the expected behavior, the AR technique goes one step further and asks the ranger/manager to subtly de-emphasize the regulation and transfer part of the expectation back to the visitor by interpreting nature's requirements.

On the next page, compare the two styles of addressing visitors whose dog is running free in a wilderness area which requires dogs to be on a leash. The ranger/manager approaches the visitors and their dog on the trail.

Authority of the Agency

Ranger: Hello my name is Jack Russell and I'm a ranger with the Rio Blanco District (pause or small talk). I'm going to have to ask you folks to keep your dog on a leash. We have a regulation that all dogs are to be kept on a leash unless you are in camp and the dog can be controlled.

Visitors: That dog has to be on a leash all the time in town. You would think that up here where he can't hurt anything that it wouldn't matter. Besides, he doesn't range very far unless he's on to a rabbit or something. (chuckle)

Ranger: Well, your dog may be well behaved but many aren't, and I have to enforce the regulation that says dogs must be on a leash for everyone. This is just a warning notice, but if the dog is seen running again, I will be forced to give you a citation. The fine would be \$25. Do you have any questions, or is there anything I can help you with?

Visitor: No, I don't believe so.

Ranger: Well, I won't bother you anymore. You folks have a nice day.

Authority of the Resource

Ranger: Hello. How are you today? I'm Jack Russell, the backcountry ranger in this unit. (Uniform, name plate and shoulder patch can speak for themselves, or the agency can be identified.)

Visitors: Fine, thanks.

Ranger: (After some more ice breakers) I noticed earlier that there was a dog running free in the aspen stands where the trail crosses that saddle (turns and looks at the aspen in the distant saddle).

Visitor: Yeah, that was probably Rocco here (gestures at the dog).

Ranger: Well, this is the time of year when the mule deer are dropping their fawns, (points at the bench above the saddle where he has seen several

fawns) and they are very vulnerable to disturbance. We have found that dogs that are running free often put a lot of stress on the does and their fawns. This is just one of several reasons for the regulations that asks visitors to keep their dogs on a leash (if the regulation clearly exists); or, we would feel better if folks could keep their dogs on a leash unless they are in camp and the dogs stay in camp with them.

Visitors: Ok, thanks for the reminder.

Ranger: That's quite alright. He is a nice looking dog. Is he full-blooded Australian? (Return to small talk or questions the visitors might have.)

I had the privilege of working periodically over several years with David Hawkins, former Director of the Mountain View Center for Environmental Education in Boulder, Colorado. As we trained teachers, we listened, watched, and analyzed the language and actions that teachers used. Hawkins and his associate Marie Hughes taught me to look and see if teachers and pupils appeared to be "face to face" or "shoulder to shoulder" as they talked or worked. They maintained that in every face to face relationship there exists a certain amount of tension. If, on the other hand, both people turn and share an interest in something in the world around them, and their attentions are focused on this third thing (deer, aspen, saddles, or the special qualities possessed by an Australian Shepherd), the relationship is more authentic and less threatening to the person who may know less. He felt that it was possible to teach—in this case, without the coercion of authority—that the authority lay in the "stuff" which both people found interesting.

Perhaps the original inspiration for developing this concept comes from Freeman Tilden as well as philosopher Martin Buber. In his book *I and Thou*, Buber also describes how concern or care for the progress or development of another person (much as a ranger hopes that wilderness visitors will move to higher levels of respect for wilderness resources) often best occurs during mutual and reciprocal interaction with some interesting phenomenon in the world rather than by directly confronting the person. Tilden's (1957) first principle of interpretation seems based on this as well.

Before we get too far into the wild reaches of

to the agency, the regulations, or the visitor as violator is to be avoided at this point. Example:

Ranger: I noticed that there was a salt block left near the campsite at Darby's Meadow.

It is important to avoid value laden terms. Phrases like "you really shouldn't," "Don't you know that it is harmful to . . .," or "it's against Regulation 32(a), under the . . .," don't need to be used.

In fact, the above statement is made without attributing the act directly to the party in question even if it is highly likely that they did leave the salt. This is done for two reasons. First, someone else could have left it behind. Since a backcountry manager cannot and should not attempt to keep track of all the details of any group's actions, there is often some question as to exactly what happened. Secondly, it is a matter of diplomacy and tact to avoid the implication. Languages like French and Spanish, for example, hardly ever choose to assign blame to an individual choosing rather to use reflexive verbs that say "it left itself" (was left), "it broke itself on you" (was broken), etc. We are doing the same here and at no loss to the message.

Step 2. Explain the Implications of the Action or Situation that was Observed;

It is here that the manager/ranger attempts to reveal the authority of the resource or interpret what will happen in nature if the action is continued. This may also be thought of as including social impacts or what will happen to the interaction that others are having with nature if the action continues.

Ranger: In places where salt has been left behind in the past (ranger turns toward the area in question), deer and elk return repeatedly to the site, and it begins to look like any artificial salt lick, compacted and denuded of vegetation. They continue to paw at the ground afterwards, which is their habit at naturally occurring salt licks. It also tends to sterilize the soil in the immediate area. Other visitors frequently complain about finding these sites in a wilderness area.

Once again, the most important implications of leaving salt behind are not that it is against the regulations or that the outfitter's special use permit may be put in jeopardy (authority of the agency). The implications are that it is an unnatural occurrence which can cause impacts. The "authority" lies in the behavior of elk and the nature of soil organisms, or what happens to soil macropores, roots, water infiltration, or the recovery period when a site is compacted. This part of the message should be interesting. The ranger/manager should demonstrate interest in the topic rather than impatience with the offender. It is an opportunity to employ the art of interpretation and help people see the subtle workings of all things wild or, as Holmes Rolston puts it, "to let them in on nature's show." Instead of threatening the individual "face to face" with your power to constrain or alter their activities, you help them, "shoulder to shoulder," acquire new knowledge. Lawrence Kohlberg (1974) suggests that this approach allows the offender to self-test their existing values or attitudes and to move them to a higher level of principled thinking.

Wilderness users typically have high levels of education and assign a high value to wilderness (Hendee et al. 1990, pp. 1568). In keeping with these facts, the ART always uses the positive expectation which assumes that once the person understands what is happening in nature, or in the wilderness experience of others, that they will want to stop what is recognized as undesirable behavior. This brings us to the last step.

Step 3. Tell Them How You Feel About It and What Can (Should) Be Done to Improve the Situation;

When the person using the Authority of the Resource Technique is both interested in and concerned about what is happening, it is acceptable to state how you feel about the implications or probable results of the undesirable behavior. Since you are wearing the agency's uniform, the visitor can assume that what you say is also a statement of how the agency feels and what actions are desirable in the agency's eyes.

Ranger: I'd (we'd) feel a lot better if the deer, elk, and animals did not become accustomed to man's salt in the wilderness. We are (or 'the agency is') asking all packstock users to place their salt on a board, log, or other

surface that keeps it off the ground when it is offered to packstock, and to be sure and carry all salt out with them when they break camp.

Bolton (1979) describes communication techniques, like "I messages" which are similar to the AR Technique. Authors of such techniques tell us that once a nonthreatening ("shoulder to shoulder") atmosphere has been established, it is natural and effective to include a more personalized expression of concern like that which is seen in the first sentence of the statement above. Each person, however, who deals with undesirable behavior in the field must use their own judgment in deciding how to express the right mixture of their own feelings, the agency's position, and the position of others who may be concerned (fish and game or other wildlife officers may also be concerned about abandoned salt blocks).

The manager or ranger must make a decision in this third part of the message whether or not it is necessary to cite the regulation per se. This can be debated and depends on several things. The National Park Service is fairly consistent in its use of certain regulations. In other agencies, there are still a great many inconsistencies in where, how, and if regulations are used. This may always be the case since there is great diversity in size, location, and management needs between units in the National Wilderness Preservation system. Many times a ranger will see undesirable behavior that is not specifically covered by a regulation (type of fuelwood being burned, hunters who leave flagging behind, locations that are more appropriate for picketing horses, etc.). Managers may still wish personnel to make contacts and use techniques similar to the ART even if specific regulations do not exist. In fact, wilderness management guidelines ask us to minimize regulations in the wilderness.

Finally, it is important to qualify all of the preceding. Although by their very nature, wilderness and backcountry areas are the most logical places to try a technique like this, *the ART may not always work or be appropriate*. There are times when the manager must move to other, more traditional levels of law enforcement. It may be necessary to use more of the "authority of the agency." Although an ART approach will probably work for most wilderness users who, studies show, are well educated and supportive of the wilderness concept, there will be a small percentage of violators who exhibit undesirable behavior that is clearly illegal (poachers, marijuana growers, motorized entry, etc.) Cases that clearly involve more than

unavoidable, uninformed, unskilled, or even careless behavior may require that those techniques which emphasize enforcement over education or interpretation be taught to most commissioned law enforcement officers. Also, if management problems are not sufficiently reduced, after a period of using an ART-type approach with the majority of visitors, it may be necessary to create or emphasize existing regulations and enforce them to a greater degree.

It is good, however, to expect the best of people when we can. Combining interpretation with law enforcement to reveal the authority of the resource, seems to be a good place to start. We hope for long-term changes in peoples' respect for nature in general and an intrinsically motivated stewardship of the wilderness in particular. Such changes are likely to last longer when we help people to test their own beliefs and values and arrive at a more principled wilderness ethic of their own accord.

Dr. Wallace is an Assistant Professor of Recreation Resources and Landscape Architecture, Colorado State University, Fort Collins, CO 80523.

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Reference Links

Leave No Trace:

[Leave No Trace - Authority of the Resource](#)

[Video – Leave No Trace – Authority of the Resource](#)



AUTHORITY OF THE RESOURCE IN 3 EASY STEPS

When enjoying your world, whether while thru-hiking the AT or on a short day trip, have you ever noticed another visitor exhibiting what we could call, “Less than Leave No Trace” behavior? Did you struggle with how to approach that person? What to say? If you even should say anything? Maybe it’s littering, feeding wildlife, carving their name into a tree, or taking a shed antler out of the environment. Whatever the issue, there’s a method called Authority of the Resource (ART), developed by Dr. George N. Wallace, that focuses on how to best approach and educate a person that may be doing something damaging to the resource or others’ experiences.

According to Webster’s Dictionary, “authority” means “the power to influence or command thought, opinion, or behavior”. Nature can be said to have it’s own authority. There are real and often immediate consequences to our actions and approaching people on the trail using education (as opposed to rules and citations) connecting their actions to the effects they have on the world around them is a proven method in persuading them to minimize their impact.

Authority of the Resource can be broken down into three steps,

1 MAKE AN OBJECTIVE STATEMENT: "I've noticed a lot of people taking that short-cut back there."

- Give them the benefit of the doubt. It could have been someone else that caused the impact.
- Avoiding accusatory language will help in diffusing any tension that may have arisen.
- People are more responsive if shown consideration and tact.

2 EDUCATE them by explaining how the resource is negatively effected: "Unfortunately, cutting those switchbacks tramples the vegetative ground cover and causes erosion."

- Simply stating, "don't cut switchbacks", provides no education and is more regulatory in nature.
- Understanding the "why" behind a recommendation is a fundamental component to a visitor considering changing their behavior.
- Take a moment before approaching an individual to think through how you'll engage and what the real implications are to their actions.

3 TELL THEM HOW YOU FEEL about the situation and provide an **ALTERNATIVE**. "I volunteer for the Appalachian Trail Conservancy and you would be surprise how much time, money, and effort goes into maintaining these trails so I'd, personally, feel a lot better if folks didn't cut those

switchbacks. It really doesn't take much longer to stay on the trail, is less steep, and helps keep the trail, surrounding vegetation, and soil in much better condition. If you do want to hike off-trail, please try to stay on durable surfaces like rock and leaf litter in areas that aren't as steep."

- Interjecting a personal perspective can help humanize these situations and break down barriers.
- Providing an alternative communicates that off-trail travel isn't necessarily "bad", just that there's a time and place for it and along a heavily used trail like the Appalachian Trail isn't one.

ADDITIONAL TIPS:

- Break the ice and get to know the person. They may be new to traveling and camping in the outdoors and do not have experience minimizing their impact.
- Stand side-by-side. Body language says much more than our words and standing face-to-face with someone is very confrontational. Standing side-by-side diffuses that tension.
- Remember that Authority of the Resource cannot always be used and is not always immediately effective. In situations that may be dangerous, law enforcement officials should step in.

This information was obtained from the article Law Enforcement and the "Authority of the Resource" featured in Legacy, Volume 1 (2).

Thanks for reading and remember to be like Bigfoot and Leave No Trace.

4

⁴ Authority of the Resource in 3 Easy Steps. Leave No Trace, The Resource, October, 2016.

APPENDIX C. FOREST SERVICE DOCUMENTS

Trail Ambassador Job Hazard Analysis

FS-6700-7 (2/98)			
U.S. Department of Agriculture Forest Service	1. WORK PROJECT/ACTIVITY	2. LOCATION	3. UNIT
	Trail Ambassador	Chattahoochee-Oconee NF	Forest-wide
JOB HAZARD ANALYSIS (JHA) References-FSH 6709.11 and -12 (Instructions on Reverse)	4. NAME OF ANALYST	5. JOB TITLE	6. DATE PREPARED
	Ryan Farr	Assistant Recreation Program Manager	08/27/2015
7. TASKS/PROCEDURES	8. HAZARDS	9. ABATEMENT ACTIONS Engineering Controls * Substitution * Administrative Controls * PPE	
Field Work	Working in Remote Area	<ul style="list-style-type: none"> • Maintain visual, voice or radio contact with crew members • Insure portable radios are charged and functional • Carry extra batteries as capacity is reduced in cold weather • Monitor local weather before field activities begin • Adhere to communication procedures as outlined in the Emergency Evaluation Plan at the end of the JHA • Always sign out at office with location and time of your return • Be aware of wild animals within your work location 	
	Working Alone	<ul style="list-style-type: none"> • Sign out at district office and notify supervisor of planned destination and radio checks. • Be aware of surroundings and hazards that may cause injury. • Manage your time in order to get back to your base camp in adequate time before dark. 	
	Field Safety	<ul style="list-style-type: none"> • Make sure you are wearing appropriate PPE per work being performed. • Make sure you carry a First Aid Kit at all times with up to date supplies. 	
	Encounters with the Public	<ul style="list-style-type: none"> • Be visible to the public by wearing uniforms when making contacts • Always be aware of personal space and surroundings • If the public becomes aggressive or physically threatening, leave the area immediately. Move a safe distance away and write down any pertinent information and contact law enforcement • When the public has a concern, assess the situation and take appropriate action. Be as professional as possible, if you cannot answer the question, don't make it up. Give them the contact information necessary that pertains to their issue • There is safety in numbers. Try to travel in groups whenever possible • Do not let the public know where your base camp is located 	
Drinking Water	Illness	<ul style="list-style-type: none"> • Take plenty of water to stay hydrated • Know the location of your nearest water sources • Treat water sources by filter, boil, or tablets • Bring extra water for emergencies for yourself or the public 	

		<ul style="list-style-type: none"> • If a tick becomes attached, pull it by grasping it as close as possible to the point of attachment and pull straight out with gentle pressure. Wash skin with soap and water then cleanse with rubbing alcohol. Place the tick in an empty container for later identification, if the victim should have a reaction. Record dates of exposure and removal. • Do not try to remove the tick by burning with a match or covering it with chemical agents • If you cannot remove the tick, or the head detaches, seek prompt medical help. • Watch for warning signs of illness: a large red spot on the bite area, fever, chills, headache, joint and muscle ache, significant fatigue, and facial paralysis are reactions that may appear within two weeks of the attack. Symptoms specific to Lyme disease include: confusion, short term memory loss, and disorientation.
	Avoid/Treating Stings	<ul style="list-style-type: none"> • Be alert to hives in brush or in hollow logs. Watch for insects travelling in and out of one location • If you or anyone you are working with is known to have allergic reactions to bee stings, tell the rest of the crew and your supervisor. Make sure you carry emergency medication with you at all times • Wear long sleeve shirts and pants, tuck in shirt. Bright colors and metal objects may attract bees • If you are stung, cold compresses may bring relief • If a stinger is left behind, scrape it off the skin. Do not use a tweezers as this squeezes the venom sack, worsening the injury. • If the victim develops hives, asthmatic breathing, tissue swelling, or a drop in blood pressure, seek medical help immediately. Give victim antihistime (benadryl).
	Avoiding/Treating Mosquito Bites	<ul style="list-style-type: none"> • Wear long sleeve shirts and pants • Avoid heavy scents • Use insect repellants. If using DEET, do not apply directly to skin, apply to clothing only. • Keep away from bananas and increase consumption of garlic. • Carry after-bite medication to reduce skin irritation
Camp	Camping techniques	<ul style="list-style-type: none"> • Use camping techniques following Leave No Trace principles as a reference and Health and Safety Code Handbook 6709.11.55.12 • Use of bear cannisters or proper hanging facilities for food storage.
	Risk Assessment	<ul style="list-style-type: none"> • Procure foodstuffs carefully • Avoid glassware, serrated knives, and other sharp objects • Sufficient space to prevent overcrowding around communal areas.

		<ul style="list-style-type: none"> • Cooking areas should be on level ground with appropriate spacing between individuals. • Properly store all gear promptly after use
	Camp Site	<ul style="list-style-type: none"> • Use of safe camp site selection policy in the Health and Safety Code Handbook 6709.11.22.2. The following will be considered when determining a camp site for employees: • Snags and other overhead hazards • Leaning green trees in unstable or saturated soils • Danger from rolling rocks and slides • Danger of flooding • Known animal problems
Safety Responsibilities		<ul style="list-style-type: none"> • Backcountry Rangers will be responsible for covering, understanding and complying by this JHA and district policies of the Blue Ridge Ranger District • Crewmembers will receive a personal copy of this JHA • Pertinent updates will be added to this JHA as they arise through crew interaction and weekly safety sessions.
Emergency Evaluation Plan/Communication	Dead spots where radio contact is not possible	<ul style="list-style-type: none"> • Always sign out at office with location and time of your return • Take extra clam shells and batteries for your portable radio • If an accident occurs in an area where there is no radio communication, have one member of the crew climb to a high point and radio for assistance. If communication is still not possible, have a crewmember to call for help while other members perform first aid
	After Hours	<ul style="list-style-type: none"> • Radio the District Office to notify them and your supervisor • If the District Office is closed, contact the LEO on the district and have them notify your supervisor • Do daily check-in with update of location and plan • Utilize locations with cell phone service to check-in • When field tour is completed, contact supervisor
	Injury	<ul style="list-style-type: none"> • In cases of a emergency: depending on severity and sound judgement, request proper medical assistance. • If situation improves or deteriorates; adjust rescue or evacuation actions accordingly (ie. Mechanized equipment in wilderness) • Know your location and emergency trail route names & numbers. • Report an accident, even a minor one, to your supervisor
10. LINE OFFICER SIGNATURE	11. TITLE	12. DATE
/s/ Betty A.Mathews	Forest Supervisor	11/4/13

JHA Instructions (References-FSH 6709.11 and .12)	Emergency Evacuation Instructions (Reference FSH 6709.11)																																								
<p>The JHA shall identify the location of the work project or activity, the name of employee(s) writing the JHA, the date(s) of development, and the name of the appropriate line officer approving it. The supervisor acknowledges that employees have read and understand the contents, have received the required training, and are qualified to perform the work project or activity.</p> <p>Blocks 1, 2, 3, 4, 5, and 6: Self-explanatory.</p> <p>Block 7: Identify all tasks and procedures associated with the work project or activity that have potential to cause injury or illness to personnel and damage to property or material. Include emergency evacuation procedures (EEP).</p> <p>Block 8: Identify all known or suspect hazards associated with each respective task/procedure listed in block 7. For example:</p> <ul style="list-style-type: none"> a. Research past accidents/incidents b. Research the Health and Safety Code, FSH 6709.11 or other appropriate literature. c. Discuss the work project/activity with participants d. Observe the work project/activity e. A combination of the above <p>Block 9: Identify appropriate actions to reduce or eliminate the hazards identified in block 8. Abatement measures listed below are in the order of the preferred abatement method:</p> <ul style="list-style-type: none"> a. Engineering Controls (the most desirable method of abatement). For example, ergonomically designed tools, equipment, and furniture. b. Substitution. For example, switching to high flash point, non-toxic solvents. c. Administrative Controls. For example, limiting exposure by reducing the work schedule; establishing appropriate procedures and practices. d. PPE (least desirable method of abatement). For example, using hearing protection when working with or close to portable machines (chain saws, rock drills portable water pumps) e. A combination of the above. <p>Block 10: The JHA must be reviewed and approved by a line officer. Attach a copy of the JHA as justification for purchase orders when procuring PPE.</p> <p>Blocks 11 and 12: Self-explanatory.</p>	<p>Work supervisors and crew members are responsible for developing and discussing field emergency evacuation procedures (EEP) and alternatives in the event a person(s) becomes seriously ill or injured at the worksite.</p> <p>Be prepared to provide the following information:</p> <ul style="list-style-type: none"> a. Nature of the accident or injury (avoid using victim's name). b. Type of assistance needed, if any (ground, air, or water evacuation) c. Location of accident or injury, best access route into the worksite (road name/number), identifiable ground/air landmarks. d. Radio frequency(s). e. Contact person. f. Local hazards to ground vehicles or aviation. g. Weather conditions (wind speed & direction, visibility, temp). h. Topography. i. Number of person(s) to be transported j. Estimated weight of passengers for air/water evacuation. <p>The items listed above serve only as guidelines for the development of emergency evacuation procedures.</p> <p>JHA and Emergency Evacuation Procedures Acknowledgment We, the undersigned work leader and crew members, acknowledge participation in the development of this JHA (as applicable) and accompanying emergency evacuation procedures. We have thoroughly discussed and understand the provisions of each of these documents:</p> <table border="0"> <thead> <tr> <th>SIGNATURE</th> <th>DATE</th> <th>SIGNATURE</th> <th>DATE</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Work Leader</td> <td></td> <td></td> <td></td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table>	SIGNATURE	DATE	SIGNATURE	DATE	_____	_____	_____	_____	Work Leader				_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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General Forest Orders



Reference Chattahoochee- Oconee National Forests – General Orders ([Link](#))
Links

**UNITED STATES DEPARTMENT OF AGRICULTURE
UNITED STATES FOREST SERVICE
CHATTAHOOCHEE-OCONEE NATIONAL FORESTS
ORDER NUMBER: CO-13--36
FOREST WIDE**

GENERAL FOREST ORDERS

Pursuant to Title 36 C.F.R., Section 261.50(a) and (b), the following acts are prohibited on all lands and waters, which comprise the Chattahoochee-Oconee National Forests. This closure is effective from July 25, 2013 to July 25, 2023.

1. Driving, possessing, parking, or leaving any kind of vehicle on a road, which is closed, by sign, gate or barricade, including earthen barricades extending the width of the road. 36 CFR 261.54(a)
2. Using a Forest Development Road for commercial hauling without a permit or written authorization. 36 CFR 261.54(c)
3. Driving, riding, parking, or leaving any kind of vehicle on developed trails, which have been closed by sign, gate, earthen mound or physical barrier. 36 CFR 261.55(b)
4. Entering on or upon any road, trail, or area which has been posted as closed to public access. 36 CFE 261.53(f)
5. Parking or leaving a vehicle in violation of posted signs and/or instructions. 36 CFR 261.58(g)
6. Operating a motor vehicle in violation of State law. 36 CFR 261.54(d)
7. Operating a bicycle on a Forest development trail unless designated and posted for this use. 36 CFR 261.55(b)
8. Shortcutting a switchback on Forest Development Trails. 36 CFR 261.55(e)
9. Camping in a prohibited area and is so posted. 36 CFR 261.58(e)
10. Establishing, maintaining, or using a dispersed campsite shall be limited to a period not to exceed 14 consecutive days. Upon vacating a site, all personal property will be removed. A new campsite may not be re-established within 1 mile of the vacated campsite for a period of 7 days. 36 CFR 261.58(a)
11. Possession or consumption of alcoholic beverages by any person under 21 years of age, in violation of State Law. 36 CFR 261.58(bb)

12. Providing any person under 21 years of age with alcoholic beverages, in violation of State Law. 36 CFR 261.58(bb)
13. Being publicly nude. 36 CFR 261.58(j)
14. Possessing, discharging, or using any kind of fireworks or other pyrotechnic or explosive device. 36 CFR 261.52(f)
15. Riding, hitching, tethering or hobbling a horse or other saddle or pack animal in violation of posted instruction. 36 CFR 261.58 (aa)
16. Hitching, tethering or hobbling a horse or other saddle or pack animal closer than fifty (50) feet from a stream or body of water. 36 CFR 261.58(aa)
17. Hitching, tethering or hobbling a horse or other saddle or pack animal in a manner that causes damage to live trees, vegetation or soil. 36 CFR 261.58(aa)
18. Failure to properly store food or refuse to prevent access by wildlife. 36 CFR 261.58 (cc)
19. Placing, leaving, depositing any food, bait or refuse in a manner likely to attract or concentrate any wildlife, whether for purposes of hunting or viewing animals. 36 CFR 261.58 (cc).
20. Hunting from or constructing a permanent tree stand. 36 CFR 261.58(v)
21. Failing to remove a tree stand after hunting. 36 CFR 261.58(v)
22. For public health and safety, the transportation of a loaded long gun or cocked crossbow in a motor vehicle is prohibited. 36CFR 261.53 e.

NOTE: A firearm is considered "loaded" if a round of ammunition is in the chamber or magazine, a percussion cap is on the nipple, or powder is present in the frizzen pan. A "Long gun" is a firearm with an extended barrel, usually designed to be fired braced against the shoulder. It shall include all rifles, shotguns, carbines, muzzleloaders, and/or other such weapons.

23. For public health and safety, the possession of an alcoholic beverage as defined by state law, while hunting is prohibited. 36CFR 261.58 bb.

NOTE: "Hunting", as defined at OCGA 27-1-2 (39), means pursuing, shooting, killing, taking or capturing wildlife or feral hogs.

Pursuant to Title 36 C.F.R., Section 261.50 (e), the following persons are exempt from the above prohibitions:

Any Federal, State or local law enforcement officer of firefighter or organized rescue or military personnel engaged in the official performance of their duties.

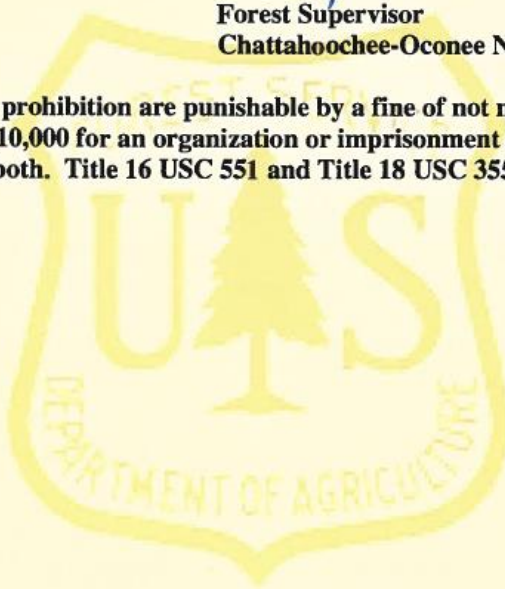
Persons with a permit specifically authorizing the otherwise prohibited act or omission.

Prepared at Gainesville, Georgia this 12th day of June, 2013.



**Betty A. Mathews
Forest Supervisor
Chattahoochee-Oconee National Forests**

Violations of the above prohibition are punishable by a fine of not more than \$5000 for an individual and \$10,000 for an organization or imprisonment for not more than six (6) months or both. Title 16 USC 551 and Title 18 USC 3559 and 3571.



Bear-resistant Container Requirements



Reference Chattahoochee – Oconee National Forests – Bear-resistant Container
Links Requirement ([Link](#))

UNITED STATES DEPARTMENT OF AGRICULTURE

UNITED STATES FOREST SERVICE

CHATTAHOOCHEE – OCONEE NATIONAL FOREST

BLUE RIDGE RANGER DISTRICT

ORDER NUMBER CO-16-02

Appalachian Trail Seasonal Camping Regulation

Pursuant to Title 36 Code of Federal Regulations (C.F.R) Section 261.50 (a) and (b), and for the protection of the public and natural resources, the following act or omission is prohibited in all areas along and within one quarter mile of each side of the Appalachian National Scenic Trail located between Jarrard Gap and Neels Gap to include the Woods Hole Shelter and Blood Mountain Shelter in the Chattahoochee National Forest of Georgia between March 1st and June 1st of each year. The provisions of this Order shall remain in effect until terminated.

1. All persons camping overnight must possess and use a bear resistant canister for the storage of all food, food containers, garbage, and toiletries. (36 CFR 261.53 (e))

Bear Resistant Canister: All bear resistant canisters must be commercially made; constructed of solid, non-pliable material manufactured for the specific purpose of resisting entry by bears

Pursuant to the provisions of Title 36 C.F.R, Section 261.50 (e), the following persons are exempt from the above prohibition:

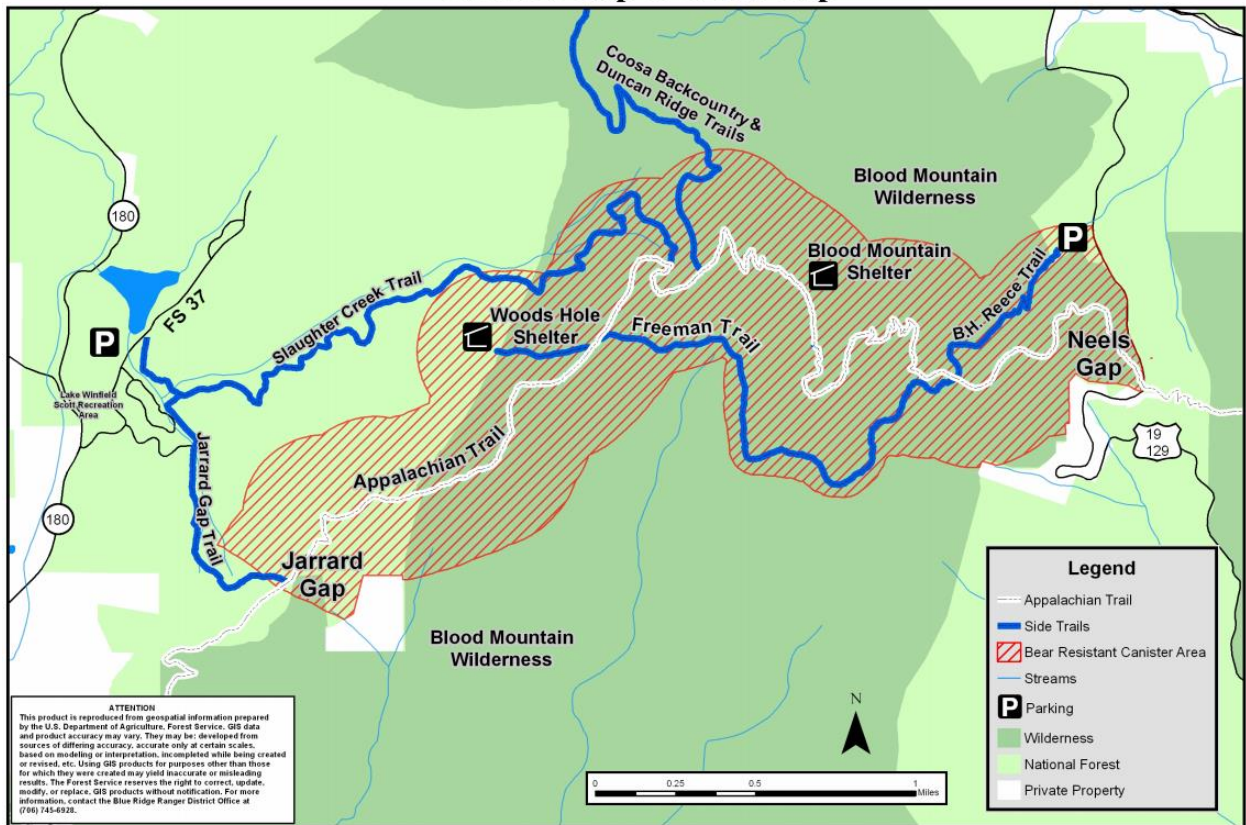
- 1) Persons with a permit specially authorizing the otherwise prohibited act or omission.
- 2) Any Federal, State, or Local officer or member of any organized rescue or firefighting force in the official performance of their duties.

Prepared at Gainesville, Georgia this 15 day of June, 2016.

Betty M. Jewett, Forest Supervisor
Chattahoochee-Oconee National Forest

Violations of this prohibition are punishable by a fine of not more than \$5000.00 for an individual and \$10,000 for an organization or imprisonment for not more than six months or both. Title 16 USC 551 and Title 18 USC 3559 and 3571.

Appalachian Trail Seasonal Camping Regulations Jarrard Gap to Neels Gap



Limits of Stay



Reference Chattahoochee – Oconee National Forests – Appalachian Trail Limits of Stay
Links ([Link](#))

**UNITED STATES DEPARTMENT OF AGRICULTURE
FOREST SERVICE
SOUTHERN REGION CLOSURE ORDER**

Pursuant to 16 U.S.C. § 551 and 36 C.F.R. § 261.50 (a) and (b) the following acts are prohibited in the areas described in this Order within the following National Forests: Chattahoochee, Nantahala, Pisgah, Cherokee, George Washington, and Jefferson.

PROHIBITIONS:

1. Staying more than 3 days within a 30-day period at any single Appalachian National Scenic Trail shelters within the Southern Region, Wayah Bald Shelter Camp, Davis Path Overnight Site, or Davis Farm Overnight Site. 36 C.F.R. § 261.58 (a).
2. The above prohibition applies to all Appalachian National Scenic Trail shelters within the Southern Region, Wayah Bald Shelter Camp, the Davis Path Overnight Site, the Davis Farm Overnight Site, and the areas immediately surrounding them as defined by a circle with a radius of 100 yards (300 feet).

NOTE: The Appalachian National Scenic Trail shelters, Wayah Bald Shelter Camp, Davis Path Overnight Site, and Davis Farm Overnight Site are depicted on the five (5) maps attached as Attachments A through E, and are further described by latitude and longitude on the Latitude/Longitude Location Table provided as attachment F.

EXEMPTIONS:

1. Any Federal, State, or local officer, or member of an organized rescue or fire fighting force in the performance of an official duty.

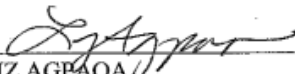
PURPOSE:

The purpose of this Order is to protect and maintain the integrity and intended use of the Appalachian National Scenic Trail shelters, Wayah Bald Shelter Camp, Davis Path Overnight Site, and Davis Farm Overnight Site, and conversely to prevent them from being used for unintended and inappropriate purposes.

IMPLEMENTATION:

1. This order will be in effect on the date signed and shall remain in effect until rescinded.
2. Any violation of this prohibition is punishable as a Class B misdemeanor by a fine of not more than \$5,000 for individuals and \$10,000 for organizations or by imprisonment for not more than six (6) months, or both. [Title 16 USC 551, Title 18 USC 3559, 3571, and 358.
3. This order supersedes, rescinds, and replaces any previous orders prohibiting the same acts covered by this Order and are in addition to the general prohibitions in 36 CFR § 261, Subpart A.

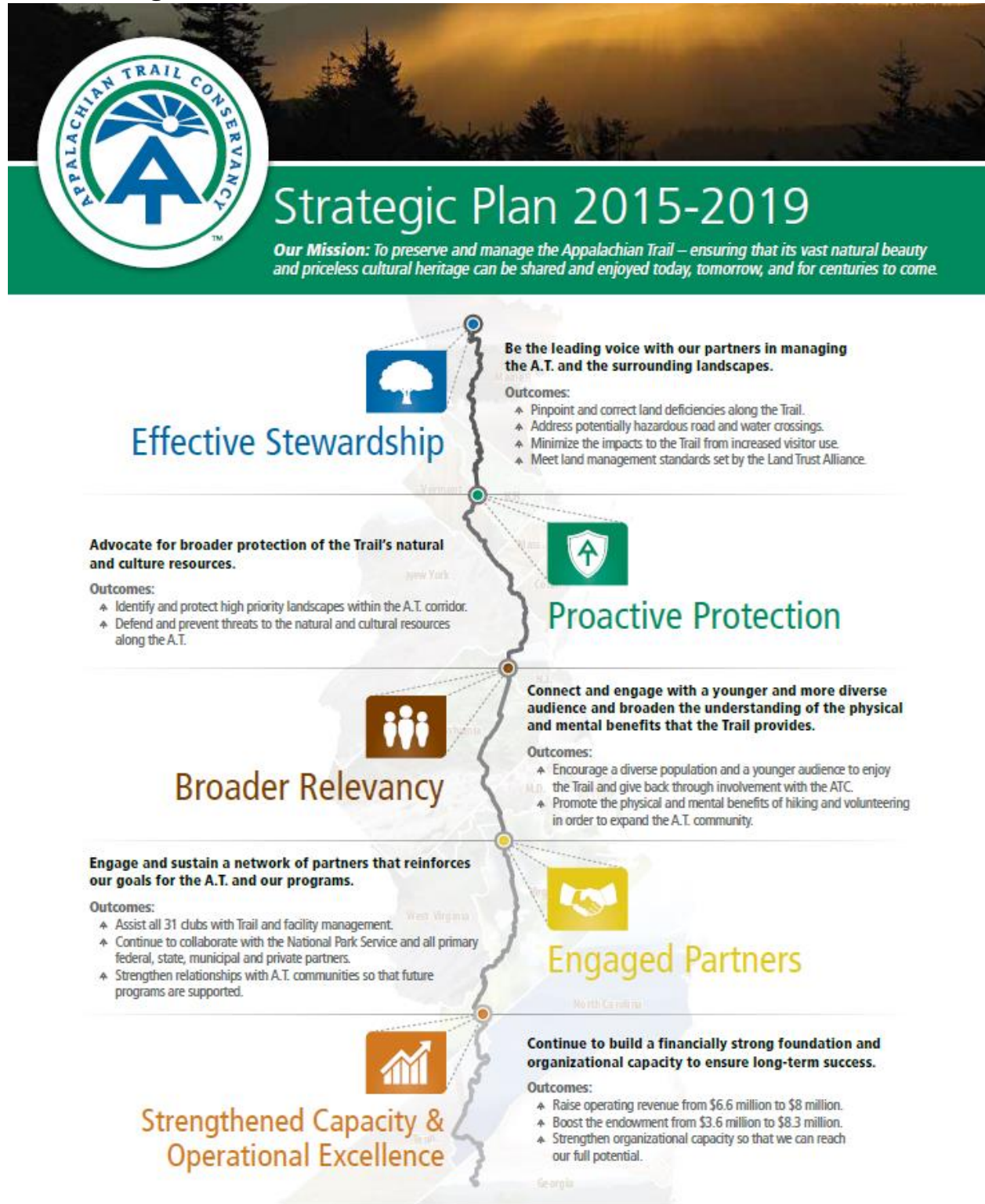
Done at Atlanta, GA this 16 day of July, 2014.



LIZ AGPAOA
Regional Forester
U.S. Forest Service Southern Region

APPENDIX D. APPALACHIAN TRAIL CONSERVENCY

ATC Strategic Plan 2015-2019





About the Appalachian Trail Conservancy

Our mission is to preserve and manage the Appalachian Trail – ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come.

Membership

The ATC has over 43,000 members from all 50 U.S. states and more than 15 other countries. These individuals are active, enjoy the outdoors, and are eco-friendly. They enjoy recreational activities such as hiking, camping and backpacking. They are adventurous and enjoy a challenge. They also see value in the protection and maintenance of the Appalachian Trail and its surrounding community.

Demographics

Membership: Over 43,000 members
 Average age: 50 - 64
 Gender: 64% male, 36% female
 Median income level: \$100k - \$124k
 College educated: 54%
 Average family size: 4.6

About the Appalachian Trail

The Appalachian Trail (A.T.) is one of the longest and most popular hiking-only footpaths in the world, measuring roughly 2,190 miles in length. Completed in 1937, the Trail goes through fourteen states along the crests and valleys of the Appalachian mountain range from the southern terminus at Springer Mountain, Georgia, to the Trail's northern terminus at Katahdin, Maine.

2,190+
Miles

3
Million
Annual
Visits

6,000+
Volunteers

14
States,
250,000
Acres

43,000+
Members



799 Washington Street, PO Box 807, Harpers Ferry, WV 25425-0807
 Phone: 304.535.6331 | Fax: 304.535.2667 | www.appalachiantrail.org



© Appalachian Trail Conservancy

ATC Policy on Advertising on the Appalachian Trail



ATC Policy on Advertising in the Appalachian Trail Corridor

Adopted November 17, 2001

The Appalachian Trail Conservancy places a high value on maintaining the natural character of the Appalachian Trail corridor and is well-aware that small changes that diminish that character can cumulatively alter the Trail environment to the point where the A.T. is no longer a simple footpath passing through a natural setting. Those principles are embodied in numerous ATC policies.

At the same time, ATC recognizes that many A.T. hikers value the services (e.g., lodging, restaurants, outfitters, and shuttles) that are available in many communities along the Trail. Those services may be commercial in nature or offered by Trail enthusiasts acting on their own initiatives, who provide free or for-cost assistance to hikers. Both commercial businesses and Trail enthusiasts make significant contributions to the over-all experience of hiking the A.T. and are important to many hikers, especially long-distance hikers.

Both the National Park Service and Forest Service prohibit advertising on federal lands. ATC and the clubs should take steps to ensure that those longstanding prohibitions in federal regulations are clearly disseminated, implemented, and understood by hikers, Trail neighbors, and affected area businesses or individuals.

In order to maintain the natural character of the A.T. corridor, it is the policy of the Appalachian Trail Conservancy that advertising is incompatible with the Trail and should not take place within the A.T. corridor. Furthermore, ATC and the clubs should urge the adoption of regulations prohibiting on-site advertising by states and municipalities that control Trail lands where such regulations do not now exist. If necessary, the availability of hiker services outside of the Trail corridor should be publicized through other means, such as publications and Trailhead signs.

For the purposes of this policy, advertising is defined as posting materials, such as signs, notes, or business cards, or distributing flyers, brochures, or similar materials designed to call specific services, both commercial and noncommercial, to the attention of hikers. Materials that promote membership in ATC or Trail-maintaining clubs or participation in volunteer Trail-management activities and materials that recognize the donations of commercial or noncommercial entities for the A.T. are not included in this definition.

ATC Guidance on Special Use Permits



ATC Guidance on Special Use Permits

Adopted by the Appalachian Trail Conservancy in 1983

Note: General guidelines for issuing special use permits on NPS-acquired lands were developed jointly between the NPS Appalachian Trail Park Office (ATPO) and ATC in 1983. These guidelines also may be applicable to other Trail lands. Typically, Trail clubs and ATC play a greater role in administering and monitoring permits on NPS-acquired lands than on lands administered by other agencies. In general, these guidelines provide direction on the following aspects of review and approval of special-use permits:

Decision-making process—Coordination of initial issuance and renewals rests with the local managers, according to principles outlined in the [A.T. Comprehensive Plan](#) and local management plans. These local managers usually include the local Trail club (which has the lead role), local management committee, agency partner, local municipality, and the ATC regional office staff. When a permit is contemplated, consultation occurs among partners, and permit language is drafted by ATPO. If all parties are in agreement with the permit, the final permit is signed by the park manager and issued from the ATPO. If there are major policy implications or controversy regarding the issuance or renewal of a permit, the local managers should establish a committee, to the extent that one does not already exist, to address the problem on a local level. In addition, if unique situations arise that are not covered by the guidelines, this committee approach should be used to seek a local solution.

Standard Provisions—All special-use permits must be considered temporary in nature and revocable at the discretion of the NPS A.T. park manager. Permits are not transferable. They may be issued for any period of time up to five years. All permits must have a specific description of the property involved, intended use, expiration date, and statement of liability.

Appropriate Uses—Permits should be issued only to accomplish management purposes or to continue existing uses until specifically addressed in the local management-planning process.

Selection of Permittee—If apparent qualifications among interested parties are comparable, land-use permits should be issued first to the former landowner, then to the adjacent landowner, then to local residents. Permits for occupancy of structures may more appropriately be based on interviewing of potential tenants. Renewals of permits may be offered first to the previous permittee, all conditions having been met.

Fees—Generally, fees should be charged for any use of public lands and documentation of fee determination kept on file. Managers should establish local rates for comparable rentals and apply standard deductions as appropriate. This function is handled by ATPO.

ATC Policy on Wilderness



ATC Policy on Wilderness

Adopted by the Appalachian Trail Conservancy in April 1991

It is the policy of the Appalachian Trail Conservancy to support wilderness-area designation, wherever such designation enhances the protection and management of the Appalachian Trail and its side and connecting trails. This support is based upon the belief that the Appalachian Trail and its related facilities are fundamentally compatible with designated wilderness and that the preservation of wilderness in the vicinity of the Appalachian Trail can significantly enhance the experience of Trail users.

ATC believes that the Trail and its related facilities represent a desirable existing use that is compatible with wilderness designation. ATC further believes that traditional management practices should continue, including Trail marking and maintenance, but that Trail maintainers should acknowledge and must comply with agency constraints on types of tools, equipment, materials, and methods. Maintenance of shelters and footbridges should be permitted and is desirable for the protection of wilderness values and the health and safety of persons using the Appalachian Trail within designated wilderness.

Where the A.T. passes through designated wilderness, ATC and the Trail-maintaining clubs should maintain the A.T. in accordance with the Wilderness Act, specific wilderness-area designating acts, and individual wilderness-area management plans. Decisions by agency partners regarding wilderness management that could potentially affect the Appalachian Trail should be developed in consultation and coordination with the Appalachian Trail Conservancy, affected Trail-maintaining clubs, and other organizations and individuals. ATC encourages federal agencies and Trail-maintaining clubs to deal with specific shelter and Trail-marking issues on a case-by-case basis in wilderness-area management plans and club local management plans.

ATC endorses the following principles for management of the Appalachian Trail within designated wilderness and for areas encompassing the Trail that are to be designated as wilderness:

Trail Marking. The Appalachian Trail should be marked in designated wilderness by 2-inch by 6-inch white vertical paint blazes, as described in the ATC stewardship handbook, *[Appalachian] Trail Design, Construction, and Maintenance*.

Signs should be used only where necessary to provide basic information essential for navigation and public safety. Signs along the Trail within wilderness should be used to identify direction and distance to shelters and water sources, precautions for use of water, and only such other information as is necessary to protect wilderness values. In general, if a regulatory or educational sign is needed to inform users, it should be placed outside the wilderness area boundary at the Trailhead or point of entry into the wilderness area. Signs should be simple and as small as possible, be made of natural wood, and be designed to minimize their contrast with the natural environment.

ATC Suggestions for Providing Trail Magic



Suggestions for Providing Trail Magic



Trail Magic, defined as an unexpected act of kindness, is a quintessential part of the Appalachian Trail experience for many long-distance hikers. The suggestions below incorporate *Leave No Trace* practices (www.LNT.org) to help those providing trail magic have the most positive impact on hikers, the Trail, its plants and wildlife, and the volunteers who maintain and preserve it. The Appalachian Trail Conservancy and the Appalachian Long Distance Hikers Association endorse these suggestions.

Help conserve and maintain the Trail. The most essential service you can perform is to volunteer to maintain the Trail and overnight sites, or to monitor boundaries and resource conditions. Visit www.appalachiantrail.org for more information, or check with your local trail-maintaining club to find out how or where you may assist.

Locate events in developed areas on durable surfaces. Large gatherings in the backcountry can lead to trampling of plants, soil compaction, and disturbance of wildlife habitat. Trail towns and local parks are better locations. Keep events small. Consider whether your event may be contributing to an overabundance of trail feeds in the local area or region. Some hikers come to the Trail to seek solitude and contemplation.

Prepare and serve food safely. If you will be cooking or preparing food, check with the landowner to find an appropriate area and learn what food-safety or other regulations apply. Permits may be required. Charging a fee or asking for donations may not be allowed.

Be present if you provide food or drink. Unattended items—including their packaging—can harm wildlife that consume them, or hikers, when unrefrigerated products grow bacteria or become contaminated. Unattended items are considered litter and their presence detracts from the wildland character of backcountry environments. Dispense food and drink in person, and carry out any trash or leftovers.

Restore the site. Leave the site as you found it—don't create a burden for Trail volunteers whose time is better spent in other activities.

Advertise off-trail. Advertising—even noncommercial—is prohibited on the A.T. Publicizing a "feed" in advance can lead to clumping of long distance hikers, causing overcrowded conditions and avoidable impacts at shelters and campsites.

Forgo alcoholic beverages. Don't risk the legality and liability associated with serving minors, over-serving adults, or the safety issues associated with intoxicated hikers.

Be hospitable to all. While many long-distance hikers will likely appreciate trail magic, be sure to make all trail users and volunteers feel welcome.

For more information, visit ATC's Web site at www.appalachiantrail.org.

Appalachian Trail Conservancy
Preserving and Protecting the Appalachian Trail since 1925
Harpers Ferry, WV

ATC Poster on Norovirus Prevention



Prevent Norovirus (Stomach Bug) Infection

Several outbreaks of norovirus (stomach bug) have occurred on the Appalachian Trail in recent years.

Help prevent one in 2017!

Proper hygiene—especially hand washing with soap and water—is key to preventing the spread of the disease. (Hand sanitizers may not be effective against norovirus.) Also, be aware that *most water filters do not filter viruses*.

Please be informed! Read the following information carefully.

Noroviruses (Stomach Bug) can cause people to have gastroenteritis, an inflammation of the stomach and the intestines. Illness often begins suddenly and lasts about 1 to 2 days.

Noroviruses are found in the stool or vomit of infected people and on infected surfaces that have been touched by ill people. Outbreaks are more likely in areas with multiple people in small spaces, such as shelters and hostels.

Common symptoms: vomiting, diarrhea, and some stomach cramping.

Less common symptoms: low-grade fever, chills, headache, muscle aches, nausea, and tiredness.

How noroviruses (stomach bugs) are spread:

- By eating food or drinking liquids that are contaminated with norovirus (untreated water sources can be contaminated).
- By touching contaminated surfaces and then touching your mouth, nose, or eyes. *Norovirus can stay on surfaces and objects and still infect people after days or weeks.*
- By not washing hands after using the bathroom and before eating or preparing food.

Prevent getting and spreading norovirus (stomach bug) through good hygiene practices:

- Wash hands with soap and water often, especially after using the bathroom and before handling food or eating. Alcohol-based hand sanitizers are not as effective against norovirus, but may be used if soap and water are not available. Use biodegradable soap at least 200 feet (80 steps) from a water source.
- Boil water (rolling boil for at least 1 minute) or use chemical disinfectant (iodine, chlorine, or chlorine dioxide). Most filters do not remove viruses, but can be used effectively in combination with chemical disinfection against a broad range of pathogens.
- Bury human waste 8 inches deep in soil and at least 200 feet away from natural water if privy is not available.
- Avoid sharing water bottles, eating utensils, and other personal items.

What to do if you get norovirus (stomach bug):

- Drink plenty of fluids and wash hands often.
- Seek medical treatment, especially if you become dehydrated or illness lasts more than a few days (norovirus usually last 1-2 days).
- Avoid contamination of common areas (e.g., shelters); consider camping or staying off the A.T. if possible.
- Limit contact with others and avoid preparing food and drinks for others for 2-3 days after recovery.

Please report date and location of any cases or outbreaks of vomiting and diarrhea on the A.T. or at places used by A.T. hikers (e.g. hostels) to the local health department and ATC at stomachbug@appalachiantrail.org. Your prompt report will help stop potential outbreaks. Thank you!

Appalachian Trail Ridge Runners – Job Description

AT RIDGERUNNERS

Purpose & Priorities

Ridgerunners operating in Georgia, North Carolina and Tennessee are employees of the Appalachian Trail Conservancy and report to the Trail Resources Manager. While employees of ATC, ridgerunners receive support from a number of different partners. These partners also rely on the activities of the ridgerunners. The priorities of ridgerunners are provided here, but if a ridgerunner ever has a question about prioritization of activities or requests, s/he should contact his/her direct supervisor.

1. **Visitor Encounters:** Ridgerunners protect the visitor experience by reducing social and resource impacts from visitor use. They educate hikers about resource stewardship through example and conversation, using the “authority of the resource” technique. They are friendly, approach with a smile, listen first, and seek the best possible outcome with patience.

Ridgerunners represent the Appalachian Trail Conservancy, local club and land manager with pride. They serve a public-relations function and should keep this in mind as they dispense kind and helpful information.

Ridgerunners are an official presence along the trail. While official, they do not have any law enforcement authority. They are often provided with a radio that connects them with either the local land management agency or county emergency response personnel. They may be asked to assist in the event of an emergency.

In the Smokies, ridgerunners facilitate compliance with backcountry regulations. In the forests, ridgerunners will serve as a source of information on current regulations or restrictions in place so that hikers can make informed decisions.

2. **Clean and Maintain:** Ridgerunners monitor trail, shelter and privy conditions. They assist with cleaning and maintenance according to the guidance provided by the club partner and land-management agency. These tasks include but are not limited to:
 - Picking up litter
 - Cleaning shelters
 - Cleaning out fire pits or fireplaces
 - Dispersing fire rings at visitor-created camp sites and re-naturalizing the area.
 - Privy maintenance in the form of knocking down fecal cone, sanitizing the head, moving the bins, distributing decomposed material.

They report trail-related safety issues that need attention to the local club, land manager and ATC through weekly reporting as well as more direct channels when urgent problems require immediate attention.

As time allows, ridgerunners are asked to also perform trail maintenance such as sawing out blowdowns, cleaning waterbar drains, lopping annual growth, or repairing deteriorated dangerous sidehill trail segments.

3. **Reporting:** Weekly, on the final day of their 5-day patrol, ridgerunners file a report of their work that includes encounters, data on number of visitors, information about group use, privy, shelter, treadway, campsite reporting, as well as information about pertinent wildlife issues that need attention. Pictures are part of reporting. Reporting is used by A.T.'s cooperative management partners to inform their decision-making about trail management and stewardship. The distribution of these reports are to a designated e-mail list provided during ridgerunner training.

In the Smokies, ridgerunners will also need to complete tool box inventories and bear cable inspections on a monthly basis.

Ridgerunners must also complete timesheets on a weekly basis, no later than Sunday afternoon.

4. Assist the partnership: The management of the A.T. is complex and variable. Ridgerunners may be asked to attend A.T.-related events. Ridgerunners may be asked to attend and assist with National Trails Day events or work alongside Konnarock, Rocky Top, or S.W.E.A.T. Trail Crews. In the Smokies, specifically, ridgerunners may be asked to carry in/out tools from the backcountry, install park-only approved tarps at shelters, or facilitate the receipt of supplies for A.T. crews when the crew leaders are unable.
5. Attend club meetings or outings: When ridgerunners have available time that overlaps with scheduled club meetings, ridgerunners are encouraged to attend and participate.

Scheduling

Ridgerunner schedules are determined by ATC's Southern Regional Trail Resources Manager (TRM). The precise location for work may be provided by TRM; if it is not provided, or not provided in detail, ridgerunners may determine their schedule including intended overnight sites and communicate the itinerary for their upcoming patrol in the previous week's patrol report.

In the months from March through May, A.T. management partners prefer and request ridgerunners work and travel southbound along the A.T. to encounter the greatest number of visitors intending a northbound thru-hike.

Shuttles

Ridgerunners may receive support from the local maintaining club and/or the land-management agency. Scheduling needed shuttles early with shuttle providers is recommended, and providing an advanced calendar of needs is always welcome.

Safety

Safety and ridgerunner wellbeing is a top priority, always!

Safety while hiking:

Be aware of hazards while hiking. Be observant to minimize or avoid slips, trips or falls. Ridgerunners are empowered to leave their post/patrol if the weather becomes particularly inclement or is forecast as such. Changes to intended itinerary should be communicated to TRM and partners as soon as possible. Timesheets should reflect changes to work schedule or itinerary. Ridgerunners should exercise sound judgment in thunderstorms to avoid being struck by lightning.

Safety on patrol:

Use your intuition and observation skills when approaching a group or individual who may be under the influence of drugs or alcohol. Do not engage if you do not feel comfortable.

If a routine visitor encounter turns heated for some reason, you can and should always walk away.

Remember to write down details of any significant incident you encounter for reporting purposes. You can't always trust your memory later. Write things down when they happen.

More tips on hiking safety are found on ATC's website: <http://www.appalachiantrail.org/hiking/hiking-basics/health-safety>

Professionalism

The start of the thru-hiker season is exciting. There are so many wonderful people and so many lofty

aspirations. Encourage, support and share in the delight of the A.T. Just keep in mind that you're there as a professional and not part of the thru-hiker pack.

Uniform: Ridgerunners are asked to wear their uniform when working. This consists of the button-down shirt with the ridgerunner patch applied on the left sleeve. An Appalachian Trail Leave No Trace patch should be applied to the right sleeve, if one is provided to you. If you are a 2,000-miler and have your A.T. patch and 2,000-miler rocker, you may apply these to the left chest pocket area of the shirt. Uniform may also include the A.T. ridgerunner cap. If for some reason your uniform shirt is not visible, it's advisable to wear the cap.

Connectivity: Use discretion with your mobile device. Please keep in mind some folks on the A.T. are there to get away from their sometimes hectic world and are not interested in hearing beeps, rings, etc that may cloud the sounds of nature. Out of respect for others, please keep technology on "silence" and only use devices out of eye and earshot of others.

It is not acceptable to hike with earbuds while on duty as a ridgerunner so as to be available to immediate visitor encounters.

Found Items

There's no shortage of gear and garbage collected by our ridgerunners. Undoubtedly, you'll collect almost as much as your weight. Most of it is garbage and can be disposed of appropriately. If you find gear that may be useful to others, particularly volunteers on our trail crews, do save these items and turn them in on your last day or exit interview. These things may be pants or shirts made of wicking material (this is what we loaned the most of last year) in fairly good shape, tarps (even the heavy kind we backpackers would never use), sleeping pads, etc.

Gear Check-Out

Ridgerunners generally arrive with everything they need for their field season, save the uniform they are issued at training. However, sometimes they need an item or two. Whatever is checked out must be documented, appraised a current value, and signed-out by you and your supervisor. If it is not checked-in at the conclusion of your field season, the current value of the item will be invoiced to you.

Questions & Answers: What's the deal with...?

The few hot-topics included below just brush the surface of the policies, protection, and guidance for the Appalachian Trail. Some of these resources are included in the appendix of this guide. If you don't find what you need there, or if you're just craving more information about the management of the A.T. visit the A.T. Volunteer Toolkit on www.appalachiantrail.org.

Advertising: Both the National Park Service and Forest Service prohibit advertising on federal lands. ATC and the clubs should take steps to ensure that those longstanding prohibitions in federal regulations are clearly disseminated, implemented, and understood by hikers, Trail neighbors, and affected area businesses or individuals. In order to maintain the natural character of the A.T. corridor, it is the policy of the Appalachian Trail Conservancy that advertising is incompatible with the Trail and should not take place within the A.T. corridor...Advertising is defined as posting materials, such as signs, notes, or business cards, or distributing flyers, brochures, or similar materials designed to call specific services, both commercial and noncommercial, to the attention of hikers. (*ATC Policy on Advertising in the Appalachian Trail Corridor, 2001*)

Fundraising: Commercial endeavors designed to profit from visitor use are not an acceptable component in the Trail corridor (*A.T. Comprehensive Plan, 1981*)

Trail Magic: Trail magic, defined as an unexpected act of kindness, is a quintessential part of the Appalachian Trail experience for many long-distance hikers. ATC has developed some recommendations for providing trail magic so thoughtfully and with the least amount of impact to the resource and its visitors seeking solitude with the wilderness. (*Suggestions for providing trail magic, 2007*)

Filming: *Taking video for personal project? Great! Is the video filming for commercial use?* Permits are required for commercial filming on almost all of the A.T. The Trail passes through many jurisdictions, each requiring a separate permit, and commercial filming is generally not allowed in the 26 federally designated wilderness areas along the A.T. Those contemplating filming in multiple areas along the A.T. should first complete a filming permit for the Appalachian Trail Park Office. Permits require a processing fee; a daily location fee may also be required, as well as numerous additional permits from other jurisdictions. If you have questions about the permit process, contact the Appalachian National Scenic Trail, Park Service Office at 304-535-6278.

APPENDIX E. HIKING REFERENCES



Reference Links

Following are links to additional, helpful information on hiking the Appalachian Trail.

GATC - [Hiker Digest](#)

GATC - Hiker Digest: [Backpacking techniques](#)

Backpacker Magazine –The April 2017 issue has a great gear guide covering 157 products including tents, packs, footwear, sleeping bags and pads, shells and other items. It also describes how to make your gear last and information on how often people usually update their gear. <http://www.backpacker.com/gear>

Bear Guidance - Pete Buak sent along a link to a great article from the Mountain Crossing folks at Neel Gap about bears on the AT. See <http://wp.me/s2KU9C-bears>.

Bear Canisters? – A post by one of the hikers about getting used to carrying a bear canister.

<https://thetrek.co/appalachian-trail/embracing-bear-canister/>

The Trek – If you want to find out how thru-hikers embarking on the Appalachian Trail feel about their ups and downs including the iffy weather, see the daily posts.

<https://thetrek.co/appalachian-trail>

Complete list of Hostels located along the A.T.:

<https://thetrek.co/appalachian-trail/appalachian-trail-hostels-listing/?ref=slider>

Hanging a Bear Bag – the PCT Method



Reference [YouTube Videos: "Hanging a Bear Bag PCT Method"](#)
Links

HANGING A BEAR BAG—THE "PCT" METHOD

Illustration ©2013 by Derek Hansen, TheUltimateHang.com

If hung "upside down" be sure to tie a slippery overhand knot to prevent the cord lock from loosening

The bear bag should be big enough for all food, trash, and "smellable" items.

Bags with a webbing strap or loop are ideal

EQUIPMENT

- Bear Bag
- 40 ft (12 m) Rope
- Throw/Rope Bag
- Mini Carabiner
- Small twig

1. Add rocks to throw bag and attach carabiner (with rope attached) to the bag's draw string to secure.

Tie a bowline knot on the carabiner

2. Toss the throw bag over a sturdy branch that is 15–20 ft (4.5–6 m) above the ground.

NOTE: When properly hung, the bear bag should hang at least 12 ft (4 m) above the ground and 6 ft (~2 m) down from the branch and away from the tree trunk.

(See <http://lnt.org/blog/hanging-bear-bag>)

3. Unclip throw bag from carabiner. Clip carabiner to bear bag. Feed loose end of the rope through carabiner and pull loose end to raise the bear bag to the top of the tree branch.

Clip in standing end

Pull down

Pull bear bag all the way up

4. Reach as high as you can and tie a clove hitch around the twig on the loose end of the rope, creating a toggle.

5. Release the loose end of the rope. The bear bag will stop at the toggle.

First Aid Checklist

The following checklist is intentionally extensive. You may elect to omit some of the items listed. However, the checklist is still useful to ensure that you do not forget anything.



Reference REI – Expert Advice > Outdoor Basics > [First-Aid Checklist](#)
Links

FIRST-AID BASIC CARE

- ☐ Antiseptic wipes (BZK- or alcohol-based) Antibacterial ointment (e.g., bacitracin) Compound tincture of benzoin
- ☐ Assorted adhesive bandages (pref. fabric) Butterfly bandages
- ☐ Gauze pads (various sizes)
- ☐ Nonstick sterile pads
- ☐ Medical adhesive tape (10 yds., 1"+ width) Blister treatment
- ☐ Ibuprofen/other pain-relief medication Insect-sting relief treatment Antihistamine to treat allergic reactions
- ☐ Splinter (needle-point) tweezers
- ☐ Safety pins
- ☐ First-aid manual or information cards

WRAPS, SPLINTS AND WOUND COVERINGS

- ☐ Elastic wrap
- ☐ Triangular cravat bandage Finger splint(s)
- ☐ SAM splint(s)
- ☐ Rolled gauze

MEDICATIONS/TREATMENTS

- ☐ Hand sanitizer (BZK- or alcohol-based) Aloe Vera gel (sun exposure relief) Aspirin (for response to a heart attack) Antacid tablets
- ☐ Throat lozenges Lubricating eye drops

TOOLS AND SUPPLIES

- ☐ Knife (or multi-tool with knife) Paramedic shears (blunt-tip scissors) Razor blade or #15- or #12-blade scalpel Cotton-tipped swabs
- ☐ Rolled, stretch-to-conform bandages Hydrogel-based pads First-aid cleanse pads with anesthetic Hemostatic (blood-stopping) gauze Liquid bandage
- ☐ Loperamide tablets (for diarrhea) Poison ivy/poison oak treatment Insect sting relief treatment Glucose/sugar to treat hypoglycemia Oral rehydration salts
- ☐ Antifungal foot powder

- ☐ Standard oral thermometer
- ☐ Low-reading (hypothermia) thermometer Irrigation syringe with 18-gauge catheter Magnifying glass
- ☐ Oval eye pads
- ☐ Prescription medications (e.g., antibiotics) Injectable epinephrine for allergic reactions
- ☐ Small mirror
- ☐ Medical gloves (pref. nitrile; avoid latex) CPR mask Sewing needle with heavy-duty thread
- ☐ Needle-nose pliers with wire cutter
- ☐ Duct tape (small roll)
- ☐ Small notepad & waterproof pencil or pen Medical waste bag (plus box for sharps)

PERSONAL CARE, OTHER ITEMS

- ☐ Sunscreen
- ☐ Lip balm
- ☐ Insect repellent (plus headnet, if needed)
- ☐ Waterproof container for all med supplies Emergency heat-retaining blanket Headlamp (preferred) or flashlight.
- ☐ Collapsible water sink or basin Water-treatment chemicals Biodegradable soap
- ☐ Personal locator (SPOT device)