

INFORMATION AND SCREENING CHECK LIST

1. INFORMATION TO GIVE ABOUT THE TRIP

- Where you are going
- How difficult is the trip and tell any major risks
- Where is the meeting place and time
- When you plan to be back in the Tri-Cities or other meeting place
- How much food and water to bring
- What type of clothes to wear and bring
- How our car pooling policy works (Would they like to drive?)
- Cost of total trip
- If party size is limited, ask the person to call you if they need to cancel

2. INFORMATION ABOUT THE PERSON

- Have they been on any IMAC trips before
- How much have they hiked/climbed/skied and how recently
- Do they have their own equipment
- Do they have the 10 essentials
- Do they have clothes for Cascade conditions (storm any time)
- Do they need to be back by a certain time
- Do they have a guardian to be with them (used when sign-up person is under 18 years old)
- Do they have any medical conditions that you should know about - diabetes, allergies, recovering from heart attack
 - If they do have a condition, remind them to bring what they need, e.g. antihistamines, inhaler etc.
 - If they would like you to help them in an emergency related to the condition, suggest that they put the medication in a pack pocket where you can find the medicine, shot kit, sugar, etc...

3. INFORMATION IF THEY DO NOT MEET YOUR EXPERIENCE AND OR EQUIPMENT REQUIRMENTS

- First try to help them conclude they should not go on the trip
- Second, tell the person why you do not think this trip is for them or why they can not go
- Inform them of other trips they may be qualified for or where to get equipment