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.