

Appendix Y

WILL YOU MAKE IT?

Overview: This match game introduces the Leave No Trace principle “Know Before You Go.” Using the event and solution cards below, participants will consider problems they might encounter on an upcoming trip and find the solutions.

Objective: Participants will be able to list two solutions to avoiding problems on the trail.

Time: 15 minutes

Directions: Distribute the event and solution cards, one to each participant, with the goal of having people find their corresponding event or solution card to form a pair. Once all the cards have been matched, have each pair share their event and solution. Then open the discussion to other solutions or personal experiences.

Source: Will You Make It? in *Leave No Trace 101* (Leave No Trace Center for Outdoor Ethics, 2007)

Will You Make It?

<p>Event Card: Blisters! You have a nasty blister and can no longer carry your pack. You are not even sure that you can walk to your campsite.</p>	<p>Solution Card: An adhesive felt-like material acts like a second skin and can be applied to the feet or other areas of human skin to prevent rubbing. Always carry this with you and break in new footwear BEFORE a trip.</p>
<p>Event Card: Lightning! A storm is quickly blowing into your area. From your vantage point high on the trail, you can see a lot of lightning. You estimate you have about five minutes before the storm reaches you.</p>	<p>Solution Card: Before your trip, you researched lightning safety. You remember that lightning is attracted to the highest point and that water and metal conduct an electrical charge. You take off your metal-frame pack, stay away from water and the tallest tree, choose a low spot to crouch in on your jacket, and stay 20 feet from your fellow hikers.</p>
<p>Event Card: Pack weight! Your pack did not feel heavy when you left, but now you can hardly move. You're so tired you would just as soon sit down and not walk another step.</p>	<p>Solution Card: The weight of your pack should generally be no more than $\frac{1}{4}$ of your body weight. Weigh your pack before you leave, and leave some items behind if necessary. Some things like food and cooking supplies can be shared by several people in the group.</p>
<p>Event Card: Fire restrictions! You were planning on cooking with a small fire, but when you get to the trailhead you discover fire restrictions are in place. Those dehydrated meals aren't going to taste very good.</p>	<p>Solution Card: Call ahead to the area you're going and find out about restrictions and regulations. Bring a backpacking stove for cooking or bring food that doesn't require cooking.</p>
<p>Event Card: Bear country! You are traveling in bear country and had planned on hanging your food to keep it and the bears safe. Unfortunately, there aren't any suitable trees. You hang your food on a branch that's too close to the tree and your food gets eaten.</p>	<p>Solution Card: Bear canisters are a great solution to food storage issues. There's no need to hang them from a tree; simply place them 200 feet from camp in a spot where it won't roll away.</p>