

Greater Bragg Creek Trails Association (GBCTA)

What To Bring and What To Expect On A Trail Day

What to expect:

- We will be working outside between the hours of 9:00 a.m. and 3:00 p.m. We will begin our day with a 15 minutes safety talk followed by departure for the worksite.
- Our host will manage a tent in the parking lot educating trail users, selling GBCTA maps and preparing food for returning trail crew.
- Volunteers will hike and carry tools to worksites up to 4 kilometers from the parking lot
- Worksites are located in the foothills where there is limited cell phone reception.
- Washrooms are located at the trail heads only.
- Foothills weather changes unexpectedly so check the forecast and dress accordingly. See clothing suggestions below.
- Volunteers are to provide their own lunch and snacks.
- Chainsaws are not used during volunteer days.
- There will be a first aid kit on site as well as someone trained in first aid.
- We will have a satellite phone for use in the event of an emergency.
- Pets are discouraged on volunteer trail days, unless the crew leader is agreeable. Pet owners are fully responsible and liable for their pets.
- We will be using tools which may cause injury if used inappropriately. Training on proper use will be conducted at the trailhead.
- Our work may consist of rerouting trail, maintaining bridges, rut repair, and management of water movement with:
 - drainage rolls
 - culverts
 - raised tread
 - trenching
 - sumps
 - knicks

What to bring:

Volunteers require adequate clothing and safety gear for trail days which should include but is not limited to:

Eye protection (clear lenses will be best)

Head protection (we STRONGLY recommend wearing a bike helmet or hardhat)

Long sleeve shirt (sun and snag protection)

Long pants (breathable quick drying are best)

Socks (consider wearing 2 pairs; a liner & a thicker outer pair to prevent blisters and improve comfort)

Boots (to prevent sprained ankles and provide support for the day)

Jacket (for rain / cooler temperatures and not your favourite jacket remember all the snags and dirt etc.)

Gloves

Lunch / snack (there are no restaurants or stores nearby)

Water (it is important to stay hydrated)

Bug spray

Sunscreen

Toilet paper

Back pack (for all your stuff)

Volunteers may wish to bring their own preferred trail tools however the GBCTA will ensure there are sufficient tools available for all participants.